

# Young Adult SPE Workgroup Information Summary

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## Goal

To increase statewide collaboration and partnerships and support strategic planning and implementation of substance use disorder prevention strategies for young adults aged 18-29 in Washington State.

## Overview

The short-term goals of the Young Adult workgroup are:

1. Identify and locate dedicated staff and available resources that support substance use disorder prevention efforts for young adults in Washington State.
2. Identify behavioral health problems and priority risk factors among young adults in Washington State.

The long-term goals of the Young Adults workgroup are:

1. Develop a comprehensive strategic plan that leverages partnerships and prevention assets in filling the current gaps in resources and addressing the needs of young adults in Washington State.
2. Secure funding for FTE and/or additional resources that work to address priority gaps in substance use disorder prevention strategies for young adults in Washington State.

## Objectives/strategies

1. Re-orient work group meetings to focus on creating a collaborative space to enhance statewide partnerships:
  - a. Learn about current initiatives, priorities, and future efforts of workgroup members, agencies, and organizations.
  - b. Share resources and information related to behavioral health in young adults.
  - c. Promote trainings and educational opportunities related to substance use disorder prevention.
  - d. Receive insights and feedback from subject matter experts, when needed by workgroup members.
2. Develop an asset map to identify and locate substance use disorder prevention resources and strategies for young adults in Washington state, to include:
  - a. Who is working on prevention efforts for young adults in Washington State – state agencies, institutions of higher education, community-based organizations, labor unions, etc.
  - b. Current and initiatives – projects, direct services, media campaigns, etc.
3. Analyze available data sources to identify behavioral health problems, including:
  - a. Prevalence rates for substance use.
  - b. Prevalence rates for symptoms of mental illness (i.e., feelings of anxiety, depression, loneliness, etc.).
4. Support WSU Scoping Review to identify risk factors for mental illness and substance use disorders among young adults in Washington State.