

State Prevention Enhancement (SPE) Policy Consortium

Meeting Notes

March 18, 1-4 p.m. via Zoom

NOTE: An attendance report is available on request.

1. Introductions and Announcements

Sarah Mariani HCA, Allen Christiansen, DOH

- Sarah opened the meeting at 1:05 p.m. and welcomed guests.
- All workgroup members were invited to this meeting so they could hear HYS results.
- Attendees were invited to introduce themselves via the chat.
- What activities are you looking forward to as the weather warms up? There were multiple answers for things like gardening, playing with pups, paddleboarding, cherry blossoms, March Madness, and various iterations of being out and about enjoying the sunshine.

Observations and Announcements

- February was [Black History Month](#).
- March is [National Nutrition Month](#), [National Problem Gambling Awareness Month](#), and includes [Drug and Alcohol Facts Week](#).
- Jolynn Kenney: Mentor WA has an event on May 8: [Healing Centered Engagement in Youth Mentoring](#).
- Washington Breathes and other commercial tobacco-related events can be found at washingtonbreathes.org/events.

2. Healthy Youth Survey – 2023 results and Findings

Healthy Youth Survey Team

- The 2023 Health Youth Survey results were publicly released last Wednesday and today you'll see the first impression analysis. More detailed analysis will come later.
- Press release: [2023 Healthy Youth Survey results offer signs of hope and resiliency among Washington students](#)
- Tyler Watson, Hannah Gorman, and Doua Kha presented on this statewide collaboration.
- This team will give a public presentation Wednesday afternoon, so **feedback for improvement is welcome**.
- Please see the PowerPoint for details and key findings from 2023 Healthy Youth Survey.
- The survey has been administered in fall every other year to students in grades 6-12, first in even, now in odd years. It started in 2002.

Topics covered:

- Participants
- Methodology
 - Skip logic was introduced for the first time this year. That's the "If Q1 = yes, skip to Q4" style question.
 - The off-trend, 2021, data is still being considered, to a point, in understanding trends. However, 2023 is showing a more comprehensive picture of adolescent health.
- A few data points from the slides:
 - Substance use remains 50% or more lower than pre-pandemic.
 - Perception of harm for marijuana and vaping has increased since 2021.
 - There has been a continued decrease in mental health concerns from pre-pandemic levels.
 - There is still a concerning number of students with mental health concerns.
 - There have been no significant changes on the hope scale since the last survey.
 - There's an increased focus on disparities in various demographic groups.
 - About 10% have gambled; less than 2% indicated it has caused problems.
 - Disordered eating was added this year, and over 50% of students had responses of concern.

- The percentage of access to handguns has increased and those with more ACES had much greater access to firearms than others.
- 92% of students across all grades have access to social media.
- Both consent education and suicide education have increased.
- 10th graders are reporting significant increases in social support.
- Results are now widely available in a variety of formats, although detailed analysis reports are still underway.
 - [Healthy Youth Survey Results - Healthy Youth Survey \(askhys.net\)](#)
 - A cross-tab analysis tool has been updated and expanded.
 - The data dashboard default is in a trend view since 2010, but there are multiple views, including the ability to download Excel files.
 - Tips
 - Frequency Reports: use Ctrl+F to search for the keywords you need.
 - While Frequency Reports are helpful, it's important to have all the data points on the QxQ (crosstabs) to run reports for co-occurring disorders.
- Some slides show how DOH, OSPI, and HCA use the results.
- The revision process for HYS 2025 is underway; there are multiple options for you to give input, including the [Spring Youth Forum](#).

Q&A

- Hannah Gorman wondered if there was a process for going back to school districts with low participation rates to find what the barriers were.
 - A: We offer talking points, follow up on questions, and reach out to all schools each year. Focused outreach has been minimal due to capacity.
 - You are welcome to send more detailed feedback (such as struggles) to this team so it can be even better understood and considered.
 - Timeline for results: As a result of Covid, we switched timing from odd to even years so the data will be available in time for local and district planning efforts.
 - Note that there is only \$600,000 for this 2-year cycle with not a single FTE.
 - A: We acknowledge we don't capture all students. We do provide guidance on interpretation.
 - A: All schools get a survey coordinator guidance packet that includes things like providing alternate dates for students who missed school on the survey day. The packet also includes guidance for it to be administered in the classroom under the best conditions for optimal participation, content warnings, and for exceptions to be reported when sharing data.
- Roxanne Waldron: Disordered eating, problem gambling, and internet use. The online activity piece has been growing continuously and online use disorders are being more widely reported. Is the committee thinking about how to address the larger online piece? Do other stakeholders see that as an issue?
 - A: A length of screentime question and a problematic internet use scale have been included for the past two cycles. Let us know if there's something more specific you'd like to see.

Feedback

- General topic proposals/feedback: <https://www.surveymonkey.com/r/HYSquestion>
- Specific question revisions or proposals: [Preliminary Questions \(wa.gov\)](#)

3. Multi-Agency Budget Discussion

SPE Membership

- SPE Members had the opportunity to report on their final budgets and how legislation may have affected them.
- The Liquor and Cannabis Board requested funding for enterprise-wide support but didn't get it. Since they aren't fully funded, they must make some staffing decisions. They got...
 - \$744K to fund the policy research group and a Tribal Liaison position.
 - \$452K for 3 staff to complete equity and cannabis work (of the \$886K request for 6 staff).
 - Some funding to staff the implementation of SB 6105 regarding adult entertainment establishments.

- \$50K to implement a medical cannabis bill.
- \$63K for a bill that requires them to track THB levels and report on it next year.
- No money to update the CCRS system, which is inadequate for answering all the questions they get. \$75K to look for any discriminatory language or bias in their WACS.
- DOH updates for their commercial tobacco program:
 - HB2020 directed DOH to develop retail education programs by July 2025 and requires partnering with LCB on sales signage.
 - Some language about health education campaigns, but that will depend on their overall cannabis funding.
 - They received \$500K for, for a total of \$3M, for commercial tobacco prevention, cessation, and support.
- The Hospital Association had nothing within the scope of this group. Naloxone distribution was not funded, even though the original language was that distribution was supposed to be figured out by 2025.
- HCA
 - Had concerns about some of the way HB2055 pilot program for diversion court was structured and eventually ran out of time.
 - A technical correction to a previous bill regarding funding for a state problem gambling program was needed before they could spend the money. That was done so they will be able to spend the full amount next biennium.
 - The SUD Prevention team asked for stabilization and expansion of CPWI. It was partially funded – \$1.5M in 2025. Beginning in SFY 26, that increases to \$1.5M. We're working to adjust our original plan, but appreciate the plan to support the current sites, given the increasing costs.
- HCA's Tribal budgets
 - One key tribal prevention item is \$1M funding to support the five tribes working on developing the Tribal Prevention System; they're building out a tribal-specific prevention model based on the [Icelandic/Planet Youth](#) model
 - \$2M was funded for continued work on opioid prevention, including more work on tribal opioid campaigns geared toward youth. OSPI and Native Education are partnering with local tribal schools on this.
- Q: Was any budget related to behavioral Health or workforce? A: 150 bills were geared toward that, and maybe 50 new ones passed. You can learn more at the next all provider meeting.
 - These DBHR behavioral health service provider listening sessions are monthly on the 4th Tuesday from 1:30-2:30 and you can request to be on mailing list.
- Other legislative budget items. Harrison Fontaine
 - \$328K went to HCA for SFY 24-25. Either RFP or ADI. Treatment oriented.
 - 5906 and 1956 were the two main opioid bills about a statewide prevention campaign aimed at both adults and youth. Funds were allocated to DOH and OSPI, but prevention was included.
 - We're keeping an eye on impacts from 1453, the exemption for medical cannabis purchases. The initial impact of the bill will be small, but we'll watch how that alters purchase practices.
 - Weekly workgroups take place throughout the Legislative Session and Harrison received several compliments for his work on this. Congratulations!
- Julie Peterson would like to know more about what didn't get funded. She also has a concern, as she heard from an ESD director that they lost their ESSER (Federal Covid money that went to schools) money. This will result in going from 70 to 20 health professionals across the state.
 - The Issues Chart might show some of this and can be made available on request.
- Linda Thompson from GSSAC and Washington Voices noted that PH advocates stopped almost as many things that went through.
 - The DUI bill 1493 that partners had worked on for several sessions was passed – adjusts penalties, diversion, and rehabilitation of drug impaired driving.

- LT: WA State Trooper Gaad who was killed two days after this finally passed the house. We lose over 500 people per year in DUIs. We need to be thinking of every citizen and continuing to tell our stories to the policymakers.
- Also, the cannabis advertising bill that would have widely opened advertising was prevented from going through thanks to lots of help from communities and local advocates.

4. **Workgroup Updates**

Mental Health Promotion

Workgroup Leads

Brittany Smith

- Met in February.
- Talked about leg session, focus and review of mental health integration and the theory of change that Billy Reamer is working on.
- Working on goal of collecting resources to be available to communities online.

Opioid Prevention

- For March, Jaymie Mai and Jason Fodeman of Labor and Industries presented on the mCOT pilot project. Washington State Fund implemented the modified Chronic Opioid Therapy (mCOT) pilot with the goals of reducing injured workers' dependence on opioids and improving their quality of life. The pilot involves a multifunctional Opioid Review Team (ORT) that reviews a subset of worker's claims on chronic opioid therapy. Providers of identified workers are being sent a letter introducing the pilot and their field occupational nurse consultant(s). After the claim is staffed at the ORT, the field occupational nurse consultant will engage the Attending Provider on opportunities to promote coordination and help them find better ways to treat chronic pain. Over the next year, the project team will continue to assess workers on opioid therapy and contact providers. You can learn more about the pilot at mCOT pilot project website.
- Reviewed opioid prevention related bills that passed 2024 legislative session
- Working with workgroup on identifying future presentations and agenda items. Ongoing conversations around pain management and provider support.

Problem Gambling Prevention

Roxanne Waldron

- Second meeting is March 28.
- Still looking to bring in a few more folks, especially someone from CPWI.
- Hoping to have another 8-10.
- Working with Billy on the Theory of Change model.

Washington Breathes

Heidi

- Wrapped up their own weekly leg schedule and have a provider debrief planned for the end of March.
- A new cessation-focused fact sheet for menthol is available.
 - One-pager: [Menthol & Nicotine Cessation Fact Sheet \(washingtonbreathes.org\)](http://www.washingtonbreathes.org)

WHY Coalition

Harrison Fontaine

- Meeting every 3rd Friday.
- Have had several folks come in and give presentations.
- Have three workgroups: comms (guest hosts), cannabinoid (fact sheet work), engagement (recruiting new members at this point).

Young Adult Workgroup

Rachel Oliver

- Meet 1st Mondays at 1 p.m.
- Next meeting they'll discuss the general goals of SPE to reorient their members.
- YAHS will be reviewed in an upcoming meeting.
 - Sarah mentioned the SPE will be reviewing YAHS results at the upcoming May 20th meeting.

5. **State Health Improvement Plan Project**

Gina Legaz, DOH (on behalf of Chelsea Henry)

- This is on an approximate five-year cycle. They work with partners and the community to identify the most pressing health needs in the state, then present and implement a plan. It also includes an assessment of statewide health conditions.

- Just starting to talk with partners to see what everyone is working on and determine how any strategic plans or priorities align across the board.
- Is there any interest in involvement from SPE Members?
 - [Contact information shared]
- Interaction between the state health improvement plan (SHIP) and the community health improvement plan (CHIP).
 - CHIP has been in local health jurisdictions and goes through a similar process of reaching out to assess the current situation, identify most pressing issues, and align efforts.
 - Not certain how we previously aligned with CHIPS. Both are not on the same cycle, but you can pull data across both to compare, as well as pull partners from both to see alignment, and identify what to promote to regional and state levels.
 - Allen noted an increase in collaborative opportunities across the state and suggested connecting with SPE.
 - Sarah proposed engaging this group during our meeting times to do some of your outreach, as this is already a statewide collaboration group collaborating.
 - This group just published the SPE [5 year Strategic Plan](#) that you can use as a resource.
- Timeline: ideally looking for plan built by fall 2025 or before.;
 - They're aiming to convene some meetings this fall and have 2024 priorities before the State Health Assessment comes out around January 2025.
 - They'd then put together an implementation group in early 2025.
 - The final plan would be built by or before fall 2025.
- If you're interested in getting involved or have questions, please contact:
 - Chelsea Henry (DOH) Chelsea.Henry@doh.wa.gov
 - Gina Legaza (DOH) Gina.legaz@doh.wa.gov

6. Final Notes and Adjournment

Sarah Mariani

- Isaac always seeks ideas for presentations. Right now, for May we have a YAHS presentation, but nothing else confirmed. Please email your ideas to isaac.wulff@hca.wa.gov.
- Grant season is coming up. Reach out if you need to include multi-organization involvement in your grant applications.
 - Example: HCA/DBHR has been listing the SPE Policy Consortium as an advisory council for the Partnerships for Success Grant and others, and you should consider using it in your own grant proposals. We'll talk more about this at upcoming meetings.
- Allen closed the meeting at 3:46 p.m.

Upcoming Schedule

Month	Workgroup Presentation	Other Topics
May 20, 2024	TBD	<ul style="list-style-type: none"> • Young Adult Survey: Latest Findings • Council of Health Disparities: Strategic Plan Updates – LinhPhung Huynh SBOH
July 15, 2024	TBD	<ul style="list-style-type: none"> • TBD
Sept. 16, 2024	TBD	<ul style="list-style-type: none"> • TBD

Please **submit ideas** or **suggestions** for meeting presentations to isaac.wulff@hca.wa.gov.

Your support and collaboration are appreciated.