

Prevention and Promotion Section Updates

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Budget updates

- ▶ As shared at the Annual Contractor Meeting, we did receive the Notice of Award (NOA) for PFS, SOR, and SPF-Rx.
- ▶ HCA is negotiating new federal terms and we do not have more information to share yet.
- ▶ There are no new state / federal budget updates at this time.
- ▶ Continuing to monitor federal shutdown, HCA has communicated broadly there are currently no changes to our operations.
- ▶ HCA continues to operate under a hiring and contract freeze with some exceptions.

Section Strategic Planning

Strategic Planning

- ▶ High level look at the system.
- ▶ Where have we been? *A brief history for context*
- ▶ Where are we now? *Setting the foundation, Accountability*
- ▶ Where are we going? *Setting a course for 2025-2027*

Behavioral health services program categories



Substance use disorder prevention and mental health promotion services



Prenatal through age 25 behavioral health treatment services



Mental health and substance use treatment services



Problem gambling services



Recovery support services

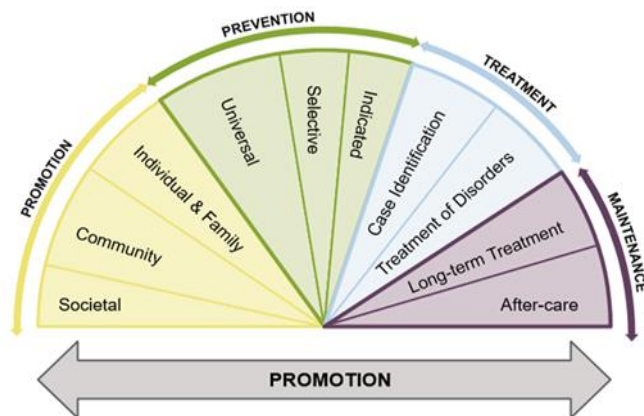
Our main goal is to...



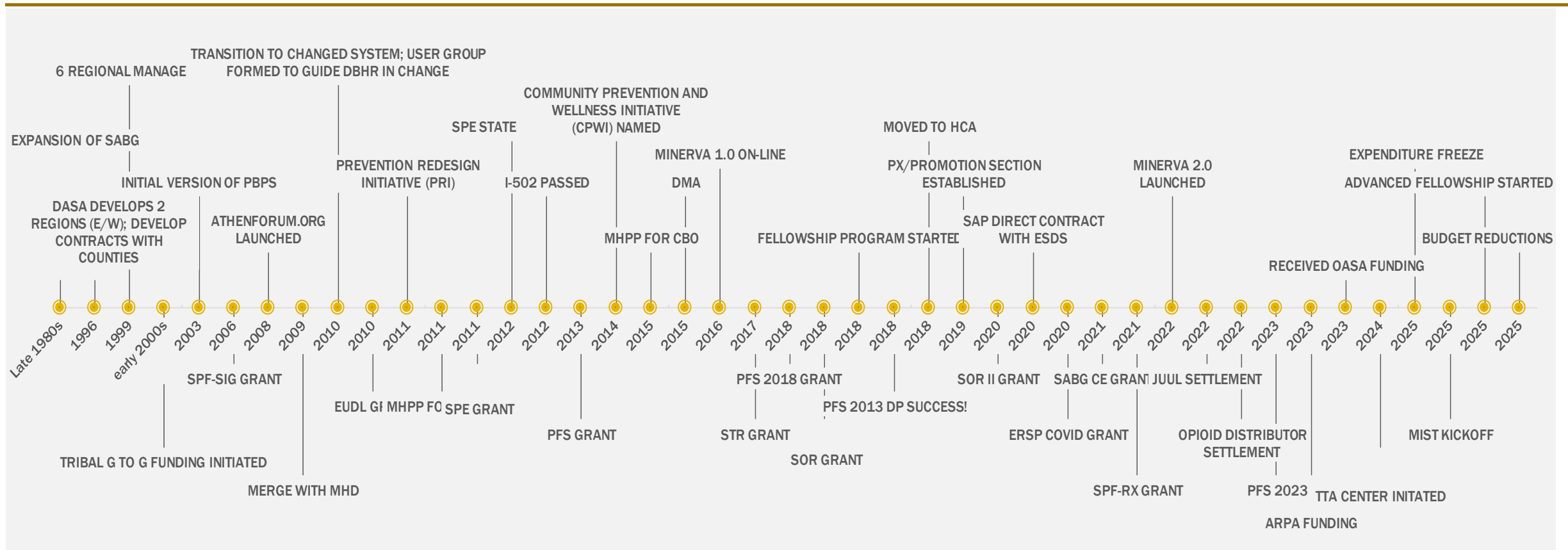
- ▶ Build the health and wellness of individuals, families, and communities by promoting mental health and reducing the misuse/abuse of substances.
- ▶ Reduce youth substance use and misuse, reduce the prevalence of substance use disorder, and promote mental health and wellbeing.

▶ We do this through our commitment to:

- ▶ State, Tribal, and local partners.
- ▶ Communities with greater risk and higher need.
- ▶ Research and evidence-based practices.
- ▶ Outcomes.



DBHR Prevention System - timeline

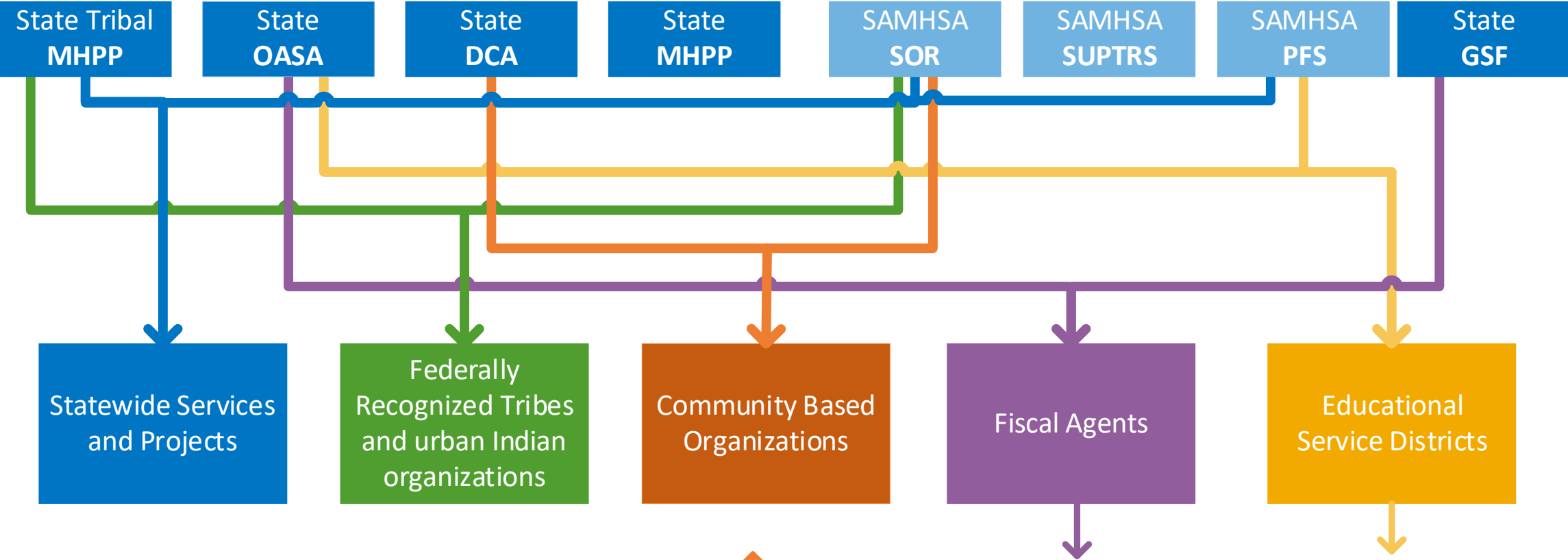


Wheel of Accountability



- Public
- State Partners
- State Px Plan
- Providers and Local Implementation Partners
(Tribes, Counties, CPWI sites, CBOS, ESDs...)
- YOU
- Federal Grants (SABG, PFS, SOR, SPF-Rx)
- State Funding (DCA, MHPP, SGF)
- DBHR Management
- HCA
- Governor (Results WA)
- Legislature

Funding Sources and Programs



Key

- SAMHSA: Substance Abuse Mental Health Services Administration
- MHPP: Mental Health Promotion Project
- OASA: Opioid Abatement Settlement Account
- DCA: Dedicated Cannabis Funds
- GFS: General State Fund
- SOR: State Opioid Response
- SUPTRS: Substance Abuse Prevention Treatment Recovery Services
- PFS: Partnership for Success
- CPWI: Community Prevention and Wellness Initiative

Federal Grantees		
SAMHSA STOP Act	CDC DFC	SAMHSA PFS SPF

Values

Our Values

Substance Use Disorder Prevention and Mental Health Promotion Section

The Substance Use Disorder and Mental Health Promotion Section researches and implements policy and practice changes to eradicate health disparities in Washington State. We hold ourselves accountable to principles of health equity and justice to systematically improve the health and well-being of all people we serve.

Vision

To create a culture throughout Washington State that promotes prevention, wellness, and behavioral health.

Mission

Build the health and wellness of individuals, families and communities by promoting mental health and reducing the misuse/abuse of alcohol, marijuana, tobacco, prescription drugs/opioids, and other drugs.

Values

COOPERATION | FLEXIBILITY | HEALTH | PURPOSE | RESPECT | SERVICE

WA State Prevention System

Partnerships,
Collaboration,
& Workforce

Data
Collection,
Research &
Evaluation

**Systems
Development**

Health Equity

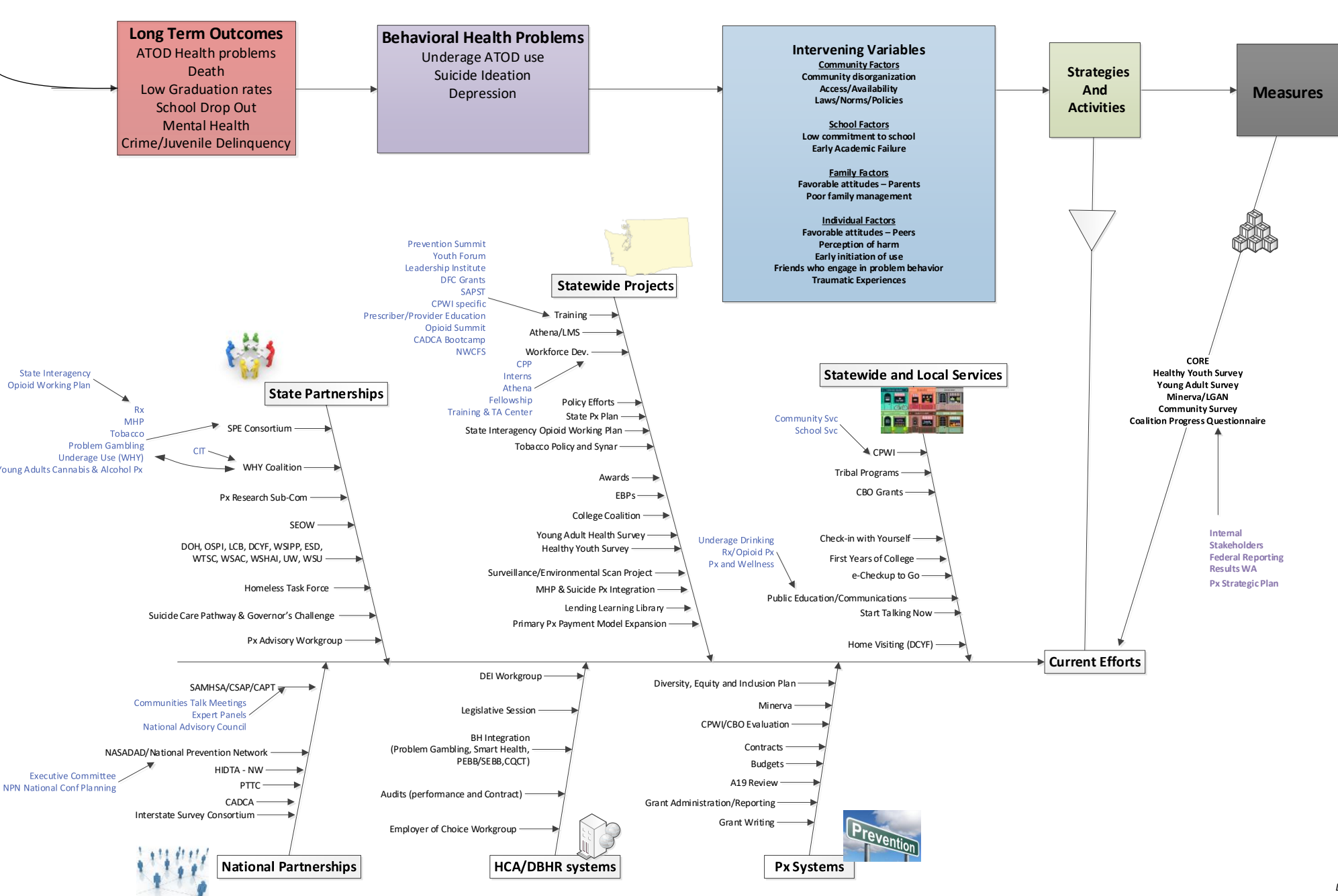
Community &
School based
Prevention
Services

Laws, Policies
& Norms

**Workforce
Development**

HCA DBHR Substance Use Disorder Prevention and Mental Health Promotion

Build the health and wellness of individuals, families, and communities by promoting mental health and delaying initiation and reducing risky use of alcohol, marijuana/cannabis, tobacco, prescription drugs/opioids, and other drugs.



WA State Prevention System

National Engagement

- Collaborate with to align national and state prevention efforts such as, Substance Abuse and Mental Health Services Administration, Centers for Disease Control and Prevention, National Association of State Alcohol and Drug Abuse Directors, National Prevention Network, CADCA, Society for Prevention Research

Statewide System Support

- Develop and implement statewide projects and initiatives
- Offer comprehensive technical support, training, and assistance
- Facilitate the use of data for strategic planning and decision-making
- Deliver consistent, tailored support to community coalitions, community-based organization, Tribes, urban Indian organizations and local service providers
- Manage data and contracts for performance monitoring

SPE Policy Consortium

- ▶ SPE representatives from **26 state and tribal agencies and organizations**, forming a State Policy consortium and **six workgroups** to address state priorities.
- ▶ Responsible for the **state-level planning and implementation** of collaborative strategies to address substance use disorder prevention and mental health promotion.



[The Athena Forum - SPE Consortium](#)

Our services



▶ Tribal Prevention Programming:

- ▶ 27 Tribes implementing prevention programming.
- ▶ 2 Urban Indian Organizations

▶ The Community Prevention and Wellness Initiative:

- ▶ Nearly 100 communities and schools identified as high risk across the state.
- ▶ Two-pronged approach: community coalitions and school-based prevention/intervention services.

▶ Community-Based Organizations:

- ▶ 18 organizations serving communities
- ▶ SUD prevention and/or MH promotion/suicide prevention.

▶ Young Adults Services:

- ▶ First Year's Away from Home in 8 Universities
- ▶ Check-in with Yourself statewide online app
- ▶ E-Checkup program

Statewide campaigns

Now that marijuana is legal for adults in Washington...



A parent's guide to preventing underage marijuana use



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION



Social Development
Research Group

HOW TO REFUSE DRUGS

Teaching teens refusal skills can help them respond to pressure they may face to try drugs.

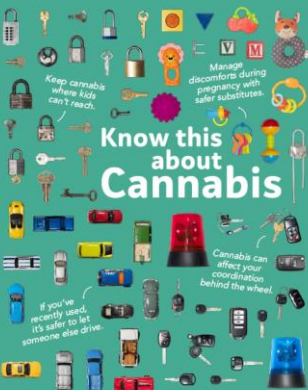
- **Say no!** Agree to do the task on your own or call for help.
- **Pause the Moment** "I need to think about this for a minute."
- **Offer an alternative** "I can't do that, but I can help you with your homework."
- **Make an excuse** "I have a headache, I can't do this."
- **Be honest** "I don't want to do this."
- **Avoid the situation** "I'm going to the store, I'll be back later."

Most teens say they trust their parents or caregivers more than anyone when it comes to information and advice about drugs. Talk to the teens in your life about how experimenting with drugs can hurt them and their future. Because for them, you're the expert.

Learn more at WAParentsForLife.com

Washington State Health Care Authority

Know this about Cannabis



- Keep cannabis where kids can't reach.
- Manage discomfort during pregnancy with safer substitutes.
- Cannabis can affect your coordination behind the wheel.
- If you've recently used, it's safer to let someone else drive.

WHEN IT COMES TO CANNABIS IN WA STATE, THERE'S A LOT TO KNOW.

Learn more about safe practices at HealthAndCannabis.org

From toxic storage and health effects, cannabis safety is important for everyone. And after decades of use and growing concerns with programs on driving and putting in risk of death of children and young adults, we're now at risk.

Washington State Health

culture is prevention



Opioid misuse is preventable
We all play a part

Connecting to our culture and each other makes us stronger, especially when times are challenging.

Washington State Health Care Authority

Do your part to prevent opioid misuse.

Lock up your opioid medication at home. It can be a cabinet or drawer that has a lock. You can also use a medication locking bag. They can be ordered online or purchased from some pharmacies. Safely dispose of unused, expired, or unwanted medications to prevent misuse by a friend or family member. You can return your medications to a participating pharmacy or visit MED-Project.org to find a safe disposal kiosk nearby.

Know the risk of taking opioids.

Any opioid can negatively affect the reward center in the brain over time, making these drugs highly addictive. Opioid medication might not be a viable option for you, depending on your medical condition and overall health. Talk to your doctor about alternative ways to manage the pain.

Source: U.S. Department of Health & Human Services, 2016 National Institute on Drug Abuse, 2016

Washington State Health Care Authority

YOU CAN

ACHIEVE YOUR DREAMS



STARTS WITH **one**

a guide to responsible opioid use

Opioid pain medication like oxycodone, hydrocodone, codeine, and morphine can be highly addictive. Before you take opioids, know how to take them responsibly.



act of courage

STOP OPIOID MISUSE
Your choices matter

- If you are prescribed an opioid, talk with your doctor about other options.
- Nearly half of people missing pain relievers, including prescription opioids, get them from a friend or family member. Never share an opioid prescription with someone else.
- Treatment works. If you think you need help, call Washington Recovery Help Line at 1 (800) 745-6671.

Opioids negatively affect the reward center in the brain. This makes them highly addictive.¹

You can make a difference. Help a friend. Share the facts.

Learn more at GetTheFactsRx.com



YOU CAN

HIT THAT THREE



Laws, policies, and norms efforts

- ▶ Education on impacts of laws and rules and promotion of ensuring public health and safety are maintained or enhanced.
 - ▶ Limit access and availability
 - ▶ Limit advertising and marketing
- ▶ Resources, including research and data for decision-making.
- ▶ Support for MH promotion and SUD prevention services for local community and schools especially those with higher risk and need.
- ▶ Public Education and media strategies.
- ▶ Support local communities and school for healthy policies.

Data, evaluation, and research

- ▶ WA State Healthy Youth Survey (HYS) and Young Adult Health Survey (YAHS)
- ▶ Community Outcome and Risk Evaluation Information System (CORE)
- ▶ Community Survey
- ▶ Research Briefs
- ▶ Program Evaluation
- ▶ Performance compliance, service delivery, online reporting systems (Minerva and LGAN)

Prevention Research Briefs



Reflecting on the 2023-2025 Biennium

Goals and vision 2023-2025

- ▶ Stabilize,
- ▶ Enhance, and
- ▶ Grow

Strategic Plan 2023-2025

▶ Themes:

▶ Cross-cutting:

- Partners, input
- Equity throughout entire system and efforts
- Advancing agency, leg, gov support for px policy
- Workforce dev
- Data, research, eval

- ▶ Commitment to local services
- ▶ Commitment to state projects
- ▶ Expand delivery system model (i.e primary care)
- ▶ Young adult service expansion

Celebrate!

- ▶ We've made some great progress this year...

SUD Prevention & MH Promotion Section Highlights 2025

AUGUST

- 7 new CPWI coordinators and 3 Prevention System Managers completed New Coordinator Basic Training presented by SPTAC.
- DBHR kicked off planning with CPGSI, the Minerva vendor, to build system enhancements for school-based services reporting.

JULY

- Nominations for the 2025 Prevention Awards totaled 17! During the first half of August, the Review Team will be ranking the submissions.
- Peaks to Coast Opioid & Polysubstance Response Summit: reviewed 54 presentations and received 6 sponsors for the Sept 4 & 5 Summit.



JUNE

- The MHPP funded MAD HOPE program was designated as Best Practice by the national Suicide Prevention Resource Center.
- The MHPP funded MAD HOPE program is now a listed program on the National Suicide Prevention Resource Center's registry.
- The SUD Prevention and MH Promotion Section hosted the 2025 Coalition Leadership Institute on June 24-25.
- 139 attendees at the June 24-25 Coalition Leadership Institute learned how Minerva 2.0 supports px and mh promotion in WA.
- We received a 2023-24 SAPISP Annual Report, highlighting key student and program outcomes. Report will be distributed at a later date.
- SUD Px closed all Task Order 2 Corrective Action Plans (CAP), celebrating improved performance. Some CAPs may be re-opened in Fall.
- PRC published Building positive childhood experiences outlining what PCEs are, their lifelong benefits, and ways to promote them.
- PRC published "Preventing and reducing young adult substance use, a brief on risk/protective factors and implications for programs."
- Quarter 2 reports for Year 2 of the SPF-PFS 23 grant were submitted and accepted with no changes by federal officials.

MAY

- A total of 61 sites participated in the April Drug Take Back Day, with a total of 5,094 lbs of Rx collected.
- The Opioid Summit Exec Committee agreed on a new logo for the newly renamed Peaks to Coast: United Opioid & Polysubstance Response Summit.
- The SPE Consortium posted summary action plans for the 6 SPE Workgroups to their page at <https://theathenaforum.org/spe>.
- The SPF-PFS grant submitted the first quarterly report using a new reporting system and criteria, which was accepted and approved.
- South Whidbey CPWI Coordinator Lauri Johnson, appointed to the Island County Board of Health Advisory group, will advocate for BH and Px.
- Three staff and two fellows attended the May 28-30 Society for Prevention Research (SPR) annual meeting in Seattle or virtually.
- Px research staff presented in 3 panels at SPR on population surveys, prevention data systems, and using AI to enhance program registries.
- Four px programs will retain their EBP status in SFY26 based on the pilot Practice Based Evidence review that is currently underway.
- ServiceNow survey and link for 2025 Prevention Award nominations was announced and provided to the Washington prevention community.

APRIL

- The UW Check-in With Yourself team is now advertising the young adult Px program on the Joint Base Lewis-McChord in Pierce County.
- The Opioid Summit Exec. Committee renamed the Region 10 Opioid Summit to "Peaks to Coast: United Opioid & Polysubstance Response Summit."
- A new reporting system for the PFS and SPF-Rx grants was launched, requiring a team effort to adjust and adapt data to match requirements.
- Prevention staff were asked to speak on rural equity issues at the Cascade Pacific Prevention Summit on April 25th.
- Pasco served over 950 students with the second step program providing over 300 hours of classroom-based prevention programming.
- The Whatcom Family and Community Network MHPP site reached over 850 participants with the locally-created MAD HOPE suicide prevention training.

MARCH

- The Young Adult Health Survey is complete. Final results will be presented to providers March 26.
- A paper showing effects of the CPWI on youth alcohol use and risk/protective factors was published in the journal Community Development.

MARCH CONT.

- WSU is piloting a process to assess the evidence-based status of px/promo programs that minimizes bias from systemic inequities in research.
- 2025 Prevention Award nominations for exceptional prevention practitioners and organizations will soon be accepted via ServiceNow.
- NASEM's Blueprint reports on mental, emotional, and behavioral disorders affecting the U.S. population.
- The Prevention Section's work was highlighted in NASEM's important report.
- 250 6th graders built leadership skills & learned strategies for staying healthy at the Cowlitz County Youth Leadership & Prevention Summit.

FEBRUARY

- By Feb 18, 96 CPWI communities had turned in their 2-25-2027 Strategic Plans.
- The SUD Px team launched an FOA for substance use prevention, mental health promotion, and suicide and disordered eating prevention.

JANUARY

- Region 10 Opioid Summit has started planning for 2025 Opioid Summit to be held in Anchorage, AK.

Looking Forward 2025-2027

Goals and Vision 2025-2027

Keep quality of services and projects while effectively using available resources.

- ▶ Stabilize and maintain,
- ▶ Make necessary reductions, and
- ▶ Capitalize on efficiencies

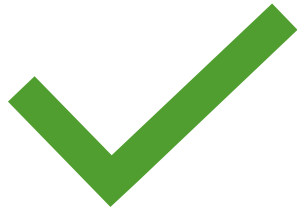


Focus on involvement,
representation, and voice
in decision making

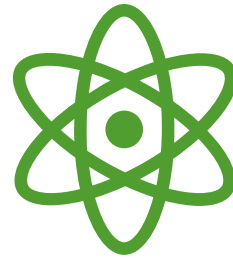
Significant efforts in the next 12 months

- ▶ TTAC launch
- ▶ CBO onboarding
- ▶ Community Survey
- ▶ Site visits
- ▶ CPWI strategic planning kickoff
- ▶ CPWI guide update
- ▶ HYS administration
- ▶ HYS ARL
- ▶ Minerva and LGAN integration
- ▶ CLI, SYF, Prevention Summit
- ▶ Fellowship cohort 14
- ▶ SYNAR coverage study
- ▶ Tribal plans
- ▶ 5-year State strategic plan update
- ▶ Evidence Based Programs Workgroup
- ▶ Projects & budgets integrated into PowerBI
- ▶ SharePoint development

Looking forward – goals and planning



What areas of our work can we work to stabilize and maintain efforts?

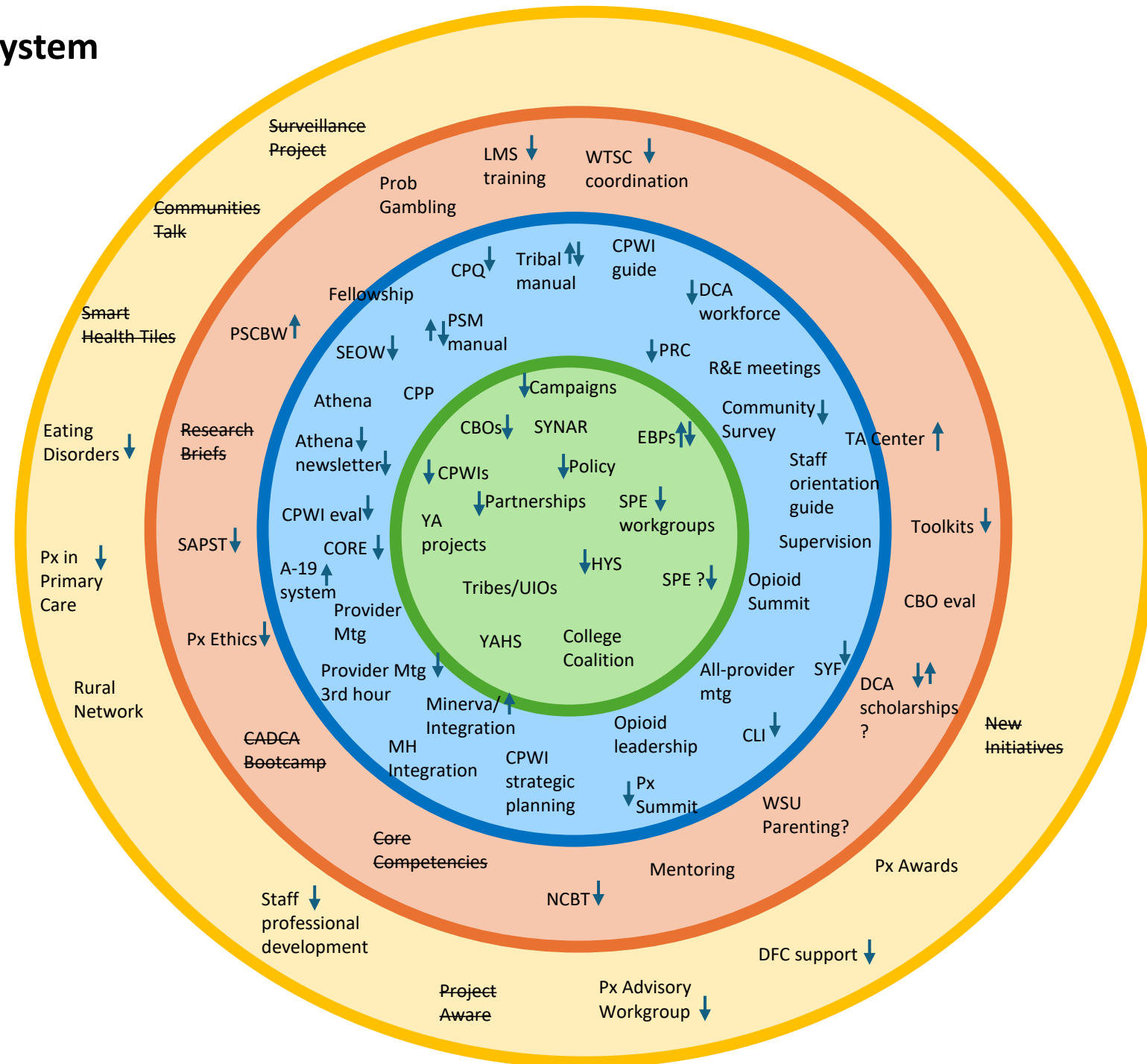


Are there areas of our work where we can gain efficiencies?



Where can we reduce or eliminate work ?

Core Goals of the Px System



- ↑↓ Budgets
- Reporting
- ↓ Leg Requests/
Bill analysis
- ↑ Grant
coordination
- ↑↓ Contracts

Key
core
supports core
enhancements
bonus

Reductions

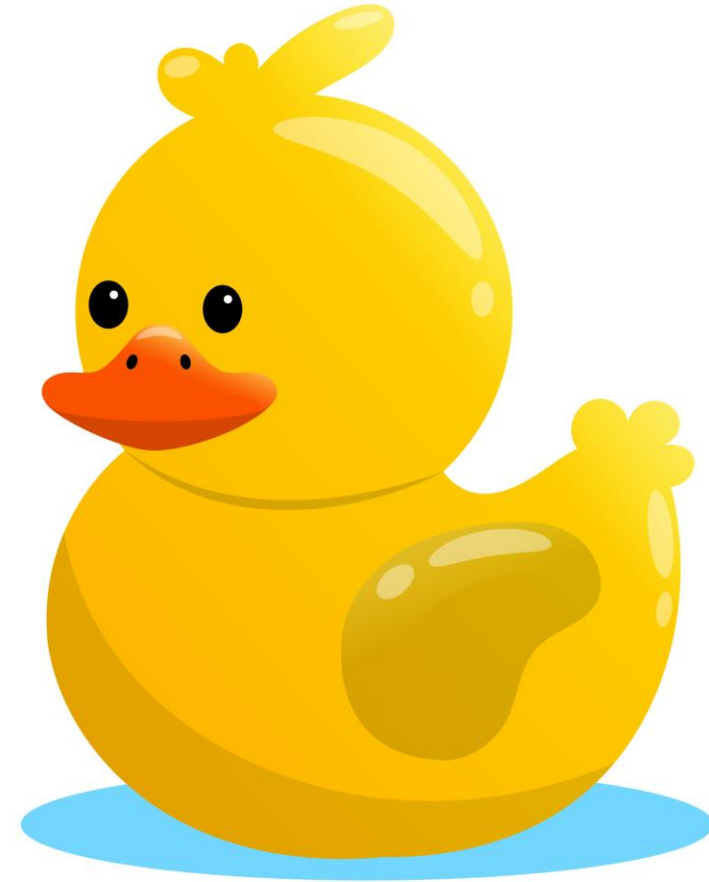
- ▶ Smart Health
 - ▶ Communities Talk
 - ▶ Surveillance project
 - ▶ Eating disorders px expansion
 - ▶ Px in Primary Care
 - ▶ DFC support
 - ▶ New initiatives

 - ▶ CPWI ↓ 10% (98/90)
 - ▶ CBO Pause
 - ▶ Athena newsletter
 - ▶ SEOW
 - ▶ CORE
 - ▶ PRC – briefs, meetings
- ▶ Consolidate campaigns
 - ▶ HYS
 - ▶ Consolidate Minerva
 - ▶ LCM 3rd hour
 - ▶ Px Summit, SYF, CLI
 - ▶ Trainings:
 - ▶ SAPST engagement
 - ▶ CADCA bootcamp
 - ▶ Core Competencies
 - ▶ WSU Parenting
 - ▶ Technical assistance

 - ▶ Internal reductions and efficiencies to meetings, guidance docs.

What's your Why?

- What is your passion, what drives you, sparks joy, and gives you a sense of purpose and satisfaction?
- When are you happiest and most content?
- What were some of your biggest challenges and what lessons have you taken from them?



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