

State Prevention Enhancement (SPE) Policy Consortium January 26, 2026, 1-4 p.m.

Attendees			
Anderson, Michael J	DOH	Kellington, Mary E	DOH
Beth Bojkov	FHCQ	Lamouret, Erin	HCA
Brittany Aguilar	DOH/YCCTPP	Linda Thompson	WASAVP
Brittany Weiner	WSHA	Mariani, Sarah E	HCA
Browne, Allison M	DOH	Mbajah, Enos A	HCA
Christensen, Allen T	DOH	Mike Graham-Squire	WASAVP
Cockrell, Diana D.	HCA	Oliver, Rachel	HCA
Cook-Lalari, Sarah	HCA/OTA	Pipek, Sonja	HCA
Cornett, Hailee M	DOH	Rashid, Amani	WSIPP
Dixie Grunenfelder	OSPI	Reamer, William (Billy)	HCA
Eliza Powell	NWHIDTA	Scott Waller	WASAVP
Emily Nudelman	FHCQ	Shah, Anar	DOH
Garza, Codie	HCA	Simckes, Maayan S	DOH
Gray, Marie L	DOH	Smith, Brittany	HCA
Haley, Kristen	LCB	Tinder, Renee D	DOH
Helseth, Jennifer	DCYF	Traphagan, Hanna	HCA
Helton, Marie	HCA	Unland, Kyle E	DOH
Hoffman, Daniel J	DOH	Whitaker, Jeremy	HCA
Horodowicz, Ray	HCA	Wilhelm, Liz A	DOH
Jolynn Kenney	Mentor WA	Wulff, Isaac	HCA
Julie Peterson	Healthy Gen.	Zimmermaker, Micah	DOH
Kang, Jennifer H	DOH		

Meeting Notes

1. Introductions and Announcements

Sarah Mariani – HCA, Allen Christensen – DOH

- Sarah opened the meeting at 1:07 p.m.
- Welcoming new Members and Guests
- Invited attendees into breakout rooms with the prompt:
 - *Share a civic or volunteer activity that you enjoy?*

Observations and Announcements

- January Observances
 - Substance Use Disorder Treatment Month – [SAMHSA Site](#)
 - Martin Luther King Jr. Day – [NMAAHC Story](#)
 - *Sarah Cook-Lalari* – January 22nd was Treaty Day
 - Marking the day in 1855 when the Point Elliot Treaty was signed between Washington State and several Coast Salish tribes. [Snoqualmie Story](#) – [Video Story](#)
- February Observances
 - Black History Month – [Black History Month site](#)
 - Teen Dating Violence Prevention Month – [TeenDVMonth site](#)
 - *Hailee Cornett* – The Great American Spit Out – Feb 19
 - [THROUGH WITH THE CHEW - February 15-21, 2026 - National Today](#)
 - [Through with Chew & GASPo 2026 Youth Resource Guide.pdf](#)

- *Brittany Weiner* – National Eating Disorder Awareness Week – Feb 23-Mar 1
 - [National Eating Disorders Association](#)
 - *Jolynn Kenney* – National Mentoring Month – #nationalmentoringmonth
 - <https://www.mentoring.org/campaigns/national-mentoring-month/>
 - *Jolynn Kenney* – American Heart Month – #heartwork
- Announcements
 - DBHR CBO Grantees Awarded – [Athena Link](#)
 - PFS and SPF-Rx update – continuation application
 - All discretionary grants have been reinstated
- 2. Washington Thriving Strategic Plan** *Diana Cockrell, Hannah Traphagen - DBHR*
- Overview of newly published [Strategic Plan for Youth/YA behavioral health](#)
 - Discuss what this plan means for the prevention system
 - NOTE: The SPE Co-Chairs would like to also discuss how this plan could affect the upcoming SPE Strategic Plan updates. *Please join us!*
 - *(See slides for more details)*

COMMENTS:

1:46 SM – Finding Leverage Points

1:50 Diana Cockrell – addition – One of the things that was identified in the strategic plan was a need for a new format/system (?), specifically is the need for 3rd places. Between the work that some of our system partners do, that behavior health does and that mental health promotion and prevention does. Curious to exploring that 3rd place's piece and how it intersects with what we all do.

1:50 IW – The Rural Network had a youth panel recently and *all 6 of them* stated 3rd places at their top priority! I love hearing this. The people we serve don't segregate behavioral health to the degree that the state/provider network does, so this feels like a good move to match their perspective.

1:55 Hanna Traphagan – What would a System of Care, systemic and holistic approach to prevention and mental health promotion across the full lifespan from before birth through age 25 look like? Email with further thoughts: hanna.traphagan@hca.wa.gov

1:55 LT – Considering the opposing normalization message from alcohol and other industries, it benefits us to have a system that everybody's working on, pushing the same pedal on the bike in the same direction, that's when we will have a better response to the counter messages.

1:56 JH – At the very base: people get what they need when they need it.

1:55 HC – Perhaps providing healthcare to all so that all people (women AND men) have access to primary care, prenatal care, SUD tx, etc. in case of (both intentional and unintentional) pregnancy(ies).

2:03 JK – Love this plan, very thoughtful and comprehensive. We must spend so much time caring for the mental health and well-being of our kids and families because the world we live in is utterly broken...

2:05 SM – This is part of why we're all here because on any given day where you are, we can answer this question. So that what the consortium and this community is about is how do we all hold the space to create a brighter future together.

2:05 Diana Cockrell – There’s so much about his strategic plan in the last three years of developing it that has been living in a dialectic 2 truths, both true. So, to underline and under score and handle the point you made at the beginning with, it will still be 10 years if we don’t start today from whenever we do start and it’s tough to the dialectic. Can you build a strategic plan from rage? We’re going to find out.

2:05 EL – It is hard to objectively handle 'micro' when everything is so loudly 'macro', but it really is a very thought-provoking question.

2:07 JH – One of my mentors reminded me every legislative session, that when we work in systems creation, improvement, and growth, that we are playing a long game. If we stick with our work, we won't get every win, but we will eventually get where we are going.

2:07 SM – “Don’t do nothing because you can’t do everything or you can’t do enough.” – just figure out that little thing you need to, then figure out the five, those five degrees will be a turn of the wheel to get you to the place that you’re going...

2:08 Diana Cockrell – system of systems that hold ALL in the 'vin' of the diagram.

2:08 Hanna Traphagan –

Figure 3. A Holistic Cross-System Approach to Behavioral Health



2:10 LT – One of my favorite childhood stories is the Emperor's New Clothes--many of the town's people were remarking on how wonderful the king looked even though he had no clothes on....it was a child that shouted out--He Has NO Clothes! I speak up for those who are afraid or 'don't want to rock the boat'--that is what being a preventionist is... I must speak up--and not be afraid...but be strong for the health, safety and wellbeing of every human.

2:11 IW – When it comes to care coordination and general awareness, I think a big part of that is building *trust* among **partners**, not just trust between the system and citizens.

2:12 LT – How will this plan be shared with policy makers? How do we 'market' this important plan...I am willing to help spread the word...

2:13 Hanna Traphagan & Diana Cockrell – Currently the Strategic Plan Advisory Group that was a subgroup of the Children Youth Behavior Health Work Group has a bill (HB 2429) that establishes the Children Youth Behavioral Health Work Group is going through session. That bill establishes...

- Washington Thriving as Washington's pathway for behavioral health for the lifespan.
- It gives the governor's office permission to have a person there who is responsible to bring the state agencies to a table to sort and figure out the structure, pieces that need to happen for us to have accountability and responsibility in one place for the implementation of Washington Thriving.
- Supports the idea that philanthropic partners who are interested in supporting the plan are able to contribute, knowing that the state has budget challenges.
- The intent is that the GOV position is not permanent. It is a position to set up a structure that will implement the strategic plan in the first one or two years. See the timeline on website for what comes afterwards.
- The other pieces of the bill are reworking the membership of the work group to include the advisory group; it is unknown if it's specific but to recognize that for the last 13 years there have been two different bodies. One is the Children Youth Behavioral Health Work Group and the other is the advisory group that developed a strategic plan and a need to move those into one entity in some way, then have that as an advisory body for the legislature and for the structure that's being developed at the state that will be with the passing of the bill be established at the state level for accountability. So there's a structure that doesn't put one person in charge of the whole thing but several groups that are based in, at least for the advisory body, the experience of people with lived and living experience of the system and people trying to provide services to people on the front side in the full continuum for the full lifespan.

2:17 Hanna Traphagan – For more information, please see the following links:

[Community Toolkit](#)

[Washington Thriving Strategic Plan](#)

[Washington Thriving website](#)

[Sign-up for the newsletter](#)

Contact the project team: info@washingtonthriving.org

2:19 SM – [To SPE Members] We're at the very beginning stages of starting to look at our update to our strategic plan going through 2027 but this will take time. What are your thoughts about updates? How and where there are connection points. What makes sense? How does this support our work? What's unique? If there's anything that needs to be unique and where is the synergy between all this work to really move the changes forward?

2:21 Diana Cockrell – Is there a world where the speed of the strategic plan could be the strategic plan for that lane of the whole life span strategy for Washington Thriving? The goal of Washington thriving isn't to take from others; it's to acknowledge what exists and synergize with it. So, what would it look like to have that full lifespan approach, to think about mental health promotion and prevention in context with other behavioral health efforts?

2:22 IW – I think an important part of that coordination between plans and efforts is establishing **common language**. It's so critical to increase understanding of all this complexity in those who need us the most.

2:26 JP – There's what's in front of us in this group and then also sitting in an outside group of advocates that are moving us through the legislature. What's interesting about this is that it unifies the advocates, members of the legislature, people in the community, and state agencies and others that are doing the work in a way that hasn't been seen before.

2:28 Diana Cockrell – For the Washington Thriving lanes, there is an anticipation for fiscal mapping to hopefully get to what Julie is speaking of. Thinking about all the different federal block grants and funds that different agencies get to purchase a piece of behavioral health from here or there, and the rules they have that do or don't cover services. The plan is to see how to sync up, for example if there's a provider who has five different contracts with three different agencies. We can analyze that at the state level and figure out how to make a set of deliverables that everybody gets what they need and the provider isn't doing five different things to report back.

2:28 Linda Thompson – Yes, you are reading my mind.....so many plans out there...and as a prevention field how do we have a united voice when we are advocating for our communities with funds from HCA, DFC, DOH, WTSC, HIDTA,

STOP, and so many other sources...when there are so many plans....and so many needs....we have to be strong for each other...and that takes a broad based knowledge and true connections with partners.

A to above; 2:38 Allen Christensen – I know there is work being done at the State Health Improvement Plan to identify plans that are existing to ensure that there isn't any duplication. I can inquire about that being shared as Behavioral Health, Mental Health, and Substance Use as a priority as way to share what is found to cross pollinate.

- *Website:* <https://www.washingtonthriving.org/>
- *Newsletter sign-up:* <https://www.washingtonthriving.org/newsletter-sign-up>

3. Child Wellness Survey Report

Anar Shah, DOH anar.shah@doh.wa.gov

- Background, purpose, and key findings from 2024/2025 survey
- Highlights: well-being of WA families, caregiver MH, and SDOH
- Preview of upcoming data products, posted here:
 - [Child Wellness Survey \(CWS\) | Washington State Department of Health](#)
 - *(See slides for more details)*

COMMENTS:

2:37 SM – Connection!

3:00 Linda Thompson and Tasha – What is an 'Other disability'? 5% had 'Other disability' in the survey. Thank you for answering this at the end.

A to above 3:02 Maayan Simckes – We had space for families to tell us that the disability categories we provided were not inclusive for their child. From the survey...

11. Has a doctor, other health care provider, or educator **EVER told you that this child has any of the below? Examples of educators are teachers, school nurses, home visitors, and early learning specialists. **Select all that apply.****

- a) Developmental delay or **disability**
- b) Emotional or behavioral condition
- c) Physical disability
- d) Other disability not listed here: (please specify) _____
- e) None

3:07 Anar Shah – Q for Group: Does this mean that it's bad for everyone or that everyone is struggling regardless of these factors, income, education and race and therefore we know that broad interevent broad interventions that help all corner of our caregiving landscape are not?

Q2: ...Big questions are, are WA kids *thriving* and are they *flourishing*? And what can we learn from these data to help us take some next steps?

4. Prevention and Law Enforcement Collaboration

Eliza Powell, NWHIDTA

- Findings from Northwest High Intensity Drug Trafficking Area focus groups
- Investigating the areas of strength and opportunity for LE and Prevention
- Discuss your use of cross-sector collaboration, EBPs, and potential gaps
 - *(See slides for more details)*

COMMENTS:

3:24 Eliza Powell – Clear division of roles super important and making these roles clear and decided upon by all parties involved...

3:26 Eliza Powell – Q for Group – What frameworks/systems have you used in LE-prevention collaborations?

3:27 Mike Graham-Squire – Many DUI Target Zero Taskforces include law enforcement and prevention.

3:30 Linda Thompson – With our advocacy work on lowering the BAC from .08 to .05 is based strongly in partnerships to eliminate impaired driving--not only state agencies but law enforcement entities like WA Sheriffs and Police Chiefs. So, HIDTA is right on to promote this work.

3:32 Mike Graham-Squire – Many coalitions have LCB, SROs or local police representatives on their coalitions and/or involve them in annual Key Leader/Town Hall events. Some engage in prevention of underage drinking (Party Patrols, Social Host Ordinances). Our coalitions at times have worked with LE on problem alcohol establishments, hookah bars, etc.

3:43 Mike Graham-Squire – It would be great for LE to focus more on Demand Reduction in their local work plans. Knowing that we can't "arrest our way out of the problem" how can they help reduce demand and reduce access. Partnerships with coalitions take time and officers need to be able to continue to stay in the same partnerships over time- officers tend to be moved around often so we can't build relationships.

3:44 Eliza Powell – Q for Group – What would you like to see out of law enforcement-prevention collaboration?

3:45 IW – I've heard that "lack of action" comment too, but I think it's common across all sectors, not just SROs/LE. I think a lot of it has to do with what each sector thinks "action" looks like, and how we can bridge their understanding of each other's work.

3:47 – Linda Thompson: I would like to see the SRO/Community Engagement Officers to make sure LE Leadership is knowledgeable about the partnerships that have been for many years and are actually happening in communities--often coalitions are working closely with LE but it doesn't reach the 'policy level' where those in decision making places know of it. Good to know we have work to do to promote the awareness of the partnerships with LE and community.

5. 2026 Legislative Session Prep – Policy and Budget *All SPE Members*

- **Policy Discussion**
 - Prevention priorities, key bills, and possible outcomes
- **Budget Discussion**
 - Agency/organization impacts, things to monitor

OPTIONAL MURAL ACTIVITY for next session:

<https://app.mural.co/t/hcawashington9190/m/hcawashington9190/1768517559828/6a8f30c90926cd867a9ba2bb...>

3:50 BR – Reminder: Weekly calls from 12:30-1:30pm on Wednesdays where we discuss topic areas and their key bills. There haven't been an abnormally large number of bills, there are some critical topics that are moving through. So, topics that seem to be creeping up are again the .05 blood alcohol limit for DUI. Bills are agency request legislation from traffic safety commission, and both moving. There's the Sente Bill 5067 and a companion Bill 2362 in the House. The other one that seems to be eating up a lot of time and energy is corrections to the tobacco and vapor products taxing process and so there are a handful of bills on that as well. There are other topics that are important if you want more detail, please come to our meeting on Wednesdays.

3:52 Scott Weller – There are some differences in the way that things are being talked about this year. First off, some tobacco taxes were rerouted and wound up causing big budget holes for foundational public health and that necessitated a whole bunch of different approaches to trying to fix that revenue problem. Also, we are hearing an increase of language from legislators that vapor use is a "healthy alternative" to cigarettes and some have even used terms that these are medical devices. This is a different kind of conversation than what happened last year, and it is very troubling to WASAVP. There are two specific bills that have been introduced that would remove all tobacco taxes

from vape devices because they're healthy alternatives to cigarettes; that's never happened, and is worth discussing before next session.

3:54 Julie Peterson – Just like prevention education for youth, *legislature* education is important every year and we had some very stalwart, educated legislators that moved from the House to the Senate. We now have legislators in the House that are of a different generation and consume those products themselves. There has been little conversation about the budget; reminder that the next economic and revenue forecast will be February 16th. People are perhaps focused on the 1st policy cutoff which will be February 4th.

3:56 Linda T. – I encourage people to use your individual voice even if you are not allowed as an employee.

3:58 Sott W. – Another interesting bill is one designed to prevent the overproduction of cannabis. Presently, our state produces twice as much cannabis as we consume, and this bill would perhaps address that. WASAVP has signed on as support for the bill, and it seems to have support from the industry as well. There are also three bills that attempt to regulate kratom in some way. None of them ask for a full ban, but they all take different approaches. Also a bill about the misuse of nitrous oxide (whippets/galaxy gas), and another cannabis home grow bill.

3:59 IW – HB 2315 *Prevention cannabis oversupply*. - RE what Scott is mentioning.

4:00 HC – [HB 2639 Washington State Legislature](#) bill that would allow short term rentals (i.e., Airbnb) to gift pre-rolls of cannabis to their guests (think welcome baskets)

4:00 Linda Thompson – Tonight the City of Spokane City Council is scheduled to vote on 'outlawing the sales of kratom in the city of Spokane.

4:00 EL – HB 2291, SB 6287, SB 6196- Kratom Bills & SB 6169, HB 2532- Nitrous Oxide

4:04 BR – William.reamer@hca.wa.gov if you would like to be added to the Wednesday Leg. call invite.

6. Workgroup Updates

Workgroup Leads

NOTE: News from workgroups will be shared by email this meeting to make space for conversations.

- Opioid Prevention
 - Last meeting 1/20/2026: Began the Action Plan Update process.
 - First of several activities over the next few months.
 - Next meeting 3/17/2026 – for an invite, please email Erin Lamouret at erin.lamouret@hca.wa.gov
- Mental Health Promotion and Suicide Prevention
 - Last meeting for 2025 in December - we did some review of the year and looked ahead for the new year.
 - Brittany collected a Menti survey to support 2026 meetings and bring in feedback from the group.
 - We are hoping to bring in more mental health speakers to the group and create a more consistent thread to the WA statewide Suicide Prevention Plan.
- Problem Gambling Prevention
 - Last meeting: Jan 15th, discussed current legislation including SB 2205, the *Gift Responsibly* campaign, Problem Gambling Awareness Month, and upcoming youth media campaign regarding the gambling elements of video games.

- The RFA for community problem gambling prevention grants is live on the [Athena Forum](#). All eligible organizations will also be contacted via email in addition to the public announcement.
- The problem gambling program is collaborating with the Evergreen Council on Problem Gambling to build a middle and high school curriculum. Once created, they will be working with OSPI and the SAP program to review the curriculum and work with schools to implement. It will center on Mental Health and Social Emotional Learning, with optional modules in financial literacy and online safety.
- A financial counseling service for people experiencing gambling addiction will go live in the next few weeks. Services are provided by GamFin.
- The next meeting is April 9 at 10 am. We always have room for organizations that want to learn more!
- Washington Breathes
 - YCCTPP and OHSC leadership met with the new Board to talk about our goals for our partnership.
 - If you are interested in any of the committees WA Breathes offers, reach out to Brandon Omernik bomernik@fredhutch.org
- WHY Coalition
 - Dr. Julia Dilley presented for the WHY Coalition at our January meeting.
 - She shared her research from Washington and Oregon that explores the relationship between cannabis outlet proximity to schools and youth substance use patterns.
 - This presentation was a nice compliment to the information Dr. Amani Rashid shared with WHY in November regarding cannabis retail outlet density and Medicaid recipients' mental health outcomes.
 - Next meeting: Friday, February 20th – 10:00 to 11:00 AM
- Young Adults
 - The YA work group met in December and had Kristi Morrison from the WSU IMPACT lab as a guest speaker.
 - Kristi shared information from the final report from the HCA/WSU contract work that identified young adult SUD/MH risk and protective factors and created a preliminary inventory of prevention resources serving young adults.
 - The next YA workgroup meeting will be on Monday, March 2nd at 1:00pm.

7. Adjournment

Sarah Mariani

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 ●Check In 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	N/A	<ul style="list-style-type: none"> ●Legislative Check In – SPE Members ●Child Wellness Survey Report – DOH

		<ul style="list-style-type: none"> ●Washington Thriving Strategic Plan – DBHR/P25 ●Collaboration with Law Enforcement – NWHIDTA
March 16 th	Problem Gambling Prevention	<ul style="list-style-type: none"> ●Legislative Check In – SPE Members ●5-Year Strategic Plan – Update Discussion ●2025 Healthy Youth Survey Results (Tentative)
May 18 th	Opioid Prevention	<ul style="list-style-type: none"> ●Legislative Wrap Up – Prep for next session ●5-Year Strategic Plan – Progress and Needs

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

Your support and collaboration are appreciated.