

Welcome to the Washington State Prevention Provider Meeting

Yakima Convention Center

November 6, 2016

9:30 a.m. - 4:30 p.m.

Substance Abuse Prevention And Mental Health Promotion

Overview of Prevention Services

November 6, 2016

Lucilla Mendoza, Division of Behavioral Health and Recovery

Janet Gone, Office of Indian Policy

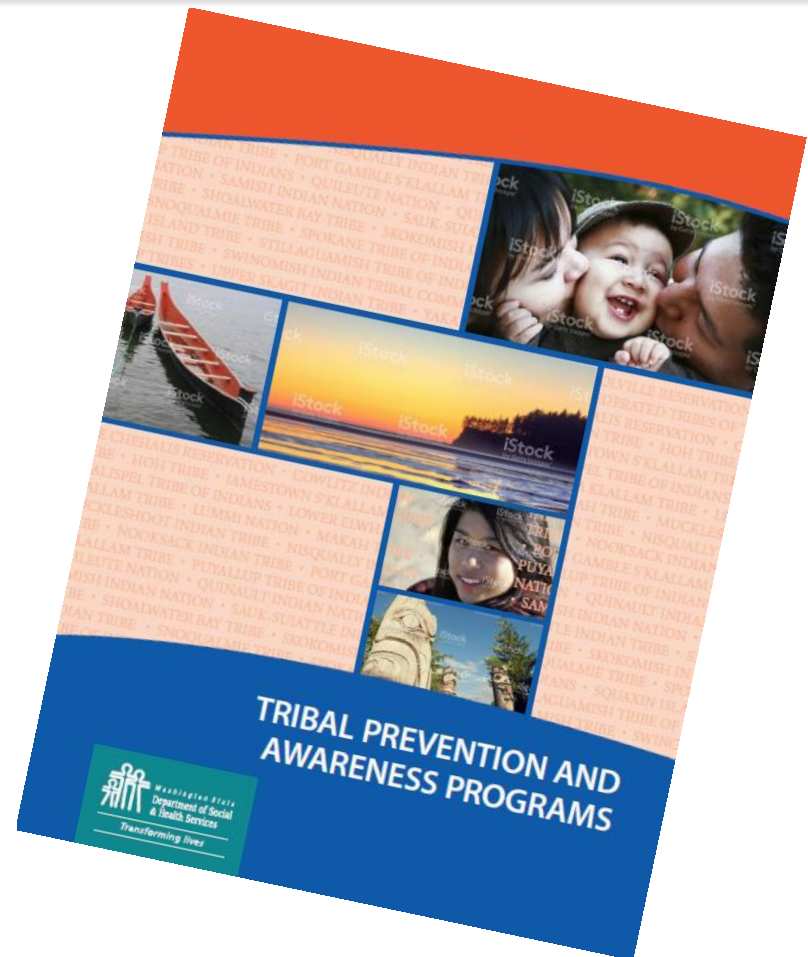
Julia Havens, Division of Behavioral Health and Recovery

Krissy Johnson, Office of Superintendent of Public Instruction

TRIBAL PREVENTION AND WELLNESS PROGRAMS

Tribal Prevention Partners

- All tribal communities engage in prevention and wellness activities
- 26 of the 29 Federally Recognized Tribes in WA utilize DBHR funding for Prevention



Government to Government Relationship

- Partnership with Office of Indian Policy
- Administrative Policy 7.01

*Welcome Janet Gone, Regional Manager, Office
of Indian Policy (OIP)*

Tribal Prevention Programs

- Cultural activities & cultural educational programs
- Gathering of Native Americans (GONA)
- Healing of the Canoe
- Incredible Years
- LifeSkills Training
- Lock Up Your Medications/Marijuana Campaigns
- Project Success (i.e., Pulling for Success)
- Positive Indian Parenting
- Fatherhood Program
- Second Step
- White Bison

Tribal Community Prevention Resources & Trainings

- NA – SAPST
- 7.01 Planning with Tribes
- Incredible Years
- Quarterly Tribal Learning Community Webinar
- Natural Native Mentoring Trainings & Mentoring Works WA
- Participation in CADCA, National Prevention Network Conference, National Youth Leadership Forum
- Tribal Prevention Gathering

Tribal Prevention Program Highlights

Squaxin Island

Mural highlighted in DBHR Employee Newsletter



Tribal Prevention Program Highlights



PROTECT OUR MINDS, OUR LIVES OUR INNOCENTS! LOCK IT UP!

Squaxin Island youth would like you to be mindful that easy access to drugs, prescription medications and alcohol is a way to put our youth at risk and in danger. Squaxin Island Family Services/DBHR program and Squaxin Island Tribal Youth Council would like to present our 'Lock it Up' campaign to bring awareness to the community.



Squaxin Island

Lock up your meds/marijuana campaign was highlighted to the governors council summer 2016.

Tribal Prevention Program Highlights

Quileute Nation

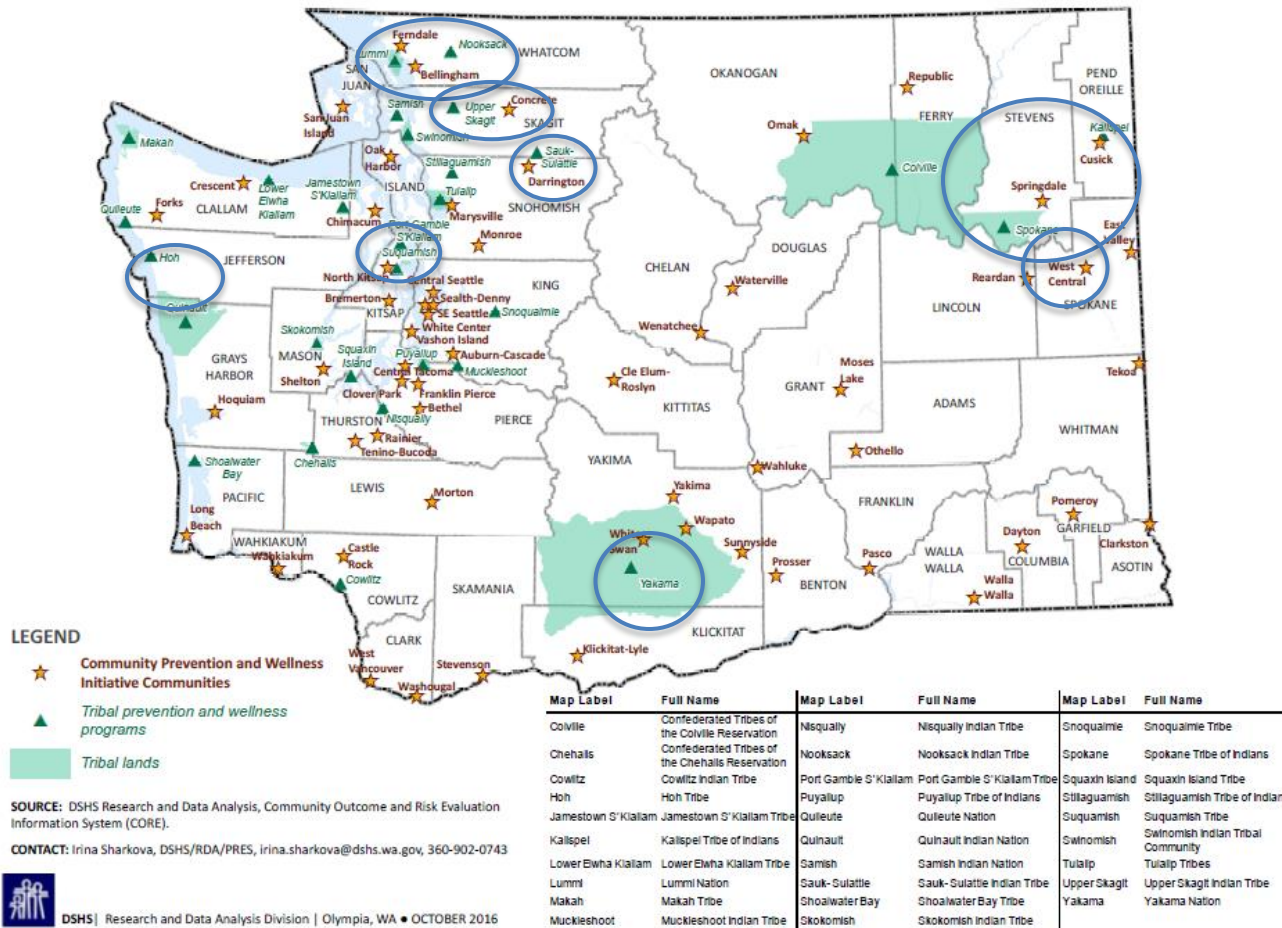
Miss Ann Penn-Charles
2015 WA State
Exemplary Substance
Abuse Prevention
Professional Award



Tribal Prevention Program Highlights

Tribal Prevention and Wellness and Community Prevention and Wellness Partnerships

Prevention services are focused in communities and Tribes throughout Washington

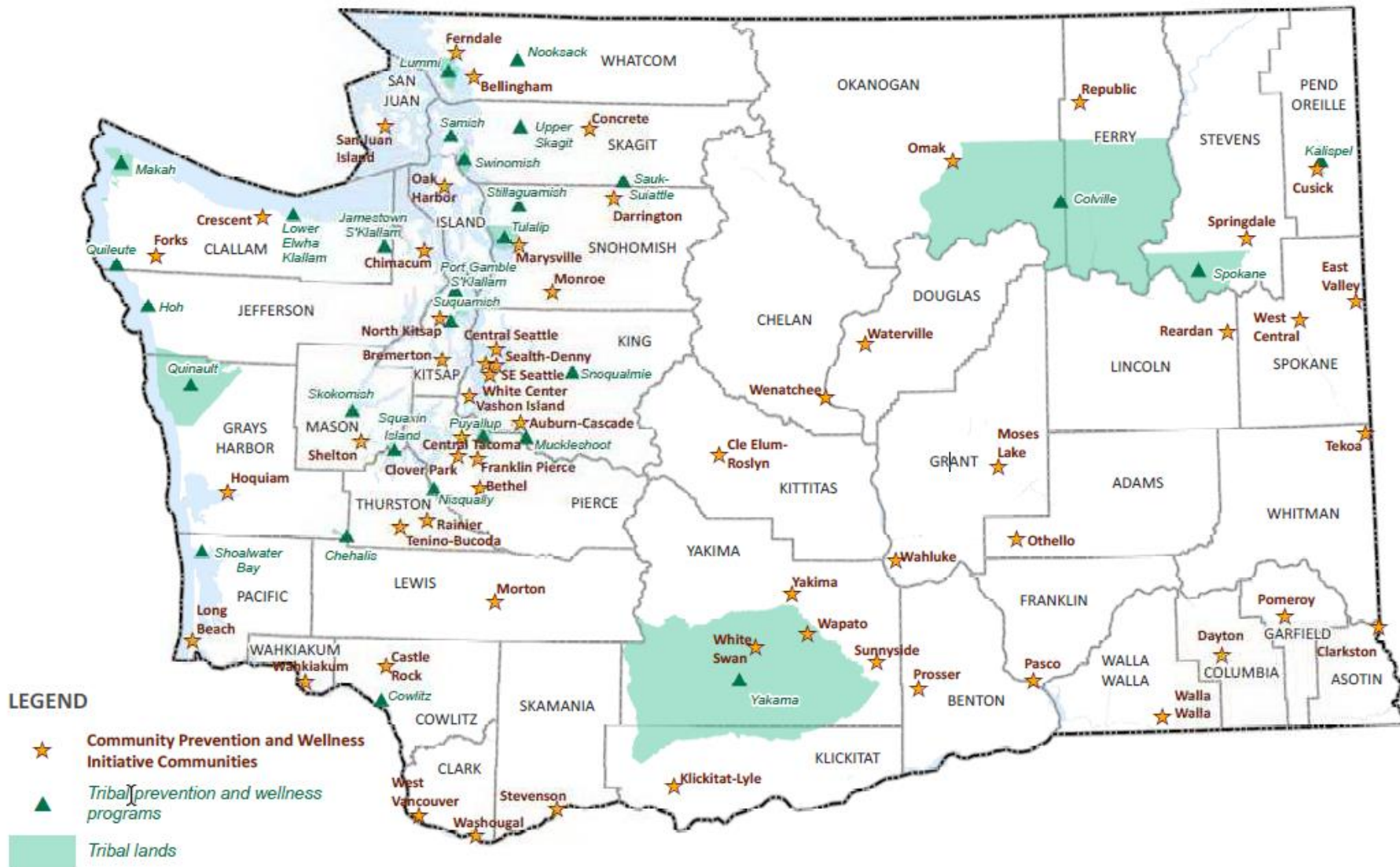


THE COMMUNITY PREVENTION & WELLNESS INITIATIVE (CPWI) DESIGN

CPWI Prevention Contractors/Providers

- 59 Total CPWI Coalitions
 - 54 SABG Funded Coalitions
 - 41 PFS Grantees (Coalitions)
 - 5 State Funded Coalitions
 - Prevention Intervention Specialist in each Community

Prevention services are focused in communities and Tribes throughout Washington



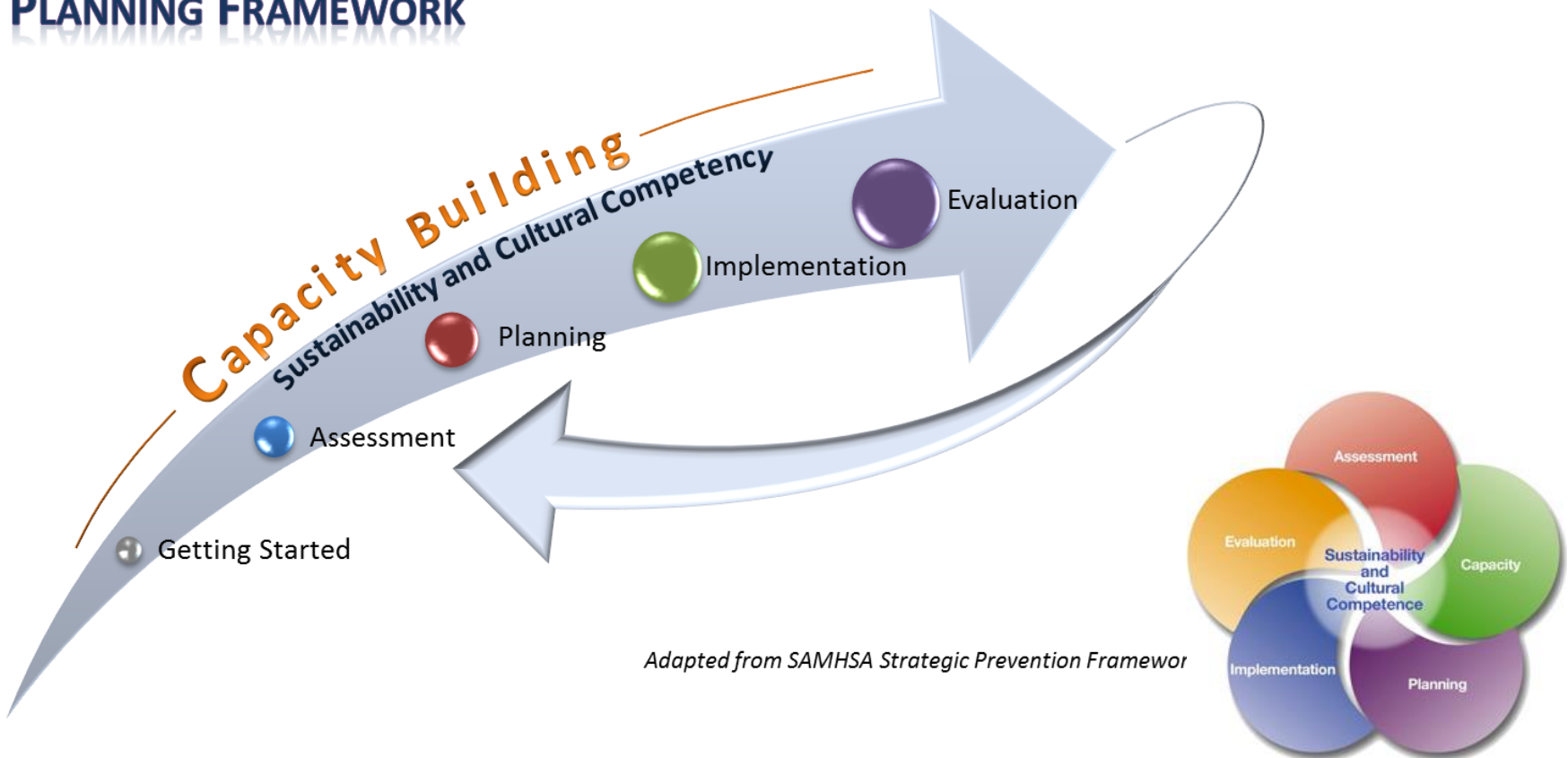
SOURCE: DSHS Research and Data Analysis, Community Outcome and Risk Evaluation Information System (CORE).

CONTACT: Irina Sharkova, DSHS/RDA/PRES, irina.sharkova@dshs.wa.gov, 360-902-0743



Model for Successful Community Prevention

DBHR COMMUNITY PREVENTION AND WELLNESS INITIATIVE PLANNING FRAMEWORK



CPWI – Brief Overview

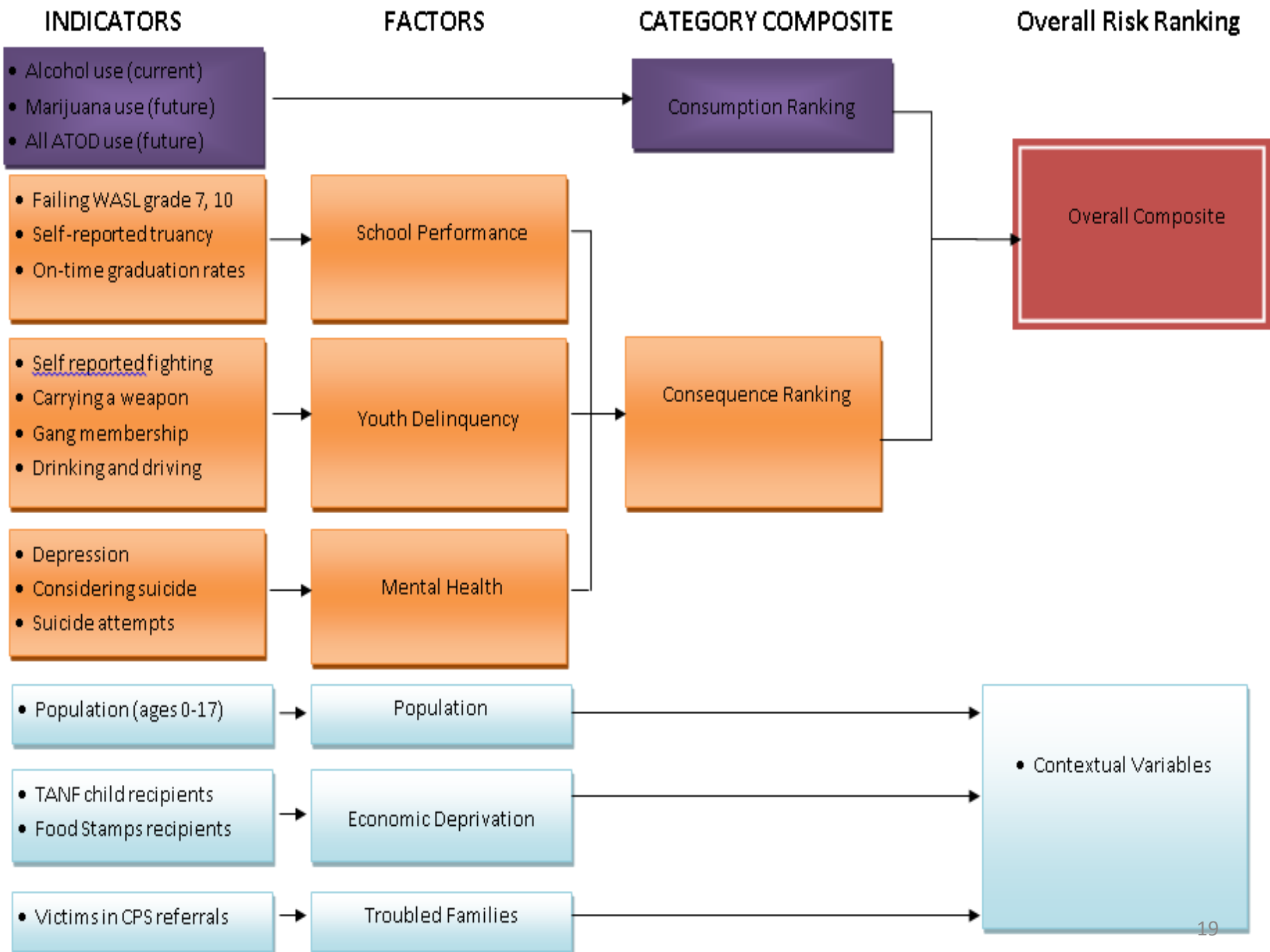
- Prevention delivery system redesign began in July 2011 and currently is made up of 59 communities.
- **Purpose:**
 - To better target and leverage funding through active partnerships
 - To provide long-term support for positive community change
 - To measure impacts and build the case for greater investments in prevention

CPWI – Brief Overview

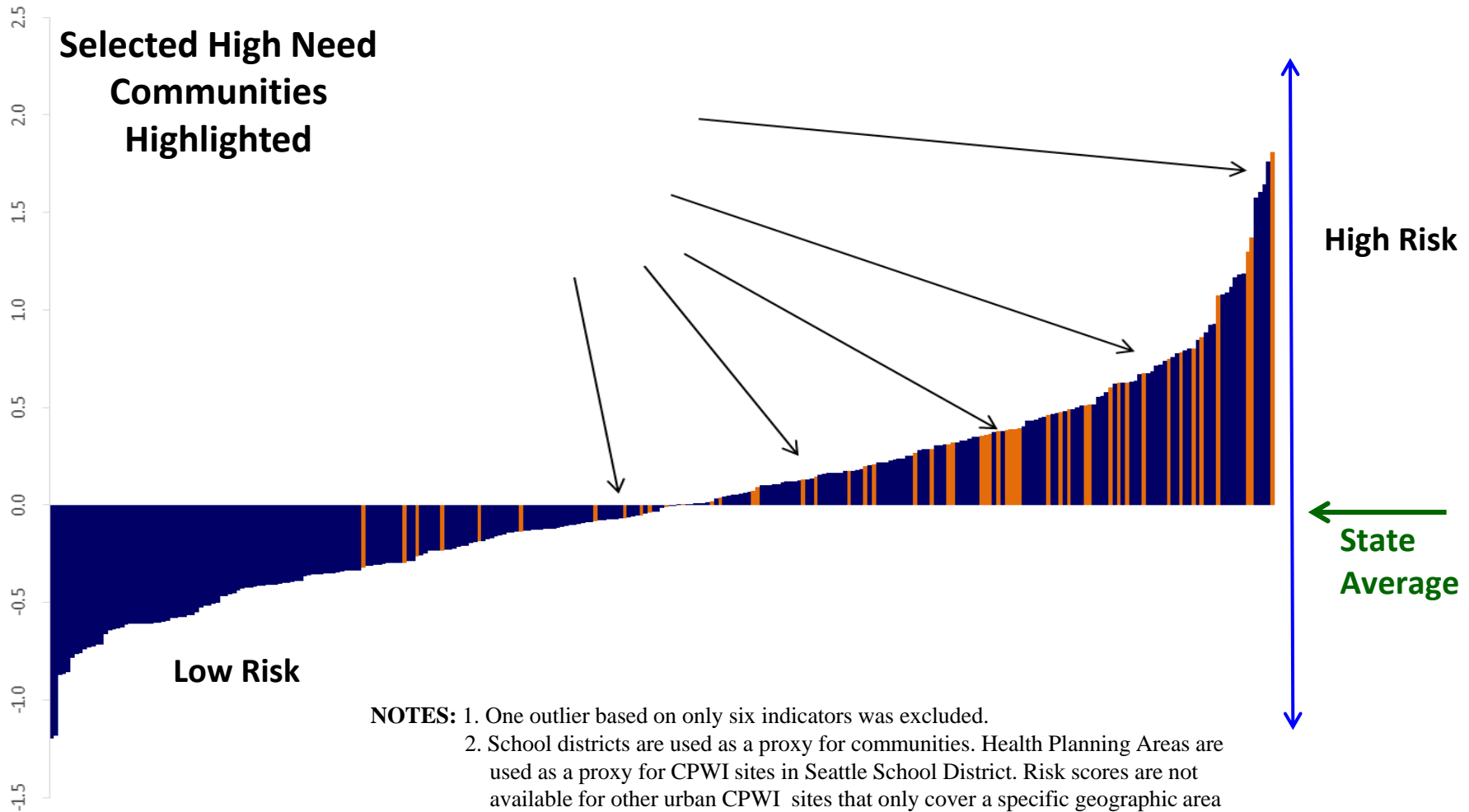
- **Our Goal:** Reduce substance use among middle and high school aged youth.
 - By reducing *underage drinking, prescription drug abuse, underage marijuana use* we also expect to reduce youth crime, mental health problems, and improve school performance.
- **Partnership effort among**
 - Division of Behavioral Health and Recovery (DBHR);
 - County Human Services;
 - The Office of the Superintendent of Public Instruction (OSPI);
 - Educational Service Districts (ESDs); and
 - Local school districts

High-need Communities

- Community risk ranking identified by DBHR using a risk profile score for each school district in the county.
- Risk profiles were created using youth alcohol use data and levels of community problems that can increase youth risk for substance use and abuse.



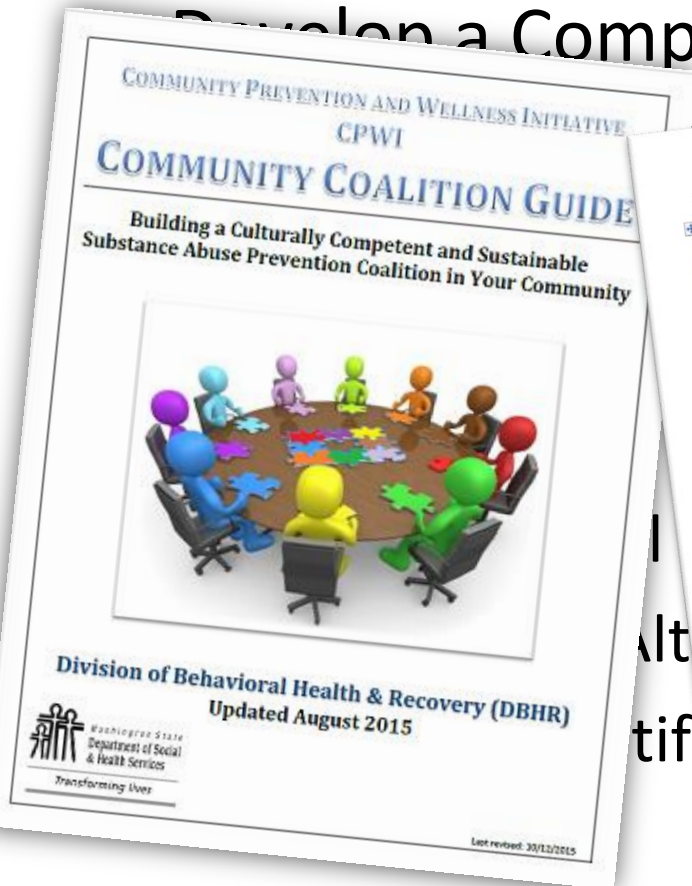
Composite Consequence and Risk Scores Selected Communities Compared to State



NOTES: 1. One outlier based on only six indicators was excluded.
2. School districts are used as a proxy for communities. Health Planning Areas are used as a proxy for CPWI sites in Seattle School District. Risk scores are not available for other urban CPWI sites that only cover a specific geographic area within a large school district. The risk scores for the entire school districts are used in for these area.

CPWI Comprehensive Approach

Develop a Comprehensive Strategic Plan



DBHR Community Prevention & Wellness Initiative (CPWI) Community Coalition Quick Reference Timeline Overview

Start date: July 1, 2015
Community Name: _____

Tasks	Frequency	Due
Getting Started		
1. Register and participate in The Athena Forum website	Ongoing	Within 2 weeks
2. Select CPWI Community	First Year only	Due 12/31/2015
a. Submit selection packet	First Year only	Within 2 weeks
b. Issue media release	---	---
3. Community Coalition Coordinator (.5 FTE) for each CPWI community	First Year & As needed	---
a. Review Coordinator job description with DBHR	First Year & As needed	---
b. Ensure new hire Coordinator has office space in CPWI community	First Year & As needed	---
c. Review new hire Coordinator qualifications with DBHR	First Year & As needed	---
d. Submit new Coordinator training plan if necessary	Ongoing	---
e. Ensure Coordinator is working with coalition	Ongoing	---
f. Ensure Coordinator spends at least 80 hours per month on community	Ongoing	---
g. Ensure Coordinator is Certified Prevention Professional (CPP)	Annually	---
4. Confirm SAPISP and P-I services	---	---
Capacity		
1. Recruit and retain membership	Ongoing	---
a. 8 of 12 sectors participating	Ongoing	Update 2/15/2017
b. Membership section in Strategic Plan	Annually	---
c. Conduct 'Coalition Assessment Tool' (CAT) Coalition member survey	First Year & Update 2017	---
d. Complete 'Community Profile'	---	---
2. Sector Representation Monthly Meetings	Ongoing	[start date Year]
a. Min. 8 sectors participating at least 9 months of the year	---	---

DBHR Community Prevention & Wellness Initiative (CPWI) Community Coalition Guide Quick Reference Timeline Overview

Tasks	Frequency	Due Date
3. Community coalition member orientation	First Year & As needed	Communities [enter date]
4. Establish and maintain coalition structure	Ongoing & Update 2017	[enter date]
5. Engage key leaders in coalition's CPWI efforts	Annually	[enter date]
6. Gather community information and feedback	Ongoing	[enter date]
7. Participate in training and technical assistance	Ongoing	[enter date]
Assessment		
1. Conduct Needs Assessment	---	---
a. Establish process for assessment	First Year & Update 2017	[enter date]
b. Conduct Assessment	First Year & Update 2017	[enter date]
c. Conduct 'Community Survey'	First Year & Update 2017	[enter date]
d. Prioritize outcomes and write into Strategic Plan	Annually	September-December
2. Conduct Resources Assessment	First Year & Update 2017	[enter date]
a. Establish process for assessment	---	---
b. Conduct Assessment	First Year & Update 2017	[enter date]
c. Prioritize outcomes and write into Strategic Plan	First Year & Update 2017	[enter date]
Planning		
1. Select goals, objectives, strategies, & programs/activities	---	---
a. Coalition determines goals and objectives	First Year & Update 2017	Update June 15, 2017
b. Coalition determines strategies, and programs/activities	First Year & Update 2017	June 15th
2. Develop and update Prevention Strategic Plan	First Year & Update 2017	Update June 15, 2017
3. Confirm implementation partnerships for strategies & programs & activities	First Year & Update 2017	[Due date TBD for new communities]
Implementation		
1. Maintain active community coalition	Ongoing	Starting July 1
a. Coordinator support Coalition	Ongoing	[Start date TBD for new communities]
b. Monthly full coalition meetings	Ongoing	Starting July 1
		[Start date TBD for new communities]

Long-Term Outcome: Consequences

Behavioral Health Problems (Consumption)

Intervening Variables (Risk/Protective Factors)

Local Conditions and Contributing Factors

Strategies & Local Implementation

Evaluation Plan

These problems...

School performance
52 - Coalitions

Youth Delinquency
50 - Coalitions (All)

Mental Health
51 - Coalitions

Suicide
3 Coalitions

Other (Injury, Illness and Death)
3 coalitions

These types of problems...

Any Underage Drinking
52- Coalitions (All)

Underage Problem and Heavy Drinking
46-Coalitions

Marijuana Use
41- Coalitions

Tobacco Use
15- Coalitions

Prescription Use
14 - Coalitions

Other Drug Use
6 - Coalitions

Depression
9 – Coalitions

Suicide
7 - Coalitions

Community Disorganization/Community Connectedness – 44
Bonding Healthy Beliefs and Clear Standards -7

Alcohol Availability: 52
Retail Access 15
Social Access 29
Promotion of Alcohol -10
Alcohol Laws: Enforcement; Penalties; Regulations -24
Community Laws and norms Favorable Toward Drug Use -23

Family Domain
Poor Family Management - 40
Family Favorable Attitudes Toward Substance Use – 13
Healthy Beliefs/Clear Standards - 4

School Domain
Low Commitment to School -14
Academic Failure -6
Prosocial Opportunities - 4
Individual/Peer Domain
Favorable Attitudes/Low Perception of Harm -43
Friends Who Engage in the Problem Behavior -22
Early Initiation of Use -19
Bonding - 12
Intentions to Use – 5
Healthy Beliefs/Clear Standards - 1

Community lacks cohesion and is disorganized to address SA prevention - 30
Lack of local resources in community to address many concerns - 11

Increase in retailers due to laws to increase alcohol sales (I-1182) and marijuana retail market (I-502) - 11

Alcohol & other drugs are prevalent at community events & home
Substances are easily accessible at home -14
Youth Substance Use is a Cultural Norm – 14
Ad placements that appeal to youth and lack of clear messages in the media - 6

Family Domain
Parental attitudes tolerant of substance use - 20
Limited resources for families – 13
Inconsistent messages related to SA/Lack of clear consequences-12

School Domain
Absenteeism, skipping school and low commitment-4
Lack of consistent school enforcement - 4

Individual Peer Domain
Youth do not see substance use as risky or dangerous, they do not think they will get caught – 29
High perception that friends/peers use substances -12

Community engagement/Coalition development:
All Coalitions

Public Awareness: 52
Social Norms Campaign -17
Let's Draw the Line -5
Above the Influence - 2
Talk They Hear You – 6
Be the Wall – 1
Info Dissemination-52

Enviro. Strategies: 97
Retailer Education -5
Compliance Checks – 4
Review and Revision Group - 12
Media Education -3
Let's Draw the Line -3
Increase Visibility of Enforcement -6
Compliance Checks -4
Social Host Ordinance -3
Drug Take Back -6
Parents to Host - 1

School-based P/I Services:
Project SUCCESS-52

Direct Services - 203
Life Skills Training -27
Strengthening Families -22
Guiding Good Choices -19
Second Step -12
Parenting Wisely -9
Good Behavior Game- 9
Mentoring - 11
SPORT – 8
Curriculum Based Support Groups – 5
Positive Action – 5
Case Management – 5
Incredible Years - 4
Nurse Family Partnership - 3
Peer Assistance and Leadership – 3

...and we will use these tools to measure our impact...

Community engagement/Coalition development:
Annual Coalition Survey
Sustainability
Documentation
State Wide Reporting

Public Awareness:
Process measures
Community Survey
of Impressions

Environmental Strategies:
Process measures
Annual Community Survey
Biennium HYS

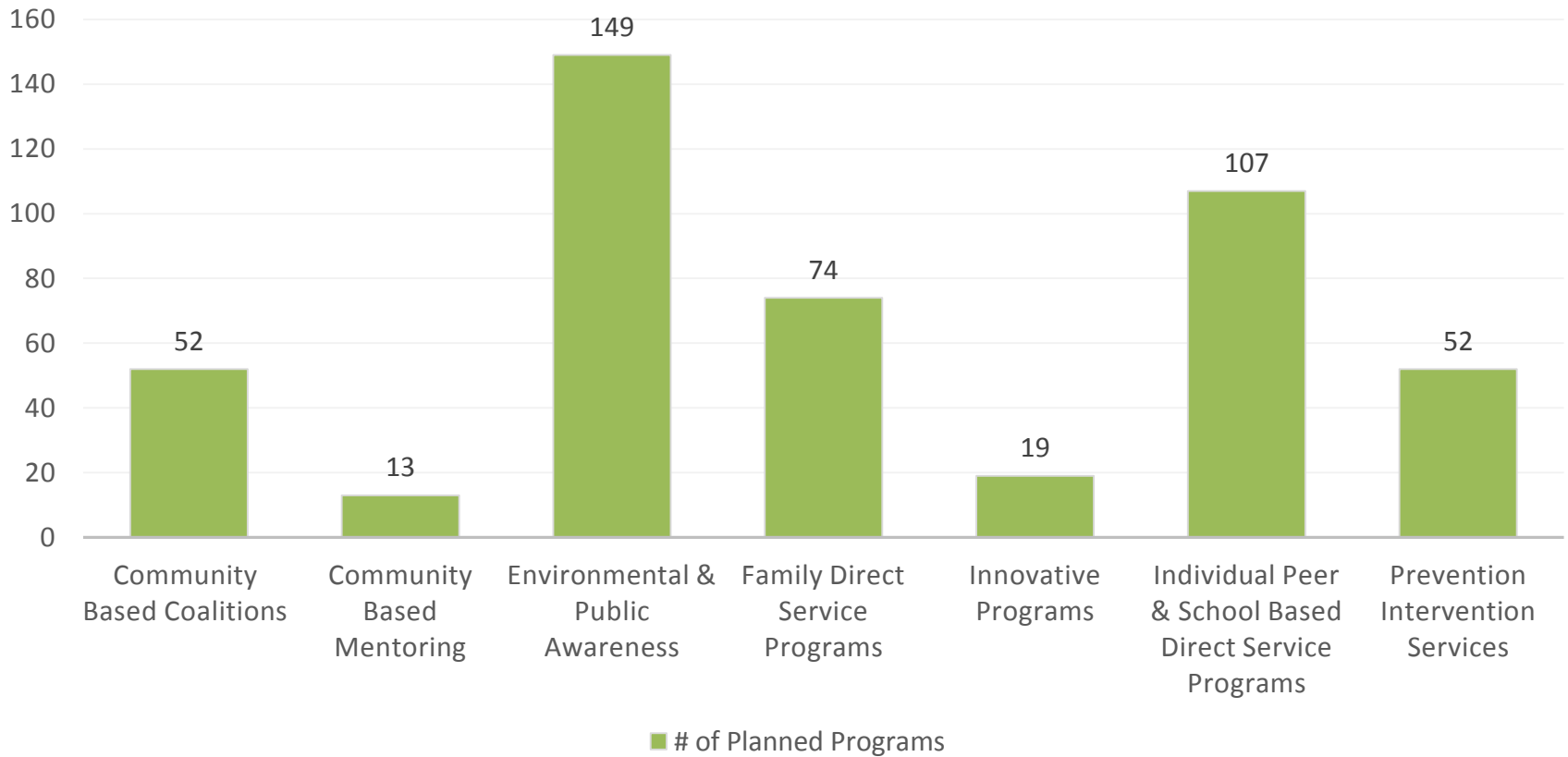
Prevention/Intervention Services:
pre/post

Direct Services:
Assigned Program
pre/post and process measures; HYS

**Statewide Logic Model
Commonalities –
Cohorts 1, 2, & 3
2015-2016**

Planned CPWI Programs 2015-2016

Planned Programs by CPWI Coalitions



Note: Data from the Logic Model Analysis 2015-2016

Most Common Direct Service Programs

Family Programs

- Strengthening Families 10-14
- Guiding Good Choices
- Parenting Wisely
- Incredible Years

Community-based

- Community- Based Mentoring
- Big Brothers Big Sisters

Individual / Peer Programs

- LifeSkills Training
- Positive Action
- Protecting You, Protecting Me
- Second Step
- SPORT

School-based Programs

- Good Behavior Game
- Curriculum Based Support Group

Media/Environmental Services

- Community Store Assessments
- Media Campaigns
- Policy
- Purchase Surveys
- Retailer Education
- Secure Medicine Take-back Projects
- Social Host Ordinance/ Education
- Social Norms Marketing

Prevention & Intervention Services

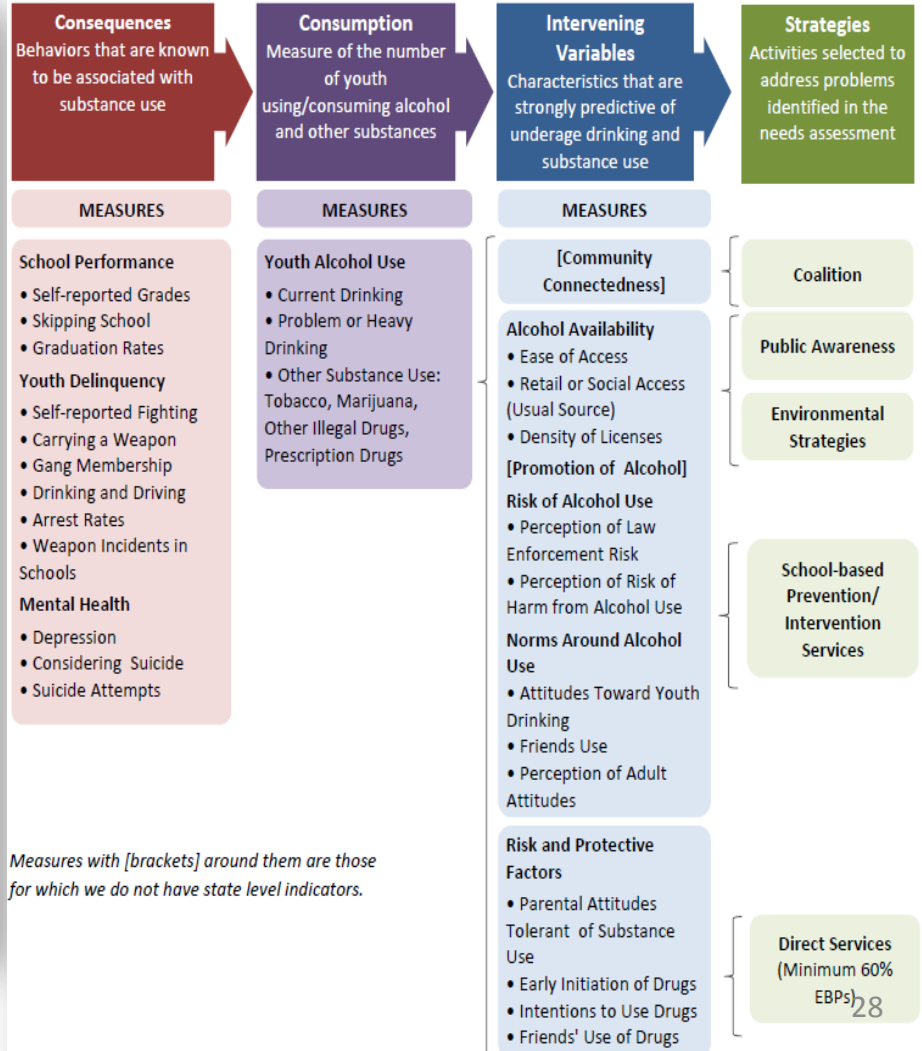
An essential part of the CPWI design. *See Slides at the end of this presentation.*

TRAINING & TECHNICAL ASSISTANCE IN A COMPREHENSIVE APPROACH

Data Driven Decision Making

What's Happening in SampleVille?


A Community Needs Assessment Data Book



Measures with [brackets] around them are those for which we do not have state level indicators.

Workforce Training & Development

Building capacity to increase effectiveness and efficiency of all prevention systems across the state through training:

- Washington Substance Abuse Prevention Skills Training (SAPST)
- New Coordinator Orientation
- Certified Prevention Professional credential requirement.
- Annual training opportunities
 - Prevention Summit
 - Summer Coalition Leadership Institute
- E-Learning on www.TheAthenaForum.org 
 - Free online courses available, plus additional viewing content
- Monthly Learning Community Meetings



Training & Technical Assistance

- Efforts Enhanced with PFS Grant
 - Special topic trainings and presentations
 - Webinar series in Implementing the SPF
 - Ongoing DBHR staff support – monthly check-ins
 - Strong working relationship with State Epidemiological Workgroup (SEOW)

Monitoring and Effective Programs

- Evidence Based Programs
 - Tailored to Community Risk/Protective Factors
- Monthly data tracking and reporting
- Program outcomes evaluated monthly
 - Corrective action planning for under performing program
 - Programs proven to be ineffective are not approved for future administration

The Athena Forum/Excellence in Prevention



ATHENA
known for wisdom, strategy and skill

Sign In Join Now Search...

The site for substance abuse prevention professionals and volunteers who want to become better at what they do.

Home Prevention Headlines Training Learning Community Learning Library Who's Who in Prevention Prevention Priorities

Home » Learning Library » Excellence in Prevention Strategies List

Excellence in Prevention Strategy List

Welcome to the Excellence in Prevention strategies list and search page. This page provides detailed information about direct service and environmental prevention strategies. Programs and strategies in this list must be shown in at least two studies to produce intended results. All programs listed include substance abuse prevention as an area of interest.

The strategies described in this list come from three primary resources, the National Registry for Evidence-based Programs and Practices(NREPP), a separate list of programs identified as evidence-based by the State of Oregon, and "Scientific Evidence for Developing a Logic Model on Underage Drinking: A Reference Guide for Community Environmental Prevention."

Use the search box or the questions below to help you narrow your search.

Search Titles and Tags

→ In which types of geography do you plan to implement the program? _____

→ Where will you implement the program? _____

→ What problems do you wish to address? _____

→ What is the age of your intended audience? (Select all that apply) _____

→ What is the ethnicity of your intended audience? (Select all that apply) _____

Apply

Across Ages

Across Ages is a school- and community-based substance abuse prevention program for youth ages 8 to 12. The unique

Print

SHARE

Quick Links

- Site Map
- Calendar
- Shared Documents
- Community Prevention and Wellness Initiative (CPWI)
- State Projects



Resources

- Athena Forum - www.theAthenaForum.org
- DBHR - www.dshs.wa.gov/bhsia/division-behavioral-health-and-recovery
- Healthy Youth Survey - www.AskHYS.net
- Start Talking Now - www.starttalkingnow.org

Thank You!

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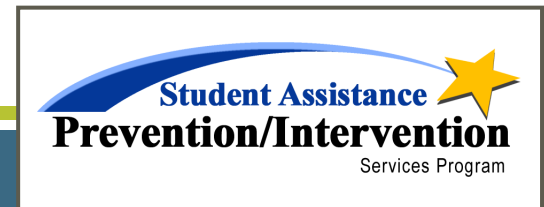
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Student Assistance Prevention/Intervention Program

KRISSY JOHNSON, SUPERINTENDENT OF PUBLIC INSTRUCTION &
ANNA MARIE DUFAULT, ESD 105



Student Assistance Program Goals

- To provide early drug and alcohol prevention and intervention services to students
- To provide high quality prevention and intervention programs to support a safe learning environment for all students
- To develop collaborative relationships with treatment agencies to better serve students



Student Assistance/Project SUCCESS is a Multi-tiered Framework

Tier 3: Case Management

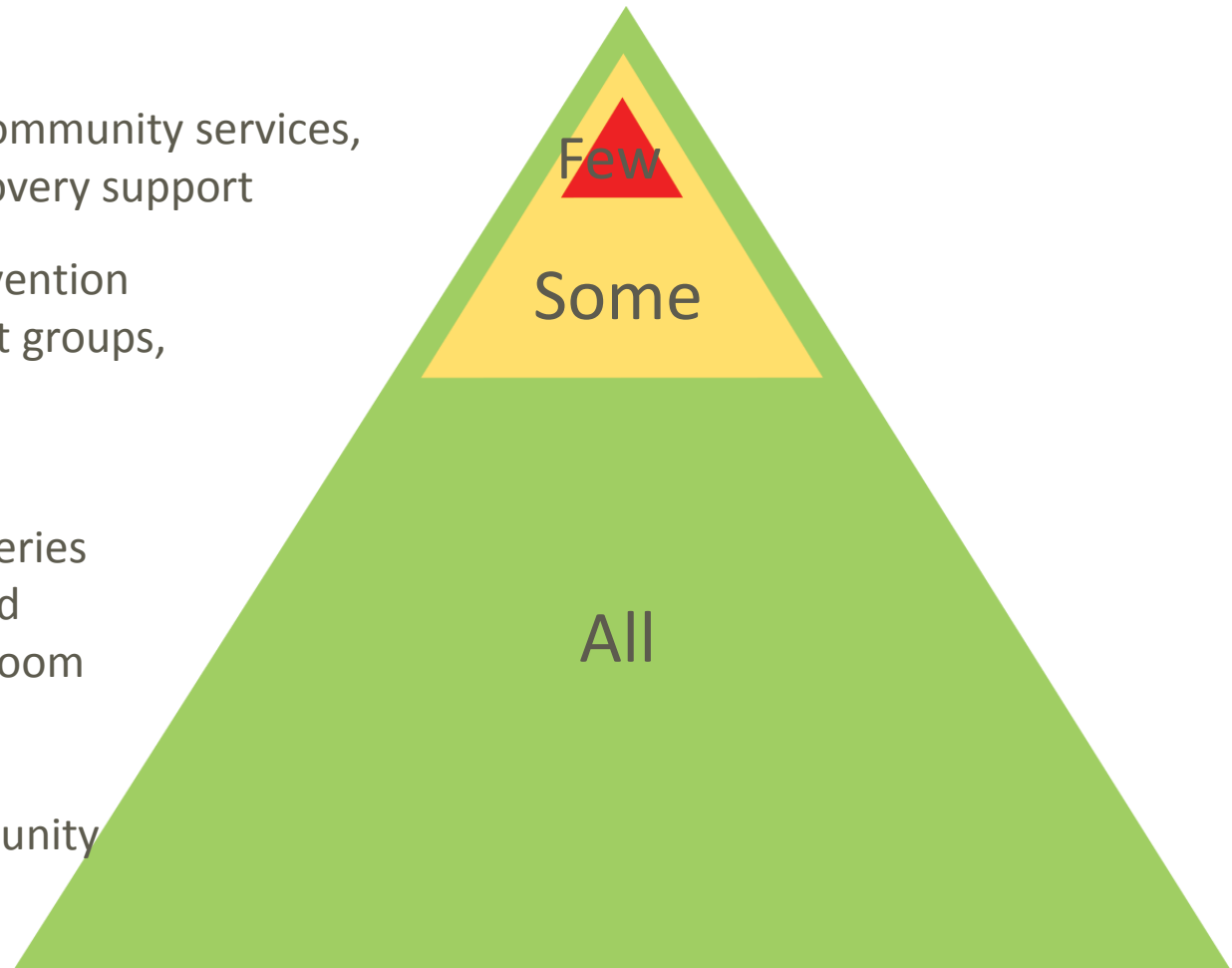
- Screening, referral to community services, case management, recovery support

Tier 2: School-based Intervention

- Screening, peer support groups, individual counseling

Tier 1: Prevention

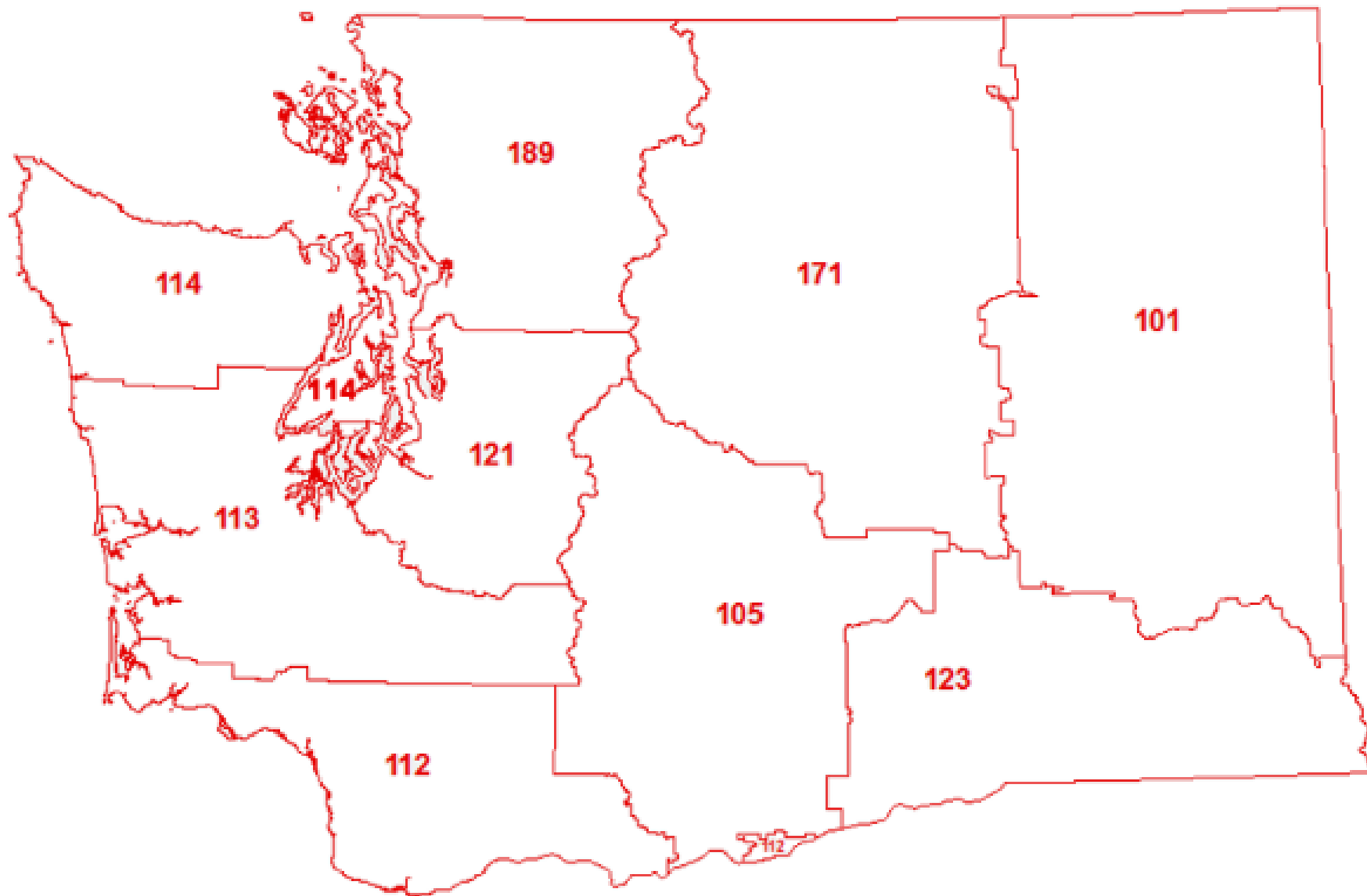
- Prevention Education Series or other evidence-based curriculum in the classroom
- School-wide events
- Prevention Club
- Family, Staff and Community Trainings/Curriculum



Washington's Student Assistance Program

- 27 years of program history
- Most recent iteration, as part of the CPWI model, implementing Project SUCCESS
- OSPI provides administration and oversight of the state-wide program
- Each of the 9 regional Educational Service Districts (ESDs)
 - Hire, train and supervise Prevention/Intervention Specialists or Student Assistance Professional staff in the schools
- Serving 78 schools and over 1800 students for interventions





Program Outcomes

Consistently from year to year see statistically significant:

- Reductions in substance use
- Increase in protective factors
- Increase perception of risk
- 72% maintain their good academic standing or increase the number of classes that they are passing



Program Contacts

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Lunch Time - Celebrations!

- Upgraded MIS System
- Congratulations to Coalitions who earned an Performance Based Incentive
 - Exceptional outcomes on all program groups
 - 80% participant session attendance and retention
- New CPPs
- Success Stories
- Any other announcements?

Julee Christianson

WASHINGTON'S BEST PRACTICES FOR SUBSTANCE ABUSE PREVENTION AND MENTAL HEALTH PROMOTION GUIDE

Best Practices Guide

