



Prevention Learning Community Meeting

Hosted by: Division of Behavioral Health & Recovery

October 23rd, 2019

9:00 a.m.-11:00 a.m.

3rd Hour training from 11:00 a.m.-12:00 p.m.

9:00 a.m.	Welcome / Introduce new prevention providers to the call
9:10 a.m.	<p>OSPI Communication</p> <ul style="list-style-type: none"> OSPI Updates <i>Mandy Paradise</i> <p>DBHR Communication</p> <ul style="list-style-type: none"> DBHR Updates <i>Sarah Mariani</i> Training updates <i>Endalkachew Abebaw</i> CPP Recognition <i>Kasey Kates</i>
9:40 a.m.	Minerva Updates and Reminders <i>Samantha Schrader</i>
9:50 a.m.	Community Survey Updates <i>Sandy Salivaras</i>
10:00 a.m.	National Drug Take Back Day <i>Sonja Pipek</i>
10:20 a.m.	The Prevention Summit <i>Kasey Kates & Angie Funaiole</i>
10:30 a.m.	The 2019 National Prevention Network Conference <i>Kersten Tano & Tori McDermott-Hale</i>
10:50 a.m.	Break

3rd Hour Training – 2018-2019 College Student Outreach

Presented by DOH, DBHR, and GMMB.

Join us for an overview and outcomes of state-wide underage drinking and marijuana use prevention campaigns for young adults.

Hello New Attendees!



- SOR Prevention System Manager (CBO Grants): Sonja Pipek
- Cohort 3 Fellows: Emma Neller, Sazi Wald, Sophia Hilsen & Krista Timm
- Springdale CPWI Coordinator: Amelia Alberts
- **Please raise your hand if you are also new!**

Mandy Paradise | Intervention Program Supervisor | OSPI

OSPI Communication



OSPI Updates



Mandy Paradise
Prevention-Intervention
Program Supervisor

Office of Superintendent of Public Instruction
October 2019

One-Pagers

Behavioral Health and Students

Intervention Focus: Increasing mental health promotion, and preventing and reducing student substance-use.



What Behavioral Health?

It refers to the overall emotional and psychological condition of a person. As a concept, behavioral health includes both mental health promotion and substance use prevention.

More than a Diagnosis:

Not all needs are diagnostic. Students may experience adversity or trauma that affects their mental wellbeing. Substance use exists on a spectrum, spanning from experimentation to hazardous and heavy use.

Mental Health:

Mental health conditions commonly occur together. About 3 in 4 children aged 3-17 years with depression also

have anxiety. Almost 1 in 2 also has a diagnosable behavior problem.

Substance-Use

Many youth at risk for using substances, or who are using substances, also experience mental health challenges. Vaping is an early warning sign that a student may need behavioral health supports.

Wellbeing for All:

A person can have good mental wellbeing and be living with a mental health condition. A person in substance recovery may benefit from ongoing supports. Working in collaboration with families and providers is the best way to support students.

Interventions that work:

School supports can include:

- A *Student Assistance Program* that connects students to a specially trained adult for behavioral health skill-building and facilitated supports
- Youth engagement opportunities
- Comprehensive health education
- Organizational changes for a safe, secure, and positive school climate
- Strong referral pathways that link students to social and treatment supports
- Integrating treatment providers and interventionists into the school setting

What Can You Do?

Focus on Prevention: Increase positive school climate, reinforce expectations, and build meaningful relationships with students and families. Collaborate with ESDs and community partners.

Build the System: It takes more than a curriculum to help students navigate wellness and recovery. Invest in school-wide positive supports, referral and restorative processes, and student support staff.

Reframe: Revise policies to minimize out-of-school disciplinary actions. Shift student vaping and substance use from a discipline issue to an opportunity to identify and provide supports.

Screen and Support: Screen students for substance use and mental health challenges. Support students to participate in intervention groups, treatment services, and *Student Assistance Programs*.

Student Assistance Program

Prevention and Intervention Services for Student Behavioral Health

Program Abstract



Why Student Assistance Program?

Many youth at risk for using substances, or who are using substances, also experience mental health challenges and attendance issues. Student Assistance Program improves student outcomes by addressing student substance use and social-emotional health.

How Student Assistance Program Works

A trained, school-based professional provides direct services. Students referred to the professional receive a screening, and students can engage in one-on-one or small group supports. The professional also offers school-wide events and trainings.

Program Goals

- ❖ Increase sense of hope
- ❖ Increase perception of risk
- ❖ Decrease substance use
- ❖ Decrease anti-social behaviors
- ❖ Remove barriers to academic success

Students reporting the program is important to them

92%

Funding

This program requires district cost sharing. Contact us to explore bringing the Student Assistance Program to your campus.

Program Components

- Screenings and referrals
- Social-emotional and skill-building groups
- Training for school staff
- Parent Engagement
- School-wide prevention services
- Integrated, tiered model that allows variation in supports

Resources to Support

- [Funding Student Assistance with Title IV Part A](#)
- [OSPI's Prevention/Intervention Program](#)
- [ESD Prevention Services Contact List](#)
- [Get Personalized Support from our team!](#)
- National Handbook: "[Help is Down the Hall](#)"

Taking a Systemic Approach

What Can You Do?

> **Focus on Prevention:** Increase positive school climate, reinforce expectations, and build meaningful relationships with students and families. Collaborate with ESDs and community partners.

> **Build the System:** It takes more than a curriculum to help students navigate wellness and recovery. Invest in school-wide positive supports, referral and restorative processes, and student support staff.

> **Reframe:** Revise policies to minimize out-of-school disciplinary actions. Shift student vaping and substance use from a discipline issue to an opportunity to identify and provide supports.

> **Screen and Support:** Screen students for substance use and mental health challenges. Support students to participate in intervention groups, treatment services, and *Student Assistance Programs*.



Newsletter from School Improvement

See **attachments** provided by OSPI



OSPI

Office of System and School Improvement (OSSI)

OSSI's monthly newsletter provides accessible resources and connects readers to best practices at the state, regional, and local level that are improving student outcomes. Do you have a story to share? [Let us know about it!](#)

FOCUS: Substance Use October 2019



- [Marijuana, Alcohol, and Other Substances: A Note on Discipline](#)
- [Why Social Norm Campaigns Work](#)
- [Watch Now: Voices For Recovery and our favorite webinars for prevention supports](#)
- [Teaming Up to Prevent Teen Marijuana Use](#)
- [What We're Reading:](#)
- [Mark Your Calendars!](#)



Newsletter from School Improvement



Marijuana, Alcohol, and Other Substances: A Note on Discipline

by Mandy Paradise, Intervention Program Supervisor, OSPI



The Office of Superintendent of Public Instruction [Follow](#)
Mar 4 · 2 min read



Let's talk school discipline and substances.

For decades, schools have taken a zero-tolerance approach to alcohol, marijuana, and other drugs.

Did you know that students are experiencing significantly more exclusionary days for substance-related violations

compared to other behavior violations? Washington State discipline data

More articles in the newsletter



Training Announcement

School Discipline, Substance Use, and Restraint and Isolation: Policy and Proactive Approaches to Support Positive Behavior

OSPI is providing trainings focusing on school discipline and related policy. These **integrated sessions** highlight proactive approaches to support positive behavior and eliminate punitive discipline practices.

Building and District level teams are strongly encouraged to attend. Expect the following topics:

- Best practices and behavior supports
- Relational approaches
- School discipline and emergency intervention procedures
- Legal requirements
- Prevention/Intervention within an MTSS

Got to [Pdenroller.com](https://www.pdenroller.com) to find a session near you!

Register here

October 30, 2019 – [ESD 189, Anacortes](#)

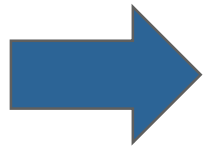
November 6, 2019 - [ESD 114, Bremerton](#)

November 13, 2019 – [ESD 105, Yakima](#)

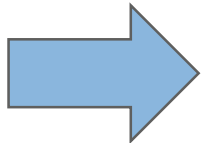
November 20, 2019 – [ESD 171, Wenatchee](#)

March 3, 2019 – ESD 123, Pasco

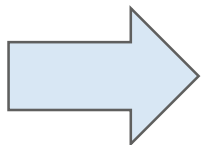
ACTION ITEMS



Promote Student Assistance Program



Celebrate school behavioral health efforts



Learn more about what *schools value* by reading the suggested resources or attending a training



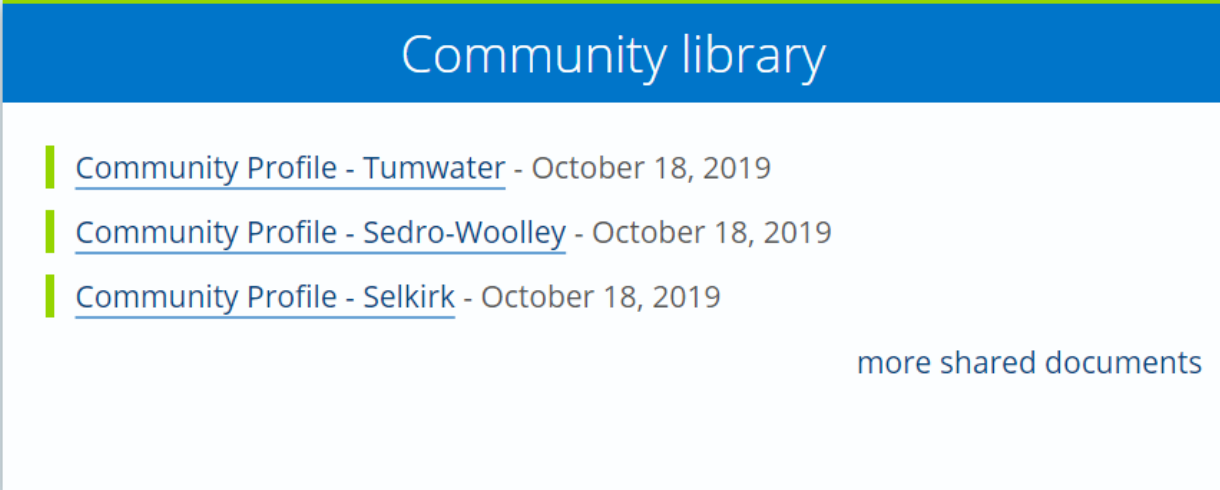
Sarah Mariani | Section Manager, Substance Use Disorder Prevention and
Mental Health Promotion Section | HCA/DBHR

DBHR Communication

Updates from DBHR

- Substance Abuse Block Grant (SABG) audit currently underway.
- Our Partnerships for Success (PFS) and State Opioid Response (SOR) Federal Project Officers have changed.
- Request for Applications (RFA) closes November 1st, 2019.
- The Prevention Section is hiring!

- An update from our contracts office – the Section Manager and Supervisor position have been hired.
- Community Profiles are live on Athena now!



The screenshot shows a 'Community library' interface with a blue header. Below the header, there are three document entries, each with a green vertical bar on the left and a blue underlined link. The entries are: 'Community Profile - Tumwater - October 18, 2019', 'Community Profile - Sedro-Woolley - October 18, 2019', and 'Community Profile - Selkirk - October 18, 2019'. At the bottom right of the list, there is a link that says 'more shared documents'.

Community library

- [Community Profile - Tumwater](#) - October 18, 2019
- [Community Profile - Sedro-Woolley](#) - October 18, 2019
- [Community Profile - Selkirk](#) - October 18, 2019

[more shared documents](#)

2020 LCM Schedule

Month	Date
January	January 22 nd
March	March 25 th
May	May 27 th
May/June	Date TBD; at Coalition Leadership Institute
August	August 26 th
October	October 28 th
November	Date TBD; at the Provider Meeting

Posted at <https://www.theathenaforum.org/training-calendar/month>

Kudos!

- Congrats to CPWI communities for successfully updating your Strategic Plans, Action Plans, and Budgets!



2020 Data Books: Vaping-Related Questions

A: During the past 30 days, on how many days did you use an electronic cigarette, also called e-cigs, or vape pens?

B: How old were you the first time you used an electronic cigarette, also called e-cigs, or vape pens?

C: During the past 30 days, what type of substances did you use in an electronic cigarette, also called e-cigs, or vape pens?

D: During the past 30 days, how did you usually get your own electronic vapor products?

E: How much do you think people risk harming themselves if they use electronic cigarettes, also called e-cigs or vape pens, regularly (almost daily)?

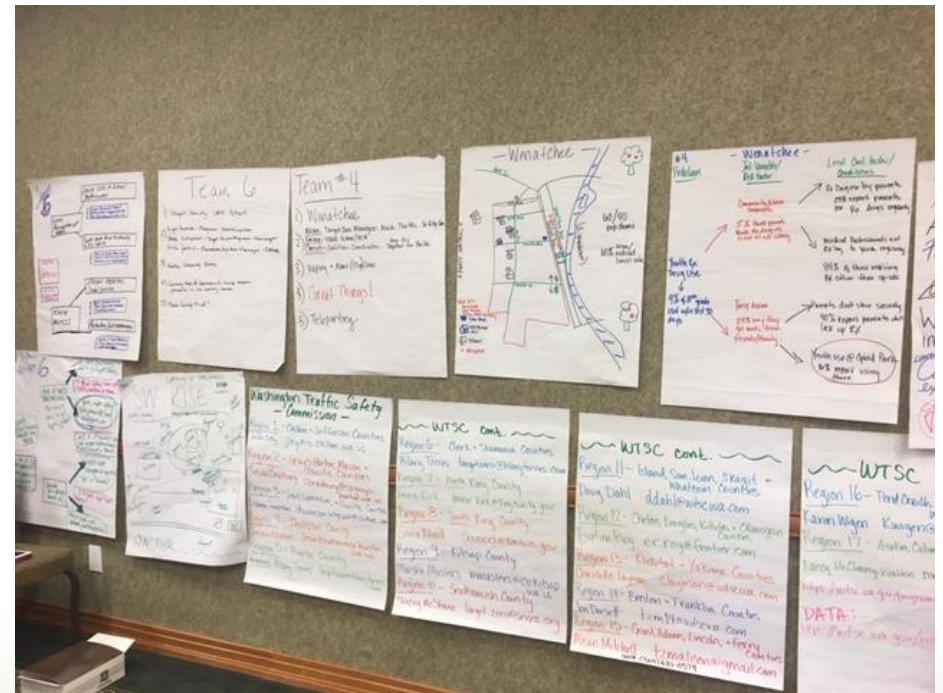
Vaping prevention and support resources

- <https://2morrowhealth.net/WADOHVape>
- <https://www.doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit/Selfhelpmaterials>
- <https://2morrowhealth.net/WADOH>
- <https://lcb.wa.gov/vape/vapor-and-public-health>
- <https://www.doh.wa.gov/YouandYourFamily/Tobacco/TobaccoandVapor21>

Endalkachew Abebaw | DBHR Fellow | HCA/DBHR

Training Announcements

2019 CADCA Boot Camp



Training Announcements

Training	Date(s)/Location
Ethics in Prevention: A Guide for Substance Abuse Prevention Practitioners	Oct. 21 – Nov. 1 Online Course
Grant Writing Course	Oct. 28 – Oct. 29 Tumwater, WA
WA State Mental Health Summit	Oct. 29 Seattle, WA
Say it Out Loud Conference	Oct. 29 Spokane, WA
2019 WA State Prevention Provider Meeting	Nov. 4 Yakima, WA
2019 WA State Prevention Summit	Nov. 5–6 Yakima, WA
Drug Education Workshop Presented by Steven Freng	Nov. 19 Burien, WA

Check out the Training Calendar for details!
www.TheAthenaForum.org/calendar/training-opportunities

Kasey Kates | Policy and Program Supervisor | HCA/DBHR

CPP Recognition

Newly Certified Prevention Professionals (CPP)

- **Please raise your hand if you are a newly certified CPP!**

Congratulations!



Samantha Schrader | TA/Project Manager | HCA/DBHR

Minerva Updates and Reminders

Minerva Reminders

- Please remember to delete your reports
- Minerva Training







 Request New Report

Select date range to view requested reports by date submitted

 October 11, 2019 - October 17, 2019 ▼

Filter results:

Display records

Entry ▼	Status ▼	Date Submitted ▼	Report Name ▼	Selected Date Range ▼	Total Records ▼	Requested By ▼	
14954	Ready for Viewing	10/15/2019 3:26 PM	Services by Performing Entity and Program Report	08/01/2019 - 08/31/2019	8	Steve Perry	 
14953	Viewed	10/15/2019 3:25 PM	Services by Performing Entity and Program Report	07/01/2019 - 07/31/2019	10	Steve Perry	 
14936	Viewed	10/14/2019 4:00 PM	Services by Performing Entity and Program Report	06/01/2019 - 06/30/2019	2	Steve Perry	 

Minerva Reminders

Program Planning Profiles!



Minerva Reminders

- Monthly Minerva TA Calls
 - November 8th 1pm-2pm
- <https://www.theathenaforum.org/training-calendar/month/2019-11>

Sandy Salivaras | Research and Evaluation Manager | HCA/DBHR

Community Survey Updates

2019 Survey Updates

73
coalitions

Administrative Type

Data Entry	15% (992)
English Online	84% (5,498)
Spanish Online	1% (68)

6,558
respondents

CPWI (N= 6558)				
	ENG #	SP #	DE #	Total #
Total # of Responses	5,498	68	992	6,558
Demographics	ENG #	SP #	DE #	Total %
Female	3,765	43	701	69%
Male	1,105	12	230	21%
Race/Ethnicity				
Hispanic	440	44	317	12%
White	4,269	33	609	75%
Black	103	3	81	3%
AI/AN	348	0	68	6%
Asian	100	0	35	2%
NH/OPI	62	0	29	1%
Other	224	16	109	5%
Education				
Less than HS	84	13	104	3%
HS/GED	509	13	223	11%
Some College	1,319	10	230	24%
College Degree	1,851	24	258	32%
Post Graduate	1,125	5	105	19%

Scheduled Community Survey Demographics Updates

- ✓ **Sept 12th**
- ✓ **Oct 1st**
- ✓ **Oct 18th**
- ✓ **Nov 1st**
- ✓ **Nov 18th**
- ✓ **Dec 6th**

Community Survey runs until **December 15th**

Publicize the Survey

- Let people know about the survey
- Explain why it's important and how their voices will contribute to positive community change
- Spread the word through:
 - Local news outlets
 - Social media
 - School district robocall / e-mails

Sonja Pipek | Prevention System Manager | HCA/DBHR

National Drug Take Back Day

Saturday, October 26, 2019

This month, we surveyed CPWI and CBOs throughout the state to find out about Take Back Day activities.

Survey says:

40% are partnering with local law enforcement or other agency to host the take back event.

46% only host take back events on the designated Take Back Days, while **13% do these throughout the year.**

Some have a permanent box at local pharmacies and advertise with flyers year round.



Saturday, October 26, 2019

What are you doing on take back day? Survey says:

Outreach to businesses with event details and rack cards (Quincy)

Posters placed on college campuses (Ellensburg, Kittitas)

Flyers placed in boxes of high school teachers (Ellensburg, Kittitas)

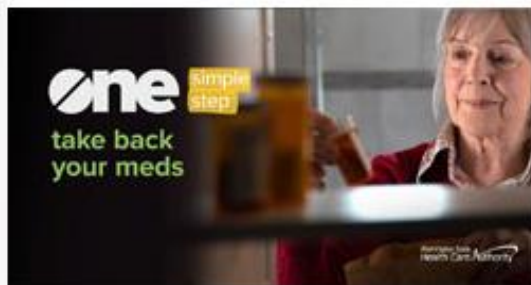
Youth coalition members are taking this on as a senior project to partner with local agencies and rotary (Aberdeen)

Hosting 5 take back locations throughout Skagit County

Partner with QFC Pharmacy and surveys handed out at events (Jefferson)

Hand out community surveys and lock boxes at the events (Spokane)

Hosted early and coordinated with 10/12 Clean-Up Day – collected 300 lbs! (Tumwater)



Kasey Kates | Policy and Program Supervisor | HCA/DBHR
Angie Funaiolo | Prevention System Manager | HCA/DBHR

The Prevention Summit

WASHINGTON STATE PREVENTION PROVIDER MEETING

**Monday,
9:00-3:00 p.m.**

**Yakima Convention Center
10 N 8th St, Yakima, WA, 98901**

8:00-9:00 a.m.	Registration / Breakfast
9:00-9:30 a.m.	Welcome / Introductions Kasey Kates Policy and Program Supervisor
9:30-10:00 a.m.	Health Care Authority / Division of Behavioral Health and Recovery Updates Keri Waterland Assistant Director Sarah Mariani SUD Prevention and MH Promotion Section Manager
10:00-10:30 a.m.	Office of Superintendent of Public Instruction Updates Mandy Paradise Prevention-Intervention Program Supervisor
10:30-11:30 a.m.	2019 Update to the State Prevention Enhancement (SPE) Five Year Strategic Plan: What it is, How we got here, and Why it is meaningful to you Alicia Hughes Strategic Development and Policy Supervisor Sarah Mariani SUD Prevention and MH Promotion Section Manager Patti Migliore Santiago Community Based Prevention Manager, Department of Health Wade Alonzo Program Director, Traffic Safety Commission Sara Cooley Broschart Public Health Education Liaison, Liquor and Cannabis Board
11:30-12:10 p.m.	Working lunch (provided) / Activity: Getting in the right frame of mind Facilitated by Billy Reamer Prevention System Manager
12:30-1:30 p.m.	Strategic Framing: Developing tools for your communities Anna Marie Trester Senior Associate Research Interpretation and Application, FrameWorks Institute
1:30-2:30 p.m.	Framing our results from the CPWI evaluation Brittany Rhoades Cooper Associate Professor, Washington State University
2:30-3:00 p.m.	Announcements / Closing Liz Wilhelm The Washington Association of Prevention Coalitions Announcements from other state agencies and stakeholders Facilitated by Kasey Kates Policy and Program Supervisor

3:30-5:00 DBHR / HCA Listening Session

Keri Waterland | Director

Michael Langer | Deputy Director

Join us for an optional listening session to learn more about the integration of DBHR / HCA and agency priorities as well as an opportunity to engage in dialogue with DBHR Leadership.

**Appetizers provided by Triumph.*

Evening Activities

Guided Painting

Tuesday, November 5 | 7:30 PM - 9:30 PM

Yakima Convention Center - Room G

In this guided painting session, you'll receive step-by-step instructions and tips to recreate a cactus at sunset scene. Or, join us to paint a creation of your own. This activity is a great way to boost your creative mind and network with prevention professionals within our state!

Beginners Yoga

Tuesday, November 5 | 7:30 PM - 8:30 PM

Yakima Convention Center - Room H

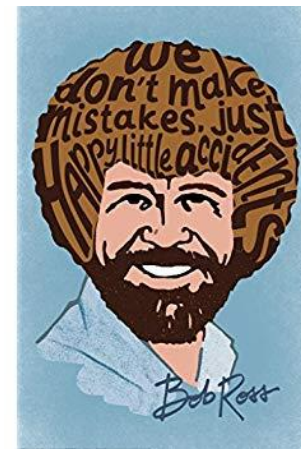
This beginner's yoga class may be just what you need after a full day of conference events. Please bring your own yoga mat* and your preferred yoga attire to participate in this instructor-led class. *A limited number of yoga mats may be available on site.

Trivia!

Tuesday, November 5 | 8:00 PM - 9:30 PM

Yakima Convention Center - Room F

Join us for an interactive trivia game! Topics range from Outer Space to Gardening to World Wonders giving everyone an opportunity to participate. Create a team with your colleagues or join a team to meet new people!



Volunteer Opportunities

- Support primarily provided by DBHR staff and the Prevention Summit Planning Committee.
- Additional opportunities for coordinators and other stakeholders to get involved!
- If you are interested in volunteer opportunities please contact angie.funaiole@hca.wa.gov by this Friday.

Kersten Tano | Prevention Fellow | HCA/DBHR

Tori McDermott-Hale | Prevention Fellow | HCA/DBHR

The 2019 National Prevention Network Conference

NPN Overview

- 32nd Annual Conference in Chicago, IL
- Keynote Speakers
- Breakout Sessions
- Cohort 1 & 2 fellows presented about the Fellowship program



NPN Themes

- Prevention is moving forward & as a workforce, we have come a long way!
- The Youth are the experts, keep them involved
- Collaboration, Collaboration, Collaboration

Taco About It: Combining Information on Vaping Trends and Social Justice

- Six high school females – Lynn, Massachusetts.
- Girls, Inc.
- Interactive “Taco Building” activity filled with discussion questions.
- Passion towards Prevention
- Prevalence

Prevention & Older Adults: Don't Forget about Us!

- Panelists from Utah & Michigan ([Slides](#))
- A shift in focus
 - Significantly higher rates of 55+ population having an alcohol and/or opioid misuse & dependence (2017 National Survey on Drug Use and Health)
 - Researchers are estimating 5.7 million older adults requiring treatment for Substance Use Disorder in 2020 (Wu LT, Blazer DG. Illicit and nonmedical drug use among older adults: a review. J Aging Health. 2011;23(3):481-504.)
- How do we address this problem?
 - Raise awareness and educate
 - Find and explore the natural connections of substance misuse prevention & aging services

The Power of Prevention to Address Opioid Misuse Among Young Athletes

- Using the prevention framework to assess needs, build capacity and strategically select interventions.
- Powerful reality check
- Risk of opioid prescription misuse within high school athletes.

Prevention 2.0: Innovative State Approaches to Addressing the Opioid Crisis

- Panelist from Oklahoma, Alabama, New Jersey & Illinois
- Each talked about a highlighted innovative strategy within their State's opioid prevention work
- Oklahoma's Do Not Harm Program ([Slides](#))
- Illinois's Human Performance Project ([Slides](#))

Key Takeaways

- Opportunity is out there
- Prevention in Washington State
- Collaborate— let's not re-invent the wheel!
- Be advocates for Prevention
- Prevention is a growing field

Conclusion & Questions?

- You can access most of the NPN Presentations at:
<http://npnconference.org/2019-workshop-presentations/>

