## Washington State Prevention Provider Meeting

Hosted by: Division of Behavioral Health and Recovery

Monday, November 2<sup>nd</sup>, 2020 9:00 a.m. – 12:30 p.m.



8:30-9:00 a.m.	Login to virtual platform		
9:00-9:15 a.m.	Welcome / Introductions Kasey Kates   Tribal and CPWI Implementation Supervisor		
9:15-10:00 a.m.	Health Care Authority / Division of Behavioral Health and Recovery Updates Sarah Mariani   SUD Prevention and MH Promotion Section Manager Keri Waterland   Assistant Director		
10:00-10:30 a.m.	Office of Superintendent of Public Instruction Updates  Mandy Paradise   Prevention-Intervention Program Supervisor		
10:30-10:40 a.m.	Break		
10:40-11:00 a.m.	Group Activity Alicia Hughes   CBO and Grant Development Supervisor Jen Hogge   Mental Health Promotion and Integration Supervisor		
11:00-12:30 p.m.	Statewide CPWI Evaluation: What is it telling us and what does it mean for my prevention work? Brittany Cooper, PhD, Gitanjali Shrestha, PhD, and Clara Hill, MPH   WSU IMPACT Research Lab		
Optional 1:00-2:30 p.m.	HCA / DBHR Listening Session Keri Waterland I Assistant Director Michael Langer I Deputy Director Join us for an optional listening session to learn more about the continued integration of DBHR / HCA and agency priorities as well as an opportunity to engage in dialogue with DBHR Leadership.		
Optional 3:00-5:00 p.m.	Minerva Training Lauren Bendall   Prevention System Project Manager		
Optional 3:00-5:00 p.m.	Data Book Training Sandy Salivaras   Research and Evaluation Manager		
Other Meetings	3:00-5:00 PM DBHR/OSPI/ESD Quarterly Meeting Kasey Kates   Tribal and CPWI Implementation Supervisor  3:00-4:00 PM Drug Free Communities Meeting		
	Ray Horodowicz   Prevention System Manager		









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



### Good morning and welcome

- If you are a:
  - ► Tribal prevention provider, please raise your hand.
  - Community-Based Organization (CBO) contractor, please raise your hand.
  - ► CPWI coalition coordinator, please raise your hand.
  - County prevention staff, please raise your hand.
  - Student Assistance Professional (SAP), please raise your hand.
  - Educational Service District (ESD) director or supervisor, please raise your hand.
  - OSPI staff member, please raise your hand.
  - Drug Free Communities coordinator or director, please raise your hand.
  - State partner agency staff, please raise your hand.
  - ▶ DBHR staff, please raise your hand.
- Anyone else? Please type your connection to prevention into the chat!





### A round of applause to...

- Kasey Kates, Provider Meeting Lead.
- Angie Funaiole and Fallon Baraga, Prevention Summit Co-leads.
- Prevention Summit Planning Committee.
- Other DBHR staff and providers who are presenting, volunteering, and supporting presenters/speakers.





### Time to celebrate

DBHR Prevention Section.

Prevention professionals, including you, across the

state.

□ If you'd like to add a special note of gratitude, please feel free to add this to the chat box now!



### Over the last year

- Fellowship program
- Maintain funding
- Additional funding opportunities
- SOR II award
- Suicide Prevention Grant award

- Prevention campaigns
- Training/professional development opportunities
- New workgroups
- State and national presentations



### Looking forward to the next year

- Prevention policy priorities
- Request for Proposals for Management Information System
- DFCs
- COVID-19





Keri Waterland | DBHR Division Director | HCA/DBHR



November 2020

### **OSPI Updates**

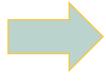
Mandy Paradise, M.Ed.

Prevention-Intervention Services &

Student Assistance Program Supervisor

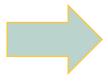


### **OSPI** Goals for CPWI



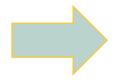
Clarify the **purpose** of Student Assistance

Program



Provide examples and opportunities for meaningful

partnership



**Education updates** 







### **Distance Learning - ESDs**

### ESD 105

What were the biggest challenges you encountered in the spring?

What is something you need to be successful this fall?

-xay 2





### Thrive with Five



**ESD 105** 





### Universal

Red Ribbon Week

Universal Messaging

Social Norms Campaigns

Presentations about services

out services and

Asynchronous Options

### Services to Staff

Options to offer our services during their zoom calls

Training on recognizing concerns virtually

**ESD 105** 





### Student Assistance Program Showcase





### Miss G

Student Assistance Professional



#### Welcome and Aloha!

My name is Anne Giardina and I am the Student Assistance Professional at BHS contracted through the Olympic Educational Service District 114. I work with students one-on-one, or in a small group setting, and provide education and guidance to those who are impacted by substance use, teach refusal skills, and assist them in making healthy choices.

I am available to parents as well. If you are worried about your student, have concerns about them or their friends and would like to speak with me directly, please call 360-473-0978 or email anne.giardina@bremertonschools.org. All communication will be confidential.

Check out the other tabs on my page to find out about resources and to learn more about the U-Knight'd Club.

**OESD 114 Anne Giardina** 







### **OESD 114 Anne Giardina**













NWESD 189 Colleen Chan







### Prevention for parents



#### Gearing Up for a Substance-Free Summer

As we head into summer break our young people may have more free-time on their hands, be looking for ways to unwind after a challenging school year, and are navigating pandemic-related stressors.

Though they may be getting a break from learning, prevention efforts shouldn't stop!

We know that the relationships kids have with the adults in their lives are the most powerful protective factors. The extra time they may be spending at home with you can be the perfect avenue to promote healthy choices.



Here are some triedand-true prevention methods to implement this summer:

 Talk often with your teen about your expectations and concerns around substance use Promote healthy coping skills



- Teach them how to get support when they need it
- Know where they are, who they are with, and what they are doing
- Practice refusal skills



#### Points of Interest

- How to promote a substance-free summer for young people
- Does your teen need support this summer? Check out our resource lists.
- Prevention Youth Spotlight: Check out the great work our young people are doing!

### NWESD 189 Colleen Chan

#### **Need Support This Summer?**

While our counseling staff is out of the office this summer, make sure to check out the resource lists posted on the Readiness to Learn (RTL) website if you or your child is in need of support.

RTL: Mental Health Resources

RTL: Health & Wellness

Substance Use Prevention & Intervention Resources













### Request to Speak to Ms. Colleen

This is for students only.

The answers you give are completely private and will only be seen by the Student Assistance Professional. Your well being and safety is a priority. If you have an emergency, please call 911.

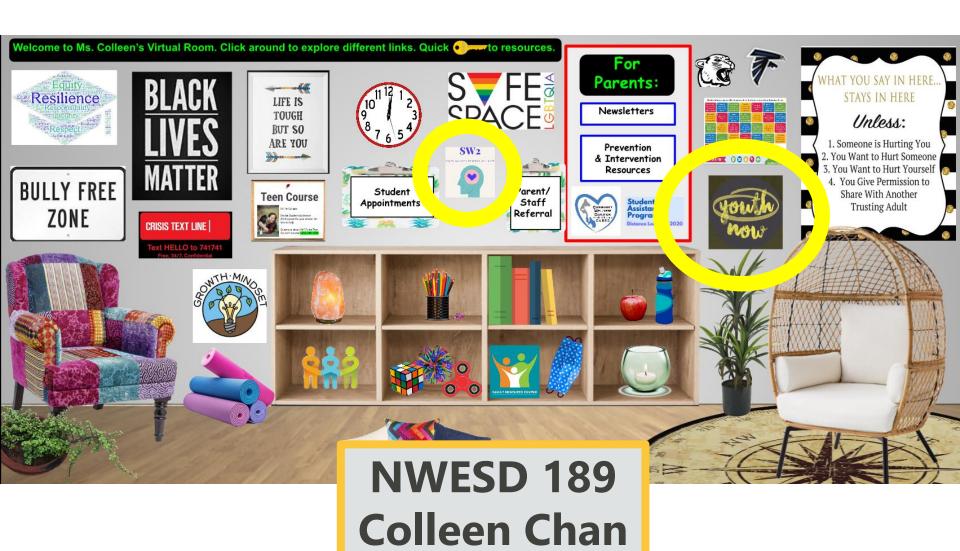
\* Required

**NWESD 189 Colleen Chan** 

Do you want to be a part of a group that supports wellness within the school?				
O Yes				
O Not at this time				
Are you interested in participating in a 1-hour program to discuss healthy lifestyle choices, improve self-regulation, and set & monitor goals? *				
O Yes				
Not at this time				
Would you like to meet with Ms. Colleen about a personal issue? *				
○ Yes				
O Not at this time				













ESD 112 Megan Winn





Ms. Butler's
Virtual Office



### ESD 112 Wendy Butler







### schoology® learn. together.





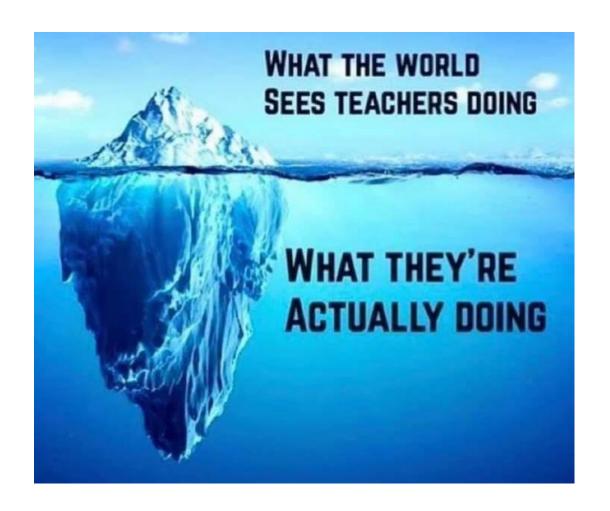












Student Assistance Professionals are working extremely hard right now.

Thanks for cheering us on and supporting our program!







### Agency Level Updates

(If Yes and are yes, harder sublications and and the side.		
	To the extent our pines, revenues the brokes appoint desired of the entire.	



### **How Do I Participate in the K–12 Internet Access Program?**

Receive offer code and name of internet provider from school district Call the internet provider and provide the offer code

Receive equipment and installation support from your internet provider

Connect to distance learning!

























800 Oakesdale Ave SW Renton, WA 98057 PH: (425) 917-7600 TTY: 711

# Tracie HolidayRobinson Intervention Services Manager



(425) 917-7847 trobinson@psesd.org







Connect with us!



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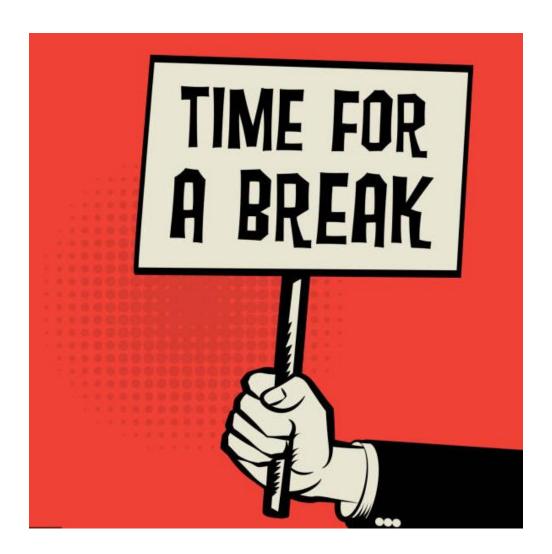


medium.com/waospi



linkedin.com/company/waospi

### Break until 10:45 AM





### **Group activity**



- Attendees will be split into 1 of 5 breakout rooms to respond to one of the following questions:
  - ► Room 1 (Jen Hogge): What are you most grateful for in 2020?
  - ► Room 2 (Brittany Smith and Isaac Derline): What is one healthy habit you could maintain each day that would have a positive effect on your life?
  - Room 3 (Akshaya Sivakumar and Endalkachew Abebaw): What strength have you realized you have this year?
  - Room 4 (Madeline Kramer and Rachel Oliver): What gives you meaning?
  - ► Room 5 (Christine Steele and Erika Jenkins): What inspires you to be a better person? Or what inspires you?
- Attendees will be brought back to larger group and room leads will share out.



### What are you most grateful for in 2020?



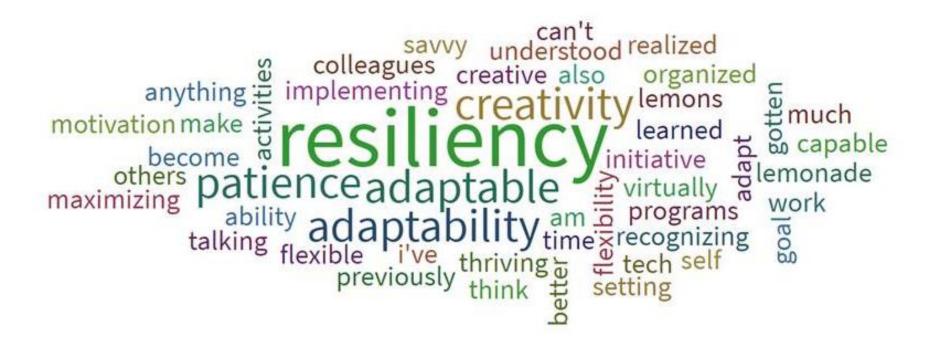


# What is one healthy habit that has a positive effect on your life?





# What strength have you realized you have this year?





## What gives you meaning?





# What inspires you to be a better person? Or what inspires you?





# Statewide CPWI Evaluation: What Is It Telling Us And What Does It Mean For My Prevention Work?

Presented by:
Brittany Cooper, PhD, Gitanjali Shrestha, PhD, & Clara Hill, MPH
IMPACT Research Lab
Washington State University
November 2020





# Introductions & Setting the Stage



## **Anonymous Nonsense**

Engage everyone in generating unfiltered responses



Liberating Structures: <a href="http://www.liberatingstructures.com">http://www.liberatingstructures.com</a>

### **Anonymous Nonsense**

- Step 1: Change your name in Zoom to the + symbol (hover over your Zoom square → click on the three dots on the upper right → click rename)
- Step 2: I will share a prompt with you and you should type your response in the chat box. Don't think too hard – type whatever comes to mind, but don't hit "enter/return" yet.
- Step 3: When I say "Go!" hit "enter/return" and watch the waterfall of responses in the chat box.

### **Anonymous Nonsense**

• Evaluation is ... (type your immediate response in the chat box, but don't hit "enter" until I say "go!")

 Evaluation is not ... (type your immediate response in the chat box, but don't hit "enter" until I say "go!")

## **Today's Presentation**

#### Part 1: What is the CPWI evaluation telling us?

CPWI Evaluation Framework

Summary of Overarching Findings

Hot off the Presses! Developmental Trend Results

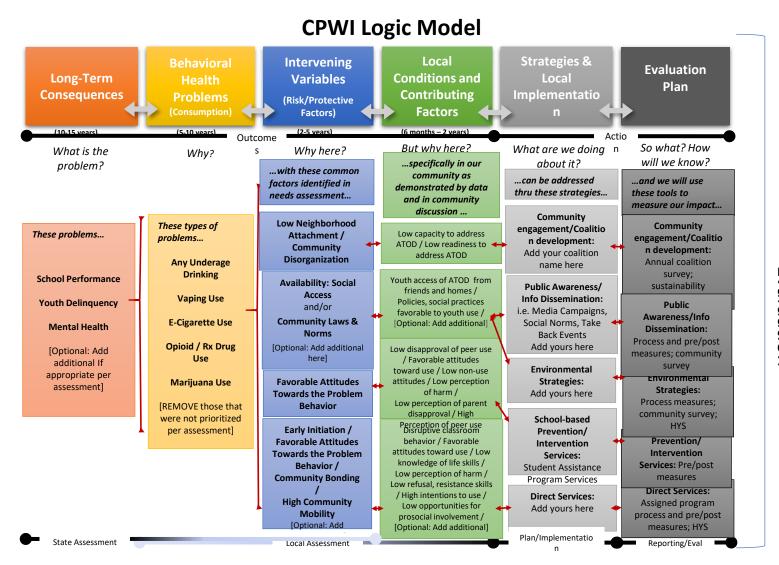
Q&A



#### Part 2: What does it mean for my prevention work?

Small and large-group discussion

# Overview of CPWI Evaluation Framework



#### **CPWI Framework**



#### **CPWI Framework**

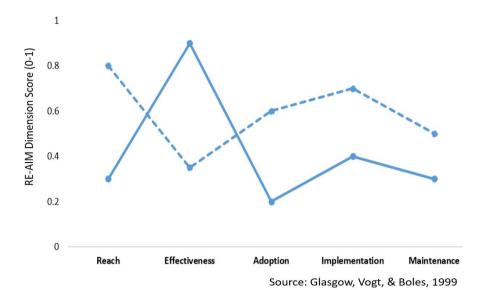


RE-AIM enhances the understanding of the "who, what, when, where, how, and why" of an intervention and helps determine the overall public health impact.

RE-AIM Dimension	Definition	Level
Reach	Participants, audience	Individual
Effectiveness	Program effects	Individual
Adoption	Settings implementing program, community support for program	Organization
<b>I</b> mplementation	Types of program activities, challenges, successes	Organization
<b>M</b> aintenance	Sustainability of programs and practices	Organization

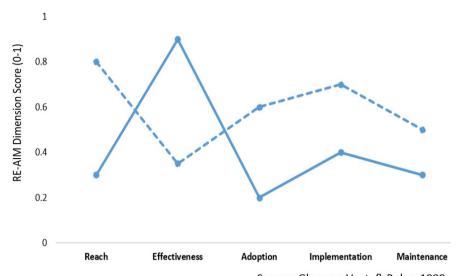
Journal of Public Health, 89(9), 1322-1327.

Public health impact is a function of all 5 RE-AIM dimensions.



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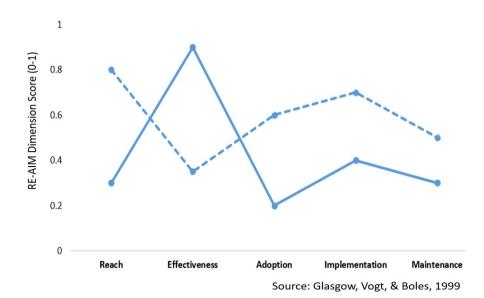
Program A: low reach X high effectiveness X low adoption X moderate implementation X low maintenance = public health impact



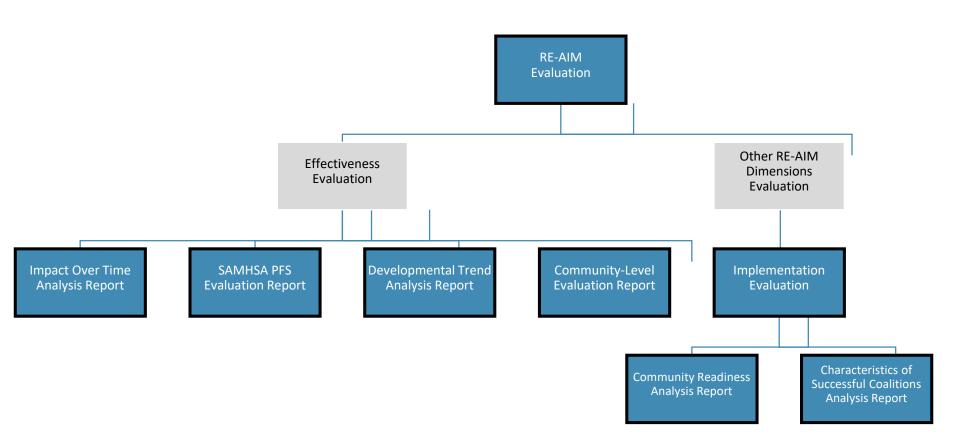
Source: Glasgow, Vogt, & Boles, 1999

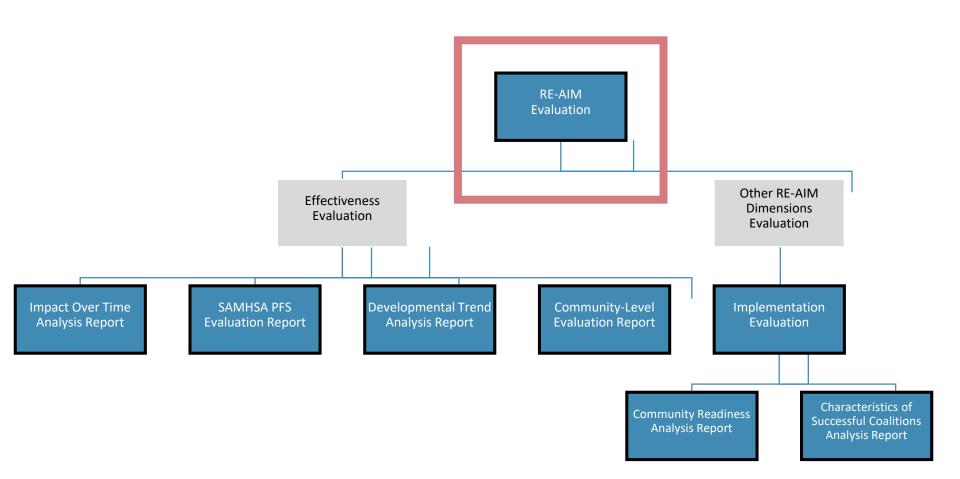
#### Public health impact is a function of all 5 RE-AIM dimensions.

Program A: low reach X high effectiveness X low adoption X moderate implementation X low maintenance = public health impact



Program B: high reach X low effectiveness X moderate adoption X high implementation X moderate maintenance = public health impact





# **Summary of Overarching Findings**

#### **RE-AIM Evaluation**

#### Questions for calculating RE-AIM Summary Scores

Dimension	Question	Data Source
Reach		
Effectiveness	Proportion of outcomes in which CPWI cohorts showed improvement from baseline to posttest	CPWI Impact Over Time Evaluation
Adoption	Proportion of respondents who agreed their CPWI coalition has collaborative relationships and community support	CPWI Process Evaluation
Implementation	Proportion of EBPs implemented in the communities	Minerva
Maintenance	Proportion of respondents seeking additional non-CPWI funding to implement CPWI activities	CPWI Process Evaluation

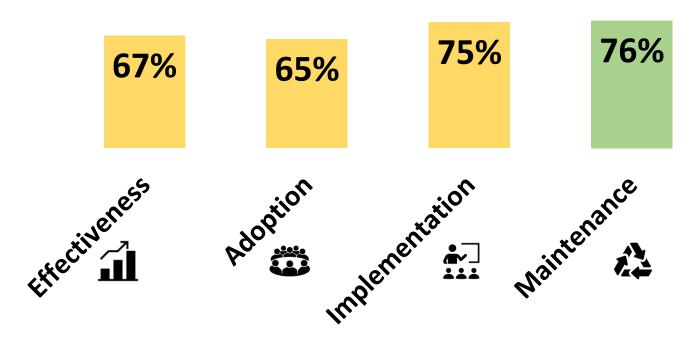
#### **RE-AIM Evaluation**

#### Criteria for RE-AIM Summary Score

	High	Medium	Low
Reach			
Effectiveness	70% or more gaps closed	40% to 69% of gaps closed	Fewer than 40% gaps closed
Adoption	70% or more of respondents agree that there is collaboration and support	40% to 69% of respondents agree that there is collaboration and support	Fewer than 40% of respondents agree that there is collaboration and support
Implementation	80% or more programs are evidence- based	60% to 79% of programs are evidence- based	Fewer than 60% of programs are evidence-based (DBHR minimum threshold)
Maintenance	70% or more of respondents engaged in alternate fund seeking activity	40% to 69% of respondents engaged in alternate fund seeking activity	Fewer than 40% of respondents engaged in alternate fund seeking activity

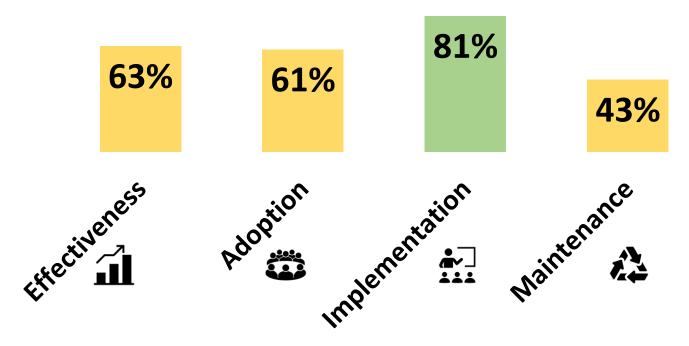
### Results: Cohort <u>1</u> Proportion Scores

#### High on Maintenance, Medium on Others



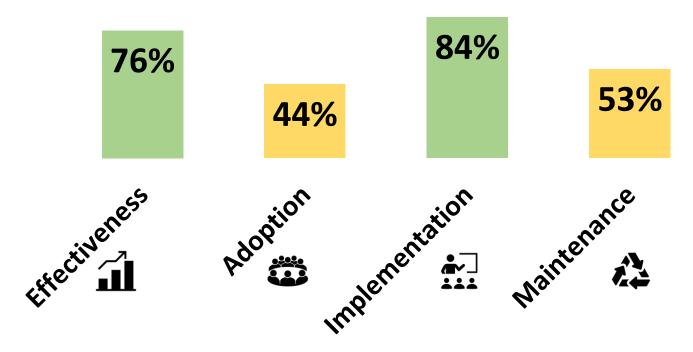
### Results: Cohort 2 Proportion Scores

#### High on Implementation, Medium on Others



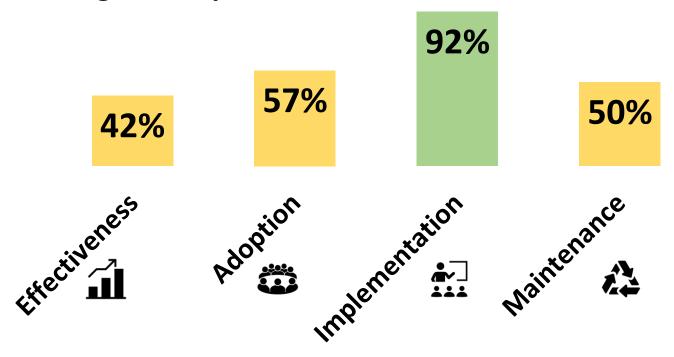
#### Results: Cohort <u>3</u> Proportion Scores

#### High on Effectiveness/Implementation, Medium on Others



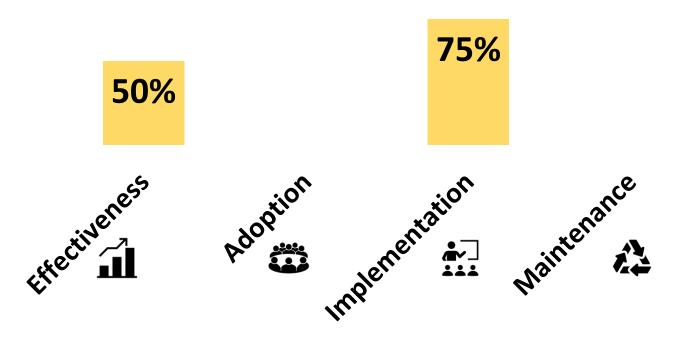
### Results: Cohort <u>4</u> Proportion Scores

#### High on Implementation, Medium on Others



### Results: Cohort <u>5</u> Proportion Scores

#### **Medium on Effectiveness and Implementation**



The high/medium/low summary score threshold for Implementation is higher than for other dimensions. Adoption and Maintenance data not available.

#### **RE-AIM Evaluation**

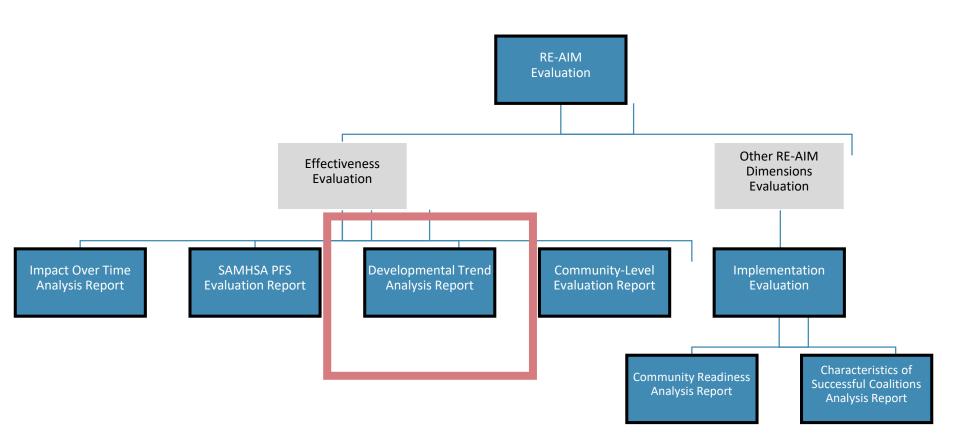
#### **CPWI Cohort Summary Scores for RE-AIM Dimension**

	Reach	Effectiveness	Adoption	Implementation <sup>a</sup>	Maintenance
		<b>1</b>			
Cohort 1		Medium	Medium	Medium	High
Cohort 2		Medium	Medium	High	Medium
Cohort 3		High	Medium	High	Medium
Cohort 4		Medium	Medium	High	Medium
Cohort 5		Medium		Medium	

Note. We will calculate Reach Summary Score after further consultation with DBHR staff. The scores for Adoption and Maintenance are based on CPWI Process Evaluation conducted in summer 2017. Cohort 5 communities had not started program implementation then, and thus, Cohort 5 data on Adoption and Maintenance is unavailable.

<sup>&</sup>lt;sup>a</sup> The high/medium/low summary score threshold for Implementation is higher than for other dimensions.

# Hot off the Presses! Developmental Trend Evaluation



#### The "E" in the RE-AIM Framework: Effectiveness



#1. Did developmentally normative change in substance use and related risk factors differ significantly in CPWI communities compared to non-CPWI communities?

Propensity score weighted regression modeling

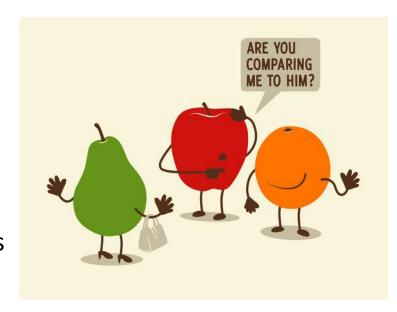


#2. What is the probability that the positive outcomes for CPWI are due to chance?

Binomial probability calculation

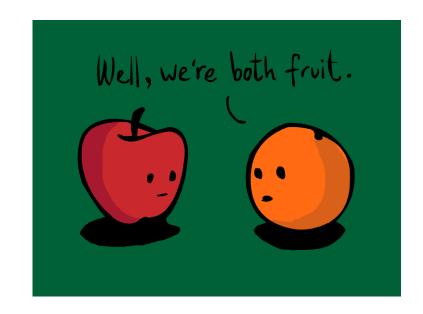
### **Step 1: Why propensity score analysis?**

- CPWI communities were not randomly assigned.
- CPWI and non-CPWI communities differ in important ways.
- If we don't account for these differences in the evaluation, results will be biased.



### **Step 1: What is propensity score analysis?**

- Statistical method that helps mimic an experimental evaluation when groups were not randomly assigned to intervention vs. control.
- Propensity score = communities probability of being selected as CPWI community



### **Step 1: What goes into the propensity score?**

21 variables from 6 domains were used in the propensity score model.

#### Substance use

- Any alcohol use in past 30 days
- Frequency of alcohol use in past 30 days
- Any cigarette smoking in past 30 days
- Frequency of cigarette smoking in past 30 days
- Any marijuana use in past 30 days
- Frequency of marijuana use in past 30 days

#### **School performance**

- Self reported truancy

#### Youth delinquency

- Self-reported fighting
- Carrying a weapon in school
- Gang membership
- Driving under influence

#### **Mental health**

- Depression
- Considering suicide
- Suicide attempts

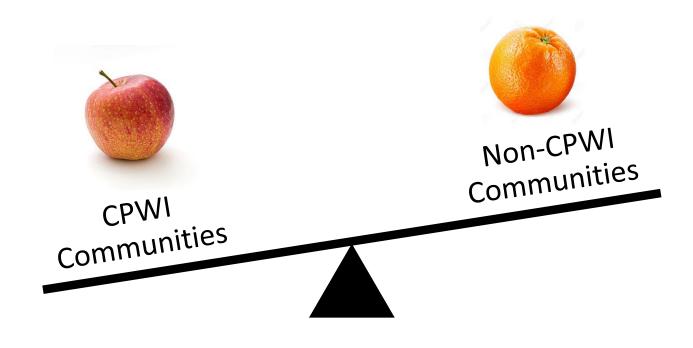
#### **Economic indicator**

- Median household income
- TANF, child recipients
- Food stamps recipients
- Levies due to school district

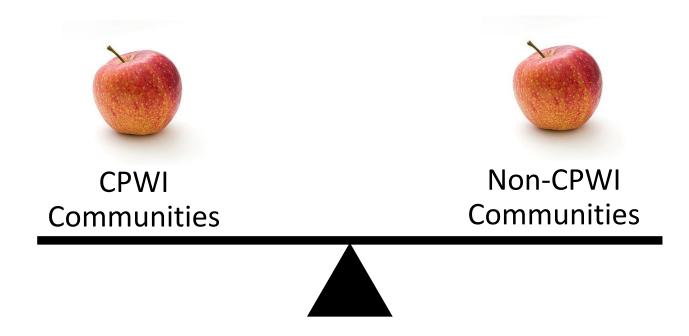
#### **Demographics**

- Total population
- Population density
- Eastern vs. Western WA

# Step 1: What does the propensity score do?



## Step 1: What does the propensity score do?



## **Step 1: What does the propensity score do?**

#### CPWI & Non-CPWI communities are balanced\* on 21 variables.

#### **Substance use**

- Any alcohol use in past 30 days
- Frequency of alcohol use in past 30 days
- Any cigarette smoking in past 30 days
- Frequency of cigarette smoking in past 30 days
- Any marijuana use in past 30 days
- Frequency of marijuana use in past 30 days

#### School performance

- Self reported truancy

#### Youth delinquency

- Self-reported fighting
- Carrying a weapon in school
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#### **Mental health**

- Depression
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#### **Economic indicator**

- Median household income
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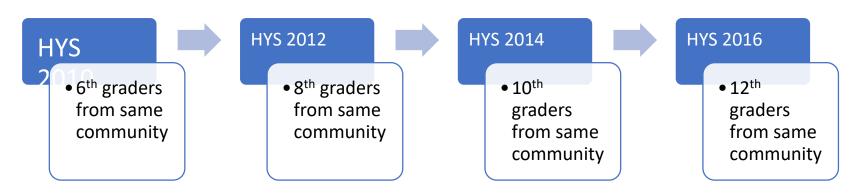
#### **Demographics**

- Total population
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- Eastern vs. Western WA

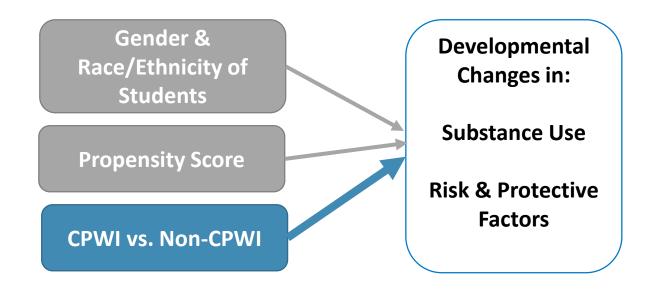
## **Step 2: Calculate CPWI impact**

Who is included in the analysis?

Linked grade cohorts of students who filled out the Healthy Youth Survey from 2010 to 2018.



## **Step 2: Calculate CPWI impact**



When school district catchment area corresponded to only one CPWI community, we used school district-level data. For communities defined by their High School Attendance Area (HSAA), we use school-level outcome data.

#### **Evaluation Outcomes**

#### Substance Use

- 12 outcomes across 4 domains
  - 1. Alcohol use
  - 2. Cigarette use
  - 3. Marijuana use
  - 4. Opioid misuse

#### **Risk Factors**

- 13 factors across 3 domains
  - 1. Peer-individual risk factors
  - 2. Family risk factors
  - 3. Community risk factors

### **Evaluation Question #1: Substance Use**



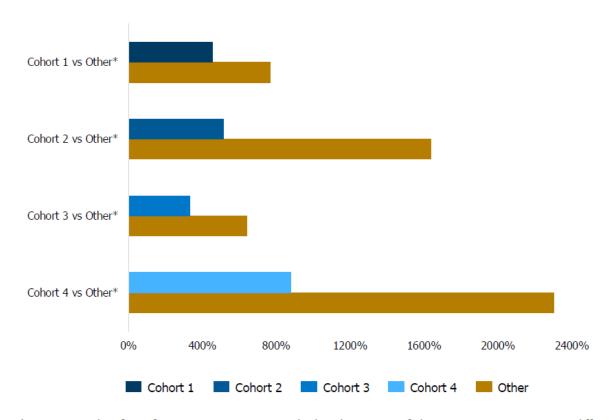
#1. Did developmentally normative change in substance use and related risk factors differ significantly in CPWI communities compared to non-CPWI communities?

Propensity score weighted regression modeling

Substance use increased in both CPWI and non-CPWI communities.

BUT, the increase in most substance use outcomes was **significantly less steep in CPWI communities** compared to non-CPWI communities.

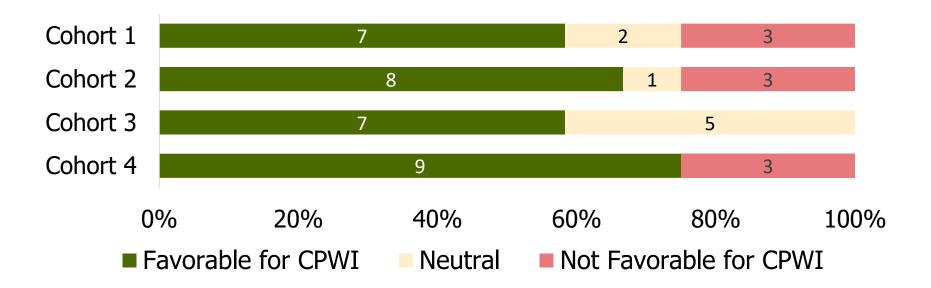
#### Percent Change in Any Alcohol Use in Past 30 Days from 6th to 12th Grade in CPWI Communities Compared to Non-CPWI Communities.



\*p<.05. Results of significance testing represent whether the pattern of change in CPWI communities differs significantly from the pattern of change in non-CPWI communities.

### **Evaluation Question #1: Substance Use**

A majority of results for substance use outcomes were favorable for CPWI.



## **Evaluation Question #1: Substance Use**

#### Snapshot of Substance Use Outcomes

Domain	Outcome	<b>C1</b>	C2	С3	C4
Alcohol	Any alcohol use ever				
Use	Any alcohol use in past 30 days				
	Frequency of alcohol use in past 30 days				
	Any binge drinking in past 2 weeks				
Cigarette	Any cigarette smoking ever				
Use	Any cigarette smoking in past 30 days				
	Frequency of cigarette smoking in past 30 days				
Marijuana	Any marijuana use ever				
Use	Any marijuana use in past 30 days				
	Frequency of marijuana use in past 30 days				
Opioid	Any painkiller use in past 30 days to get high				
Misuse	Frequency of painkiller use in past 30 days to get high				

Favorable for CPWI

Neutral

Not Favorable for CPWI

### **Evaluation Question #1: Risk Factors**



#1. Did developmentally normative change in substance use and related risk factors differ significantly in CPWI communities compared to non-CPWI communities?

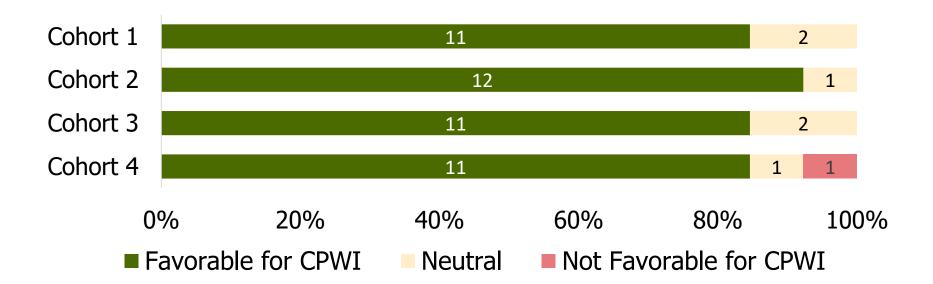
Propensity score weighted regression modeling

Risk factors mostly increased in both CPWI and non-CPWI communities.

The increase in most risk factors was **significantly less steep in CPWI communities** compared to non-CPWI communities.

### **Evaluation Question #1: Risk Factors**

A majority of results for risk factors were favorable for CPWI.



## **Evaluation Question #1: Risk Factors**

**Snapshot of Risk Factor Outcomes** 

Not Favorable for CPWI

Domain	Outcome	<b>C1</b>	C2	С3	C4
Peer-	Less interaction with prosocial peers				
Individual	Low social skills				
Risks	Low belief in the moral order				
	Early initiation of substance use				
	Friends' substance use				
	Favorable attitudes towards drug use				
	Low perceived risk of substance use				
Family	Fewer opportunities for prosocial involvement				
Risks	Parental attitudes favorable towards drug use				
	Poor family management				
Community	Fewer opportunities for prosocial involvement				
Risks Favorabl	Laws and norms favorable to drug use				
	Perceived availability of drugs				
Neutral					

85

## **Evaluation Question #2**



#2. What is the probability that the positive outcomes for CPWI are due to chance?

Binomial probability calculation

The probability that the pattern of positive results is due to chance is extremely low.

- Cohorts 1 and 4 = 0.2%
- Cohorts 2 and 3 = 0.1%



## Take home messages

- CPWI is slowing the trajectory of increase in adolescent substance use and related risk factors.
- The high-need CPWI communities are "catching up" with lower-need communities.
- It is likely that additional (non-CPWI) programs in CPWI communities/schools have also contributed to the positive results.

## Let's Discuss: Q&A



# What does this mean for my prevention work?



# What, So What, Now What (W3)

Together, Look Back on Progress and Decide What Adjustments Are Needed



Liberating Structures: <a href="http://www.liberatingstructures.com">http://www.liberatingstructures.com</a>

## What, So What, Now What (W3)

- What: What did you notice, what stands out to you about the CPWI evaluation? Stay at the level of direct observation and fact as best as you can.
- **So What**: So, what meaning can you make out of these observations? So, what conclusions can you draw from your observations?
- **Now What**: Identify next steps and actions you can take to use this information in your prevention work.

## Thank you!

If you have questions, please email Brittany at <a href="mailto:Brittany.cooper@wsu.edu">Brittany.cooper@wsu.edu</a>

# Closing

- We hope you enjoyed our time together today!
- Evaluations to be emailed to you using the email address on file from registration.
- Enjoy the rest of the offerings today and we will "see" you at the Summit!





## Lunch 12:30-1:00 PM





Keri Waterland | Assistant Director | HCA/DBHR
Michael Langer | Deputy Director Director | HCA/DBHR

# **DBHR/HCA Listening Session**



# **Agency efforts**

#### Over the last year:

- Integration continues 2.5 years later by
  - Learning each other's book business.
  - Working to improve internal procedures.
  - Reducing silos between SUD and MH
- Reorganization and prioritization within DBHR to
  - Ensure part of the continuum of care is represented.
  - Focus on diversity and health equity.
  - Provide high-quality care to consumers.

#### **Looking forward:**

- Continue integration efforts by
  - Using "customer" feedback.
  - Enhance efforts for collaborative work with health care plans, WSHA and Achievement council.
- Continue to focus efforts on
  - Continued support for community-based prevention.
  - Building capacity in communities.
  - Statewide public education and information initiatives.
  - Reducing gaps within the continuum of care.
  - Diversity, inclusion, and health equity efforts

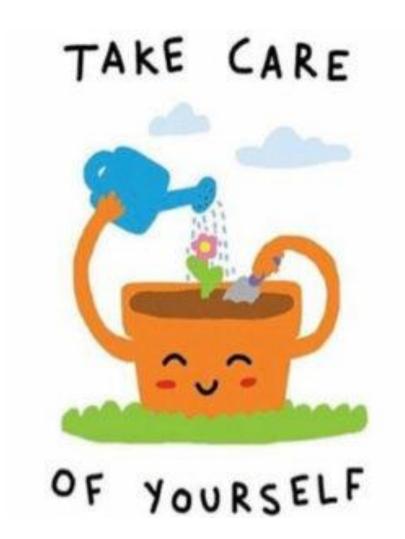


# We want to hear from you!

What questions or comments do you have for us? Please take yourself off mute to speak or if you'd prefer, please type in the chat and we will read on your behalf.







# **Post-Meeting Trainings/Meetings**

- ▶ Minerva Training | 3:00 p.m. 5:00 p.m.
  Lauren Bendall | Prevention System Project Manager
- Data Book Training | 3:00 p.m. 5:00 p.m.
  Sandy Salivaras-Bodner | Prevention Research and Evaluation Manager
- ▶ DFC Meeting | 3:00 p.m. 4:00 p.m.
  Ray Horodowicz | Prevention System Manager
  \*Invite only
- DBHR/OSPI/ESD Quarterly Meeting | 3:00 p.m. 5:00 p.m.

Kasey Kates | Tribal and CPWI Implementation Supervisor \*Invite only

