

# Supporting an Integrated System of Substance Use Disorder Prevention and Mental Health Promotion in Washington State

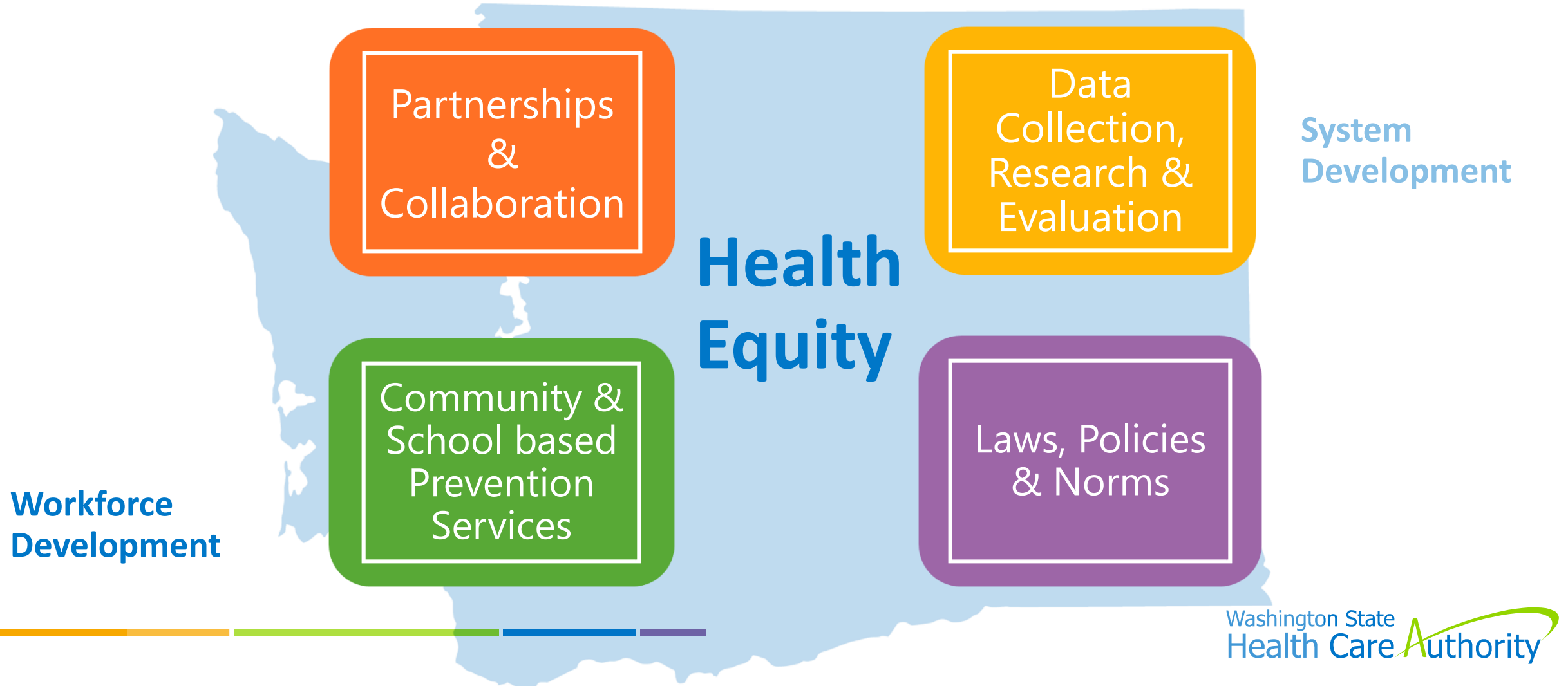
## **SAMHSA's 20th Prevention Day**

January 29, 2024

**Sarah Mariani, Section Manager**

Substance Use Disorder Prevention & Mental Health Promotion Section |  
Division of Behavioral Health and Recovery |  
Washington Health Care Authority

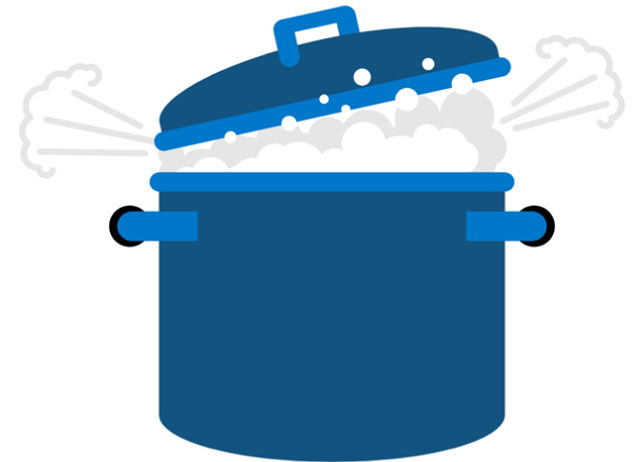
# WA State Prevention System



# WA State HCA Prevention and Promotion System

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- ▶ To reduce youth and young adult substance use and misuse, the prevalence of substance use disorder, and promote mental health and wellbeing across the lifespan.
- ▶ Accomplished through our shared commitment to:
  - ▶ Engage State, Tribal, and local partners
  - ▶ Serve communities with higher risk and need
  - ▶ Utilize research and evidence-based practices
  - ▶ Measure outcomes



# Washington State Strategic Plan for Substance Use Disorder Prevention and Mental Health Promotion



# What is the SPE Policy Consortium?

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## ▶ Full Name

- ▶ State Prevention Enhancement (SPE) Policy Consortium

## ▶ Who can participate?

- ▶ Any statewide organization working on preventing substance use disorder and/or promoting mental health.

## ▶ What do they do?

- ▶ Inform – partners, funders, leaders
- ▶ Support – workgroups and partners
- ▶ Coordinate – reduce duplication and ensure system efficiency



# Mission, Vision, and Key Values

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**Mission:** The SPE Policy Consortium, through partnerships and collaboration, will strengthen and support an integrated, statewide system of community-driven SUD prevention, behavioral and mental health promotion, and related themes.

**Vision:** A state where all individuals, families, youth, and communities can be as healthy as possible in a safe and nurturing environment.

## Key Values:

- ▶ Work collaboratively to produce a collective impact.
- ▶ Address health disparities and promote equity.
- ▶ Make data-informed decisions.
- ▶ Support community-level initiatives.
- ▶ Consider the entire lifespan of the individual.

## Key Principles:

- ▶ We work to prevent youth access to alcohol and other drugs.
- ▶ We implement programs that further positive youth development.
- ▶ We support public policies that promote public behavioral health and safety, including reducing/limiting access for products.

# SPE Partners

## ▶ SPE Consortium Co-Chairs:

- ▶ Health Care Authority: Sarah Mariani, Substance Use Disorder Prevention and Mental Health Promotion Section Manager
- ▶ Department of Health: Allen Christensen, Office of Healthy and Safe Communities Director

## ▶ SPE Consortium Member Agencies:

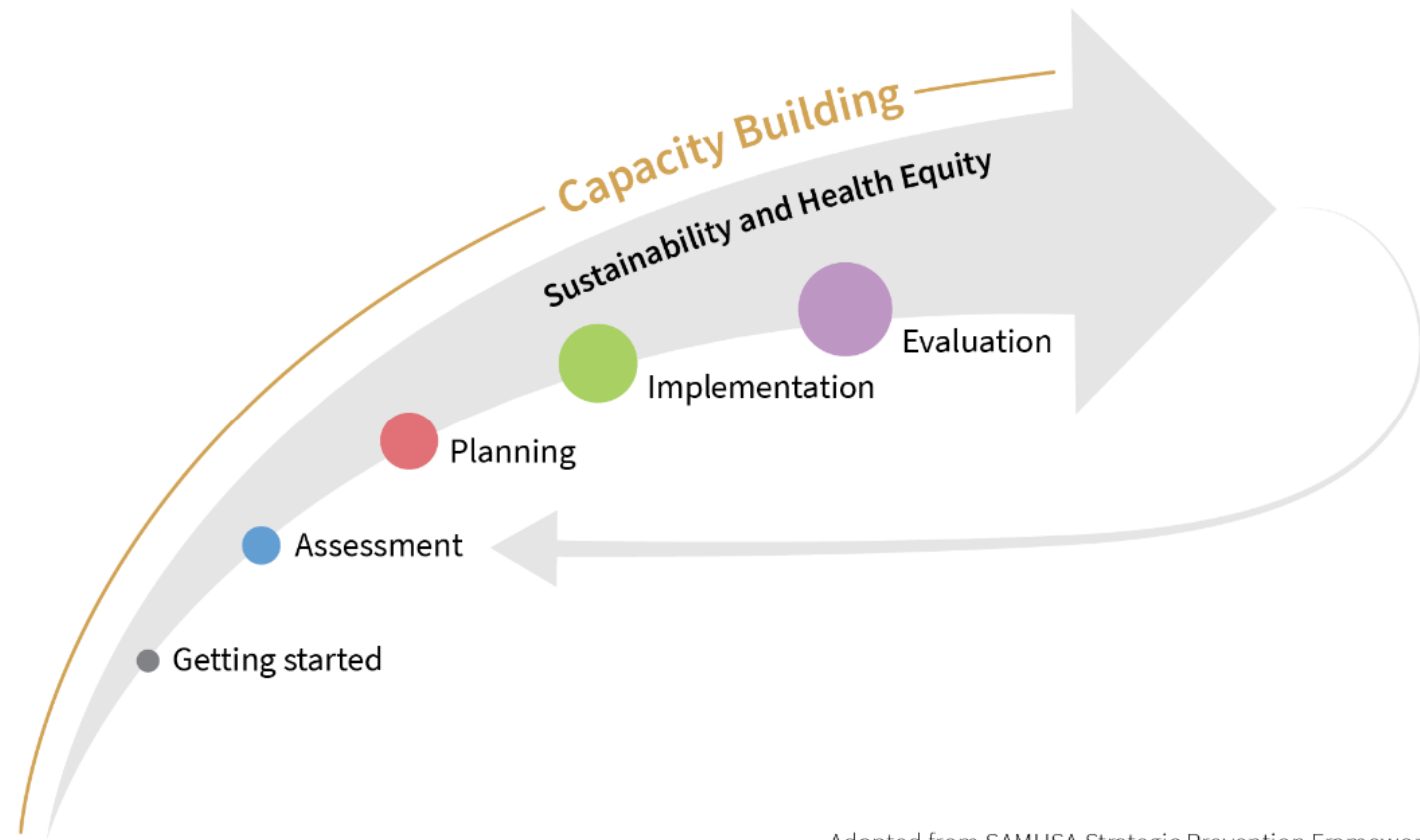
- ▶ Department of Children, Youth, and Families (DCYF)
- ▶ Department of Health (DOH)
- ▶ Department of Social and Health Services (DSHS)
- ▶ Drug Enforcement Agency (DEA) WA Office
- ▶ Foundation for Healthy Generations
- ▶ Liquor and Cannabis Board (LCB)
- ▶ Mentor WA
- ▶ Northwest High Intensity Drug Trafficking Area
- ▶ Office of Superintendent of Public Instruction
- ▶ University of WA
- ▶ Washington Poison Center (WAPC)
- ▶ Washington State Department of Labor and Industries (L&I)
- ▶ Washington State Hospital Association (WSHA)
- ▶ Washington State Institute for Public Policy (WSIPP)
- ▶ Washington State Patrol (WSP)
- ▶ Washington State University (WSU)
- ▶ Washington Traffic Safety Commission (WTSC)

## ▶ SPE Advising Groups:

- ▶ College Coalition for Substance Use Disorder Prevention (CCSAP)
- ▶ Prevention Research Subcommittee (PRSC)
- ▶ State Board of Health (SBOH)
- ▶ State Epidemiological Outcomes Workgroup (SEOW)
- ▶ WA Association Substance Use Disorder and Violence Prevention (WASAVP)
- ▶ Washington Healthy Youth Coalition (WHY)

# Washington State Strategic Prevention Framework (SPF)

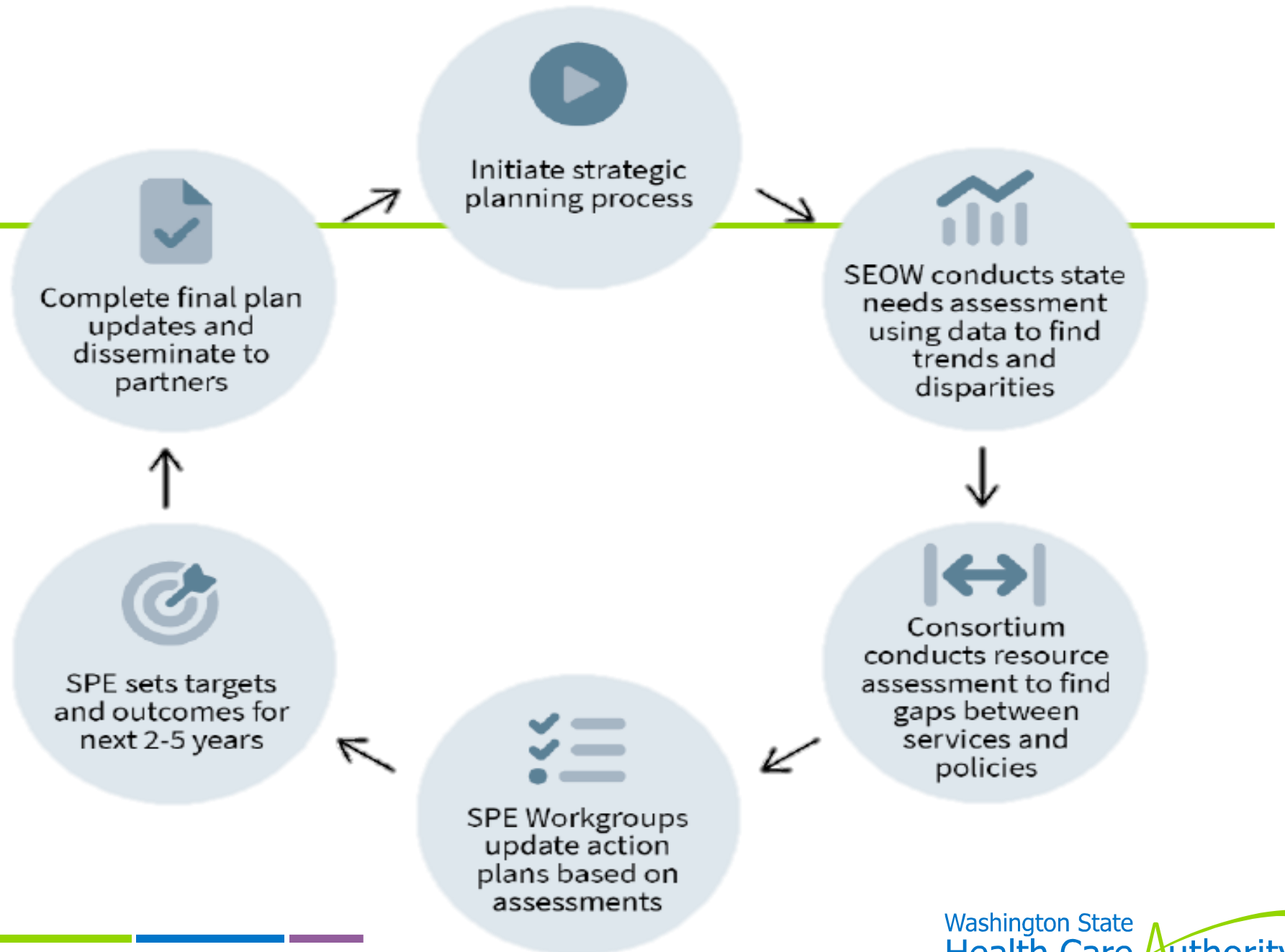
- ▶ Capacity Building
- ▶ Health Equity
- ▶ Sustainability
- ▶ Getting Started
- ▶ Assessment
- ▶ Planning
- ▶ Implementation
- ▶ Evaluation



Adapted from SAMHSA Strategic Prevention Framework



# Planning Cycle



# Assessment: Priority Areas

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- ▶ Underage drinking
- ▶ Cannabis/marijuana misuse
- ▶ Opioids, both prescribed and illicit, other prescription drugs, and stimulants misuse
- ▶ Commercial tobacco misuse
- ▶ Young Adult/Adult – Alcohol misuse
- ▶ Depression and anxiety
- ▶ Suicide ideation
- ▶ Vaping
- ▶ Problem gambling

# Key Findings

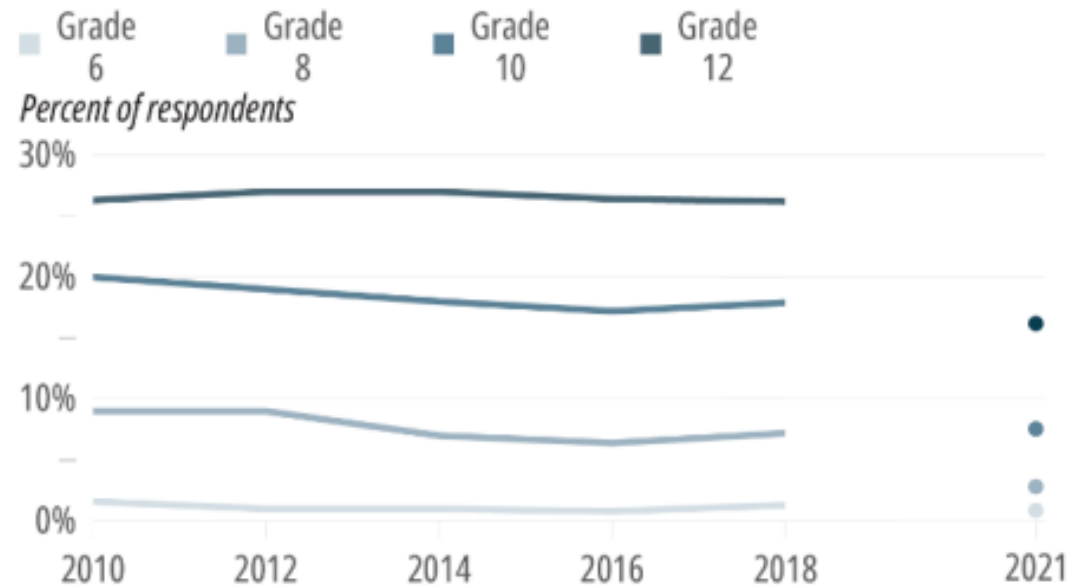
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- ▶ Overall, based on prevalence, misuse of **alcohol** is the most concerning substance issue among high school youth when compared to other substances.
  - ▶ Alcohol use among youth and young adults has been on a decreasing trend.
- ▶ **Cannabis/Marijuana** ranks as the **2<sup>nd</sup>** most concerning substance misuse for youth.
  - ▶ Cannabis/Marijuana use over the years continues to remain stable for high school youth. Among, youth aged 21-25, cannabis use has significantly increased.
- ▶ Commercial **tobacco** use by high school youth ranks **3<sup>rd</sup>** as a substance of concern.
  - ▶ All forms of tobacco use (excluding E-cigarettes / Vape pen use) have continued to decline for high school youth and young adults.
- ▶ **Mental health** concerns are also prioritized as there is an increase in prevalence overtime in depression and suicide ideation, suicide planning, and suicide attempts among high school youth.

# Pandemic Effect

- ▶ The COVID-19 pandemic led to many changes in the lives of Washington youth.
- ▶ HYS 2021 was likely influenced by the pandemic (e.g., decreased opportunity for socializing with peers).
- ▶ Trend data from before the pandemic and during/after the height of the pandemic should be interpreted with caution.
- ▶ This is shown as a “break” in trend graphs.
- ▶ HYS 2023 should help us determine which, if any, of the impacts will remain.

**HYS Current (30-Day) Marijuana Use**  
2010-2021



Washington State Healthy Youth Survey; There is no connecting line between 2018 and 2021 to indicate caution should be used when comparing estimates between 2021 and prior years because of methodological changes for 2021. Due to these changes, significance testing between 2021 and prior years was not performed.

# Health Equity

- ▶ Significant mental disparities among female sex assigned at birth.
- ▶ LGB students show disparities across all major indicators.
- ▶ Students who self identify as disabled have significantly higher risk factors for problem behaviors.
- ▶ Students who are unhoused are more than twice as likely to have attempted suicide.
- ▶ Resource assessment shows that programs designed to meet the needs of LGB and disabled students are rare.

## Health disparities data

Health Disparities Data by Gender at Birth, Sexual Orientation, Disability Status, and Housing Insecurity, Washington State 10th Grade Students Subpopulation, 2021

Red highlighted data indicates a statistically significant difference at the  $p < 0.05$  level

Behavioral health problem	Gender at birth <sup>1</sup>		Sexual orientation (LGB) <sup>2</sup>		Disability status <sup>3</sup>		Housing insecurity <sup>4</sup>	
	Female	Male	LGB	Hetero-sexual	Disability	No disability	Insecure housing	Secure housing
Smoked cigarettes in past 30 days	2.3%	1.6%	4.9%	1.1%	3.8%	0.8%	10.2%	1.7%
Drank alcohol in past 30 days	9.7%	7.0%	13.5%	7.2%	15.8%	6.3%	15.1%	8.1%
Used marijuana or hashish in past 30 days	7.9%	6.4%	13.9%	5.8%	11.5%	5.4%	16.6%	6.7%
Binge drinking in past 2 weeks	6.0%	4.9%	9.3%	4.8%	8.4%	4.7%	11.5%	5.1%
Pain killer use in past 30 days	1.2%	0.8%	2.3%	0.7%	3.0%	0.4%	4.0%	0.8%
Sad/hopeless in past 12 months	50.2%	25.4%	65.9%	29.0%	61.2%	28.5%	52.8%	36.5%
Suicide ideation	26.2%	12.6%	46.3%	11.5%	38.2%	13.0%	36.5%	18.5%
Suicide plan	20.8%	10.3%	34.8%	9.2%	30.5%	10.0%	26.0%	14.7%
Suicide attempt	11.6%	4.5%	20.9%	4.3%	18.2%	4.2%	16.3%	7.2%
Bullied in the past 30 days	16.3%	10.1%	23.1%	10.2%	25.7%	8.6%	21.7%	12.7%
Anxiety <sup>5</sup>	55.0%	23.1%	67.5%	29.7%	61.8%	36.0%	47.2%	38.9%

# 2023 and 2025 Targets for Behavioral Health Problems

Alcohol use (10th grade)	HYS 2016	HYS 2018	HYS 2021	Target 2023	Target 2025
Drank alcohol in last 30 days	20.3%	18.5%	8.4%	15.0%	14.0%
Tobacco use (10th grade)	HYS 2016	HYS 2018	HYS 2021	Target 2023	Target 2025
Tobacco use in past 30 days (all tobacco, excluding e-cigarettes) <sup>1</sup>	10.2%	7.9%	3.5%	7.5%	7.1%
Smoked cigarettes in last 30 days	6.3%	5.0%	1.9%	4.8%	4.5%
Depression (10th grade)	HYS 2016	HYS 2018	HYS 2021	Target 2023	Target 2025
Sad/hopeless in past 12 months	34.5%	40.0%	38.1%	36.0%	34.1%

# SPE Consortium Strategic Objectives and Action Plan

# Strategic Objectives

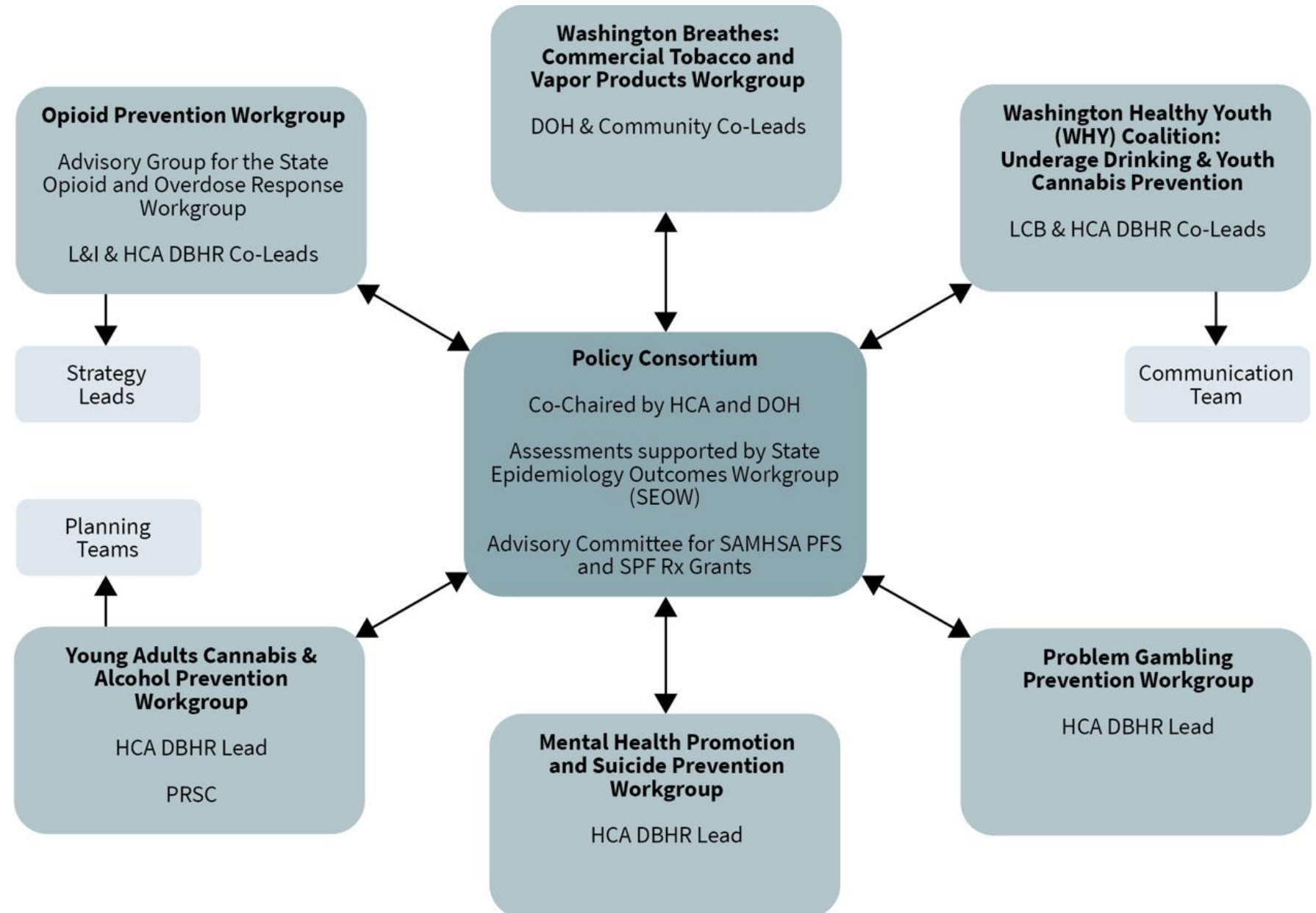
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- ▶ **Strategic Objective One:** Strengthen state collaboration to prevent initiation of substance use and promote mental health.
- ▶ **Strategic Objective Two:** Utilizing needs assessment data in Washington State, create and disseminate communication plans, campaigns, trainings, and resources to better serve populations in need.
- ▶ **Strategic Objective Three:** Implement environmental strategies to: reduce access and availability of substances; change community and social norms of substance use; and reduce stigma in accessing behavioral health services.
- ▶ **Strategic Objective Four:** Commit and dedicate efforts to implementing SUD prevention and mental health promotion programs to strengthen protective factors and reduce risk factors.
- ▶ **Strategic Objective Five:** Strengthen the long-term sustainability of the behavioral health promotion and SUD prevention workforce.



# Workgroup Planning

- ▶ The SPE work is part of a larger effort.
- ▶ Some workgroups focus on priority populations.
- ▶ Other on specific problem behaviors.



# Washington Healthy Youth (WHY) Coalition

## (Underage Drinking and Youth Cannabis Prevention)

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### ▶ Goals:

- ▶ Reduce percentage of 10th graders reporting they drank alcohol in the past 30 days from 20% in 2016 to 15% in 2023
- ▶ Reduce percentage of 10th graders reporting they used marijuana in the past 30 days from 17% in 2016 to 12% in 2023

### ▶ Data Measures:

- ▶ Underage Drinking – 30-day use; problem use. HYS
- ▶ Cannabis/Marijuana Use – 30-day use. HYS

### ▶ Strategies:

- ▶ Provide Educational Tools for parents, schools, others
- ▶ Use data to inform strategies
- ▶ Expand membership
- ▶ Education and information sharing

# Washington Breathes (WA Breathes)

## (Commercial Tobacco/Vapor Product Prevention and Treatment)

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### ▶ Goals:

- ▶ Improve health equity and community health
- ▶ Restore funding & comprehensive state program
- ▶ Eliminate underage commercial tobacco and vapor product use
- ▶ Improve cessation treatment
- ▶ Eliminate inequities
- ▶ Increase community-based data
- ▶ End commercial tobacco sales

### ▶ Data Measures:

- ▶ Commercial Tobacco Use – 30-day use. HYS
- ▶ Vapor Products Use – 30-day use. HYS

### ▶ Strategies:

- ▶ Promote new coalition and strategic plan
- ▶ Reduce disparities in use among key populations
- ▶ Leverage resources to support prevention and treatment

# Opioid Prevention Workgroup

## (Prevent Opioid and Substance Misuse, and Associated Harms)

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### ▶ Goals:

- ▶ Prevent misuse of opioids and other substances in communities, particularly among youth and young adults.
- ▶ Promote use of opioid prescribing best practices among health care providers.
- ▶ Increase the use of the Prescription Drug Monitoring Program
- ▶ Educate the public about the risks of opioid use, including overdose.
- ▶ Promote safe home storage and appropriate disposal
- ▶ Decrease the supply of illegal opioids

### ▶ Data Measures:

- ▶ Any opioid/prescription drug misuse – 30-day use. HYS
- ▶ Painkiller use – past 30 days. HYS.

### ▶ Strategies:

- ▶ Implement CPWI/SAPISP
- ▶ Fund CBO's in implementing EBPs
- ▶ Fund Tribes in providing culturally attuned programs
- ▶ Safe prescribing and utilization of PMP
- ▶ Public Education Campaigns

# Mental Health Promotion & Suicide Prevention

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## ▶ Goals:

- ▶ Statewide workgroup involving state and local organizations to focus on mental health promotion, suicide prevention strategies to implement SPE strategies.
- ▶ Build capacity across MHP system
- ▶ Seek new funding opportunities
- ▶ Share resources for MHP and Suicide Px

## ▶ Data Measures:

- ▶ Anxiety – within last 2 weeks. HYS
- ▶ Depression – sad/hopeless in last 12 months. HYS
- ▶ Suicide – Ideation; plan; attempt. HYS.

# Young Adults Workgroup

## (Cannabis and Alcohol Misuse Prevention)

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### ▶ Goals:

- ▶ Increase statewide collaboration and partnerships with diverse partners.
- ▶ Public education Enhance young adults' critical knowledge about alcohol and cannabis and raise awareness of misuse
- ▶ Workforce development
- ▶ Promote the use of evidence-based screening/intervention best practices, resources and tools.

### ▶ Data Measures:

- ▶ Young Adult/Adult Alcohol Misuse – use during pregnancy. PRAMS, YAHS.
- ▶ Young adult alcohol use – use in past month. YAHS.
- ▶ Young adult recreational cannabis use – past year by age group. YAHS.

# Problem Gambling Prevention

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## ▶ Goals:

- ▶ Recent formation and organization
- ▶ 2022 Legislative Session delegated more resources to PG
- ▶ Significant support from tribal partners
- ▶ Will create full strategic plan by end of 2024

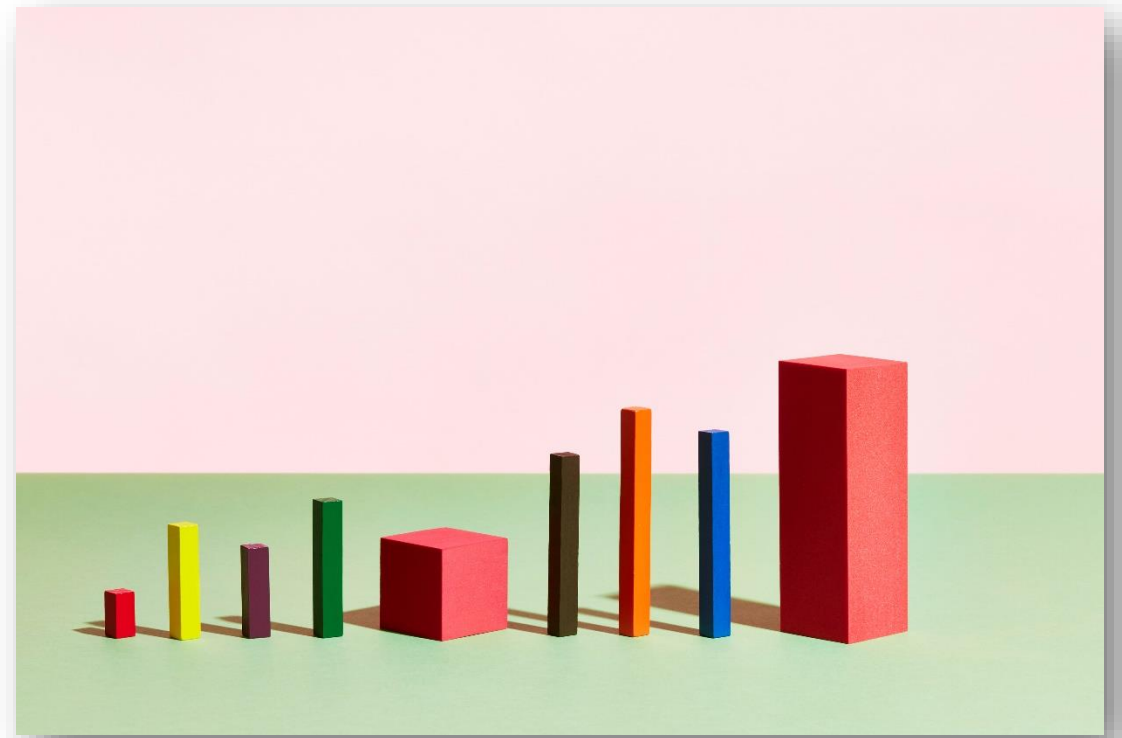
## ▶ Data Measures:

- ▶ Problem Gambling – last 12 months.  
HYS

# Evaluation of SPE's Efforts

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- ▶ Robust reporting systems from SPE Policy Consortium partner agencies/organizations.
- ▶ Tracking and analyzing data and outcomes from youth and young adult surveys in comparison to set targets.
- ▶ Tracking outcomes and progress on Consortium and Workgroup action plans.





# Questions?

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Where to Learn more:

[www.TheAthenaForum.org/spe](http://www.TheAthenaForum.org/spe)



# SPE Contact Information

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