

Attendees			
Anderson, Michael	DOH	Oliver, Rachel	HCA
Bledsoe, Anthony	WTSC	Pannkuk, Pam	WTSC
Browne, Allison	DOH	Peterson, Julie	HealthyGen
Cole, Christine	HCA	Pipek, Sonja	HCA
Dinardo, Molly	SBOH	Powell, Eliza	NWHIDTA
Ellings, Amy	DOH	Rashid, Amani	WSIPP
Fontaine, Harrison	HCA	Reamer, William (Billy)	HCA
Garza, Codie	HCA	Smith, Brittany	HCA
Glesmann, Heidi	DOH	Squetimkin-Anquoe, Annette	HCA
Graham-Squire, Mike	WASAVP	Tinder, Renee	DOH
Gray, Marie	DOH	Waldron, Roxane	HCA
Kenney, Jolynn	MENTOR WA	Weiner, Brittany	WA State Hospitals Assoc.
Kellington, Mary	DOH	Waldron, Roxane	HCA
Lauderdale, Connie	HCA	Wilson, Kendra	HCA
Mariani, Sarah	HCA	Wulff, Isaac	HCA
Meyers, Sarah	Rural Network	Zimmermaker, Micah	DOH
Neigel, Joseph	Monroe SD		

**Meeting Notes**

**1. Introductions and Announcements**

*Sarah Mariani HCA*

- Sarah opened the meeting at 1:09 p.m.

Introduction

- Surrogates for today:
  - For Co-Chair Allen: Amy Ellings, Deputy Director from DOH Office of Healthy and Safe Communities
- For Sarah toward the end of the meeting: Codie Garza, Prevention Supervisor from HCA
- New to this meeting: Christine Cole, CQCT, HCA – Infant and Early Childhood MH Program Manager

Observances

- October includes National Substance Use Prevention Month, [Native Heritage Month](#), Veteran’s Day (Nov. 11), [National Rural Health Day](#) (Nov. 21 this year), and the [Great American Smokeout](#) (3<sup>rd</sup> Thursday)
- As of September 30, by presidential proclamation, October is also National Youth Substance Use Prevention Month.
- Annette Squetimkin-Anquoe was invited to speak a bit about Native Heritage Month and explain how the Colville Tribe is composed of multiple bands (tribes), as are many others.

Announcements

- Rashid: A prevention team in Australia is launching an event with free registration this week. It will include speakers from around the world, including from Harvard.
- Heidi is transitioning out of her role as of Friday. She has been an active member of SPE for some time and will be missed. She’ll be working on cannabis prevention, so will still be around. *Thank you, Heidi!*
- The contact for questions about this position is Steve Smothers [stephen.smothers@doh.wa.gov](mailto:stephen.smothers@doh.wa.gov).
- Eliza Powell from NW HIDTAwatch for an RFP for prevention grants in January for a 2-year funding period starting in July.
- HCA will have a funding opportunity coming out shortly, as well.

- Jennifer Helseth is hiring for a [temp Prevention Pilot Lead \(PS4\) Project Limited – Olympia](#). It is a relatively short-term project dealing with Child Welfare and early learning. Feel free to share this with your networks.
- Traffic Safety Enforcement efforts include:
  - Move Over or Slow Down Nov. 22 – 24
  - Holiday DUI: Dec. 11 – Jan 1
- Mike Anderson's group is in a joint effort with TTAC (part of Dept of justice) working on a process to integrate EHRs into the opioid prevention project. They are integrating their systems into an existing PMP program.
- Please [let Safe Medication Return know of any issues](#) with kiosks so improvements can be made.
- Find kiosks and order FREE prepaid preaddressed medication return mailers at [Home - Safe Drug Disposal - Washington](#).
- Vaping materials are not accepted, but some counties have moderately hazardous waste disposal areas that can be used for [vape disposal](#).

## 2. 5 Year Strategic Plan Check-in

*Codie Garza, HCA, Isaac Wulff, HCA*

- At this one-year anniversary of the SPE 5 Year Strategic Plan, Isaac and Codie are collecting feedback through Mural regarding the progress and successes from the past year.
- [The link](#) will remain active for about 30 days and will also be sent to the entire SPE Consortium email list. Contact [Isaac.Wulff@hca.wa.gov](mailto:Isaac.Wulff@hca.wa.gov) if you lose the link or think of a new addition after it closes.
- View the input in the Menti notes attachment.
- Documenting the successes of this group is strategic, as sharing successes helps communicate this group's value to outside entities.
- Roxanne praised the degree to which problem gambling prevention and internet use disorder prevention have been integrated into the work this year, including at the Prevention Summit.
- Interconnectedness (communication and coordination) is integral to the work of SPE. Other examples:
  - Allen attended the All-Provider meeting and Prevention Summit.
  - Roxanne presented on problem gambling and gaming at the Prevention Summit.
  - Partnerships for Success reports on activities through SPE.
- As the state's collaboration point, SPE may – and should - be cited in grant applications and official reports. It's a way to advertise the success and importance of this group and potentially meet grant requirements without creating a new group.
- Roxanne suggested a helpful addition to this Menti would be to add a section for "goals for next year/things we'd do differently."
- Future objectives can be added by preceding the comment with "future."

## 3. Rural Prevention: Challenges and Opportunities

*Sarah Meyers, Rural Network*

- There are many opportunities, gifts, unique understandings that may get lost or forgotten in the challenges of rural communities.
- The paradox of rural is that the distribution of poverty and wealth, hardship and privilege, etc. is the same.
- The WA State Rural Network invites all communities to join. Part of the definition of "rural" includes being isolated from resources.
- Rural students have a higher prevalence of substance use.
- Rural challenges include distance and technology, recruitment of all 12 sectors, limited volunteer pool, identification and use of local data, and gatekeepers and power players. There are also fiscal and technical challenges.
- Relationship building is a key to success in rural communities.
- Differences in rural and urban communities include slow trust building, the degree of interdependence, and the ability to integrate the innovation rural communities are known for.
- Positives of rural communities include the ability to thrive with little funding, their innovation, and tight-knit communities.
- The structure of WA State Rural Network supports prevention being done in rural communities.

- They held a very popular book club last year using, “I Never Thought of it That Way” By Monica Guzman
- Protective factors include positive adult relationships and positive childhood experiences.
- They’ve held two Rural Prevention Conferences in Yakima to date. Attendees come from all over WA.
- Current priorities: Maintain rural stock photos ([toolkit](#)). Training and skill building. Advocacy/connecting with legislators. Data through the Needs Assessment and Healthy Youth Survey.
- See PPT or contact Sarah at SMeyers@qbhs.org for more information. Or contact the Rural Network at:

#### 4. **Fortaleza Mental – Mental Strength**

*Joe Neigel – Monroe Community Coalition*

- This program gets Spanish speaking men to talk with other Spanish speaking men about mental health.
- [Fortaleza Mental | Monroe Community Coalition](#)
- A 2018 survey showed a disproportionate number of Hispanic students having mental health issues on the survey than their white counterparts. This started the drive to meet the needs of this community.
- The coalition has about \$1M per year for intensive services.
- The Parent Hub – leadership and parenting – held a long conversation about this issue. About a 2-hour conversation.
- Focus group style talks through The Parent Hub were surprising. Awareness of the many services offered was high, but there were barriers to access, such as working mothers and a strong prohibition against talking about mental health or using such services. Perceptions about weakness and control made it so dads were often the stopping point.
- Interviews after receiving a grant led to the understanding that talking about substance use was okay, so that could be a bridge to talking about mental health. Men were VERY interested in growing their children’s mental strength. This led to a social marketing norms campaign “let’s be better” showing men taking care of their families. The program also trained men to act as ambassadors and developed a video featuring Hispanic and Latino backgrounds incorporating safety, peer, support (6 pillars of trauma-informed approach).
- This new video helps increase access to Latino and Hispanic families, teaching them how to engage in a conversation about mental health. In focus groups, they found great “stickiness” to the video regardless of race.
- A simple, bilingual (Spanish/English), 1-page guide accompanies the video and explains how to share it.
- Fear was a key component in not recognizing mental health: fear of being seen by others in the community or of being deported. The video’s message is to be strong enough to talk about mental health frankly and help your kids.
- Julie Peterson suggested connecting with Sarah Rafton, Executive Director of the Washington Chapter, American Academy of Pediatrics, who started a pilot project to assist families with behavioral health issues through the Community Health Workers (CHW) program. Seth Doyal, Director of Strategic Initiatives · Northwest Regional Primary Care Association, also does this work regionally with CHWs.
- NOTE: [Prevention Tools, What Works and What Doesn’t](#), created by Joe Neigel, is on the Athena Forum.

#### 5. **Workgroup Updates**

*Workgroup Leads*

##### Mental Health Promotion

*Brittany Smith*

- The group
- Met last week.
- Is working to recruit more members who can attend regularly.
- Has one DOH representative.
- Is looking for synergies with treatment and more.
- Talked about the resilience of mental health institutions and systems while stepping into a time of change.
- Their next meeting is in 2025.

##### Opioid Prevention

*Codie Garza on behalf of Erika Jenkins*

- The next meeting is Tuesday (11/19) from 3-4 p.m.
- The agenda includes Dr. Nathan Schlicher from WSMA presenting on the Better Prescribing Better Treatment program and Anne Paulsen on HCA pilot on lock bags and devices.
- [Click here to join the meeting](#)

Meeting ID: 223 161 590 421

Passcode: hZM4Xp

Problem Gambling Prevention (PGPW)

*Roxanne Waldron*

- Jeremy Whitaker has been hired as a Problem Gambling Prevention Coordinator – just the second one since 2005.
- PGPW has several new partners working with them on their strategic plan until May, after which they plan to downsize.
- Work on the Problem Gambling Prevention Online Toolkit will wrap up by the end of June.
- NOTE: The PG Prevention Workgroup will provide a full presentation on progress at the January meeting of the SPE Consortium.

Washington Breathes

*Heidi Glesmann*

- They will hold a hybrid [all coalition meeting Wed Nov 20](#) covering:
- Bylaws and articles from the state non-profit.
- Some social media efforts.
- In January, they will begin holding weekly policy meetings.

WHY Coalition

*Harrison Fontaine*

- The coalition has had an influx of new folks, including LCB.
- At their latest meeting:
- They shared info on the label review process as it relates to alcohol and cannabis products.
- Isaac spoke about SPE.
- WA Breathes spoke.
- They have developed several fact sheets.

Young Adult Workgroup

*Rachel Oliver*

- A contract is nearly complete for a partnership with WSU to build out asset mapping.
- They are also looking to bring in a college coalition, to get representation at the state and institute levels.
- Their next meeting Dec 2 at 1 p.m., will mostly be planning for 2025.

**6. Final announcements and adjournment**

*Codie Garza*

- Brisa Sanchez – OSPI is hosting a webinar on prevention and best practices for schools directed at school staff, which looks at prevention and intervention efforts as essential. The webinar will be hosted on [OSPI YouTube](#). [Register](#).
- Julie Peterson
- The Prevention Alliance created an expanded summer/fall [brief about the state of the budget](#). This will be crucial coming up with the change in party control. There is an expected budget shortfall.
- In conversation, an economist on liquor, cannabis and commercial tobacco sales hadn't understood that currently, only a tiny percentage of taxes roll to prevention. So, keep folks aware of this shift.
- The Economic and Revenue Forecast will be out this Wednesday, <https://erfc.wa.gov/> @ 2:00 p.m. on TVW.org.
- Our next SPE meeting is January 13.
- Codie adjourned the meeting at 4:01.

***Upcoming Schedule***

Month	Workgroup Presentation	Other Topics
Jan. 13, 2025	Problem Gambling Prevention Workgroup	<ul style="list-style-type: none"> <li>•2025 Legislative Session Kickoff</li> <li>•TBD</li> </ul>

Please **submit ideas** or **suggestions** for meeting presentations to [isaac.wulff@hca.wa.gov](mailto:isaac.wulff@hca.wa.gov).

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Your support and collaboration are appreciated.