

Prevention Research Sub-Committee Meeting

June 15, 10:00 am – 1:30pm PST

Location: Zoom

Theme: Healthy Youth Survey

Welcome & Introductions

Impromptu Networking

Healthy Youth Survey 2021

- Share Results
- Questions for the PRSC (e.g. how to interpret new findings and trends given the changes in administration)

Tyler Watson, PhD & Team, DBHR

Community-wide resilience mitigates adverse childhood experiences

A study using BRFSS, HYS and archival data

<https://content.apa.org/record/2021-26586-004>

Suzette Fromm-Reed, PhD, National Louis University
Dario Longhi, PhD, Participatory Research Consulting

Revisions to the HYS

Tyler Watson, PhD & Team, DBHR

Lunch Break

Research Briefs – discussion/progress reports

- Pricing
- Mental Health

Round Robin

Next Meeting: Topics and Dates

- Next date – September 28, 2022
- Next steps on research briefs

Notes:

Kevin introduced the Juneteenth flag. Acknowledged land and how this country has benefited from the lives of enslaved people and the history of white supremacy persists in present-day racial realities. Working to dismantle white supremacy...

Introductions (23 participants at 10:17) (26 at 10:38) (28 at 11:07)

- **Guests**
 - Suzette Fromm-Reed, PhD, National Louis University
 - Dario Longhi, PhD, Participatory Research Consulting
 - Kody Russell, child welfare and behavioral health, Balmer Group
- **WSU:** Brittany Cooper, Erica Austin, Nicole O'Donnell, Jordan Newburg, Louise Parker, Danna Moore, AnaMaria Diaz Martinez, Jennifer Duckworth, Kimberly Klein
- **UW:** Kevin Haggerty, Margaret Kuklinski, Blair BW, Nicole Eisenberg
- **DBHR:** Tyler Watson, Miranda Pollock, Alicia Hughes, Christine Steele, & Jennifer Wilkins, the new WSU/DBHR Fellow
- **OSPI:**
- **WA DOH:** Angie Funaiole, Kate Meehan
- **WA DSHS RDA:** Barb Lucenko, Irina Sharkova
- **WA LCB:**
- **WSIPP:** Amani Rashid
- **King County Dept of Human Services, Division of Behavioral Health & Recovery:** Margaret Soukup
- **WASAVP & Burlington Healthy Youth Coalition:** Liz Wilhelm
- **Thurston County:** Janine Koffel, Tumwater WA coalition coordinator (working on dissertation on prevention science)
- **Washington Traffic Safety Commission:**
- **NWPTTC, U of NV, Reno:** Michelle Frye-Spray

Impromptu networking

Participants went into breakout rooms for informal discussions on this prompt: "Where and how do I receive support – where do I need it?" OR "How can I be better about offering support, particularly in the behavioral health world?"

PRESENTATION 1: Healthy Youth Survey 2021

Tyler Watson, PhD, DBHR

Tyler shared the team effort behind HYS

Background – see slides

- HYS 2020 postponed to 2021 due to pandemic; wanted to understand what behaviors changed during the pandemic
- COVID 19 student survey was administered in Mar 2021 (many questions asked about past year rather than 30-day experiences).
- Then HYS was administered Oct 2021, first time primarily online

- See slides for participation for COVID and HYS – it was a convenience sample, schools opted in to take the COVID survey (2021 and 2022); got a representative sample for HYS
- These three surveys give us a snapshot over the last couple of years; collectively almost 300K students surveyed
- See slide with the overlap of schools, showing which schools took all three surveys. Schools receive school-level reports

Results

- Substance Use: Current use down from 2010 grade 10 – showing a gap in the trend line, to acknowledge that the data from 2021 and 2022 are not necessarily comparable to previous surveys
- See slide for 10th grade – dramatic decreases pre-pandemic to during pandemic in alcohol, marijuana use, vape use, cigarettes, prescription pain killers and polysubstance use.
- Important to know that this is a continuation of a trend that began before the pandemic
- Comparing results from the different surveys – consistent finding of decreased alcohol use
- See slides for other results

Perception of risks

- Erica Austin Qu: any info on where youth get information about their risk perceptions?

Polysubstance use – see slides

- Most of this is using both alcohol and marijuana
- Danna Moore asked: is use of marijuana and alcohol at the same time asked? (yes, it is)

Mental health

- Trends: adolescent mental health was worsening before the pandemic (see slide 2008 to 2018)
- Very widespread recognition of this crisis – American Academy of Pediatrics declared an emergency, also Dec 2021 Surgeon General issued report
- Sadness: Highlighting huge disparities in sadness numbers – see slides; 2-3x higher levels of sadness in minority groups
- Worrying: more than half of students impacted
- Question: are we asking about worry related to gun violence in school or other public places?
- Anxiety: see slides
- Suicidal ideation: see slides. Consistent and concerning – 1 in 5 students seriously considering

Note also the vast disparities between groups in these responses (gender identity/ sexual orientation/disability status/ financial distress)

Comments for Kevin Haggerty (KH)

- 988 roll out will be important (Statewide 988 behavioral health crisis response & suicide prevention line)
- Also, suicide thoughts were down from 23% in 2018 to 20% in 2022. Attempts down from 10% in 2018 to 8% in 2022
- Seeking help – see slides

- Perception of mental health services – see slides
- Perhaps seeking mental health care has become less taboo for young people
- Hopefulness: Majority of students do report being moderately or highly hopeful
- RP Factors, see slides

New for this survey: ACES (HYS 2021)

- Combines 11 questions from Form B to give students a score –
- Cross tab students with higher ACES, see more likely sadness and contemplating suicide
- For additional info on the WAH-ACEs index, see here: https://www.askhys.net/Docs/HYS_Interpretive-Guide_ACEs_2021_FINAL_1_13_22.pdf

Lessons learned – see slides

- Online surveys – unique challenges re remote surveys and tech problems
- Timing and turnaround are key – working within environment of other school assessment
- Need to strategically message the ‘why’?
- Absolutely need to disaggregate the data

Question: where can people find the CSS data or summaries? We know we can get HYS data on the ASK HYS website.

2022 CSS: <https://www.k12.wa.us/student-success/health-safety/2022-covid-19-student-survey-results>

2021 CSS: <https://www.k12.wa.us/student-success/health-safety/2022-covid-19-student-survey-results/2021-covid-19-student-survey-results>

Question: what, if any questions on the 2022 community survey (of adults) addresses whether COVID has changed their perceptions and/or behaviors? It would be fascinating to ask in this year's community survey if parents would be willing to continue the behaviors characteristic of the pandemic (staying home, greater involvement with kids, limiting peer time, etc.) to maintain the lowered rates of substance use. And if they think the tradeoff of lowered substance use rates in exchange for worse mental health outcomes is 'worth' it...

PRESENTATION #2: Community-wide resilience mitigates adverse childhood experiences

Suzette Fromm-Reed, PhD, National Louis University

Dario Longhi, PhD, Participatory Research Consulting

For them: context is most important (did look at individual resilience)

What can be done next

Understanding context related to ACES – community context

- Also, how do we build supportive environments

How they got to contextual resilience

- Suzette's involvement in Harvard's human development project; good diversity and neighborhood clusters; neighbors telling us what the boundaries of their communities were
- Decades of research looking at sociological factors that predict 'bad stuff' (crime, delinquency, child maltreatment)
- Followed up this work at the WA State Family Policy Council
- Dario: important part of work in Chicago: developed an index of social cohesion and collective efficacy. How people interact with/help each other
- Wanted to include these measures in WA state research
- See slide on family policy council 1997-2012
- Followed the 46 or so community networks formed during this period; saw patterns of community capacity development

Had measures of *individual resilience* (how does that moderate impacts of ACES – Paula Nurius – and yes it did significantly mitigate various ACES. Interestingly interactive – if people had high ACES, the impact was lower; if they had lower ACES, impact was higher)

- Kody Russell: how do the "dual ACES" questions Dario used from HYS compare to the 11 "WA-ACES" questions currently being used?

But no data on characteristics of *contextual resilience* – brought in Suzette; Gates foundation funding

Used data from 118 WA state locales, see definition on slide

- Used 3 data sources – BRFSS, HYS, state archival data – see slide
- Putting these three data sources was not a small thing – geographic boundaries were different for different data sources; worked with Looking Glass Analytics to help with this
- Irina commented: The source of the archival community data utilized in the study can be found at RDA's Community Risk Profiles site at <https://www.dshs.wa.gov/ffa/research-and-data-analysis/community-risk-profilesProfiles>; for locales at <https://www.dshs.wa.gov/ffa/rda/4/53/locale>
- See slide re variables

Contextual resilience

- Pulled together learnings from Harvard research decades prior; had to piece together measures from existing data sources – see indicators used on slide re contextual resilience

Overall individual resilience

- created summary factor scores (see slide)

Question: what patterns can we find when we put individual resilience together with contextual resilience?

- They performed a factor analysis on how these different dimensions work in different communities – see slide on overall community-wide resilience
- Hypothesis on second community factor: these communities had not yet developed the community level resilience but there were many adults with resilience who might be working on building that community context, just not there yet

Surprising: the individual resilience of the youth didn't seem to impact contextual dimensions. Living in a community where adults helped each other was more important than their individual resilience.

Results: see slides

Effects of contextual resilience

- support all measures of community well-being
- Seem to work as a buffer against the ACES
- See article in AmPysch journal

KH: Looks very related to what Dr. Robert Sege finds related to ACES and being able to ameliorate these from positive experiences.

See graph re promise of increasing contextual resilience

(Blair note: well of course people who live in nicer places feel better ... how to change this is an equity, wealth distribution, policy thing)

Conclusions – see slide

What next? – see slide

- Replicate this study!
- More research on the how – how to build community capacity and resilience
- Here is the citation and link to the article: Longhi, D., Brown, M., & Fromm Reed, S. (2021). Community-wide resilience mitigates adverse childhood experiences on adult and youth health, school/work, and problem behaviors. *American Psychologist*, 76(2), 216–229. <https://doi.org/10.1037/amp0000773>

Questions/comments

Positive childhood experiences – yes!

Dario: similarities between this work and the work of SDRG and CTC. What we've added is figuring out what kinds of trauma make people have these behaviors and how these kinds of protective factors help mitigate

- Lots of overlap w risk/protective factor framework
- KH: we've been able to demonstrate via the trial of CTC that when communities build protection, the impacts on health of young people is positive. Creates better, stronger environments in which young people can thrive. This is why we do things like the CPWI.
- Dario: community capacity has to do with planning and organizing – this could be built, but not so much with evidence-based practices in the community.
- KH: it's a 'both-and' approach of building capacity and implementing evidence-based practices. Have been able to demonstrate this via the trial of CTC. When communities can implement the SDS (Social Development Strategy) as a practice it strengthens community resilience.

Michelle Frye-Spray: It strikes me as promising that the SDS can be used to build cohesion in youth and adults.

Sarah Mariani: connection to CTC framework and CPWI work are important to note. Also, how this info can lend itself to some of the work we've been doing of CPWI and builds on evidence-based strategies **and** awareness and environmental components in addition to direct service items. Let's think about including some of this in our eval of CPWI.

(17 participants at 12:30)

Discussion on HYS

Tyler shared these discussion questions

How to communicate a break in trends?

- Focus on the fact this was already a crisis re mental health

How to utilize the results from several surveys

Ideas for improving future surveys?

How to communicate a break in trends?

- KH: be consistent across issues (substance use, mental health, etc.)
- BC: Some of the lines, trying to recall what Covid was like at particular times/surveys – would be good to have the Covid context in mind when interpreting data points
- KH: note the suicide ideation is a drop from 2019 – so it's not that COVID caused more harm. There are some young people who found a reprieve from not having to be in school; it's not a one-size fits all situation.

KH: how does gun violence in schools and public places impact anxiety/worry?

Jordan: especially when we think about more school shooters being students of that school – they know all the drills and work arounds...

Tyler: some great questions in chat about ideas of questions to add to the HYS

- HYS for high school: 130-140 items
- On-line, answer faster but still not all items are completed by all students

Miranda Calmjoy provided an update on the survey revision process. This group has received email invitations over the past few months to contribute their thoughts on possible new items.

- HYS – review question by question, does this language still make sense, are folks still using these data?
- Deep in revision process
- Period of time for new revision proposals: about Jan-April the year after the last administration. Next time accepting new question proposals, in anticipation of 2025 survey, so late winter 2024.
- Just wrapped up two sessions of public/partner revisions sessions across the state.
- Now: a little bit of time remaining, follow the link to add thoughts: <https://redcap.link/HYS2023>

BRC – wondering about whether we may want to change the timing of this quarter’s PRSC meeting in future so that this group could provide feedback/input on future rounds of the HYS.

Participants were encouraged to follow up via email with Tyler and/or Miranda with other comments or suggestions.

Tyler emphasized that the conversations continue, and that they are interested in working on not only the items and reporting, but also disseminating these results and aiding partners and communities who are using the data. Especially now that we have different surveys and how do we deal with the fact that the new survey is not exactly comparable to past results.

KH: this is why we continue to focus not only the outcomes, but also on the underlying factors, the risk and protective factors, as those are the more actionable places where communities can act. We saw some changes in those factors in this report – this may lead to changes in outcomes in subsequent years.

TOPIC #3: Research briefs

Background: last year we did 3 research briefs

- Accessibility, marketing, and cost-benefit
- Upcoming 5 topics: Pricing, Impact on Health Disparities, Balance of industry and Public Health/Safety, Maintaining a Pulse on Cannabis, and Mental Health Promotion

Today we want to discuss the first two, and also want to get teams started for the next round

- Mental health & substance use
- Pricing

Questions to consider in breakout rooms

- Is the ‘so what’ of each brief apparent? Be sure we have the correct purpose/clear.
- Also, what’s missing in this brief?
- Key outcomes?

Mental health

- Health-seeking behaviors is something to highlight, HYS data we just heard
- Willing to seek, but still 25% who don’t

- May be more nuanced, turn to peers more than counselors/professionals
- Seeing improvements; and still work to be done

Pricing

- Be bold w policy considerations and ensure they are clean and clear
- Go into explaining ideas with graphics; cut words
- Tyler – is there a way to look at HYS for high-using cannabis people related to discipline or lower grades? There is some understanding about how high potency cannabis use affects people's work; for adolescents, their 'work' is going to school so it might be good to follow up on that question.
- Really helpful input! These are such fascinating conversations to have.

Janice Koffel: To finish my thought: I do like staging 'For Action' items earlier in the brief--you could almost simply start with Action recommendations, why these actions matter, what we know and what we expect to see as a result of the recommended actions.

Next steps: pls get your input to Kevin on pricing and to Brittany on mental health/substance use

Round Robin

DBHR

Alicia

- Recently hired new supervisor, will announce some new organizational changes
- Will leave a vacancy in workforce development as well as prevention systems manager position
- Contact Alicia with ideas or interest
- Grant writing season, lots happening there

Tyler – working with WSU on a health equity project, very exciting. WSU facilitating a bunch of interviews

- New work in health equity and capacity building

Christine: ADAI project is in Phase 2 part of the survey; 49 different policy ideas ranked on feasibility and impact

Eric Austin: asking for help. Starting a study as a media literacy intervention.

- Help people be more skeptical about info they see on line.
- I'd like to ask for your help! I'm looking for examples or (how to find examples) of social media misinformation messages about alcohol, cannabis, tobacco, or OTC sleep meds for an online media literacy experiment. Send your ideas to eaustin@wsu.edu. Thank you!
 - Janice will turn her teenagers loose on that topic!
 - Christine will send her Instagram sightings
 - Janice – send a flyer out to CPWI communities; Erica will follow up with Alicia.

Nicole O'Donnell – teaching a class

- I'm teaching "Communicating Health to Specialized Populations" - I'm looking for community partners to add a service learning component to the course. Nicole.odonnell@wsu.edu
- Janine's coalition interested in LGBTQ sex education

- Sarah Mariani also available to discuss

Brittany is doing a webinar re the ADAPT; how do we balance fidelity and adaptation for community providers. July 14th 12-1:30pm: Striking the Right Balance between Fidelity & Adaptation - Tools and Strategies for Implementing Evidence-based Substance Use Prevention Programs to Meet Community Needs -- email Brittany.cooper@wsu.edu for more detail.

<https://www.hidta.org/event/striking-the-right-balance-between-fidelity-adaptation-tools-and-strategies-for-implementing-evidence-based-substance-use-prevention-programs-to-meet-community-needs/>

PTTC

Upcoming series on reducing strategies and environmental strategies

<https://www.pttcnetwork.org/centers/northwest-pttc/event/spot-consultation-health-equity-across-systems-and-sectors-tales>

<https://www.pttcnetwork.org/centers/northwest-pttc/event/preventing-and-disrupting-stigma-associated-substance-use-disorders>

The Opioid Settlement, Regional Discussion will be July 27, 11:30 am-1pm PT

Opioid Settlement money – how might it impact prevention?

- End July, getting folx in our region together to talk about how to advocate for getting some of these dollars directed toward prevention. Can be a localized approach on advocating on how
- Alicia – has an opioid workgroup that is also working through some strategies related to this; let Alicia know.

Next meeting

- Considering doing an in-person meeting if it works with HCA
- Zoom will be an option
- Sept 28, 10-1:30

Theme for Sept meeting

Promoting Community Resilience?

- Janine: communities have 2 years of non-engagement; now things are changing. Everyone's bandwidth is very small; getting them to care about teen substance use is really hard. Folx have been in a fight/flight/flee mode. How to re-engage people who now haven't been engaged.
- Janine: How to rebuild a community's sense of competence and confidence that they can reclaim joy, reclaim connectedness, and strengthen a sense of belonging (especially given the last 2 years of racial disruptions coupled with the pandemic) to promote the health and well-being of children, teens, and adults to increase protective factors?
- Brittany: Perhaps we could invite a few CPWI coalition coordinators to join us and present on what they are doing to reengage their communities.

Dario: in Walla Walla have worked with school and after school programs, doing pre-post surveys related to resilience. Scales related to community, school, family; highly reliable scales and pre-post data from about 80 youth

- Has their resilience perception impacted their experience?
- 21st century program is getting re-funded for 5 years; nationally they are considering using these for data
- By Sept, may have more data on that; 20 min presentation on major results

Kevin, Brittany and Blair will start planning for the September meeting.

Danna: what's happening now that people are not getting arrested for drugs, and have less people going into jails. Jails are a big connection to mental health/behavioral health services. Also concerned about the juvenile population. So where in the community is the helping had to get that population connected to services?

- KH: yes, maybe for Dec and the 988 roll out will be important

Need to get started on next research briefs!