

# June Prevention Learning Community Meeting

Hosted by: Division of Behavioral Health and Recovery

Wednesday, June 26<sup>th</sup>, 2024

9:05 a.m. – 12:00 p.m.

Time	Agenda
9:05-9:15 a.m. 10 min	<b>Welcome / Introduce new prevention providers to the call</b> <i>Endalkachew Abebaw (HCA)</i>
9:15-9:40 a.m. 25 min	<b>Statewide Updates</b> <i>DBHR Prevention Section</i> <ul style="list-style-type: none"> <li>• CPWI/CBO updates.</li> <li>• Minerva</li> <li>• Workforce and <u>trainings</u>.</li> <li>• Other statewide updates and announcements.</li> </ul>
9:40-10:25 a.m. 45 min	<b>Evidence Based Programs</b> <i>Jaymie Vandagriff (HCA)</i>
10:25-10:30 a.m. 5min	<b>Break (5 minutes)</b>
10:30-12:00 p.m. 90 min	<b>How to read and understand your data</b> <i>RDA</i>

# 2024 LCM Schedule

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Month	Date	Platform	Athena Forum Calendar Link/Location
June	June 26	Zoom	<a href="https://theathenaforum.org/dbhr-learning-community-meeting-15">https://theathenaforum.org/dbhr-learning-community-meeting-15</a>
August	August 22 & 23 <i>Coalition Leadership Institute</i>	In-person	Thurston County, WA
September	September 11 <i>Annual Contractor Meeting</i>	Zoom	<a href="#">Annual Contractor Meeting   The Athena Forum</a>

# CPWI/CBO Updates

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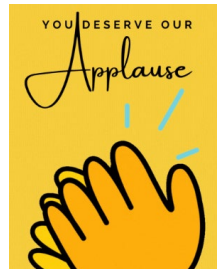
Kasey Kates, Supervisor | HCA/DBHR

Sonja Pipek, Supervisor | HCA/DBHR

# Closing out SFY 2024 & prepping for SFY 2025

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- ▶ **SOR IV:** HCA / DBHR is applying, and we anticipate knowing more later this summer!
  - ▶ SOR CBO Contracts: Our team is exploring opportunities to hopefully extended for 9 months – more to come. Next RFA/Application to launch this winter.
- ▶ **CPWI and CBO Action Plans/Budgets:** In-process of being updated for SFY 2025 (starting July 1, 2024).
  - ▶ Thank you for your efforts and please continue to work closely with your manager to approve these asap!
- ▶ **Fiscal Year End:** Spend down and invoice reminder!
- ▶ **Site Visits:** Thank you for all of your efforts this season!



# Workforce Development

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SUD Prevention and MH Promotion Section | HCA/DBHR

# CPWI Strategic Planning: the plan

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## Winter - Spring '24

- HYS data available
- Training begins
- Early building capacity & planning efforts with coalition

## Summer '24

- CPWI Data Books available
- *Action Plans and Budgets updated for SFY 2025!*
- Coalition Leadership Institute with emphasis on assessment
- CPWI Documents finalized

## Fall '24

- Early sections may be submitted for review
- Focused writing of Plan
- Planning continues until December

## Winter '25

- Full plan submitted to manager for review
- Edits complete and Plan approved by early calendar year '25

Note, plan subject to change to meet system needs.

# Upcoming Strategic Planning Training(s)

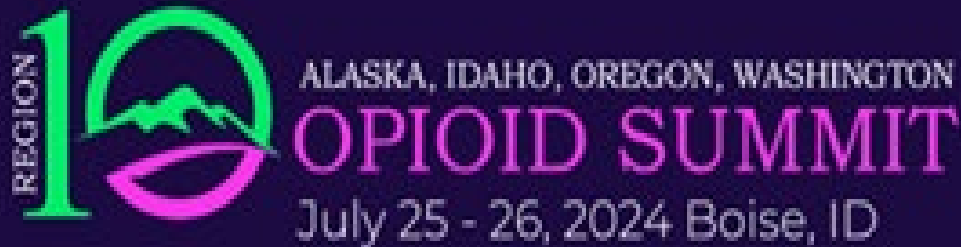
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Date(s)	Training
June 26 <sup>th</sup>	How to read and understand your data
July 29 <sup>th</sup>	Resource assessment/gap analysis
August 21 <sup>st</sup>	Community Planning hosted at the 2024 Coalition Leadership Institute
August 21 <sup>st</sup>	Program Selection (at CLI) hosted at the 2024 Coalition Leadership Institute
September/October	Effective Implementation
September/October	Reporting and Evaluation



# 2024 Opioid Summit

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**Breaking Barriers**  
**Saving Lives**  
*Empowering Individuals, Strengthening  
Families, Healing Communities,  
and Embracing Recovery*

- ▶ July 25<sup>th</sup> & 26<sup>th</sup>
- ▶ Registration open until July 8<sup>th</sup>
- ▶ Agenda available
- ▶ <https://region10opioidsummit.org/agenda/>

# 2024 Upcoming Trainings

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Washington Association for Substance use And Violence Prevention (WASAVP) presents

## What Preventionists Should Know About Opioids

Cultural contexts of opioid use / Data regarding current incidence and prevalence of use / Public health impacts of use / Detailed pharmacological information about specific opioids / Information regarding overdose and overdose prevention / Prevention and harm reduction approaches / Online resources.

**June 27, 2024 / 1:30-3:30 PM**

**Register at EventBrite using this link**  
<https://tinyurl.com/28zat3b9>.  
**Cost: \$100.00**

Presented by Steven Freng, Psy.D., MSW / CEO, Community Network Services

Approved by PSCBW for 2 CEUs applied to Pharmacology for Prevention requirement for CPP

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**For more information, contact Steve Freng, [cnseattle@aol.com](mailto:cnseattle@aol.com) or Scott Waller, [tumh2o99@comcast.net](mailto:tumh2o99@comcast.net)**

Made with PosterMyWall.com

Hosted by WASAVP

Presented by Steven Freng, PsyD,MSW

- ▶ July 27, 2024
- ▶ 1:30-3:30 p.m.
- ▶ 2 CEUs for Pharmacology CPP requirement

# 2024 Prevention Summit

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- ▶ Call for Presentations has launched!
  - ▶ Collecting presentation proposals until Friday, August 2.
  - ▶ Visit the [call for presentations page here](#).
- ▶ Registration for Summit and Provider Meeting has launched!
  - ▶ Summit registration deadline: Monday, October 7
  - ▶ Prices:
    - ▶ Adult, Non-Chaperone = \$200.00
    - ▶ Adult, Chaperone/TAA = \$150.00
    - ▶ Youth = \$100.00
  - ▶ We are actively looking into Summit registration and hotel waivers.
  - ▶ Visit the [Summit registration page here](#).
  - ▶ Visit the [Provider Meeting registration page here](#).

# 2024 Prevention Awards

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## Submit nominations for a prevention award today!

- ▶ Nominations can be submitted online [here](#).
- ▶ Deadline for nominations is noon (12 p.m.) on Wednesday, July 17.
- ▶ See the Prevention Awards reformulated questions [here](#)!
- ▶ More information on the prevention awards can be found here: <https://preventionsummit.org/2024-awards/>

Trainings & Technical Assistance	Date(s) and Location
23 <sup>rd</sup> Annual CADCA Mid-Year Training Institute	July 14 – 18 Chicago, IL
2024 Montana Summer Institute	July 16 – 17 Big Sky, MT
NW PTTC: 2024 NW Prevention Leadership Academy Registration closes on July 15, 2024	July 24 – September 24 Hybrid (virtual + Tacoma, WA)
NW PTTC: Exploring Liberating Structures to Flatten Leadership Hierarchy	July 24 Virtual
2024 R10 Opioid Summit	July 25 – 26 Boise, ID
HCA Strategic Planning Series: Resources Assessment/Gap Analysis	July 29 Virtual
HCA Minerva Q1 New User Training	August 8 Virtual
2024 National Prevention Network Conference	August 13-15 Phoenix, AZ
2024 Coalition Leadership Institute	August 21-22 Tumwater, WA (L&I Building)
2024 Rural Network Conference	September 25 – 26 Yakima, WA

# WA DOH: YCCTPP 2024 Training and Learning Needs Survey

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- ▶ Gathering input on 2024-25 prevention specific training and learning topics.
- ▶ Please take the YCCTPP training and learning survey:
  - ▶ [YCCTPP 2024 Training and Learning Needs Survey \(surveymonkey.com\)](https://surveymonkey.com)
  - ▶ This survey will take about 15 minutes to complete.
  - ▶ This survey will close by July 2, 2024
- ▶ You are encouraged to access recordings from the 2023-24 training sessions:
  - ▶ [YCCTPP Trainings on Vimeo](#)

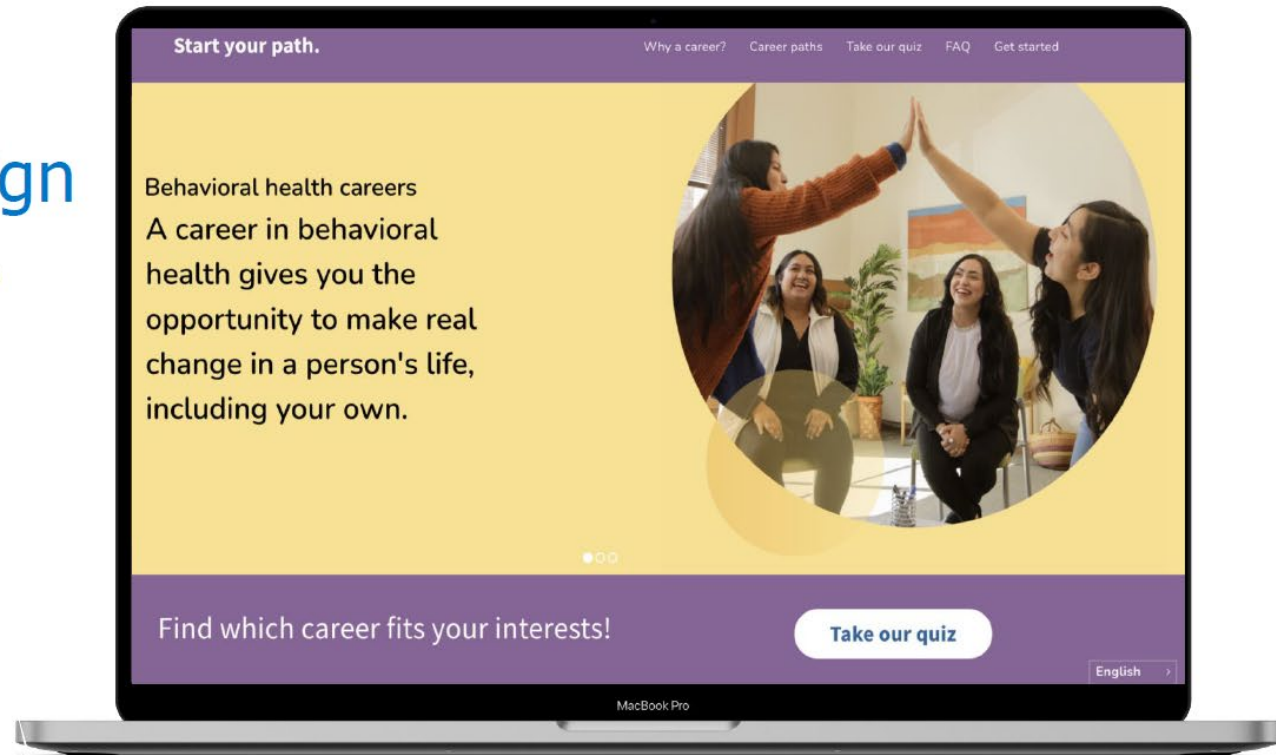
# Behavioral Health Career Marketing Campaign

Increase awareness of and  
interest in behavioral health  
careers

Join us at

[Startyourpath.org](https://startyourpath.org)

[Startyourpath.org/es/](https://startyourpath.org/es/)



# We'd love to work with you!

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- ▶ **Participate in or host us for an in-person photo video shoot** – full day, likely King County
- ▶ **Participate virtually** – 2 to 3 hours, virtual assistance, capture your own content
- ▶ **Social media amplification** – this is a good fit if you're really active on social media, such as LinkedIn, and already share behavioral health content
- ▶ **Participate in an event to share your experience in the field BH** – full day, Eastern and Western WA opportunity, more info to come

If you're interested, please let me know at: [deborah@quinnthomas.com](mailto:deborah@quinnthomas.com). My team and I will set up a brief 10 -15-minute ZOOM to share more information



# Minerva Updates

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Rachel Ray, Prevention System Project  
Manager (Minerva) | HCA/DBHR

# Minerva

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## ▶ **NEW** Spleem field

- ▶ Required starting July 1, 2024
- ▶ *Strategy* field "Good Behavior Game"
- ▶ # of Spleems in monthly 15-minute observation

## ▶ **Updated** Survey/Tests

- ▶ Survey/Test Selection Guide
- ▶ Survey/Test naming convention
- ▶ Removed duplicates



# Minerva

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- ▶ **NEW** Demo Accounts

- ▶ Launching July 15, 2024

- ▶ **UPDATED** Quarterly New User Training Script

- ▶ SFY 2025 Build Technical Support Calls

- ▶ Rolling attendance
- ▶ No registration required



# Evidence Based Programs

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Jaymie Vandagriff, Prevention Research & Evaluation  
Manager | HCA/DBHR

# Evidence Based Program (EBP) Updates

June 2024

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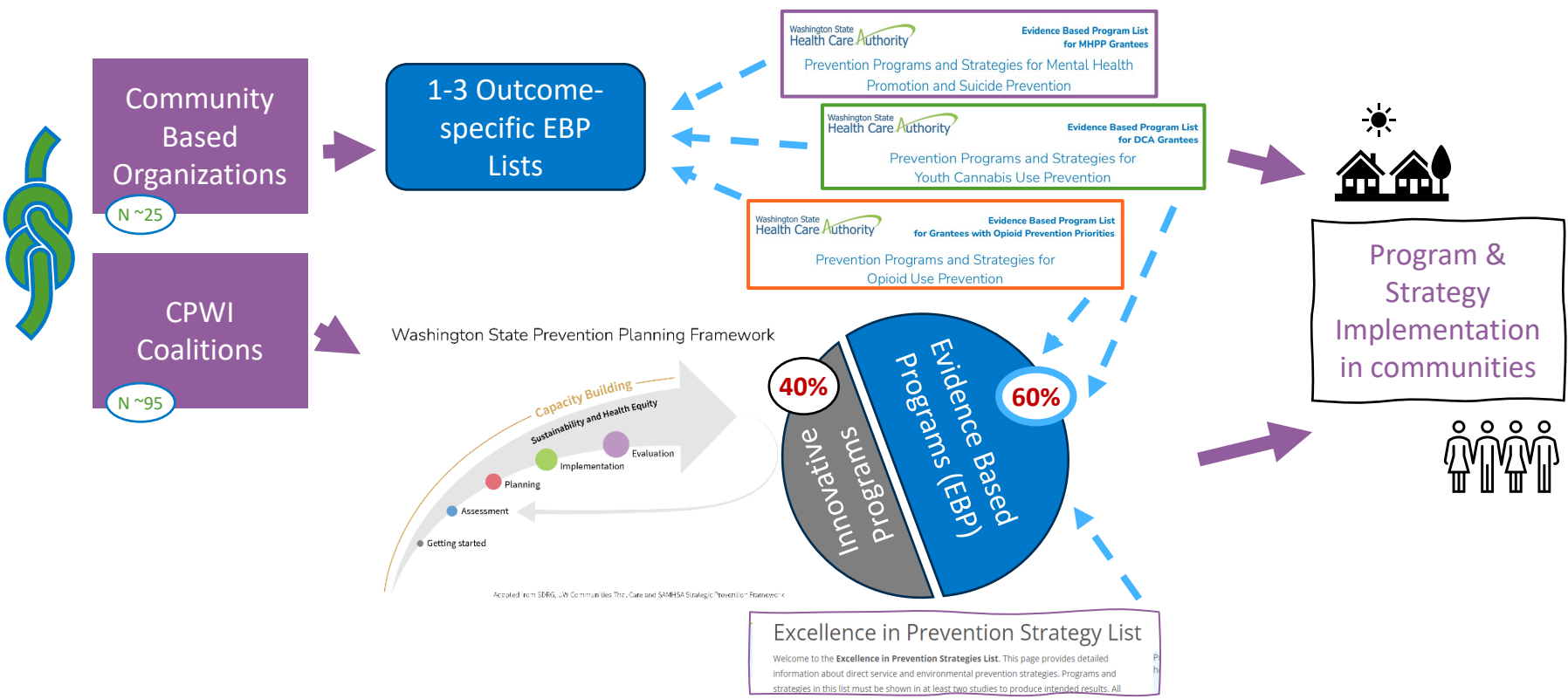
- ▶ Guide to the EBP lists: History and Process
- ▶ **Update:** Excellence in Prevention list for **SFY26**  
Strategic Planning
- ▶ **Update:** Virtual Adaptation & Facilitator Training
- ▶ Upcoming happenings for the EBP Project

# DBHR Prevention/Promotion EBP lists

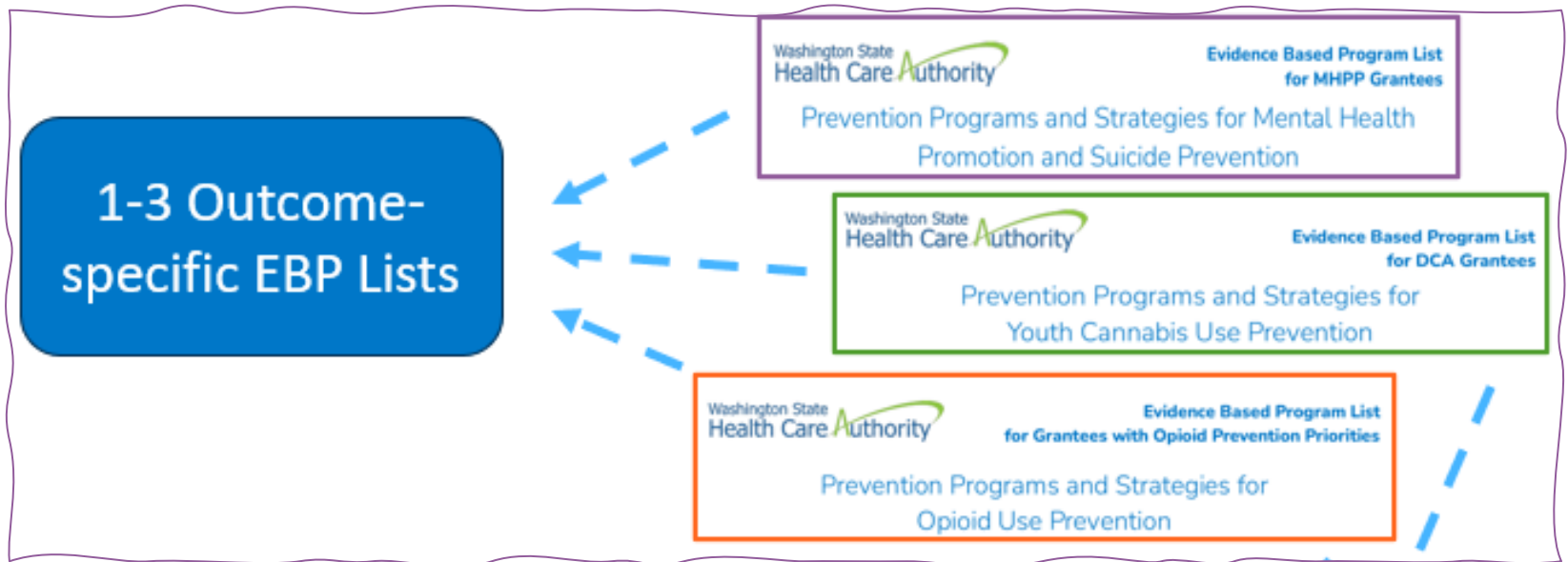
CPWI Coalitions	CBOs	Tribes/UIOs
<u><b>Excellence in Prevention</b></u> <i>(All fund sources)</i>	<u>Youth <b>Cannabis</b> Use</u> <i>(if cannabis funding)</i>	<u>Tribal Best Practices</u> <i>(suggested, not required)</i>
<u>Youth <b>Cannabis</b> Use</u> <i>(if cannabis funding)</i>	<u><b>Opioid</b> Use</u> <i>(if opioid funding)</i>	
<u><b>Opioid</b> Use</u> <i>(if opioid funding)</i>	<u><b>Mental Health</b> Promotion &amp; Suicide Prevention</u> <i>(if mental health funding)</i>	

CPWI/CBO lists can be found at: <https://theathenaforum.org/EBP>

# EBP Selection and Ratios

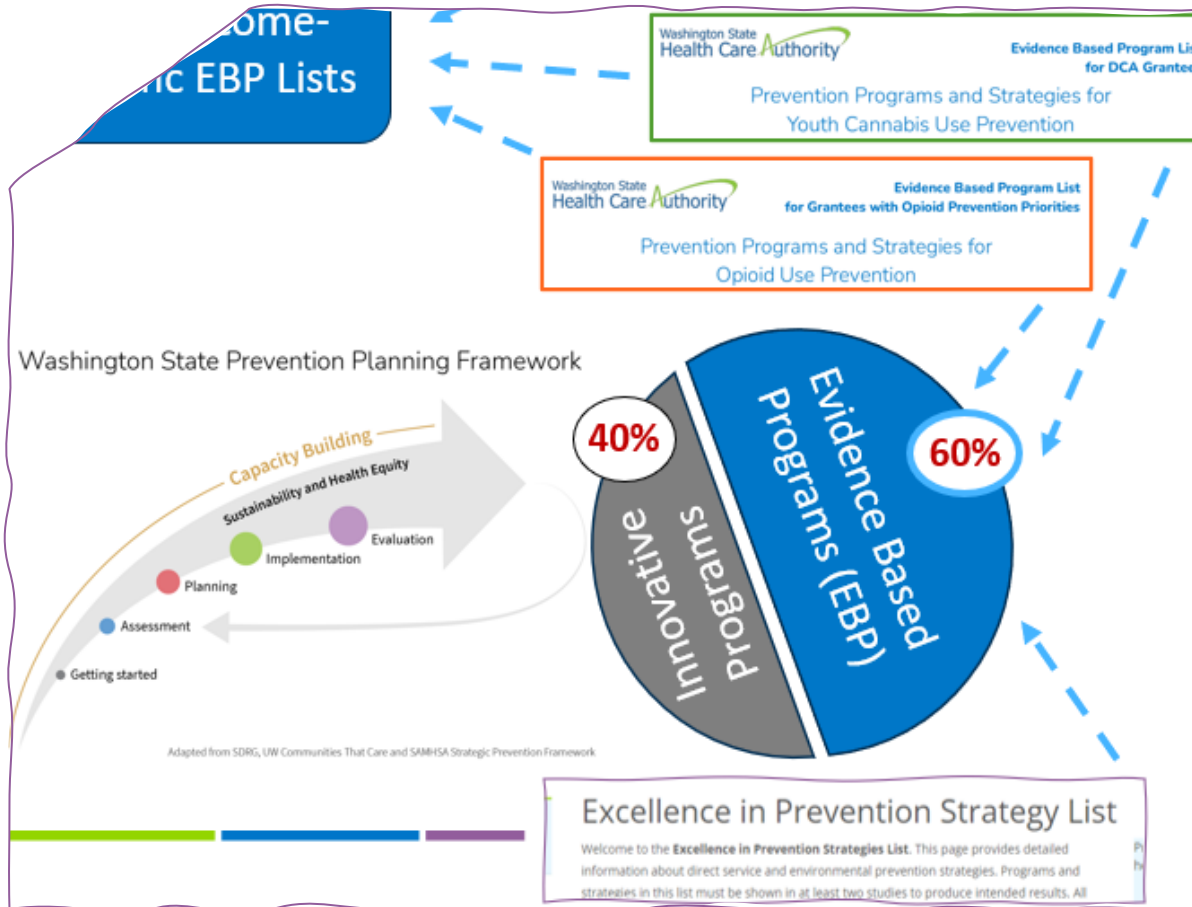


# EBPs for CBO Grants



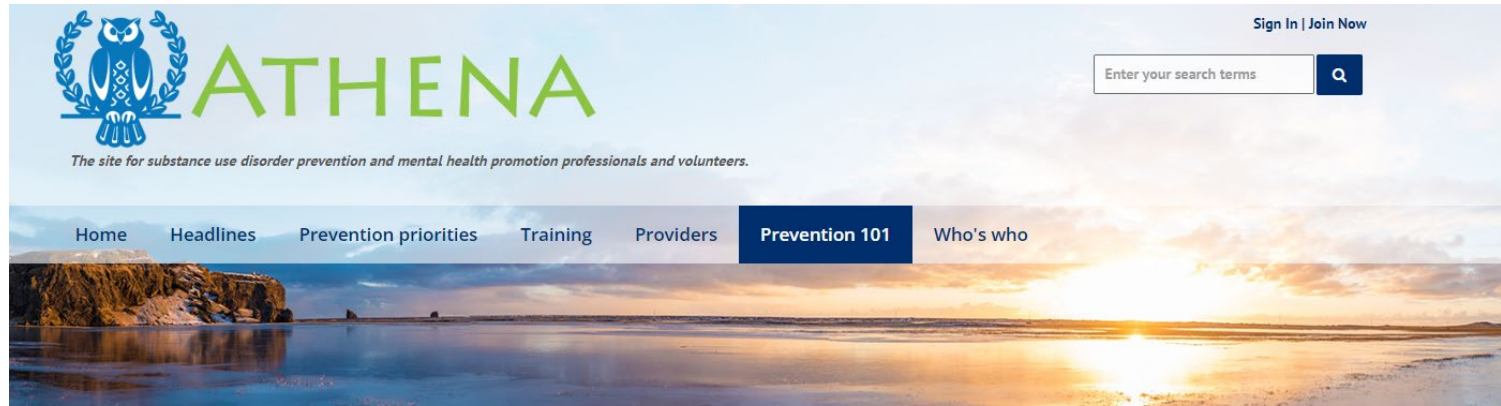


# EBPs for CPWI Grants



# Excellence in Prevention strategy list

<https://theathenaforum.org/EBP>



Home » Excellence in Prevention Strategy List

## Prevention 101

[Excellence in prevention strategy list](#)

[Introduction to prevention](#)

[Planning frameworks](#)

[Community Library](#)

[Best practices toolkit](#)

[Prevention and mental health news](#)

[Definitions and foundations](#)

[Research briefs on substance use prevention and mental health](#)

## Excellence in Prevention Strategy List

Welcome to the **Excellence in Prevention Strategies List**. This page provides detailed information about direct service and environmental prevention strategies. Programs and strategies in this list must be shown in at least two studies to produce intended results. All programs listed include substance abuse prevention as an area of interest.

The strategies described in this list come from three primary resources:

1. National Registry for Evidence-based Programs and Practices (NREPP)
2. The State of Oregon's list of evidence-based programs
3. The Pacific Institute for Research and Evaluation's "Scientific Evidence for Developing a Logic Model on Underage Drinking: A Reference Guide for Community Environmental Prevention."

Program lists for specific behavioral health outcomes

### Youth Cannabis Use Prevention

- [Youth Cannabis Use Prevention List](#)  
effective July 1, 2023

### Opioid Use Prevention

- [Opioid Use Prevention List](#)  
effective July 1, 2023

# Behavioral Health Outcome Lists

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- ▶ [Youth Cannabis Use Prevention](#)
- ▶ [Opioid Use Prevention](#)
- ▶ [Mental Health Promotion & Suicide Prevention](#)

Risk/Protective factors informed by Healthy Youth Survey analyses and literature reviews; process for cannabis list described in [this report](#)

Program lists for specific behavioral health outcomes

## Youth Cannabis Use Prevention

- [Youth Cannabis Use Prevention List](#)  
effective July 1, 2023

## Opioid Use Prevention

- [Opioid Use Prevention List](#)  
effective July 1, 2023

## Mental Health Promotion and Suicide Prevention

- [Mental Health Promotion and Suicide Prevention List](#)  
effective July 1, 2023

The [Programs & practices for youth marijuana use prevention report](#) provides an overview of DBHR's collaborative process to determine the above program lists.

# History of the EBP List Upkeep Process

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## ▶ Before 2019:

- ▶ Excellence in Prevention (EIP) registry created
- ▶ Other lists (DMA, Cohort 5-6, SOR) created for new funding sources

## ▶ 2019-2021:

- ▶ National registry (NREPP) discontinued
- ▶ WSU IMPACT lab created tools and reviewed evidence for existing EIP programs
- ▶ Community providers provided feedback on EBP list processes

## ▶ 2021-2023:

- ▶ Community feedback reviewed
- ▶ WSU updated tools to address gaps in evidence
- ▶ DBHR integrated community feedback and WSU tools to establish consistent, stable process
- ▶ Process piloted in update of outcome-specific lists (Cannabis, Opioid, Mental Health)
- ▶ Re-review of EIP with updated tools and steps



# We have heard you 😊

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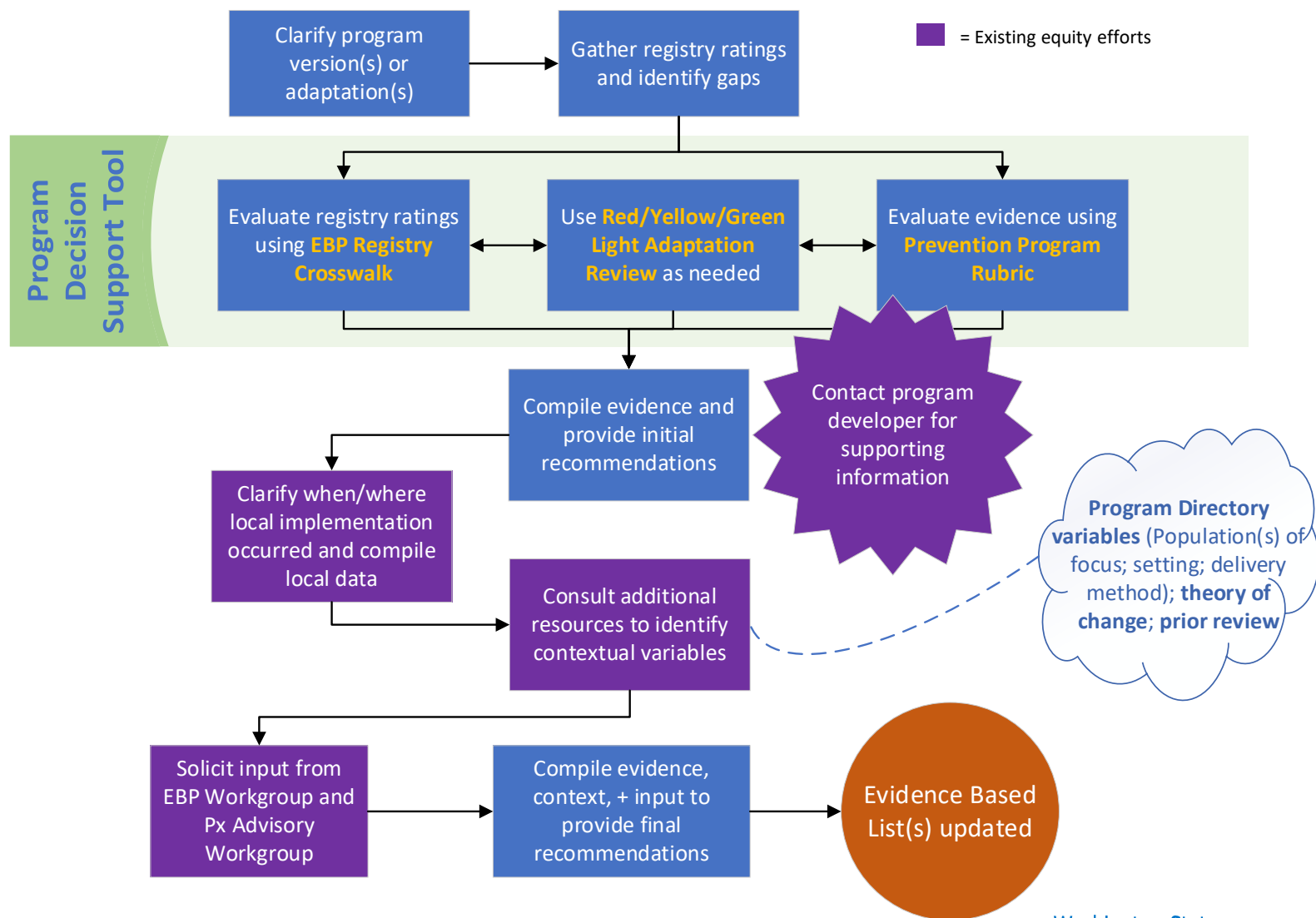
## ▶ Feedback themes:

- ▶ **Consistency** across lists and fund sources
- ▶ **Stability** of program status
- ▶ **Transparency** and clarity
- ▶ Need to **capture diverse needs** across the state
  - ▶ Community vs school-based, urbanicity, cultural fit

## ▶ Actions:

- ▶ **Consolidated** non-EIP lists by outcome
- ▶ Made **consistent criteria** across all lists
- ▶ Added registries and edited tools to **capture the most evidence** possible
- ▶ Added **contextual review steps** after evidence review
- ▶ Re-review conducted in **phases** based on implementation & context
- ▶ Built **grace period** for program removal

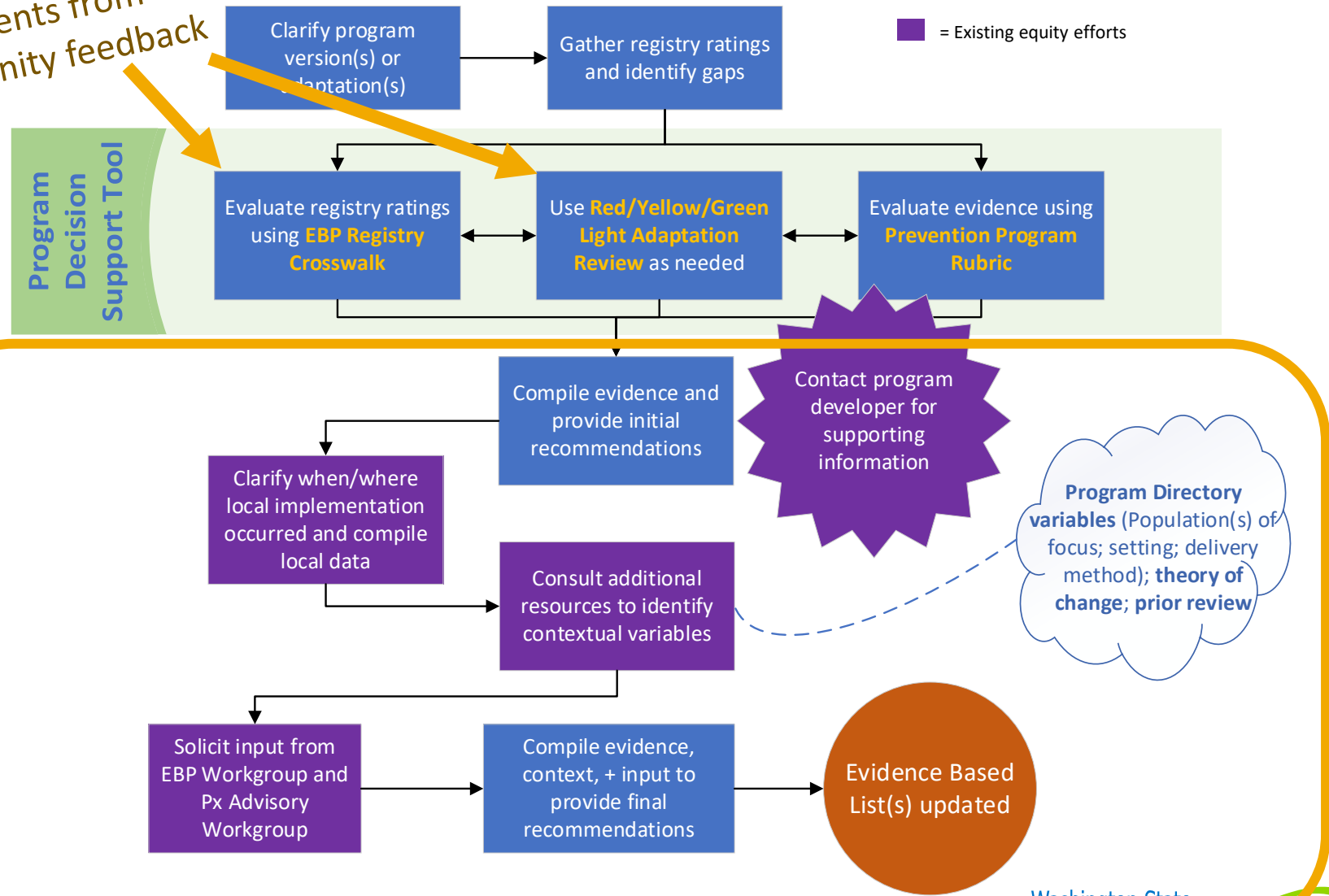
# DBHR Prevention/Promotion Evidence Based List Update Process



# DBHR Prevention/Promotion Evidence Based List Update Process

Contextual steps and refinements from community feedback

= Existing equity efforts



# Where are we now?

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## ▶ Excellence in Prevention list is ready for SFY26

- ▶ 41 direct service programs remain
  - ▶ 29 removed in SFY24
  - ▶ 21 pending removal in SFY26
    - If continuing implementation, still EBP for SFY25
  - ▶ 13 will be re-reviewed with equity focus



## ▶ Continuing process improvement

- ▶ Health equity consultation
  - ▶ Goal: Update process and program status where possible by SFY26
- ▶ Implementation Stories
  - ▶ Creating mechanism to gather information on program fit, successes, barriers
- ▶ Program Nomination
  - ▶ Creating mechanism to formally submit programs for review



# Excellence in Prevention list for SFY26



# EIP Direct Service Programs (SFY26)

Note: **no changes** to Environmental Strategies

1. Alcohol Literacy Challenge (ALC)
2. Al's Pals: Kids Making Healthy Choices
3. Brief Alcohol Screening and Intervention for College Students (BASICS)
4. Brief Strategic Family Therapy
5. Class Action: *as a booster to Project Northland*
6. Communities That Care (CTC)
7. Community-based mentoring:\*  
*Big Brothers Big Sisters*
8. Community-based mentoring:\* *Other models*
9. Coping Power
10. Curriculum-Based Support Group (CBSG): *Kids' Connection, Youth Connection*
11. Early Risers - Skills for Success
12. Familias Unidas
13. Families and Schools Together (FAST)
14. Family Matters
15. Good Behavior Game (GBG):  
*by PAXIS and AIR*
16. Guiding Good Choices
17. I Can Problem Solve (ICPS)
18. Incredible Years: *Parent BASICS, Classroom Teacher*
19. KEEP SAFE
20. LifeSkills Training (LST): *Botvin Middle School Version Grades 6-8*
21. Lions Quest Skills for Adolescence

Versions, developers, and other caveats are noted *in italics*

\*ALL mentoring programs must be reviewed by MENTOR WA

# EIP Direct Service Programs (SFY26) continued

Note: **no changes** to Environmental Strategies

- |  |   |  |
|--|---|--|
| 22. Nurse Family Partnership (NFP)   | <i>Midwestern Prevention Project</i>                              | Wellness (SPORT PPW):  |
| 23. Parenting Through Change (PTC):  | 30. Project Towards No Drug Abuse                                 | <i>Alcohol/Drug Middle School or High School, one-on-one format</i>      |
| <i>by GenerationPMTO, formerly known as Parent Management Training - Oregon Model</i>    | 31. Project Towards No Tobacco Use                                | 38. Strengthening Families Program For Parents and Youth 10-14           |
| 24. Parents as Teachers  | 32. Project Venture   | <i>(SFP 10-14): Iowa Model</i>   |
| 25. Positive Action: <i>Classroom Kits for Elementary, Middle School, or High School</i> | 33. Promoting Alternative Thinking Strategies (PATHS)             | 39. Strong African American Families Program                             |
| 26. PRIME for Life   | 34. PROSPER   | 40. Strong African American Families Program –Teen                       |
| 27. Project EX   | 35. Raising Healthy Children: <i>using SSDP model</i>             | 41. Too Good for Drugs: <i>Elementary, Middle School, or High School</i> |
| 28. Project Northland  | 36. Second Step: <i>Early Learning, Elementary, Middle School</i> |  |
| 29. Project STAR: <i>formerly</i>  | 37. SPORT Prevention Plus   |  |

Versions, developers, and other caveats are noted *in italics*

# EIP Direct Service Programs removed in SFY24

Note: **no changes** to Environmental Strategies

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- |   |  |  |
|---|--|--|
| 1. All Stars  | 11. Healthy Workplace                            | 23. SMART Leaders  |
| 2. CASASTART  | 12. Home-Based Behavioral Systems Family Therapy | 24. Social Competence Promotion Program for Young Adolescents  |
| 3. Challenging College Alcohol Abuse                                  | 13. Media Detective                              | 25. STARS for Families   |
| 4. Children In Between  | 14. Media Ready                                  | 26. Stay on Track  |
| 5. Coping with Work and Family Stress                                 | 15. Peacemakers                                  | 27. <b>Strengthening Multi-Ethnic Families and Communities</b> |
| 6. Creating Lasting Family Connections / Creating Lasting Connections | 16. Peer Assistance and Leadership               | 28. Unique YOU: <i>formerly I'm Special</i>                    |
| 7. DARE To Be You   | 17. Project ACHIEVE                              | 29. Wellness Outreach at Work                                  |
| 8. Drug Impairment Training for Education Professionals               | 18. Project ALERT                                |  |
| 9. Family Effectiveness Training                                      | 19. Reconnecting Youth                           |  |
| 10. Healthy Alternatives for Little Ones                              | 20. <b>Red Cliff Wellness School Curriculum</b>  |  |
|   | 21. Residential Student Assistance Program       |  |
|   | 22. SAFEChildren                                 |  |

■ = Flagged for re-review

# EIP Direct Service Programs pending removal SFY26

Note: **no changes** to Environmental Strategies

- 
- |   |   |   |
|---|---|---|
| 1. (Girls Inc) Friendly PEERsusasion  | 7. Healthy Living Project for People Living with HIV  | 14. Parenting Wisely                                    |
| 2. Athletes Training & Learning to Avoid Steroids (ATLAS)   | 8. Hip-Hop 2 Prevent Substance Abuse and HIV  | 15. Project SUCCESS                                     |
| 3. Child Development Project  | 9. Keep a Clear Mind  | 16. Protecting You/Protecting Me                        |
| 4. Community-based mentoring: <i>Across Ages</i>  | 10. Keepin' it REAL   | 17. Say It Straight                                     |
| 5. Community-based mentoring: <i>Career Beginnings</i>  | 11. Native American Prevention Project Against AIDS and Substance Abuse   | 18. Sembrando Salud                                     |
| 6. Healer Women Fighting Disease Integrated Substance Abuse and HIV Prevention Program for African American Women | 12. Not On Tobacco (NOT)  | 19. Storytelling for Empowerment                        |
|   | 13. Nurturing Program for Parents and their School-age Children 5 to 11 Years: <i>Formerly Nurturing Parenting Programs</i> | 20. Strengthening Families Program: <i>Utah version</i> |
|   |   | 21. Team Awareness                                      |

■ = Flagged for re-review

# Virtual Adaptation & Facilitator Training



# The why: Virtual adaptation best practices

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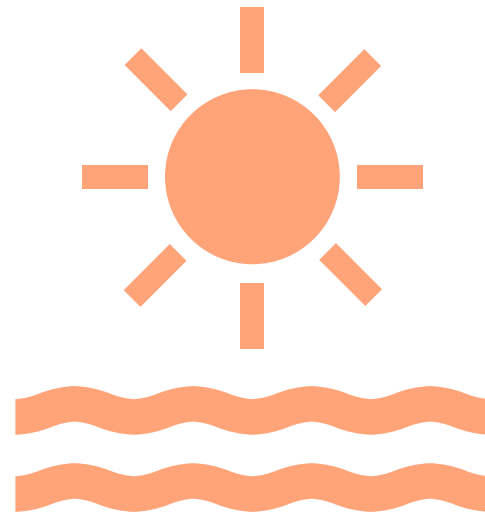
- ▶ **Virtual versions of EBPs *and* virtual EBP facilitator trainings** have proliferated since the pandemic. Clarity is needed regarding:
  - ▶ When virtual adaptations/versions of programs are counted as EBP vs Innovative
  - ▶ Whether virtual facilitator trainings can ensure high-quality EBP implementation
- ▶ **What will we do?**
  - ▶ Clarify process by which a virtual version can be counted as EBP
    - ▶ This will include recently reviewed virtual versions
  - ▶ Identify best practices for virtual implementation and trainings
- ▶ **When will this be posted & take effect?**
  - ▶ July 1, 2024 (SFY25)
  - ▶ Look out for an update on the Athena EIP page “blue bar” 😊

# Upcoming Tasks for the EBP Project

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## ▶ Up next: SFY25-26

- ▶ Gathering and incorporating lessons learned from health equity consultations
- ▶ Program nomination process
- ▶ Implementation stories
- ▶ Athena EIP page update
- ▶ Environmental strategy review





# Q&A

# Coalition Leadership Institute

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Question	Answer
Have the dates of the CLI changed?	Athena is correct, the dates of CLI are August 22 and 23.

# Cost Clarification Memo

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Question	Answer
What was the name of the document that clarifies cross FY expenditures?	The Cost Clarification Memo. Your manager can share this document with you.
Cost clarification memo- is this different than our contract? I am sure I have seen this, just not connecting the name- can you clarify?	Correct. The memo outlines options for billing for certain program costs that are incurred prior to face-to-face direct services beginning and can be found here: <a href="https://theathenaforum.org/billing">https://theathenaforum.org/billing</a>

# Strategic Plan

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Question	Answer
My last strategic plan was 86 pages. Where do you expect the new plan to land in terms of length?	The new template is about 20 pages in length.

# Prevention Summit

Question	Answer
For the Prevention Summit, are the prices the same for those who need to attend virtually? Some of my coalition members may want to do that again.	At this time, we aren't able to afford / accommodate a virtual option. It was a great option last year however one we are not able to make happen at this time.
Do contractors need to go to the provider meeting?	Yes! This is required for Contractors. Prevention Summit is also required. Please connect with your manager as needed!
Do only the Coordinators have the requirement to attend Prevention Summit or does it include other fiscal agent staff?	Coordinators! The Annual Contractor Meeting is where other fiscal agent staff are required including contract contact and fiscal staff.

# Healthy Youth Survey

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Question	Answer
How does a school district sign up for the Small School Option?	Typically, the HYS registration process will include a selection for which grades the school/district intends to survey. If the district qualifies for the "Small Schools" option, there should be an option for the district to select grades 7, 9, & 11.

# Data Books

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Question	Answer
<p>Are the data books confidential or may we share them with coalition members and key leaders?</p>	<p>As long as the School District has given permission then you are able to share. When you receive your Data Book there is this note: The report includes district or school level data. We have permission to share this local data with you for your prevention coalition planning activities. The Data Book may be used with your coalition but should not be shared with the public widely or used for other purposes without permission of the school district(s) involved.</p>

# Data Books

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Question	Answer
When will we be receiving data books?	As RDA finishes their work over the next week or so, we will then be able to share out. Roughly 2 weeks!