

## Prevention Research Collaborative Meeting

December 11, 2024

10:35am – 1:00 pm PST

**Theme: Moving into 2025: PRC Vision, Mission and Building Positive Childhood Experiences**  
**NOTES**

**Welcome & Introductions**

**Impromptu Networking**

**Mission** – review/comment

**Vision** – start thinking on this!

**Chatterfall: updates from the prevention community**

**Break**

**Building Positive Childhood Experiences to Help Mitigate ACES**

Sara Thompson

The Montana Institute

**Research Briefs Update & Discussion**

Review list of research briefs the PRC has produced, including the last two published

- The impact of prevention in different domains
- Vaping (focus on adolescents)

<https://theathenaforum.org/prevention-101/research-briefs-substance-use-prevention-and-mental-health-promotion>

Brief discussion on topics for next 2 briefs, due end of June 2025

**2025 Meetings – and theme for March?**

All meetings fall on a Wednesday, 10:35am – 1:00pm

- March 12: 10:35 a.m.-1 p.m.
- June 4: 10:35 a.m.-1 p.m.
- Sept 10: 10:35 a.m.-1 p.m.
- Dec 10: 10:35 a.m.-1 p.m.

## Introductions (15 people at start)

- **WSU:** Clara Hill, Brittany Cooper, AnaMaria Diaz Martinez, Kim Williams, Mya Houghton
- **UW:** Margaret Kuklinski, Christine Lee, Scott Graupensberger, Blair Brooke-Weiss, Jim Leighty
- **DBHR:** Sarah Mariani, Jaymie Vandagriff, Codie Garza, Alexis Schmierer, Roxane Waldron, Jeremy Whittaker
- **HCA Communications:**
- **OSPI:**
- **WA DOH:** Liz Wilhelm
- **WA DHS RDA:** Irina Sharkova
- **WA LCB:** Tyler Watson, Jim Vollendroff
- **WSIPP:** Amani Rashid
- **WASAP:**
- **King County Dept of Human Services, Division of Behavioral Health & Recovery:**
- **King County Dept of Public Health:**
- **Washington Traffic Safety Commission:**
- **Cannabis Observer:** Gregory Foster
- **Balmer Group:**

## Impromptu networking

Margaret Kuklinski invited participants to consider, 'What are activities that help you create sanctuary or help you to strengthen your own resilience?'

Some responses shared in the chat:

- I've been doing a lot of reading for fun (mostly fiction) :-)
- get outside every day
- Being in nature/in the mountains
- Making food for others! and participating in a worldwide corgi Christmas card exchange for the 4th year in row.
- Go to the dog park
- I also said reading. I started a bookclub with friends in the area.
- Putting together a puzzle!
- Baking, walking, love doing diamond art
- All three of us in the breakout room mentioned our doggos and movement as grounding exercises - plus gardening (even if I enjoy others' efforts from afar) haha
- Adopting a 12-year old poodle mix with a lot of attitude and walking him 3 times every single day :-)

## Mission and Vision of the PRC (17 present)

Brittany Cooper reminded the group of the difference between mission and vision statements (see slides).

What is the difference between a mission and a vision?

- Mission: core work, what we do to work toward making our vision a reality; why the PRC exists
- Vision: big future vision, what would be the result of our efforts.

Reference the HCA mission/vision: <https://www.hca.wa.gov/about-hca/who-we-are/our-mission-vision-and-values>

## Reviewing the current mission statement

To provide a forum for prevention researchers, policymakers, and practitioners to identify and address emerging and evolving substance use disorder prevention and mental health promotion service & research needs in Washington State by:

1. Supporting DBHR's evaluation of prevention services;
2. Assisting DBHR in (a) defining the criteria for determining that a service is evidence-based; and (b) establishing a protocol for review and acceptance to a list of evidence-based services;
3. Advocating for state funding of evidence-based and other effective prevention services;
4. Establishing collaborations to initiate new research and share existing research on substance use disorder prevention and mental health promotion in order to improve DBHR's prevention services.
5. Promoting implementation science through the collaborative knowledge exchange of prevention researchers, DBHR, and other prevention-related state agencies and community organizations.

## Discussion

- Kuklinski: can we include mental health promotion more explicitly in all 5 points
- Wilhelm: could the word, 'strategies' be added as well as 'services'
- Vandagriff: #2 hasn't been as much of a focus lately, but good food for thought to revisit and re-integrate
- Mariani: yes, strategies would be more inclusive. Also, this is very DBHR-specific which is intentional and historic. And this group is more than DBHR – we have DOH, LCB, etc. – not ready to lose some of the original goal/intent on how this group helps inform DBHR's work but could add 'and other state agencies.' Also thinks some of the value is cross-pollination among the researchers who gather here.
- Cooper: yes, including other agencies is good and there are other state agencies that had been more involved and wondering how we're doing on involving other state agencies and make it clearer to outside audiences that it is valuable to more agencies than DBHR.
- Vollendroff: yes, emphasis on DBHR is important, but 'other prevention state agencies' doesn't fit LCB either. LCB regulates and licenses and yes has a research unit. But LCB isn't necessarily considered a 'prevention' agency. How do we invite other agencies whose primary role may not be prevention but their work does cross over into prevention?
- Cooper: maybe to provide a forum for prevention researchers, policy makers, state agencies, and practitioners....?
- Kuklinski: how we craft the vision statement can also consider these points being raised.
- Cooper: how best to integrate the piece around social justice and social determinants of health
- Leighty: find this mission statement long; like the shorter approach seen in the HCA. Including values and broader statement that allows growth.
- Cooper: perhaps the intro could be the mission with the supporting notes as goals?
- Diaz Martinez: the asterisk fits in as a value, goal – doesn't need to be its own bullet point, rather embedded in initial mission statement

## Vision statement discussion

There was a discussion in breakout rooms (10 minutes) for participants to think and discuss ideas to include in the vision statement for the PRC.

- Looking for ideas, things to attend to when crafting the vision statement for this group
- The breakout rooms used a 'padlet' tool to record comments.
- Kuklinski and Cooper will review these comments and craft a draft vision statement before our next meeting.
- Asking for volunteers to work on this with us – we'll schedule a meeting to discuss and develop something to share at the March meeting. The following people stated an interest:
  - Jim Leighty, UW
  - AnaMaria Diaz Martinez, WSU
  - Tyler Watson, LCB
  - Jaymie Vandagriff, DBHR

During the breakout discussions, Kuklinski shared a draft vision with Cooper that can be considered in the small group follow-up discussion:

*All young people in WA State will have access to effective preventive and health promoting resources that help them thrive, are equitable, and are socially just. We believe that collaboration and communication among WA State prevention and promotion researchers, policymakers, state agencies, and practitioners is essential to making this a reality.*

## Chatterfall: Updates from the Prevention World (19 present)

Cooper: WSU Impact Lab is seeking applications for 2 Fellowships: 1 with DBHR (advanced fellowship for those with a Masters' degree) and 1 with the NWPTTC (more bachelor's level)

- DBHR Advanced Fellowship: [https://wsu.wd5.myworkdayjobs.com/WSU\\_Jobs/job/Pullman-WA/Extension-Coordinator-Specialist\\_R-12788](https://wsu.wd5.myworkdayjobs.com/WSU_Jobs/job/Pullman-WA/Extension-Coordinator-Specialist_R-12788)
- Northwest PTTC fellowship: [https://wsu.wd5.myworkdayjobs.com/WSU\\_Jobs/job/Pullman-WA/Extension-Coordinator\\_R-12772](https://wsu.wd5.myworkdayjobs.com/WSU_Jobs/job/Pullman-WA/Extension-Coordinator_R-12772)

Lee: We have postdoctoral opportunities in alcohol research. Applications due 12/15 [Postdoctoral Fellowship in Alcohol Research – CSHRB](#)

Kuklinski: NIMH has funded a suicide prevention study: SHIELD. Bringing together data from 29 prevention studies to provide a larger sample to look at factors that are associated with suicide and self-harm. Johns Hopkins is lead university. Marina Epstein from SDRG is one of 5 lead PIs.

Watson: LCB research program is a 3-person program and would like more people to get more involved. Hope to host a semi-annual forum for broader group of researchers. Will send out invites/times. Expect more like

90-minutes, invite only to have a more focused discussion. LCB Research Roundtable. Let Watson know if you're interested in being involved. First one planned for May 2025.

Mariani: Governor issued executive order to freeze travel, hiring, and contracts effective immediately. Has shifted our focus. Based on \$12-billion deficit from most recent forecast. Several agencies are grappling with this. Do have vacant research eval manager position and are far through process so hope will still be able to fill. Will have to assess capacity. If we're taking longer to reply, feel free to nudge, or bow out, probably more to do with our capacity.

Cooper: Society for Prevention Research Conference will be in Seattle May 27-30, 2025. Currently, the call for SIGs and Preconference Workshops is open and due 12/13/24. <https://preventionresearch.org/2025-annual-meeting/>

Wilhelm: Excited: tomorrow's YCCTPP webinar [REGISTER HERE!](#)

**Thur., Dec 12 - 3:15-4:15 pm Empowerment in Action: Crafting a Peer Resource Guide** presented by **Okanogan County Youth Leadership Council**

Vandagriff: In the HCA/DBHR Prevention Section we finally have our revamped Athena Excellence in Prevention page! <https://theathenaforum.org/prevention-101/excellence-prevention-eip>

- This includes a snapshot of efforts we and Dr. Cooper's team at WSU have collaborated on since 2019, including updated evidence standards and extrapolating information on evidence-based prevention/promotion programming.
- We are still working out some features and smoothing out some edges, so please reach out if you have questions.
- Please email us with any notes, suggested changes, questions, etc., for the Athena EIP page: [Jaymie.vandagreff@hca.gov](mailto:Jaymie.vandagreff@hca.gov); [alexis.schmierer@hca.gov](mailto:alexis.schmierer@hca.gov)

Cooper: SAMHSA Prevention Day is Feb 3 in National Harbor, MD. Mariani, Cooper, Amy Goldstein from NIDA and Ingrid Donato from SAMHSA are presenting there on our collaborative prevention research-practice work! <https://www.samhsa.gov/newsroom/observances/prevention-day>

Mariani: getting some recognition from SAMSHA for CPWI: may do a SAMSHA publication with them on CPWI

Vandagriff: equity in prevention consultations work. Series in health equity work with WSU. Soliciting input to make a more thoughtful equity process going forward. WSU is writing up results and recommendations for how to integrate ideas into EBPP work.

**Break**

## **Building Positive Childhood Experiences to Help Mitigate ACES** (19 participants)

Sara Thompson, The Montana Institute

Intro: Kuklinski provided this Introduction:

- Sarah Thompson is the Director of Training and Communications at the Montana Institute.
- The Montana Institute is dedicated to fostering healthier, safer, and more supportive communities through innovative applications of the Science of the Positive and Positive Community Norms frameworks.
- Issues of focus: SU, MH, Suicide prevention, traffic safety, child maltreatment, workplace safety through evidence-based interventions.
- Sara brings many years of experience to her role. She's been working with community coalitions since 2006.
- In her role she offers consultation, training, tool development, and technical support to communities applying the Science of the Positive and Positive Community Norms Frameworks to prevention.

Sara Thompson

In our work, we start with the Guiding Questions: science of the positive framework that fosters a cycle of transformation.

- Spirit first – what's positive, hopeful, who are we as we look at ourselves through this lens
- Science – bring that spirit into the science, asking different questions
- Action – the learning and planning has a focus on the actions on integrating both change and transformation; we're all working towards community change, and our ultimate goal is transformation
- Return – rest, reflection, evaluation

This is the way we organize our thoughts and our work.

Chat – what's a positive experience you had as a child? Some of the responses in the chat:

- Camping in tall forests (redwoods, firs, etc.)
- Gardening with my dad as a small child
- My teacher encouraged me to go to college even though I didn't have resources or support from home
- Going to summer camp every summer
- Positive experience of mine...my Dad going to every single one of my softball games (home or away)
- Swimming at the city pool
- After working in the fields all day, my parents would take us to the pond to play in the water. We didn't know at that time that it was a run-off pond, but I guess that's what made it a great memory.

What if these little things are the big things?

Science: these PCEs have an impact on our adult health

Science of the Positive Framework – their focus is on how to measure and grow the positive; how positive factors impact culture and experience.

Shared a website about Adverse Childhood Experiences: numberstory.org – and, that number doesn't define us.

- Shared 10 categories of ACES – see slides
- Accumulation of ACES gives us an ACE score with range of 0 to 10 – before your 18<sup>th</sup> birthday.
- Compared these scores to adult health history. Learned a lot about how trauma impacts growth.

Their question: What if the positive also has a lasting impact?

- See common terminology slide

- PCE scale – 7 measures (see slide)
- Reviewing the 2017 Sege, et al. paper (see slides)
- This study showed that the ACES data alone does not show the whole picture – it opens the doorway to hope.
- About Hope: we can increase PCEs to improve health/safety across the lifespan. Both ACES and PCEs shape our brains, etc. (see slides)
- Graubensberger study on effects of PCEs on adult substance use: data collected in 2019 from Montana BRFFS. (see slides)
- Emerging research – all kinds of effects of PCEs (see slides)

### **How can communities use this information to grow PCEs?**

Sara shared the story of one community in Minnesota, Lake of the Woods. (see slides)

This community developed a campaign to share facts about PCEs and to encourage adults to laugh, listen and talk with young people, in addition to positive norming messages.

Sara ended the talk with the quote: *Just as a traumatic experience can alter a life in an instant, so too can a therapeutic encounter* (Bruce D. Perry).

### **Discussion**

How did you evaluate the effectiveness of the campaign in Lake of the Woods, MN.

- It became part of the positive community norms work – but didn't measure exposure to the PCEs.
- Do have stories that people enjoyed it.

What do we know about how to build PCEs in environments that aren't that supportive?

- Carla Ritz at The Montana Institute is working on this, but don't yet have those effectiveness studies.
- What's already good there, and starting to promote those things
- Helping the schools to understand the impact they can have; they are already doing it every day

Mariani – cross pollination for research to practice. How might this inform the CPWI work? Might there be some lessons from us to how to look into and evaluate some of the more positive aspects of the work? Pondering.

Looking forward to the slides because communicating the impact can be a helpful tool for us.

Vandagriff shared in the chat: Lots of CPWIs do the Montana Summer Institute training and implement Positive Community Norms too, good to think on from an evaluation perspective

Sara: Lincoln County Montana – managing a calendar of healthy, safe, fun events for the entire community. When people submit what's happening, they have to fill out a form that asks them to state which of these PCEs does this apply to? They can then use those data to give them a broader picture of PCEs being promoted in the community.

## Research Briefs

### Research Briefs Update & Discussion

The group celebrated, and reviewed the list of research briefs the PRC has produced, including the last two published

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### Brief discussion on topics for next 2 briefs, due end June 2025

- PCEs and possible connections to CPWI
- What about Youth and Problem Gambling/Gaming Disorder/Internet Use Disorder?
- Young adult – Jen Duckworth's work?
- Social media – NWPTTC is working on a brief relating social media to substance use/mental health, so we probably don't need to duplicate that effort here
- Vandagriff: I know we have a combined adolescent/young adult fact sheet -- what about a specific young adult prevention/promotion fact sheet?
- Suicide prevention/marginalized communities
- Jeremy Whittaker: I'm new in the role of problem gambling, but primary prevention for problem gambling, social media, and internet use overlaps significantly.
- AnaMaria interested in helping on a brief
- Mya Houghton interested to help on a youth-focused brief

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### Theme for March meeting?

The group decided that a meeting on Gambling would be a good idea:

- Scott Graupensberger did a recent study
- Consult w Jeremy/Roxanne to pull something together for March