

State Prevention Enhancement (SPE) Policy Consortium Notes

May 20, 2024, 1-4 p.m.

Via MS Teams

Attendees			
Bailey, Me'kyel	DOH	Kilmer, Jason	UW
Bartz-Overman, Carly A	DOH	Lauderdale, Connie	HCA
Christensen, Allen	DOH	Mariani, Sarah E	HCA
Dinardo, Molly	SBOH	Mauger, Justin	WPC
Gallipeo, Cydney	DOL	McKechnie, Mark	WTSC
Garza, Codie	HCA	Oliver, Rachel	HCA
Glesman, Heidi	DOH	Rashid, Amani	WSIPP
Gray, Marie	DOH	Smith, Brittany	HCA
Haley, Kristen	LCB	Waldron, Roxanne	HCA
Huynh, LinhPhung	SBOH	Walukevich, Katherine	UW
Jenkins, Erika	HCA	Wellington, Mary	DOH
Kang, Jennifer	DOH		

Meeting Notes

1. Introductions and Announcements

Sarah Mariani HCA, Allen Christiansen DOH

- Sarah opened the meeting at 1:05 p.m. and welcomed new members.
- Fun for chat box: What is the best piece of advice you've ever received?
 - End every week with at least one "win."
 - Don't borrow worry from tomorrow.
 - A thing worth doing is worth doing poorly.
 - Be bold and mighty forces will come to your aid. (Anthony Hopkins on Bravo, 2000)

Observations and Announcements

- Awareness
 - April was Child Abuse Prevention Month.
 - May is [Mental Health Awareness Month](#), [Asian/Pacific Islander Heritage Month](#), [Foster Care Awareness Month](#)
 - Last week was National Prevention Week.
- Codie Garza joined DBHR about a month ago as a Px Supervisor.
- DBHR has several job opportunities open.
- The Spring Youth Forum earlier this month was a great success.
 - About 350 attendees with 40 youth teams.
 - Gathered feedback on the Healthy Youth Survey from youth attendees.
- Justin Mauger: Every Wednesday in August is an Overdose Awareness Series meeting. You can submit a proposal to host one of these [here](#).

2. Governor's Interagency Council on Health Disparities

Linh Phung Huynh

- See PPT for presentation details, which include an overview of the Council and what it does, and information from their updated action plan.
- They don't implement programs they recommend, so interagency coordination is necessary for implementation.
- They are part of the executive branch of state government.
- They work on social determinants of health; a slide shows past topics they've made recommendations on.
- They recently worked on a council redesign project and developed a proposal.
 - Their [State Action Plan Update from January 2024](#) has more on this.

- The first on a list of several Foundational Truths is, “racism is a public health crisis.”
- The redesign proposal centers on a health justice framework.
- During the 2024 legislative session, they got a bill going to update the Council’s authority that didn’t advance, although they received \$1.1M in funding. Next steps are on the slide.
- Contact: LinhPhung Huynh (she/her), Manager, Governor's Interagency Council on Health Disparities - linhphung.huynh@sboh.wa.gov or healthequity@sboh.wa.gov
- Linh’s question for the group: are there any parts of this Health Justice Framework that are more relevant to your job?
 - All the parts resonate.
 - How to improve health justice for Washingtonians.
 - I like the emphasis on upstream intervention.
 - We hope to stay in touch so Px/SPE and your team’s efforts align and equity stays in focus. Great clarity in how this has been laid out!
 - I’d like to see more coordination across agencies. I work with traffic fatalities and we are looking at a similar approach that considers root causes, racial/economic disparities, and upstream interventions to prevent/disrupt the risk factors that lead to roadway deaths.

3. Needs Assessment Update

Sarah Mariani

- The strategic plan incorporates HYS and YAHS. When we did this last, it was close to Covid, so there was a lot we needed to balance. Recent surveys (2023) have given us more data to go on, so we’ll be doing a mini update.
- The state Epidemiological Outcomes workgroup will look at this and help provide feedback.
- Those interested in looking more closely at the data and providing input to the group added their names in the chat:
 - Rachel Oliver
 - Kristen Haley
 - Liz Venut0
 - Rachel Baxter
 - Heidi Glesmann

4. Young Adult Health Survey Results

Jason Kilmer

- Please see the PPT.
- YAHS started from conversations at statewide meetings in 2013 and launched in 2014, so is celebrating 10 years of surveys.
- Recruitment: a convenience sample that consists of a mix of direct mail and advertising.
- Jason shared results and findings. Some points:
 - There are many frequency categories showing significant increases over time, largely being driven by 21-25 year olds.
 - Perceived norms have a significant impact on use, and there are pronounced misperceptions of prevalence (e.g., 19% of young adults think the typical person uses daily).
 - Parents are now the 3rd highest source of cannabis for 18-20 year olds (and continue to significantly increase over time as a source).
 - Retail stores are the primary source for 21-25 year olds.
 - Driving under the influence of cannabis is decreasing but is still over 30% reporting at least one occurrence in the past month.
 - Jason introduced some new frequency data on various substances that hasn’t yet been shared.
 - Mental health questions were added this year for cohort 10.
- With approval from DBHR, two grants have been awarded for secondary data analysis using YAHS data, and these grants have resulted in a number of published studies using YAHS data.
- Q: Current 18-20 year olds were underage when Covid started. The trends we see are different than what came before, so was Covid a factor in this? A: We have data during the pandemic and again after,

so were able to follow this over time. From a separate study, at the height of the pandemic, 1/3 reported their use stayed the same; 1/3 increased; 1/3 decreased. What changed were their motives; boredom was a big factor. We're studying the effects of pandemic impacts (including losing a job, loss of a loved one, etc.) on use.

- Q: Will there be anything that addresses potential CBD interactions with SSRI's in future young adult surveys or other surveys/studies? A: Generally, it's hard to get this. Dr. Rachel Wood advocates for being mindful of drug interactions and whether cannabis gets in the way of medication doing what it was intended to do.
- Q: Do you capture product type related to alcohol? A: Yes: "What type of alcohol do you usually drink?"
- Re: root causes of substance use issues. Jason produced a slide showing symptoms of anxiety disorder / depressive disorder overall in the U.S. vs. for just 18-29 year olds. Symptoms for the latter are much higher, and specific times (like midterms and elections) are even higher. This might justify spending for ads during these more costly, but higher need, times. [Mental Health - Household Pulse Survey - COVID-19 \(cdc.gov\)](#)
 - What can we do within our respective agencies to get the word out about resources for young adults?
- Q: Roxanne: and it would be interesting to view our problem gambling survey results in relation to yours. Our study included some MH questions.
- UW's Check in with yourself program: <http://checkinwa.org>

5. **Workgroup Updates**

Mental Health Promotion

*Workgroup
Brittany Smith*

- Next meeting is May 29.
- Working on MH (mental health) integration, finding MH speakers for the Prevention Summit, and collecting statewide mental health resources.

Opioid Prevention

Erika Jenkins

- The next meeting is on Tuesday; Rebecca Ruiz will present HYS results, including the perception of harm and the increase in reports of use. There will be time for discussion. They'll also review the Athena page on this for additions or updates needed.
- We can capture your MH updates and actions on the Athena page if you let us know.

Problem Gambling Prevention

Roxanne Waldron

The group has met twice since January; the next meeting is this Wednesday.

- We're educating the team on problem gambling and prevention to get a baseline of common understanding.
- The next meeting is informational with folks from Oregon presenting.
- The Tribal Px group will present in July.
- They're also working on their prevention plan between meetings. A fellow will help with this.

Washington Breathes

Heidi Glesman

- Interim session efforts are focused on education, fact sheets, website updates, workgroups, education partners, etc.
- They are also prepping for the next legislative session and presenting at WSPHA/Prevention Summit.
- You can view their priorities on the [Washington Breathes website](#).
- [Menthol & Nicotine Cessation Fact Sheet \(washingtonbreathes.org\)](#)

WHY Coalition

Kristen Haley

- They met last Friday. They've had a different focus each meeting.
- April's presentation was on high THC impacts and ended with a long discussion.
- Last Friday, Rebecca Ruiz from HCA presented Healthy Youth Survey findings.
- June will be a deep dive on alcohol, including policies and how to leverage WA resources to close gaps.

Young Adult Workgroup

Rachel Oliver

- They've had great turnouts since the leg session.

- They had a presentation of overall goals of SPE and how that fits with this group.
- Young Adult Health Survey results were also presented.
- Next, they'll dive into available resources and campaigns for young adults, such as DOL's Together We Get There and HCA's Not a Moment Wasted.
- The next meeting: June 3, 1 p.m. Feel free to join!

6. Adjournment

Sarah Mariani

- Next meeting is in July and will focus on the State Health Improvement Plan.
- Sarah closed the meeting at 2:55 p.m.

Upcoming Schedule

Month	Workgroup Presentation	Other Topics
July 15, 2024	TBD	<ul style="list-style-type: none"> •State Health Improvement Plan – Chelsea Henry •Needs Assessment Update – Progress report
Sept. 16, 2024	TBD	<ul style="list-style-type: none"> •Needs Assessment Update – Presentation

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

Your support and collaboration are appreciated.