

Attendees			
Anderson, Michael	DOH	Mariani, Sarah	HCA
Bartz-Overman, Carly A	DOH	Oliver, Rachel	HCA
Belisle, Christopher	HCA	Pipek, Sonja	HCA
Christensen, Allen	DOH	Reamer, Billy	HCA
Cook-Lalari, Sarah	HCA	Smith, Brittany	HCA
Cornett, Hailee	DOH	Squetimkin-Anquoe, Annette	HCA/OTA
Dinardo, Molly	SBOH	Thompson, Linda	WASAVP
Graham-Squire, Mike	WASAVP	Tinder, Renee	DOH
Helseth, Jennifer	DCYF	Vreeland, Nicole	DVA
Horodowicz, Ray	HCA	Weiner, Brittany	WSHA
Jason Kilmer	UW	Whittaker, Jeremy	HCA
Jennifer Duckworth	WSU	Wulff, Isaac	HCA
Kenney, Jolynn	Mentor WA	Zimmermaker, Micah	DOH
Levenson, Cheri	DOH		

Meeting Notes

1. Introductions and Announcements

Sarah Mariani HCA, Allen Christensen DOH

- Allen opened the meeting at 1:05 and gave a quick background of SPE.
- Allen welcomed attendees and any new members and guests.
- Sarah invited attendees into breakout rooms with the prompt: What are some things you are grateful for?

Observances: there are quite a few this month

- National Prevention Week
- Mental Health Awareness Month (Mental Health America, SAMHSA)
- Women's Health Month (HHS Office on Women's Health)
- Maternal Mental Health Month
- World Maternal Mental Health Day
- May 5 was the National Day of Awareness for Missing & Murdered Indigenous Women and Relatives (MMIWR).
- May 5 was also **Kodomo No Hi: Children's Day**. The link includes a lesson plan with songs and draft activities.
- May 18 was [No Menthol Sunday](#). A [No Menthol Sunday Toolkit](#) is available. This is important given the work by our partner advocates RE: the commercial tobacco flavor restriction bill this session!!

Announcements

- Workgroup Summaries now posted to the [Athena Forum SPE Page](#).
- Important given the work by our partner advocates re the commercial tobacco flavor restriction bill this session!! [No Menthol Sunday | Smoking and Tobacco Use | CDC](#)
- Had some great wins on the legislative front.
- Jennifer -Helseth – Critical incident work when child in care has near death experience. Alarming rise in this because of exposure to prescription drugs. Workgroup on this looking at where in communities we can do px work like safe storage. Working on how to get the word out, work with families, etc. Poison control is one. The biggest issue is accidental opioid ingestion.
- [Washington Thriving](#) announced the launch of a feedback survey series for Washington's Prenatal-through-Age-25 Behavioral Health Strategic Plan.

- The first survey is open now through May 31st and focuses on the high-level strategic framework and goals. You can find more information in the [explanatory blog post](#) and [link to the first survey](#) running through May 31 or at info@washingtonthriving.org.
- [Latest Link – Survey 4](#)
- [Celebrating the NASEM Blueprint for Prevention Infrastructure](#), was posted. WA work is included in the case studies!

2. Legislative Session Wrap Up - 2025

SPE Co-Chairs and Members

Bills that were passed – PPT shows how they might affect SPE members/planning.

- 2SHB 1515 – Alcohol service in public spaces
- BH 1341 – Medical cannabis auth database
- ESB 5206 – Cannabis retailer advertising
- ESSB 5403 – Limiting financial interest agreements for licensed cannabis retailers
- ESSB 5814 – Modifying the application and administration of certain excise taxes
- BH 2049 – Funding K12 thru property tax and revised OSPI funding formula – raises limit from 1% to 3%.
- HB 2081 – Large company taxes for funding education
- SB 5813 – Increasing education funding through tiered tax rates
- Second Substitute House Bill (2SHB) 1515CR-101 Notice to Stakeholders Board Approval and Tentative Timeline Memorandum CR-101 filed as WSR 25-10-103.

Rule Making and engagement - LCB

- [Alcohol rule making](#)
- [Cannabis, Vapor, and Tobacco rule making](#)

Policy areas to watch for in the next session:

- Flavor bans on tobacco
- High THC products
- Alcohol taxes, BAC limit
- Others on slides

Budget Impacts

- HCA Prevention
 - State: DCA reduction of 10%; Communities in Schools (proviso) reduced 7%.
 - Federal: Substance Use Prevention, Treatment and Recovery Services (SUPTRS) Block Grant reduced 8%.
 - Q: Does SUPTRS reduction mean more is going to treatment?
 1. A: The 8% reductions were taken across the board. For many years, legislation was “proviso-ing” the block grant, so it was getting overused. Because of this, reductions were expected over time.
 - If the HHS Budget that the Federal administration put out is accepted, it would mean additional cuts beyond those above.
 - The cuts are uncomfortable and will have an impact, although in some ways they were not as severe as expected. Due to the work the state did on swapping how to fund things, we came out better than some scenarios.
- DOH: The youth commercial tobacco and cannabis team anticipates year 6 funding plans not coming to fruition, so has a 6-month extension to help with that.
- General Notes and Observations:
 - SPE members can be thinking how we can **collectively support and uplift** each other’s work. We can also work with the Governor to look at what can be cut with the least impact (wants vs. needs).
 - What we have yet to see beyond the impacts to state agencies is what is happening with our non-profit partners where these cuts and layoffs might have the largest long-term ramifications.
 - Both HCA and DOH are currently still operating without the top-level lead.
 - UPDATE: Both agencies received directors after this meeting.

Additional budget notes

- The last day the Governor may take action on a bill is tomorrow (Tuesday, May 20). Legislative Session materials can be found [here](#) and Governor bill action [here](#).
- When the dust settles it would be good to have a list of cuts to prevention across different departments. Legislators need to see how all these different cuts add up.
 - Comment: The front-line defense to prevention is disappearing and it has real impacts (like a service being cut and the result was a teen suicide). More outrage needs to be raised, vs. impersonal reporting of this.
 - Education is needed NOW for those prevention issues such as community beer fests. Start trying to engage your community and legislative leaders without delay.
 - The best hope is the community and the community-building work we do.
 - For Our Lives is a good example.
- Other cuts:
 - Early ECEAP may be cut entirely.
 - ECEAP service overall has decreased by about 3000 children per year.
 - Home Visiting has been cut by an unknown number of slots.
 - Dolly Parton Imagination Library may lose funding.
 - Reach Out and Read.
 - Childcare subsidy eligibility for certain classes of workers was decreased.
 - Mentoring, youth development and education access were cut dramatically (original word was slaughtered).


3. Young Adult Health Survey (YAHS) Results

Jason Kilmer, UW

- “What are we seeing after 11 years of data collection?”
- As of 2024, YAHS has been active over 11 years and over 20,000 18-20-year-olds have been surveyed.
- Cannabis use has gone up every year since its 2014 legalization. This year, we saw the first decrease in 18–20-year-olds.
- In 2014, both age groups (18-20, 20-25) were the same. It has split with 20-25-year-olds increasing use and continuing to increase use over time.
- Cohorts 4-10 have shifted to more frequent use over time. More people are trying it, then continuing to use it with increasing frequency.
- The more misperceived the norm is, the more frequent use. This is supported by data on perception and use.
- Rates of driving within 3 hours of use are lower in cohorts 3-11 than cohort 1, but still too high.
- June 2012 *Monitoring the Future* study noted that if legalization passes, perceived risk will decrease and use will increase. History and data show this is true.
- Q: One common refrain from those opposing cannabis regulations is that they will drive more people to underground or illicit cannabis markets. Is there any indication in the YAHS that the cannabis illicit market is still active? A: Most are getting it from legit sources, but other sources are still active.
- Q: This makes me curious about how we get to the parents of young adults. A: The [Learn A bout Cannabis website](#) is great for parents.
 - Q: Do you define “medical use” as people using it for anxiety?
 - A: There is a list of possible products and language is “use for medical purposes, allowing latitude for people to select that option as they see fit.”
 - Comment: I have the same questions regarding access to commercial tobacco products. Cannabis industry co-opts the same arguments from commercial tobacco industry and its lobbyists; especially, this legislative session and the restriction of selling flavored products and how kids will access them regardless. Spoiler alert: nearly all vapes in the US are illegally imported from China and are inherently dangerous. A: N/A.
 - Comment: I think the increase in product potency is wildly unknown.
- The key reasons people indicate using cannabis are the same the side effects of CUD withdrawal.

4. WORKGROUP SPOTLIGHT – Young Adult

Rachel Oliver HCA, Jennifer Duckworth WSU

- Title: *Development of a Young Adult Substance Use Prevention and Mental Health Promotion Program Inventory*
- Jennifer D.'s team is developing an inventory of resources and services nationwide.
- Young adulthood (YA) is characterized by increased independence and decision making, decreased supervision, and transitions to career and romantic opportunities.
- Developed a goal of identifying evidence and research-based practices for YA substance use prevention.
- A 23-24 project identified needs, resources, and gaps in WA state. The next steps were:
 - A literature review for risk and protective factors for substance misuse is underway to identify if certain risk factors are more salient than others.
 - 2025 - Share risk and protective factors and recommendations for high-priority subpopulations.
 - Develop an inventory of available resources.
- We'd love to hear from you: Do you know of or work with a program or resource that addresses YA substance use prevention or mental health promotion? Complete survey by Monday, June 2.
- [Qualtrics Survey | Qualtrics Experience Management](#)

- You can also get involved with the workgroup; reach out to Rachel.oliver@hca.wa.gov or jennifer.duckworth@wsu.edu.
- Q: How does problem gambling come into this? A: This project looks specifically at substance use and mental health rather than protective factors, in general. We can keep this conversation going, as there's a lot of overlap in the literature.
- Feel free to share this and the survey with others.
- We're looking for broad programs and resources as well as home-grown ones.
 - There's a lot in the strategic plan; check it out!

5. Workgroup Updates

Workgroup Leads

Mental Health Promotion and Suicide Prevention

Brittany Smith

- Last meeting Christina Delgado from Seattle Children's spoke on Firearm safety and locking devices.
- Next meeting will be rescheduled. Looking for a speaker.
- A mental health/suicide prevention Request for Applications was released in April. It is undergoing the internal review process now.
- Fortaleza Mental. [Visit the post for more.](#)

Opioid Prevention

Isaac W for Codie Garza

- Next meeting is tomorrow, 5/19 3-4. The agenda includes:
 - WSU on updates to the RELIEF program.
 - UW on evaluating the impact of opioid prescribing practices.

Problem Gambling Prevention

Jeremy Whitaker

- Next meeting is this Thursday.
 - Their strategic plan is up for final approval.
- They will post an RFP for integration grants around July 1.
- They are working to select a media vendor. (Year-round on only \$150,000!)
- A toolkit should be finalized within the next month or two.

Washington Breathes

Ray Horodowicz

- Policy Learning Circles calls were held weekly in April to talk about leg. items on tobacco and nicotine.

- There will be a debrief sometime in June.
- Different workgroups are meeting on various schedules.
- One in April deepened the group's relationship with Rutgers's [Institute for Nicotine & Tobacco Studies](#).
- State non-profit status:
 - The Board is working to find additional funding sources for sustainability. Budget cuts at the CDC are affecting some funds. A contract amendment is taking care of this through June.
 - Their Leadership Committee is actively recruiting for more members to this committee.

WHY Coalition

Kristen Haley

- They shortened each meeting during leg. session and used that time in April to talk about leg issues/ Q&A with Julie Peterson.
- Their last meeting returned to the two-hour format.
 - DOH's social marketing team gave an overview of all their campaigns and a deep dive into the cannabis, tobacco, 988 and opioid overdose prevention campaigns they have going.
 - YA Health Survey with Dr. Kilmer.
 - Cher from DOH presented on the draft for high THC budtender curriculum training.
- The next meeting is scheduled for June 27.

6. **Adjournment**

Sarah Mariani

Final announcements:

- [LCB](#) has two new [dashboards](#)!
 - [Dashboard Announcement Recording](#)
- Save the date: June 18 High THC training webinar, 10-11 a.m.
- OSPI will be sharing three webinar opportunities for educators re: incorporating fentanyl health resources into educational curriculum.
 - [Announcement Flyer](#)
- Next meeting is July 21.
- Sarah adjourned the meeting at 3:45 p.m.

Upcoming Schedule

Month	Workgroup Presentation	Other Topics
July 21	TBD	<ul style="list-style-type: none"> • TBD - SPE Structure Discussion • SPE Strategic Plan Update – Needs Assessment
September 15	MH Promotion & Suicide Prevention	<ul style="list-style-type: none"> • Collaboration with Law Enforcement - NWHIDTA

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

Your support and collaboration are appreciated.