

State Prevention Enhancement (SPE) Policy Consortium

Meeting Notes

January 14, 2-25, 1:05-4 p.m.

Via Microsoft Teams

| Attendees | | | |
|----------------------|----------------|------------------------|--------------|
| Anderson, Michael | DOH | Levenson, Cheri | DOH |
| Belisle, Christopher | HCA | Mariani, Sarah | HCA |
| Browne, Allison | DOH | Oliver, Rachel | HCA |
| Christensen, Allen | DOH | Peterson, Julie | Healthy Gen. |
| Colman, Vic | HCA Consultant | Pipek, Sonja | HCA |
| Dinardo, Molly | SBOH | Reamer, Billy | HCA |
| Garza, Codie | HCA | Sanchez Cornejo, Brisa | OSPI |
| Graham-Squire, Mike | WASAVP | Smith, Brittany | HCA |
| Haley, Kristen | LCB | Sugarman, Travis | DOH |
| Helseth, Jennifer | DCYF | Thompson, Linda | WASVP |
| Horodowicz, Ray | HCA | Waldron, Roxane | HCA |
| Kellington, Mary | DOH | Weiner, Brittany | WSHA |
| Kenney, Jolynn | Mentor WA | Whitaker, Jeremy | HCA |
| Kha, Doua | OSPI | Wulff, Isaac | HCA |
| Lauderdale, Connie | HCA | | |

1. Introductions and Announcements

Sarah Mariani HCA, Allen Christiansen DOH

- Sarah opened the meeting at 1:08 p.m. and explained a bit about SPE.
- New attendees were welcomed.
 - Cheri Levenson, DOH
 - Haley and Cassie, new interns from Spokane Falls Community College's Addiction Studies program
- Other introductions were done through chat. Favorite vacation places were included for fun.

Observations and Announcements

- January is State Mentoring Month; January 20 is Martin Luther King Jr. Day
- SPE organizational structure review
 - SPE is historically co-chaired by DBHR and DOH, with workgroups that come from the Strategic Plan and occasional special projects groups.
 - Asked for volunteers to meet with Sarah, Alan, and Isaac over the next few months (2-4 meetings) to discuss if this structure still supports our needs and our work.
 - If interested, contact isaac.wulff@hca.wa.gov (Brittany Weiner, Rachel Oliver interested)
- The state prevention organization WASAVP just hired a new lobbyist: Kylie Peterson.
- LCB is hiring for a role that manages the rules coordination and is closely aligned with Kristen Haley's work.
 - [Policy and Rules Manager \(WMS Band 2\)](#)
- There's a new [funding opportunity](#) to prevent illicit drug use.
 - [Email Eliza Powell](#) for more information on the NW HIDTA prevention RFP.

2. Legislative Kickoff 2025

Julie Peterson, Healthy Generations

State Budget Landscape (intersection with federal CR)

- The budget has long been expecting a deficit.
- Governor Inslee released his budget in December.
 - Book 1 has all cuts. Book 2 is with added revenue. He has never yet used Book 1.
 - Given November and December forecasts, significant cuts were anticipated.

- Instead, the budget released reflected few cuts, but two large tax proposals and multiple K-12 increases.
- The Federal budget CR went from 3,000 to 150 pages and might flatline Federal funds.
- The operating budget is projecting a \$14-15M deficit; transportation budget is \$6B in the hole; capital budget is steady.
- There will be a slow start this year due to so many new legislators who need to come up to speed.
- Our WA budget
 - Bills are typically passed in a bipartisan manner. (Not like the federal pattern.)
 - Hearing today: HB1198 (Gov Inslee's appropriations bill).
 - A 13-page outline of priorities was released Friday (found in [Health Policy News](#)).
 - Governor-elect Ferguson proposed a 6% cut across most agencies, 4% for higher ed., no cut for K-12.
 - Last Friday was a 3-hour broadcast on the budget, which included the incoming governor on his budget priorities.
 - Gov. Inslee's final address will be tomorrow; the next day will be Ferguson's address; Wednesday will be the Inaugural Ball.
 - We're watching how this plays out with the Federal budget; we haven't faced cuts at the state plus trillions of cuts at the Federal level at the same time before.
 - Federal is looking to slash budgets, cut immigration, and other big things at once, which is hard in any situation but may be even more complex this year.
 - It will be interesting to see how the negotiations go and if this leg. session will be done in 105 days.
 - The revenue forecast comes out March 20. Budget work starts today.

State Legislative Landscape

- Overall, there are a lot of new legislators on board dealing with the unusual situation of joint Federal and State deficits at the same time as experiencing a learning curve on governance.
 - Washington has two new committees and committee chairs.
 - The LCB Dashboard will be heard tomorrow.
 - The Labor and Commerce lead retired; watching to see if the new members and chairs will work together.
 - Only about 10% of House members have gone through a budget deficit like this one.
 - House members are limited to a \$1M ask, which is often a surprise to both them and those asking for funds.
 - The Ferguson document was surprising to some.

Helpful resources

- Recap with [pictures of new Legislators and changes](#).
- Jan 14th Senate Law and Justice [hearing on SB5067](#) concerning lowering the BAC to .05 for impaired driving.
- TVW and Remote Testimony are both incredible resources.
- Austin Jenkins: Inside Olympia. Kids asking questions of Legislators.
- [Health Policy News](#) newsletter Julie puts out every Monday.
- [Leg.WA.gov](#) has been revamped with several new tools and features.
 - Sign up for alerts from committees, get reports, links to hearings on [TVW](#).
- [WASAVP](#) memberships (check for non-lobbying membership option if publicly funded)
- [WA Breathes](#) – commercial tobacco prevention and cessation
- [Prevention Voices](#) – designed for prevention professionals

Q&A / Discussion

- Q: Linda Thompson will be testifying today on the Community Law Enforcement Grants cuts. Anything else to use her time on?
 - A: We're here to support you as you look for new revenue. Both House and Senate have been clear they'll go through the budget looking for items to scrub or consolidate.

- Q: What happens if legislative vacancies can't get filled?
 - A: Most positions are filling quickly. The real slowdown will be as the new folks come up to speed with the legislative process.
- Tips for how to communicate about the importance of prevention and keep programs from being cut:
 - The Gov. Elect spent 12 years at the AG's office and often wondered about the need for certain programs. Suggestion: Have a list of talking points for your programs, the purpose, what it does, who it serves, studies, etc. Ensure Evan and Sean at HCA and Kelly Cooper and Rob Oliver at DOH have that information. **Don't assume anyone knows these details and the significance/reach of your programs.**
 - Linda T: offer to be the *expert* for the officials.
 - Julie P: Gov.-elect Ferguson's office put at least five years into Tobacco 21, worked hard on opioid issues, and has a heart for kids. There's always room for conversation. **Become their go-to source!**
 - Vic Coleman: Reinforce the impact of prevention; it's much more cost-effective long term than crisis management.
 - Use evaluation and outcome reports to help tell your story.
 - Community norms and policies are less helpful in getting through than **individual stories**.
 - Workforce also contributes – but since they fluctuate with the highs and lows of funding, you may need to start over again each time you come back from a cut.
 - **Build relationships with legislative aids.**
 - Start every message with "Prevention Works!" It's hard to prove what didn't happen, but we now have numbers (fewer crashes, fewer overdoses, etc.).
 - Allen C: Continue to speak to health equity in a way that is as bipartisan as possible. Remember there are different interpretations of what prevention is.
- **Julie P: This is the year we all must work to defend prevention spending.**

3. How Mentoring Can Nurture Hope

Jolynn Kenney, Mentor WA

- Please see the slides for more details on this presentation.
- Mentor WA is a statewide public private non-profit with both prevention and intervention sides.
 - Services include consulting, capacity building, research, advocacy and more.
 - Action oriented framework we can implement for clients and employees.
 - Why mentoring? It's an evidence-based solution. Among other things, it decreases depressive symptoms.
- The Science of Hope
 - The word "Hope" is often used in a wishful way; today's definition is actionable and includes having the power to better the future.
 - Over 2500 studies on the science of hope and the benefits it provides. Well-being is the goal.
 - Hope science includes 3 components: Goals / Willpower (Agency) / Waypower (Pathways).
 - Willpower ebbs and flows; it can be restored when low.
 - Equity and hope: Goals are often personal and meaningful. Pathways can vary. Willpower is often found in community.
 - The opposite of hope is apathy. The decreasing pathway: hope – anger – urgency – despair – apathy
 - As we get to urgency and beyond, our brains start making different decisions.
 - *"Hope is not a feeling; it's a cognitive process."*
 - Teaching hope: Start with small wins: goal setting - viable pathways - create memories of success – hope.
 - Lower hope folks have avoidant and shorter-term goals. Higher hope shows in achievement-based and longer-term goals.
 - Hope can be both individual and collective.
 - Nurturing hope – share it, set goals, discuss pathways, build willpower by building on/reminding of successes, problem solve.
 - Mentoring – relationships matter, including helping assess perceived barriers.

- Celebrate milestones!
- The website has resources such as study guides. [Hope Rising website](#)
- Contact: Jolynn Kenney: Jkenney@mentorwashington.com / mentorwashington.org, mentorwashington.org/resources

Discussion/Q&A

- Isaac Wulff: Three professional pathways which use mentorship: navigators, peers, and advocates. All three use Hope Science to achieve health. Goal scaling can do a lot toward building hope. *“Are Big Goals tough to achieve right now? What about this little goal instead?”* This builds agency/waypower for future efforts.
- Q: Is there a variety of mentoring opportunities/types?
 - A: programs serve a huge variety from long to short-term; specific issues, foster youth... there’s something for everyone. Contact Mentor WA to learn more about opportunities.
- Jolynn: In the hope world, **hope navigators** have been through 20-day training. **Hope ambassadors** have permission and special training to spread knowledge.
 - Isaac’s Note: There are only a few Hope Ambassadors in WA, and Jolynn is one of them!

4. **Problem Gambling Prevention Workgroup**

Roxane Waldron, HCA

- Vic Coleman facilitates the PGP workgroup. Jeremy Whittaker is the new PG Px coordinator. Billy Reamer is their liaison with DBHR’s Px unit.

Work to date

- The former Problem Gambling Taskforce of 2020-22 culminated in a report showing a need for a statewide plan for problem gambling and a need to connect with other prevention programs in WA.
- This workgroup will serve as the Advisory Body to the State PG program and includes gaming and internet misuse disorders.
- Work started last year to develop and incorporate a plan into the 2027 5-year Prevention Plan.
- In early meetings, they focused on sharing common language for understanding the PG landscape, reviewed literature, drafted a theory of change, then developed a strategic plan outline.
- They will be hearing from the Tribal group implementing the Icelandic prevention model at the next meeting.

Upcoming work

- Slides show the timeline through June 2025. They’re currently in Stage 4 (development). After that comes implementation and they’ll recruit members as needed.
- They’ll present the draft to SPE once it’s ready, will provide a toolkit, and will continue to be part of SPE going forward.
- Contact information is on final slide. Roxanne.waldron@hca.wa.gov, viccolman@uncommonsolutionsinc.com

Discussion

- Vic will be interested to see the collaboration between PG and other BH issues and assumes there will be a need to piggyback on other state prevention efforts.
 - This workgroup currently has twice the funds they started with. Their goal is to integrate with BH efforts happening around the state.
 - It will be important that this is seen as *augmenting* and not taking from other programs. They recognize the need to present it to communities in a non-confusing way that shows this is all joint work being done.
 - PG prevention is happening in other states, but this is the first effort that Vic is aware of that is integrating PG prevention with other problem behavior prevention by focusing on common risk and protective factors.
- Q: Jolynn: How is the native community involved?
 - A: Tribes are invited to participate in the work but are not required to. We have a tribal participant in our area, but that person cannot represent all tribes. Tribes have about 80% of all funding for

problem gambling prevention work, so we'd like to learn more about what they are doing. We also are interested in how the Five Tribes involved in WATPS are going to use/adapt the Icelandic model.

- Linda: Working jointly with the other prevention work going on is crucial; that we are looking at this from multiple angles at a time and where there is overlap.
 - Billy spoke to the commonality of risk and protective factors / the amount of overlap.
 - Billy - I would just add that it also makes sense from a brain and prevention science standpoint, as well as a community prevention approach. The overlap within the literature reviews and associated theory of change is significant with SUD and other BH efforts.
 - Jeremy W is looking at local funding, statewide media, general integration with others already funded for the work, and more.

5. Workgroup Updates

Workgroup leads

Mental Health Promotion & Suicide Prevention

Brittany Smith, HCA

- At their last mtg in Nov., they:
 - Covered a project of Billy's: integration of BH into the greater prevention system, in-state and beyond. It's in the final stages for external output.
 - Spoke about the importance of stories in building resiliency.
- Their next meeting will include:
 - Guests from Seattle Children's Hospital, RE free program on gun safety and harm reduction with free gun-securing kits.
 - A final view of the theory of change piece.

Opioid Prevention

Codie Garza, HCA

- The agenda at their last meeting in November included:
 - Presentations by Dr. Schleicher and Ann Paulson.
 - The HCA pilot on locking bags and devices.
- January's meeting will be cancelled, so their next meeting is in March.

Washington Breathes

Ray Horodowicz, HCA

- **Washington Breathes is officially registered as a WA state non-profit.**
Vic Coleman, who is in the meeting today, did incredible work on facilitating vital planning & decision-making components around this process.
- **Commercial Tobacco Policy Change Learning Circles calls.**
First one is tomorrow, Jan 14: 12-1pm, and held weekly afterwards.
- The overall purpose of the Policy Change Learning Circles is to:
 - Increase understanding about commercial tobacco policies
 - Build policy education & policy change skills
 - Sharing resources related to policy change & educational actions
 - NOTE: Washington Breathes does not take positions on bills or budget proposals. The coalition focuses only on policy change education.
- **8 social media reels have been launched!**
These are short videos on Facebook, Instagram, and LinkedIn. They focus on four priority areas:
 - Addressing Disparities,
 - Restoring Comprehensive Funding,
 - Eliminating Flavored Products, and
 - Improving Cessation Treatment.
- Reach out to Ray Horodowicz or Micah Zimmermaker with any questions.

WHY Coalition

Kristen Haley,

- Harrison took a different position within HCA, so Kristen is the solo lead for now.
- Meetings will be shortened to one hour throughout Leg Session.
- In Nov-Dec, they put together a nice list of topics, speakers, and areas to address this year. Additionally:

- Over the past year, they've wanted to make more bridges with SPE workgroups. Roxanne's presentation and comments have shown a great way of interconnecting and supporting each other's groups in tangible ways.
- They prepped for Leg Session. What each agency is going to prioritize, write talking points on, etc.
- The cannabinoid workgroup (subgroup) will be closing. They developed a [high THC fact sheet](#) that is posted on the Athena Forum, where multiple other [fact sheets and research briefs](#) can be found.
- Do policy leaders / agency leaders have the education needed for decision making?
- Wednesday, there will be a hearing on rules for alcohol product placement put forward by LTD after hearing from prevention partners about alcohol being everywhere, easy to get, and easy to steal.

Young Adult Workgroup

Rachel Oliver, HCA

- They moved from monthly to quarterly meetings at the request of the members, resulting in their highest turnout ever!
- Next meeting: March 3, 1 p.m.
- Watch for action items from this workgroup in the future.

6. Final Comments and Adjournment

Sarah Mariani

- Linda: There is a bill reducing BAC from .08 to .05. If passed, we do think there we'll see a steep drop in fatalities in WA as a result, but there are still too many.
- For new members, if you want to be included in the weekly review and analysis of bills (Wednesdays from 12:35-1:30), reach out to Isaac W.
- Sarah closed the meeting at 3:49.

Upcoming Schedule

| Month | Workgroup Presentation | Other Topics |
|--------------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| March 17, 2025 | All workgroup check-in | <ul style="list-style-type: none"> • Evidence Based Practices Update – HCA and WSU • Legislative check-in - All |
| May 19, 2025 | Young Adults | <ul style="list-style-type: none"> • Legislative session – wrap up and effects • TBD |
| July 21, 2025 | WHY Coalition (?) | <ul style="list-style-type: none"> • |
| September 15, 2025 | | <ul style="list-style-type: none"> • |
| November 17, 2025 | | <ul style="list-style-type: none"> • |

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

Your support and collaboration are appreciated.