

Attendees			
Bailey Ingrahamm	WSIPP	Jennifer Kang	DOH
Alicia Hughes	HCA	Jennifer Wilkins	HCA Fellow
Billy Reamer	HCA	Kasey Kates	HCA
Christine Steele	HCA	Liz Wilhelm	PSCBW
Emalie Hurauix	DOH	Lucilla Mendoza	HCA
Erika Jenkins	HCA	Mary Segawa	LCB
Gabriel Evanson	HCA Fellow	Mike Graham-Squire	WASAVP
Heidi Glesmann	DOH	Peggy Needham	WASAVP
Isaac Wulff	HCA	Ray Horodowicz	HCA
Jacob Delbridge	DOH	Sandy Salivaras-Bodner	HCA
Jen Hogge	HCA	Sarah Mariani	HCA
		Tyler Watson	HCA

Objectives:

1. **SPE 5 Year Strategic Plan Update**
 - a. **Needs Assessment – Finalize outcomes by workgroup**
 - b. **Resource Assessment – List of reporting entities and participation plan**
 - c. **Health Equity – Updating chart and vision**
 - d. **Workgroup Updates – Strategic planning process reports**

Meeting Notes

1. Introductions and Announcements

Sarah Mariani

- Sarah started the meeting at 1:05 p.m. with self-introductions.

Observances

- May includes some of the following awareness observances: National Women’s Health Week, Mental Health Awareness Month, Asian and Pacific American Heritage Month, Military appreciation Month, and Hepatitis C Awareness Month.

2. Five Year Plan Needs Assessment – Outcomes and Indicators by Workgroup

Sandy Salivaras

- Sandy introduced a mural activity to collect 5-year plan resources from the group.
- She requested attendees add prevention and promotion resources or programs offered by their organization that should be part of the strategic plan, as well as adding to any section of the mural throughout the meeting.
- Isaac will reach out to you for contacts if he finds his contacts regarding these programs are outdated.

Assessment Data Presentation

- Sandy reviewed indicators for each of the five workgroups below and drew many comments and questions, captured below.
 - Mental Health Workgroup
 - Opioid Prevention Workgroup
 - Young Adults Cannabis Prevention Workgroup
 - WHY Coalition
 - Commercial Tobacco and Vapor Products Workgroup
- Workgroups can check in on data at their meetings and get back to Sandy, as needed.

Mental health

- Q/A: The data point on one in five students considering suicide was for 10th grade, though it is very similar in all grades.
- Q: Were any of the 18-24 year-olds were veterans? A: That is likely captured, but is not specified in this slide.
 - ACTION ITEMS:

1. Parse out that data.
 2. Meet with Cody to review that data.
- Q: Have some of these increased numbers been due to increases in health seeking behaviors, general awareness, or making pro-active calls?
A: Ambulance data may cover some of that. There has been a huge increase in open conversations and mental health mental health promotion over the last two years that likely produced offsetting behavior.
 - ACTION ITEM:
 1. Look at “needing services vs. able to get services” and how that has changed over time.
 - Not included here but being looked at: LGBTQ students and mental health/suicide.
 - Suggestion: Get or add data to the CPWI Community survey regarding parents locking up meds over time and on locking up guns to see if we are reducing some of the means for suicide.
 - Q: Are there differences among demographic groups? King County showed Latinx students were much worse compared to non-Hispanics. A: Data is broken down by age only in this example.

Underage drinking

- Could the reduced rates be due to less access outside the home as youth were just coming off Covid restrictions in fall 2021?
- How can some strategies, especially communication strategies to parents/guardians/caregivers through STN/FB, be tailored to that “from home w/ permission” piece?
- Are there ways we can target where youth are getting the alcohol? At home due to the lockdown or elsewhere?
- Do we have resources on adult alcohol use? Think of normalization of alcohol use in the home, use rates due to more or less monitoring, etc.
- The injury prevention group at DOH is working on new numbers for alcohol-related hospitalizations.
- DOH is the contact for BRFSS questions/data analysis.
- Q: There has been publicity on studies showing an increase in the correlation to cancer and other negative health consequences, and the increase in alcohol-related deaths during COVID. Do we have data? A: No new data.
- Q: What age does the WHY group go up to? A: 25
- Q: Was this data point for all of 2020? A: Yes
- Q: How were alcohol related arrests counted? A: Data is collected by the Association of WA Sheriff’s; note that each department collects and tracks data differently.
- Data on arrests: Hard to say if it reflects a lack of enforcement or fewer 18-24 year-olds with alcohol access.
 - Probably less public/social drinking/parties due to the pandemic.
- Arrest data is also dependent on how the officers code the arrests.
- SPE used to have a rep at the state patrol.
 - ACTION ITEMS:
 - Kasey Kates and Mary Segawa will follow up.
 - Look into getting someone from WA Sheriffs and Police Chiefs. Steve Freng from NW HIDTA was also on board at one point.

Marijuana, tobacco and vaping

- The e cig/vape trend started in 2014, so the 2020-21 trend should be better vs. no change.
- ACTION ITEM: Check with LE to help explain the large drop in arrests in 2020. Is the shortage of officers a factor?
- Q: Could the increase in young adult cannabis use over that of youth be due to more legal access and curbside allowances?
- Fact: There were new policy changes in tobacco/vaping, mostly at a federal level, including an end to the state ban on flavored vaping products and a slight increase in crackdowns on vaping products. Difficult to show how that affected sales shops.
- Another impact: JUUL was sued and WA needs to settle for advertising to young people.
- All responses for every grade in the state are online if you have specific questions. E.g., frequency of use vs. intensity of use related to addiction levels.
- HYS substance use frequencies
- Fewer young adults driving due to pandemic restrictions in 2020 maybe led to fewer DUIs. How would the first quarter of 2019 (pre pandemic shutdowns) compare to quarters 2-4 2019?
- Q/A: Nicotine pouch sales are tracked at the Federal level, though not purchaser age. This is not on the Healthy Youth Survey. Nicotine isn’t regulated or taxed, so is this supplanting other, regulated use?

- Do we have any data on marijuana potency trends over time?
- Keep in mind for strategic planning: Policy, education, direct strategies and the gaps in regulations and rules we should look into.
 - Regulating nicotine products
- The Liquor and Cannabis Board should be getting WA-specific results of an international cannabis survey by the end of the month.

Opioid related

- Q: Is fentanyl considered a synthetic or prescription opioid? A: Fentanyl is a synthetic opioid. Some fentanyl is prescription (e.g., patches), lots is illicit (e.g., pressed pills, powders).
- For context, the question was related to opioid-related deaths, broken down by drug categories of Prescription, Synthetic (not methadone), and Heroin.
- Many data points come from this resource: <https://www.dshs.wa.gov/ffa/research-and-data-analysis/county-and-state>.
- At July's meeting, we'll look at long-term, intermediate, and short-term planning based on workgroup work.
- The *long-term outcomes consequences* slide shows items from the last strategic plan compared to possibilities for the next one.
- Q/A: Cannabis was never on the long-term outcomes. Tracking cannabis in terms of injury is new; we can add that.
- Consider adding drug-related poisonings by WA Poison Center Trends over time.
- Under long-term consequences, morbidity and crime rates were wrapped into other drugs because cannabis wasn't legal. Now that it is, we should separate that. ER visits and poison control are being tracked, as are traffic fatalities related to THC.
- Traffic safety last presented data here in May 2020. We could bring them back to present again.
- Other data to look at:
 - PMP for carve outs.
 - Traffic accidents and fatalities based upon all substances tested for. (Sandy has some data on this.)

Next steps

- Sandy will review items posted to the mural.

3. Break

4. SPE 5-Year Plan – Various Items

Erika Jenkins – Alicia Hughes – Isaac Wulff

- Alicia reiterated the request to think though what's coming and how things are changing when it comes to considering items for the 5-year plan. Are there other social, economic, or policy considerations to bring up now?
 - Social media explosion from 2012-2022; marketing and promotion; access to youth audience
 - Benefit cost analysis work. How does it translate to our work in both directions? Cost to society for a given strategy. Based on strategies we've employed, the benefit to society for programs are identified.

Program services map – Erika Jenkins

- Pages 124-25 in SPE. The CPWI service map and tribal service maps on pages 124-25 on the SPE need updating. If you have any programs with service maps or other programs to include, please let us know who to connect with.
 - Jennifer – maybe some new SUD primary prevention work
 - Map of Strengthening Family programs
- Maps are a good reference for resources conversations.
- SPE Partner list: We'd requested you to review and update pg. 56-57 of the strategic plan. **Please do so soon, add to mural, or contact Erika or Alicia.**
- Noted – this group used to include a LOT of agencies, not just state. Any group who may be looking at health from a statewide perspective is welcome.

Resource assessment

- The draft tracking list is of all the partners who responded in 2019. **Please send any updates in the next week or two** and reach out to Isaac Wulff with any questions.
- Work groups, your **action plans are requested by July 30**; please sent to Isaac or Erika.
- Workgroups with **specific action plans** to update are also **due by July 30**. Those will be less detailed, but please ensure programs and services are updated, names are accurate, and accomplishments from 2019 on are included.

- You can also share info to update at the May 25 and June 29 TA calls.

5. Workgroup Roundtable – Action Plan Updates

Workgroup Leads

Young Adult -Christine Steele

- Working on the work plan; held 3 meetings since SPE last met. Looking for gaps in data, understanding where we can go, who we can connect with, feasibility.
- Seeking a co-chair.

Opioid Prevention – Alicia Hughes and Erika Jenkins

- Met w/all strategy leads and working on the strategy update sheets.
- In May, they will connect with the leads, and update responses and the action plan.
- In July, they'll review for final edits, suggestions, input.
- A conversation with a community member made them realize the need to expand opioid public education campaign language to all prescription drugs.
- At the meeting next week, they will discuss continuing efforts to reduce fentanyl use.

WHY Coalition – Mary Segawa and Kasey Kates

- Working on action plan and a survey of compliance with alcohol Covid licenses to see how well that complies with policies and procedures in place. Hard to do compliance checks, so this survey requests self-evaluation of compliance with distribution for those over 21.
- Communications team is adding additional language translations for the website.
- Hoping to complete the action plan this month.
- Next meeting will include this new information from HYS and discussion about engaging more with youth.

MH Promotion Workgroup – Billy Reamer and Jen Hogge

- Mostly focused on updating the plan.
- Two groups met outside: Jen led one for data (meeting again this Wednesday); Billy led one focused on history and progress of the group.
- History: The group has tried its best to connect the work with a goal of better linking folks doing this work at all state and local levels. To connect the dots to what people are doing and what gaps exist.
- Note that this particular focus doesn't have specific funding like other agencies.
- Transition: Jen is leaving DBHR in June. Billy will chair. DOH Theresa Sanders, will co-chair.

Commercial Tobacco and Vape – Heidi Glesmann

- Mostly working on action plan. Smaller workgroups do the work and bring it back to the steering committee.

6. Final announcements and adjournment

- Spring Youth Forum is next week; about 75 youth are registered to attend.
- Mary: The College Coalition for Substance Abuse Prevention (CCSAP) Annual Conference is May 20.
- Mike: [WASAVP](#) is a statewide membership-based org anyone can join that focuses on policy change issues in WA. A leg advocate for prevention works on our behalf in Olympia. They also do training, e.g., art and science of community organization. Hoping pharmacology training will be available again soon.
- Liz: Certified Prevention Specialist certifications and the Associate CPS credential are reciprocal with most other states. Higher number of hours needed for drug certification is a challenge. Alicia and Liz are on the panel and will propose adjusting hours.
- Sarah adjourned the meeting at 4:01 p.m.

Upcoming Schedule

Month	Workgroup Presentation	Other Topics
July 11, 2022	TBD	•Strategic Planning Update – Final SPE Review
September 12, 2022	TBD	5 Year Strategic Plan Preview
November 14, 2022	TBD	5 Year Strategic Plan - Dissemination

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

Your support and collaboration are appreciated.