

Attendees			
Me’Kyel Bailey	DOH	Marie Gray	DOH
Christopher Belisle	HCA	Mike Graham-Squire	WASAVP
Brisa Sanchez Cornejo	OSPI	Jennifer Helseth	DCYF
Brittany Weiner	WA State Hospitals Assoc.	Robert Hopkins	DCYF
Timothy Candela	DOH	Ray Horodowicz	HCA
Allen Christensen	DOH	Emalie Huriaux	DOH
Hailee Cornett	DOH	Jolynn Kenney	MENTOR WA
Derek Franklin	Mercer YFS	Connie Lauderdale	HCA
Molly Dinardo	SBOH	Julie Peterson	HealthyGen
Harrison Fontaine	HCA	Lucilla Mendoza	HCA
Codie Garza	HCA	Michelle Ritter	Mercer YFS
Heidi Glesmann	DOH	Wulff, Isaac	HCA
		Renee Tinder	DOH

Meeting Notes

1. Introductions and Announcements

Allen Christensen, DOH, Sarah Mariani, HCA

- Sarah opened the meeting at 1:05 and welcomed attendees and new members.
- Isaac Wulff is happy to orient new members, upon request.

Observances

- [National Women’s Health and Fitness Day](#), Sept 25.; [National Suicide Prevention Month](#); National Suicide Prevention Week, Sept. 8-14; Emergency Preparedness Month; Respect for the Aged Day (Japan), Sept. 16; National Recovery Month; [988 license plate emblem](#).

Announcements

- Meeting day
 - The poll sent about a potential move to third Wednesdays showed the current date as preferable, so we’ll **continue with third Mondays**.
- Sad news: Cristal Connelly passed away this weekend. She helped staff this group at in the past and was a lifelong advocate of prevention and behavioral health. Our hearts go out to her family.

2. Strategic Plan – Needs Assessment Update

Sandy Salivaras, HCA

- HYS and YAHS results are in from 2023 data and will be incorporated into the 5-year plan.
- A challenge: we show trend analysis over the past 10 years, but there was a break in the cohort due to the pandemic, so there’s a question of how to address the data.
- Data shows:
 - 2010-18 cannabis/marijuana use was relatively stable, then went down in 2021. In 2023 we’re seeing a significant increase, although still lower than 2018.
 - Question: is this trending toward pre-pandemic levels? SEOW will monitor.
 - There are some significant increases in use for those in subgroups: gender at birth, sexual orientation, disability, housing insecurity.
 - Mental health issues remain high and are 2x as likely among the subgroups listed above.
 - Non-medical weekly cannabis use for 18-25 year olds continues to increase.
 - Perception of cannabis use is much higher than actual use.
 - 18–20-year-olds show an increase in “getting cannabis from adults with permission.”
- Next steps.

- Further analysis is required. Will review other youth health surveys at national and regional levels.
- More updates will be ready and presented at the Prevention Summit next month.
- Discussion/Feedback: - Thoughts on any specific periods or events during the pandemic that appear to have influenced changes in cannabis use and mental health among teens. - What to look at in the future. - Emerging trends or data points to include.
 - I believe the use in past month rate has gone down so it would be interesting to see what is driving that increase in weekly use in young adults.
 - Binge drinking has gone down from 2021-2023.
 - For daily cannabis use we look at data for young adults (YAHS), not teens.
 - Parental monitoring in some households seemed to increase during the pandemic and continued after that. Wondering if parental monitoring shifted more widely.
 - Kids seem to have a higher awareness of and willingness to talk about mental health. (More kids talk about it, but fewer kids seem to be struggling.)
 - Lack of socializing with youth at school, where some of them access products to use.
 - Cannabis sales seem to be up, but there is also an increase in teen aids and coalitions on the prevention side.
 - Data is showing an increase in youth having an adult to turn to/talk to.
 - Certain populations come out in the data when social-environmental factors are at play.
 - CDC mentioned social isolation as a public health risk. This may be more for older individuals, but immigrants and LGBTQ people are at higher risk.
 - Qualitatively speaking, at MENTOR Washington, we've been helping launch more new mentoring programs than in years past. Perhaps that is contributing to youth having more caring adults in their lives.
 - How has the fentanyl crisis impacted marijuana use? Is it possible youth have switched drug of choice or is there data on that?
 - The percentage of teens using these harder substances is quite small, though we can look into it.
 - A WA State Institute on Public Policy presentation was looking into this. They talked about how drive time to stores impacts various behavioral health indicators.
 - [This link](#) shows a recent announcement on mental health and well-being of parents and how that will ripple out to their kids.
 - Prevention can be harder without wrap-around services to support those who need them.
 - [Amani Rashid](#) at the Washington State Institute for Public Policy (WSIPP) is happy to chat with anyone with questions regarding their work related to I-502.
 - Other studies reported a large percentage of youth experiencing better mental health during/right after Covid, due to not being around bullying in schools. Yet those without a safe home environment were struggling more. Look at cross-tabs between mental health and ACES scores.
 - Look at [childhood sleep and alcohol/marijuana use](#).
 - Other influencing factors could be racism, homophobia, xenophobia, or life events going into an election.
 - Look at regional differences in trends (retailer proximity to schools, urban vs. rural, academic outcomes vs. proximity).
 - The [Rural Network](#) has some reports on these issues.

3. Scalable Prevention Products

Derek Franklin, Michelle Ritter, Mercer YFS

- Highlights of [Parenting Mercer Island](#) and the [Take Five Youth Self-Assessment Tool](#) built as part of their local coalition.
- Network of 13 youth and family services that were funded by the community.
- They are a department of the City of Mercer Island but serve their community much like a mental health provider would.
- They have several grant-funded prevention programs.

- Reworked their strategic plan and strategies when Covid restrictions hit; redirected toward more universal, online prevention strategies, including ParentingMercerIsland.org and the Take Five assessment/feedback tool.
- Parenting_Mercer Island is based on ParentingMontana. Budget was a constraint, but they have plans to expand this (already very comprehensive and personalized) site.
 - They have tools for walking folks through the site to help them know what's available and how easy it is to access.
 - Providers can and do use this tool alongside other interventions.
 - A five-step process is embedded in each tool: get input, etc. There are also scripts for conversations.
- [Take Five Youth Self-Assessment Tool](#)
 - Adults can take the assessment using zip code 00000.
 - Gives normative feedback in addition to personalized feedback on mental health and substance use.
- Contacts: Derek.Franklin@mercerisland.gov, Michelle.Ritter@mercerisland.gov
- Q: How important do you think is it to be localized vs. State-wide? Because can be personalized – open to your kid's age – the broader audience seems to work well. "One library with many doors." Tools are the same for Montana and Mercer Island, although the access looks different, and they may not offer the entire "library."
- Q: If you've looked at outcomes, how important is it if this is used in agencies that don't have the full continuum of services? Localization matters more in marketing than in content. Montana is state-wide and found the same. How do you make it marketable for the local community? / What wraparound/ancillary agencies are needed for it to be effective? We find it's primarily parents using this, so maybe not so important.
- Do you have any push notifications associated? Small bits to parents that are very tangible and digestible are well received.

Break – 2:52-3

4. DOH Update – BH Strategist Introduction

Renee Tinder, DOH

- Renee is Behavioral Health Strategist at the new Center for Behavioral Health and Wellness at DOH.
- Slides are available showing mission, strategies (including upstream prevention), and more.
- As part of their other work, they hope to strengthen the partnership with this group.
- Renee.Tinder@doh.wa.gov

5. Prevention Summit Plug

Isaac Derline, HCA and Kersten Tano, HCA

- 40th anniversary!
- Westin Seattle, Wednesday, Oct. 30 – Thurs., Oct. 31
- Invitation only Prevention Provider meeting on Oct. 29
- [Registration](#) is open until October 7.
- \$250-adults, \$150-youth. Scholarships for registration and lodging scholarships are available (nearing cap).
- Ways to help spread the word are on the PPT and [here](#).
- Isaac.derline@hca.wa.gov, Kersten.tano@hca.wa.gov, contactus@preventionsummit.org (Current hiccup: you'll get a message your email wasn't received, but it is working!)
- Q&A: Are Spanish interpretation services available? This year, we won't have translation services available. We do have it on our radar for next year.
- There's also still time to be an exhibitor or sponsor.

6. Workgroup Updates

Workgroup Leads

Mental Health Promotion and Suicide Prevention

Brittany Smith, HCA

- Met August 28. They have a draft of the state strategic suicide plan by DOH. They are part of the Strategic direction #1 group and asked for input on that at the meeting along with goal 2C.
- Many specifics about health equity were identified for inclusion.
- They're building up their membership.
- Next meeting is Nov. 27. May move due to Thanksgiving.

Opioid Prevention

Codie Garza, HCA on behalf of Erika Jenkins

- Meet tomorrow, September 17. The agenda was sent last week.
- If interested in joining us:

Opioid Prevention Workgroup Meeting

Location: [Click here to join the meeting](#)

Meeting ID: 223 161 590 421

Passcode: hZM4Xp

(833) 322-1218

Phone Conference ID: 206 692 034#

Problem Gambling Prevention

Isaac Wulff, HCA on behalf of Roxan Waldron

- Working with Vic Coleman to establish more robust ground rules.
- Actively recruiting more members.
- Focused on problem gambling prevention and best practices.
- Developing a theory of change.
- Next steps: use input to put a plan of action into place.

Washington Breathes

Heidi Glesmann

- Hosting a September 14 learning circle: [Preemption in Washington's Commercial Tobacco Laws: A Discussion about Community Impacts & Policy Change Actions](#)
- Had a leg session and will share information as it comes available.
- Started process to become a state non-profit.
- <https://washingtonbreathes.org/events/>

WHY Coalition

Harrison Fontaine, HCA

- Both the coalition and workgroups meet monthly.
- LCB recently joined them.
- WA Traffic Safety Commission presented their strategic plan.
- Comms workgroup – how to partner with traffic safety commission.
- Next meeting is October 18.
- Looking to strengthen connections to other workgroups

Young Adult Workgroup

Rachel Oliver, HCA

- They continue their information gathering process and are looking for different assets for YA SUD.
- Next meeting is Monday, Oct 7 at 1. You're welcome to attend!

7. Announcements:

Sarah Mariani, HCA

- Lucilla Mendoza – Tribal BH
 - Tribal BH continues to roll out implementation of the WA State Tribal Px System and is looking at it through statewide lens.
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- Five Tribes are participating in a pilot to expand their prevention programs by incorporating the Icelandic Prevention Model frameworks and cultural-specific frameworks and programming.
- A group is going to Iceland to review their model.
- Submitted a proposal to the Prevention Summit re WA State Tribal Prevention System.
- Received funding to expand Four Lives fentanyl prevention campaign. Expanding to all age groups and developing new materials specifically for youth.
- OSPI – Brisa Sanchez
 - Friends for Life has been included as a resource alongside the learning standards for 6th to 12th grade.
 - Meeting with FFL developers, DH, to learn more about their tribal campaigns and continued projects to educate on fentanyl and opioids.
 - There is an OSPI team that is learning more about fentanyl and opioids to better incorporate high-quality best practices into classroom substance use prevention education within the health curriculum.
 - Partnering with tribal workgroups to ensure materials are more culturally informed before offering them to school districts.
 - The OSPI team looks forward to continuing to partner with HCA, DBHR, DOH, and the AESDs in the HB1956 work. More to come later, when the contract support to continue this work is completed.
 - https://ospki.k12.wa.us/sites/default/files/2024-09/bulletin_059-24.pdf
 - PLEASE NOTE: Schools which participate in the HCA/CPWI program may bill *additional* Friends For Life content to their grant, above what’s available for free online. All other school districts will need to work with OSPI for any additional FFL materials needed.
- Linda Thompson
 - Looking for a legislative liaison to work with them on .05 legislation as partners to educate/share on impact of impaired driving.
 - We should all use new language: “crash/wreck or collision” instead of “impaired driving.”
 - It’s getting harder to get treatment for youth.
 - Treatment providers overall are allowing cannabis use now, as well as tobacco use, because it’s legal. This may affect getting into treatment and maintaining recovery.
 - DOH launched a [Safety Study Hall website](#).
- The next SPE meeting is Nov. 18.
 - Presentation ideas or workgroup needs – reach out to Sarah, Allen, or Isaac.
 - Agenda so far includes:
 - State Strategic Plan check in
 - Px Summit Recap

8. Adjournment at 4 p.m.

Sarah Mariani

Upcoming Schedule

Month	Workgroup Presentation	Other Topics
Nov. 18, 2024	All workgroup check in	<ul style="list-style-type: none"> ● State Strategic Plan Check In ● Px Summit Recap
Jan. 13, 2025	Problem Gambling Prevention	<ul style="list-style-type: none"> ● Legislative Session Kickoff
Apr. 17, 2025		<ul style="list-style-type: none"> ●
May 19, 2025		<ul style="list-style-type: none"> ●
July 21, 2025		<ul style="list-style-type: none"> ●
Sept. 15, 2025		<ul style="list-style-type: none"> ●

Nov. 17, 2025		•
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Please **submit ideas** or **suggestions** for meeting presentations to isaac.wulff@hca.wa.gov.

Your support and collaboration are appreciated.