

Attendees			
Anderson, Michael	DOH	Levenson, Cheri	DOH
Bartz-Overman, Carly A	DOH	Lewis, Amanda	HCA
Belisle, Christopher	HCA	Mariani, Sarah	HCA
Browne, Allison	DOH	McFarland, Kirstin	DOH
Christensen, Allen	DOH	Mendoza, Lucilla	HCA/OTA
Cook-Lalari, Sarah	HCA/OTA	Oliver, Rachel	HCA
Cornett, Hailee	DOH	Peterson, Julie	Healthy Generations
Dean, Patricia	HCA	Pipek, Sonja	HCA
Dinardo, Molly	SBOH	Rashid, Amani	WSIPP
Garza, Codie	HCA	Roberts, Max	WTSC
Graham-Squire, Mike	WASAVP	Smith, Brittany	HCA
Helseth, Jennifer	DCYF	Thompson, Linda	WASAVP
Helton, Marie	HCA	Tinder, Renee	DOH
Horodowicz, Ray	HCA	Unland, Kyle E.	DOH
Huriaux, Emalie	DOH	Vreeland, Nicole	DVA
Kang, Jennifer H.	DOH	Weiner, Brittany	WSHA
Kellington, Mary E.	DOH	Whittaker, Jeremy	HCA
Kenney, Jolynn	Mentor WA	Wilhelm, Liz	DOH
Levenson, Cheri	DOH	Wulff, Isaac	HCA
Lamouret, Erin	HCA	Zimmermaker, Micah	DOH

Meeting Notes

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: Share a community or family tradition that is unique, funny, or just comforting?

Observances: there are quite a few this month

- International Day against School Violence and Bullying 11/6 - [UNESCO](#)
- Veterans Day 11/11 – [NAMI Veterans MH Page](#)
 - *Nicole Vreeland*: Suicide Prevention Manager WAVA; since Feb continue (2020) Government challenge: work to end suicide among service members, veterans, and families. Continue to reach out, education and training for the military and veteran communities. <https://www.dva.wa.gov/sp>
- Transgender Awareness Week 11/13-20 – [WA LGBTQ+ Commission](#)
- Movember for men's MH – [Movember Institute](#)
- *Sarah Cook-Lalari*: November is [Native American Heritage Month](#)
- *Kirstin McFarland*: National Injury Prevention Day is 11/18.
 - The day raises awareness about injury prevention across multiple topic areas including falls, motor vehicle safety, child safety, etc. The observance day helps raise awareness that injuries are preventable and promote prevention and safety in communities.
 - *Amani Rashid*: WSIPP is doing a study to examine what the literature says about the efficacy of different impaired driving interventions including a lower BAC.

- <https://fiscal.wa.gov/statebudgets/2025proposals/Documents/ht/transpoESSB5161AsPassed.pdf>
- Hailee Cornett: [GREAT AMERICAN SMOKEOUT - November 20, 2025 - National Today](#)
- Liz Wilhelm: National Rural Health Day is November 20th.
- December Observances
- Seasonal Affective Disorder Awareness Month – [MHA Information](#)
- International Day of Persons with Disabilities – [WHO Site](#)
- Linda Thompson: December is [National Impaired Driving Prevention Month](#).
 - Many partners across the state are working on lowering our BAC to .05.
 - See SAMHSA and NHTSA for more on Impaired Driving Prevention Month.
- Announcements
- Isaac Wulff: Announcement from LCB and Poison Center:
 - **Help LCB Collect Photos of Kratom Products**
 - The Washington State Liquor and Cannabis Board (LCB) and the Washington Poison Center (WAPC) are partnering on an environmental scan of kratom products to help better understand what is being sold across the state. We need your help to 1) share this flyer with your networks and 2) contribute photos of kratom and 7-OH products. As you see kratom and 7-OH products on shelves in your community, snap a picture and follow the QR code to send it to LCB. (Let me know and I can send flyer.)
 - LCB and WAPC aim to have this effort continue through the end of 2025.

SPE Success Story – Connection is Critical

Brittany Weiner WSHA

- Brittany's work for the Washington State Hospitals Association is primarily *treatment focused*, working in patient safety and quality improvement supporting hospitals.
- Able to connect with Jennifer Helseth (DCYF) when she saw the related information provided during a prior SPE meeting in March, she then utilized for a webinar in August on International Overdose Awareness Day, focused on the importance of overdose prevention.
- Jennifer provided information about the impact that overdose prevention programming can have on vulnerable kids as well as other people within the household and community.
 - Provided slides to add to the webinar listing out actionable steps that hospitals can take to improve overdose and prevention response.
 - The Importance in providing education about safety and storage of illicit substances, including illicit drugs.
 - Most patient education either focuses on prescription medication safety or chemical storage but nothing specifically targeted to those who personally use drugs.
- This was all made possible by the SPE Consortium and it's goal of **coordination and collaboration**.
- Questions/Comments:
 - Emalie Hurlaux: Hopefully folks have also seen these resources from DOH re: children and "high-potency synthetic opioids"
 - [Public Health Guidance on High-Potency Synthetic Opioids \(PDF\)](#)
 - [6 Facts About Fentanyl \(PDF\)](#)
 - [Developmental Risks and Harm Reduction of Opioid Exposure \(PDF\)](#)
 - [Medications for Opioid Use Disorder Fact Sheet \(PDF\)](#)
 - [Naloxone Safety for Families \(printable flyer\) \(PDF\)](#)

I-502 Report: Cannabis Retail and MH Outcomes

Amani Rashid WSIPP

- Researcher at the WA State Institute for Public Policy : amani.rashid@wsipp.wa.gov
- https://www.wsipp.wa.gov/ReportFile/1837/Wsipp_The-Impact-of-Cannabis-Retail-Availability-on-Cannab...
- Explore relationships between retail cannabis availability and MH disorders

- Including depression, anxiety, bipolar, and psychosis
- Finding: a predictive relationship exists between MH claims and encounter data on Medicaid enrollees 12-64 and ease of retail cannabis access
- [Full Report Link](#) – [Executive Summary](#)
- [See Slide Deck for full presentation](#)
 - Questions/Comments:
 - Julie Peterson: Situational awareness-WSPHA's lobbyist sent this study along with the [10/29/25 Journal of American Medicine](#) on early cannabis use and negative health outcomes to key legislators.
 - Mike Graham-Squire: Historically did providers track or diagnose for CUD, isn't that diagnosis relatively new?
 - AR: Recently in October there was updates to diagnostic codes specific to cannabis use disorder (CUD) which flags a family of previous diagnoses as CUD. One limitation of the study; we can't see the underlying diagnostic code, so we don't know what the specifics are. In general, CUD may be diagnosed more often because doctors are becoming more aware of it. But this study is comparing census tract to census tract so long as it's going up in both census tracts, we're controlling for that. We're taking that into account and identifying specific changes related to retail openings.
 - Addition: The study primarily focused on retail access as in *proximity* to at least one location. Considering the *density* of retail, the impacts of cannabis use disorder and MH impacts seem to be strongest, if not fully driven by multiple retail locations nearby.
 - Allen Christensen: [Here](#) is the full report link. This is the link for the [executive summary](#).

2026 Legislative Session Prep – Revenue and Budget

Julie Peterson, Healthy Generations

- A guided tour through Washington's revenue forecast and budget creation process.
- TO PREPARE for this session, Julie recommends visiting the following sites:
 - [BUDGET REPORT: FALL 2025 STATE BUDGET LANDSCAPE](#) from Prevention Alliance
 - [Washington State Economic and Revenue Forecast Council website](#)
 - [September 23, 2025 ERFC Meeting TVW](#)
 - And the [link to the upcoming ERFC meeting on 11/18 at 2:00 PM](#)
- 2026 Legislative session kicking off second Monday of January. It will be a short session (60 days) year of the biennium – short, fast, and *difficult* due to budget shortfall.
 - Tomorrow's meeting, November 18, 2025, will be critical due to what's called the November forecast and in which the governor will develop his first budget.
 - Governor Ferguson inherited his predecessor's budget, so this will be a (small) supplemental budget. Many questions on what the parameters will be due to his predecessor, by law, were required to create a "no new taxes" budget, which has not been seen in 12 years.
 - REFER TO LINK ABOVE: [Economic Revenue Forecast Council](#) website to watch meeting.
 - Wild Cards During Session:
 - Reminding again this is a short session as next year will be an election year.
 - An entire House of Representatives will have to sign up for reelection.
 - Chatter on trying to pass a tax, primarily from progressive groups.
 - Targeting higher earners, a 9.9% tax on individuals and households over \$100,000.
 - WA State Supreme Court as well as voters have consistently knocked those down.
 - **Takeaway:** Read the [forecast](#), watch the [meeting](#), and plan for likely budget outcomes.
 - Questions/Comments:
 - Linda Thompson: Most important thing that can help = contact your legislator about what your most important issue (having respectful conversations and again being empathetic). They respond well to the WHYSEB study Amy Brackenbury sent to some key legislators.

- *Sarah Mariani*: Ask them to meet and talk with our local communities, see where/when this can be the time, not once January hits, but the offseason now. Some of the ASK can be, "Can you come and see what we are doing or just meet with the coalition and cheer them on for the work that they've done?" Coalitions can consider hosting a legislative breakfast where you invite them in and describe the different things happening in the community that are important.
- *Jolynn Kenney*: E.g. for National Mentoring Month we're asking youth and young adults to publicly thank their own mentors or share a brief tidbit about how mentoring impacted them.
- *Isaac Wulff*: I think one thing we can all do is celebrate the innovation that we're seeing in communities. Whether it's the providers we support or just the communities we live in, I'm seeing so much creativity in meeting people's needs. It reminds me of what Dr. Kira Mauseth said in a presentation during the pandemic, "The most common outcome from disaster is resilience."

Workgroup Spotlight – MH Promotion/Suicide Px

Brittany Smith HCA

- *Two Years of Growth: A Celebration of Partnership*
- Highlighting new and developing connections and partnerships with:
 - The DOH-led Statewide Suicide Prevention Plan
 - Mental Health Integration work in DBHR/HCA
 - Seattle Children's Hospital – Safe and Secure Firearm Storage
 - University of Washington – Check In With Yourself/ Conéctate Contigo Mismo
- See Slide Deck for full presentation.
- Questions/Comments:
 - *Linda Thompson*: There are many parents who struggle from not seeing the signs, are there any partnerships at the state or national level that local coalitions they can benefit from?
 - *Brittany Smith*: Will continue to look. Similar is work from Monroe - <https://monroecommunitycoalition.org/fortaleza-mental/>
 - *Isaac Wulff*: I love the locally generated and innovative programs like this one in Colorado: <https://www.thecoffeebreakproject.org/>
 - *Allen Christensen*: Home - [Home - Well Being Trust](#)
 - *Brittany Smith*: No Shame in your Brain is a great campaign that came out of WA in 2023: <https://www.hca.wa.gov/assets/program/no-shame-in-your-brain-toolkit-2023.pdf>

Workgroup Updates

Workgroup Leads

Opioid Prevention

Codie Garza

- Next meeting is Tuesday, Nov 18th
- Presentation from the Prescription Monitoring Program led by DOH
- Send Codie an email if interested in joining future meetings.
 - Codie.garza@hca.wa.gov

Problem Gambling Prevention

Jeremy Whitaker

- Our last meeting was on October 9 and attended by representatives from WA Lottery, Washington State Gambling Commission, Evergreen Council on Problem Gambling (ECPG), and representatives of the recovery community. Our next meeting will be on January 15 at 10 am.
- In November the Gift Responsibility/Too Young to Bet campaign is underway with coordination between Lottery, ECPG, and HCA. This campaign focuses on not buying lottery tickets and similar items for people under 18.

- HCA and ECPG are collaborating on a curriculum for middle and high schools that meet state learning standards. The Prevention Section at HCA has been instrumental in providing early directions on this project, particularly Issac Wulff, Billy Reamer, Carola Brenes, and Kasey Kates.
- We are hoping to release an **RFA for gambling prevention community grants** before the end of the year. Only current HCA Prevention Section grantees and DOH Youth Cannabis and Commercial Tobacco Prevention Program (YCCTPP) contractors will be eligible. These grants will be for \$25-\$50k.

Washington Breathes

Micah Zimmermaker, Ray Horodowicz

- <https://washingtonbreathes.org/about-us/>
- Oct 1st Washington Breathes Coalition hosted fall All Coalition meeting
 - Highlights of that meeting include:
 - Discussion on current commercial tobacco prevention landscape,
 - The impact of changes in CDC and FDA staffing,
 - Federal policy shifts,
 - Effects of the government shutdown,
 - The reorganization at CDC in the Office of Smoking and Health and what that means for us as a state and coalition.

WHY Coalition

Isaac Wulff on behalf of Kristen Haley

- Washinton Healthy Youth Coalition (WHY) Coalition Updates:
 - Last month, able to hear from WSIPP's Amani Rashid, she gave WHY Coalition a similar presentation to the one for SPE today—and had an excellent discussion afterwards.
 - Also talked about ways the field of Prevention can prepare for the upcoming legislative session.

Young Adults

Rachel Oliver

- Busy! – Following up on June SPE meeting; WSU came, the impact lab came and spoke on scoping review that had been completed last contract year.
- Also came to the young adult SPE workgroup to gather some information insights.
 - Any resources that folk knew of related to young adult substance use disorder prevention and mental health promotion.
 - Last Sept, the Impact Lab completed that project and compiled a resource inventory of 266 programs and strategies.
 - Interviewed many YA across the US and here in WA. Building off the scoping review with a comparative analysis of risk and protective factors young adults and adolescents looking at ones that are specific to young adults, ones that are shared, and ones that are specific to adolescents.
 - In that process they developed a report that was interesting. They highlight priority populations, risk and protective factors, and present a gap analysis.

Adjournment

Sarah Mariani

Final announcements

- Announcement from LCB and Poison Center:
 - Help LCB Collect Photos of Kratom Products
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 - LCB and WAPC aim to have this effort continue through the end of 2025.

Upcoming Schedule

Month	Workgroup Presentation	Other Topics
September 15 th	All workgroup check-in	<ul style="list-style-type: none">• LCB Data Dashboard• Provider Education - WSU• <i>Check In</i> Program Update – UW
November 17 th	MH Promotion & Suicide Prevention	<ul style="list-style-type: none">• Cannabis Eval Report Update – WSIPP• 2026 Legislative Session Prep - SPE Members
January 26 th 2026	TBD	<ul style="list-style-type: none">• Legislative Check In – SPE Members• Child Wellness Survey Report – DOH• Collaboration with Law Enforcement – NWHIDTA
March 16 th	Problem Gambling Prevention	<ul style="list-style-type: none">• Legislative Check In – SPE Members• Washington Thriving Strategic Plan – DBHR/P25• 2025 Healthy Youth Survey Results (Tentative)
May 18 th	TBD	<ul style="list-style-type: none">• TBD

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

Your support and collaboration are appreciated.