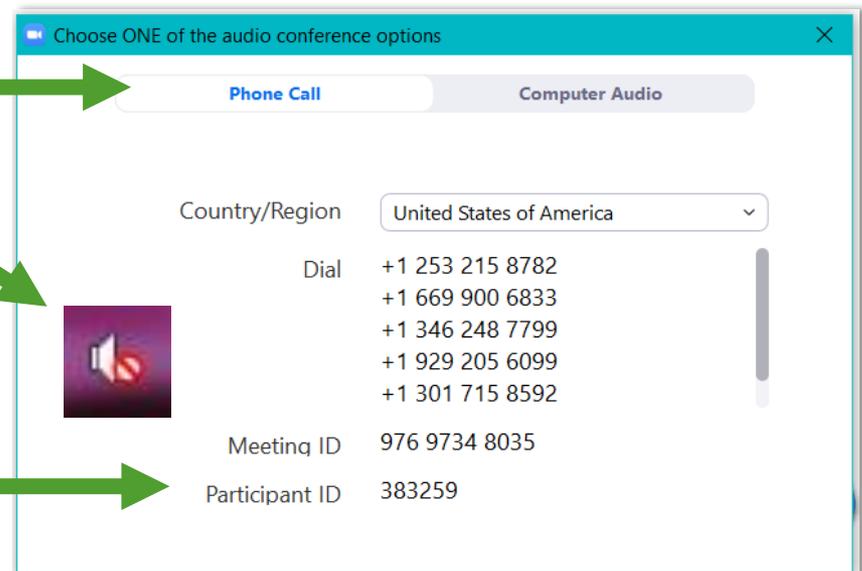


Good morning & welcome

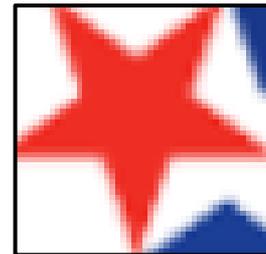
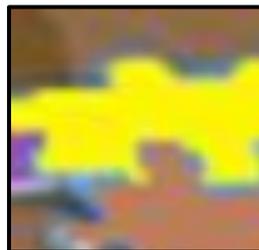
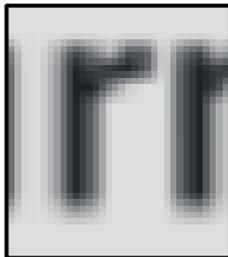
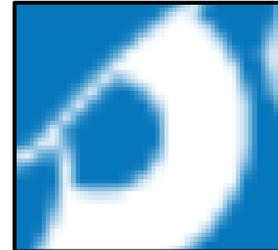
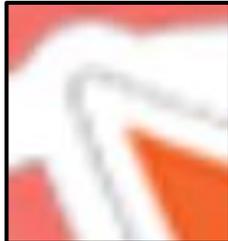
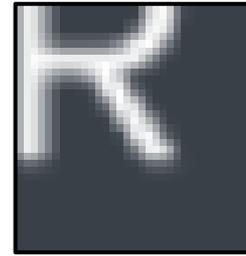
- ▶ We will begin at 8:30 AM with a virtual energizer
- ▶ The meeting formally begins at 9:00 AM
- ▶ It is always a good idea to close other windows and please ensure you are muted.
- ▶ If participating via phone:
 - ▶ Click OK and mute your computer speakers.
 - ▶ Be sure to enter your **unique Participant ID**, if you haven't already.

Trouble with Zoom? Email kersten.tano@hca.wa.gov.

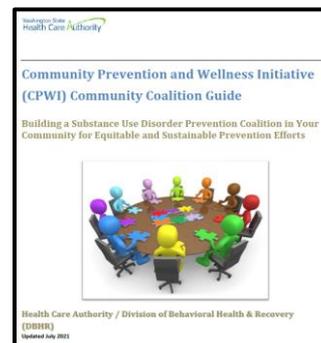
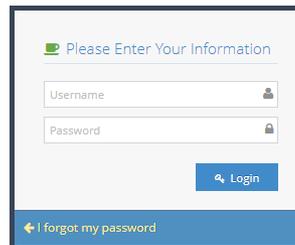
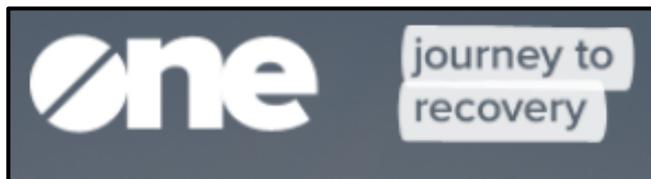


Name it! Find it!

Can you name the website or document each of these zoomed in, cropped images are from?



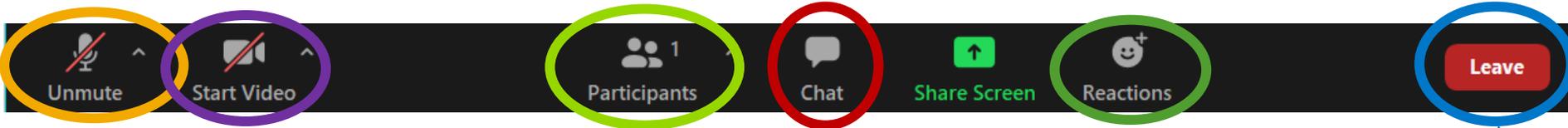
Name it! Find it!



Name it! Find it!

Ask HYS www.askhys.net	Guide for CBOs theathenaforum.org/cbo-community-implementation-guide-2021	Starts With One getthefactorsrx.com
Start Talking Now starttalkingnow.org/	Minerva Log In Page wadshs.health-e-link.net/login	The Athena Forum theathenaforum.org/
Starts With One Tribal Opioid Solutions watribalopioidsolutions.com/	Guide for CPWIs theathenaforum.org/cpwi-community-coalition-guide	CADCA www.cadca.org/

Zoom Controls



Video control

Allows you to control webcam to be on or off – When crossed-out (like above), you are not using webcam. If not crossed-out you are not using webcam.

Audio control

Displays audio format – if using computer audio will have microphone icon (like above), if called in with phone will have phone icon. Controls mute/unmute of Zoom audio.

Participants pane

Allows you to open/close the participants pane to see list of all participants and yourself.

In this pane, you will be able to find the hand-raising function.

Chat pane

Allows you to open/close the Chat box to send a chat/question to Host/Co-hosts.

Reactions pane

This function allows for you to show us what you are feeling! There's a thumbs up, thumbs down, smiley face, clapping hands and a few others!

Leave Button

This button allows you to leave the meeting when needed.

**Washington State
Prevention Provider Meeting
Monday, November 1st
9:00 – 3:00 PM**

Hosted by the Division of Behavioral Health & Recovery's
Substance Use Disorder Prevention & Mental Health Promotion Section

Agenda

9:00-9:15 a.m.	Welcome / Introductions Kasey Kates Tribal and CPWI Implementation Supervisor
9:15-10:15 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 Jen Hogge Mental Health Promotion and Integration Supervisor Alicia Hughes CBO and Grant Development Supervisor
10:15-10:30 a.m.	Virtual Energizer / Break
10:30-12:00 p.m.	Excellence in Prevention (EIP) Strategy List: Updates and Recommendations for Substance Misuse and Mental Health Promotion Programs in Washington State Washington State University Dr. Brittany Cooper Associate Professor and Director of the Prevention Science PhD program Dr. Gitanjali Shrestha Postdoctoral Researcher
12:00-12:30 p.m.	Lunch
12:30-2:15 p.m.	Infusing Health Equity Efforts into Prevention Programming Miranda Pollock Prevention Research and Surveillance Manager Michelle Cassandra Johnson Anti-racism Consultant and Intuitive Healer Prevention partner panel representatives
2:15-2:45 p.m.	Breakout Rooms: Networking
2:45-3:00 p.m.	Closing Announcements
Optional 3:30-4:30 p.m.	HCA / DBHR Listening Session Keri Waterland Assistant Director Michael Langer Deputy Director
Other meetings 4:30-5:30 p.m.	Educational Services District Student Assistance Program Meeting Carola Brenes School-Based Services Policy and Program Manager CPWI Cohort 7 Meeting Alicia Hughes CBO and Grant Development Supervisor



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

Time for a celebration

- ▶ Thank you to everyone who helps make today and the **Prevention Summit** possible!
- ▶ Let's celebrate the **Prevention Section!**
- ▶ Let's celebrate each of **YOU!**



Over the last year we also want to celebrate:

- ▶ CPWI 10-year anniversary
- ▶ The continued success of the prevention fellowship program
- ▶ The wonderful opportunity to bring youth together through the Spring Youth Forum
- ▶ Our ability to continue prevention funding
- ▶ Those who have received new or continued Drug Free Community grants





Alicia Hughes | CBO and Grant Development
Supervisor | HCA/DBHR

Let's continue to celebrate:

- ▶ Additional prevention funding
- ▶ How we are addressing the opioid crisis
- ▶ Workforce development efforts
- ▶ Our Prevention Section Healthy Equity Workgroup



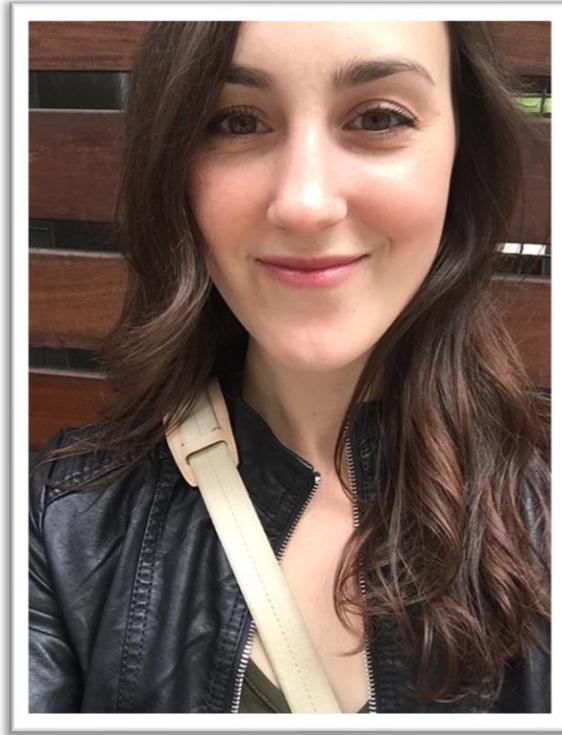


Jen Hogge | Mental Health Promotion and Integration
Supervisor | HCA/DBHR

There's more to celebrate:

- ▶ Designation of 988 as universal telephone number for the National Suicide Prevention and Mental Health Crisis hotline
- ▶ Collaboration with the Law Enforcement Mental Health Task Force and the VA and their Governor's Challenge
- ▶ The Emergence Response Suicide Prevention grant
- ▶ Wellness campaign
- ▶ Success of CBO grantees





Kasey Kates | Tribal and CPWI Implementation
Supervisor | HCA/DBHR

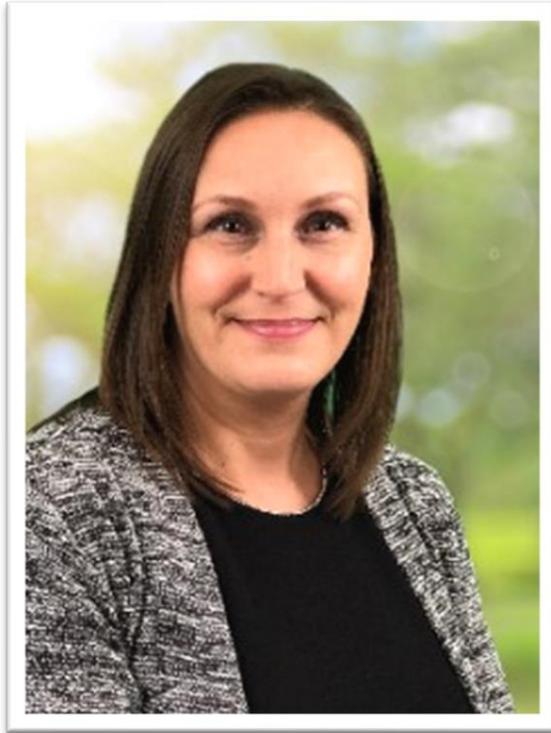
Continuing our theme of celebration:

- ▶ Let's celebrate the success of Tribes across the state!
- ▶ Let's take a moment to recognize the work of Educational Service Districts in each of the 9 regions!



Looking at the year ahead

- ▶ The State Prevention Enhancement (SPE) Policy Consortium begins updating their 5-year Strategic Plan
- ▶ Collaboration with WSU on a Youth Participatory Action Research Community of Practice (YPAR) project
 - ▶ https://wsu.co1.qualtrics.com/jfe/form/SV_elCjreRoc8lcRKK
- ▶ Prevention and Mental Health Promotion Services Advisory Workgroup provides key feedback and solutions
- ▶ Collaboration with the Prevention Research Subcommittee
- ▶ Preparing for legislative session
- ▶ Minerva 2.0



Keri Waterland | DBHR Division Director | HCA/DBHR

Virtual Energizer/Break

Please take this time to join us for a fun activity or take a break as you need

Touch Blue Activity

(With a Provider Meeting Twist)

INSTRUCTIONS:

- ▶ I'll call something out. (example: *Touch something blue.*)
- ▶ Look around you. Find something that matches.
- ▶ If within reach, touch it.
If small or light enough, hold it in front of your web cam.
- ▶ If the item is across the room, if you can dash and grab, do so!
 - ▶ At very least, point at it.

- ▶ Be prepared for multiple touches!

Lunch 12:00-12:30 PM



Infusing Health Equity Efforts into Prevention Programming

Miranda Pollock | Px Research and Surveillance
Manager

Michelle Cassandra Johnson, MSW | Anti-racism
Consultant and Intuitive Healer
Prevention partner panel representatives

Finding Refuge: Healing Our Collective Grief



Guided Meditation





Cultural Trauma



Legal scholar Angela Onwuachi-Willig defines cultural traumas as “socially mediated processes that occur when groups endure horrific events that forever change their consciousness and identity.”



According to cultural sociologists, these traumas arise out of shocks to the routine or the taken for granted. Understanding such traumas is critical for developing solutions that can address group suffering.”

"We are holding grief in our bodies and bones and often in isolation. Our grief isn't isolated, it is pervasive. To respond to the grief we experience as a collective, we need to be present to what is breaking our hearts."

Michelle C. Johnson



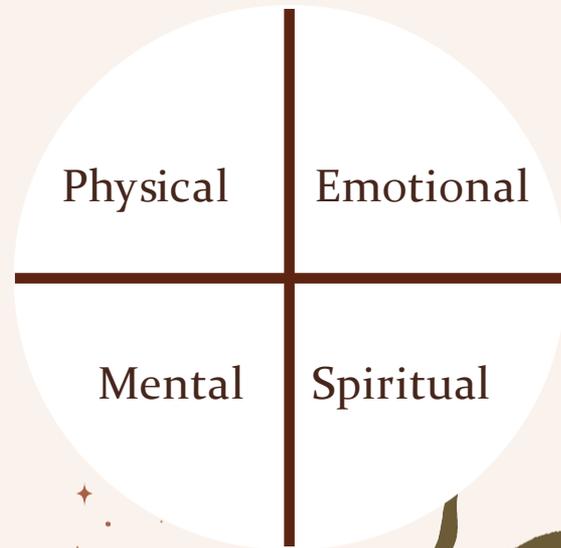
What are you grieving?



What are we grieving?



Self-System





How have the past 17 months affected your self-system?

Systemic Oppression

Culture



Spirit/Landscape

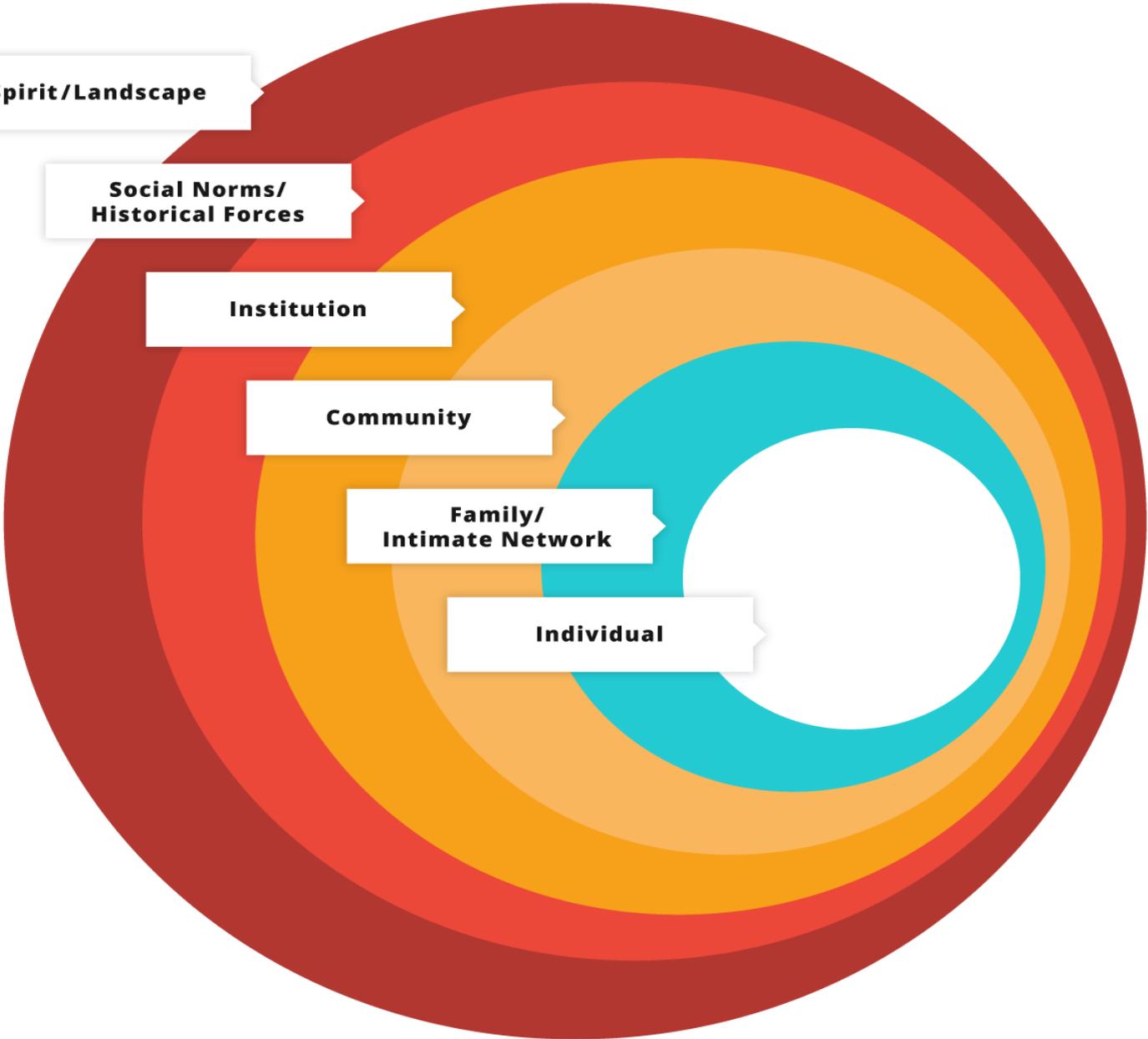
**Social Norms/
Historical Forces**

Institution

Community

**Family/
Intimate Network**

Individual





✦ How have the past 17 months affected the collective's system?

How are you resourcing
yourself at this time?

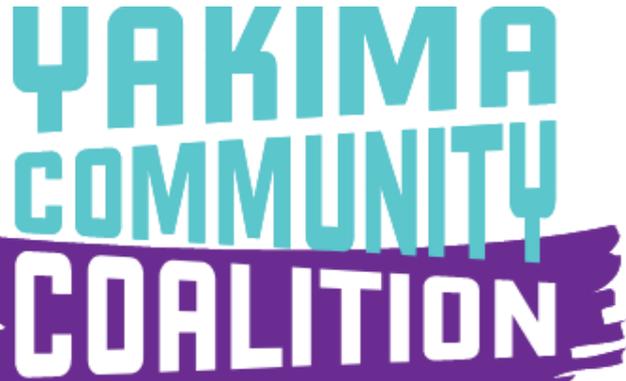


Thank
You



Infusing Health Equity Efforts into Prevention Programming

Prevention Panel
Representatives



YAKIMA
COMMUNITY
COALITION

The logo features the words 'YAKIMA' and 'COMMUNITY' in a teal, blocky font, stacked above the word 'COALITION' which is in a white, blocky font. 'COALITION' is set against a purple, brush-stroke style background. Three black arrows point towards the logo: one from the top left, one from the top right, and one from the bottom left.



Lizbet Maceda

A large, irregular yellow brushstroke background behind the name and title.

Community Coalition Specialist
Strengthening Families – COVID radio
adaptation



Yakima, WA

- Wineries
- Valley Museum
- Apple Orchards
- Large Latino Population

Strengthening Families - Radio Adaptation

Hispanic/Latinx Community

98% of Hispanics age 12 or
older tune in each week -
Bustos Media

Call In Opportunity

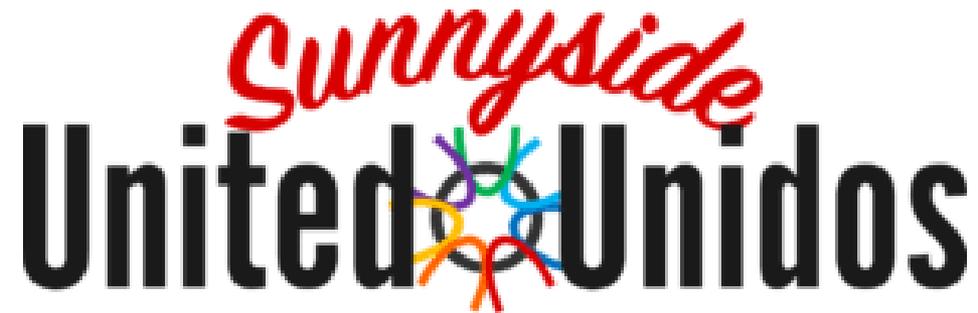


Cultivating Resilience Door to Door

**By Delphina Liles, Youth Services Coordinator
JLS Family Resource Center, San Juan Island**



Basic Needs Coupled with Emotional Check-Ins



Brenda Barrios

Coalition Coordinator of Sunnyside
United Unidos

brenda.barrios@sunnysideschools.org
(509)837-5925



- Sunnyside, WA - Rural Town of 16,000 people (20,000)
 - Substance Abuse Grant Dollars
- Strengthening Families Program for Parents & Youth Ages 10-14
 - Promotion of webinar classes
- Community either Zoom Fatigued/Technology Literacy Low
 - Delivered Packets, Phone Calls to Families
 - Facebook Boost/Word of Mouth

Equity Starts with Connection

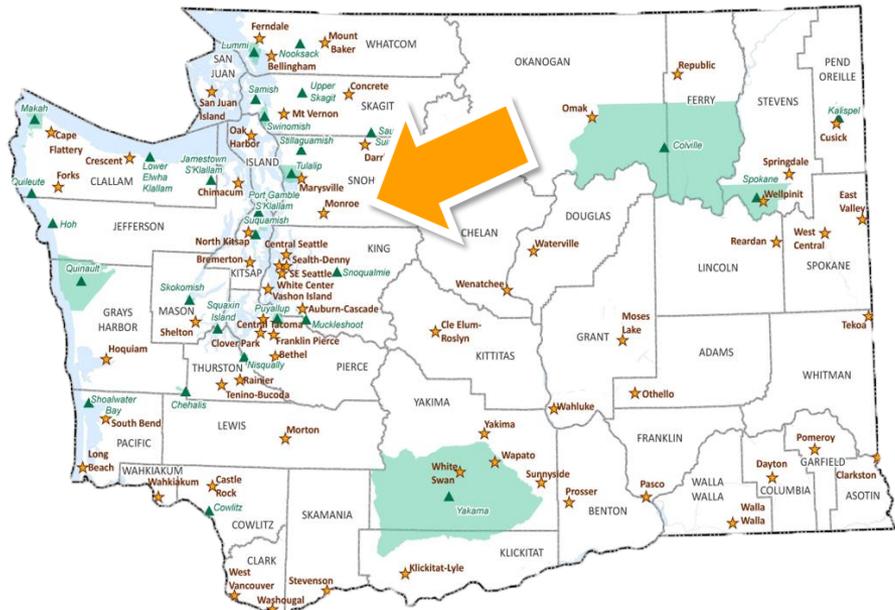
Monroe Community Coalition's Let's Get Better Campaign

Joe Neigel, Director of Prevention Services

Monroe School District

neigelj@monroe.wednet.edu

Welcome to Monroe!



CPWI Protects Youth

Adults to turn to for help : Highest rate ever recorded.

Attempted suicide: 2nd lowest rate ever; lowest since 2006!

Current alcohol use: Lowest rate ever recorded.

Binge drinking: Second lowest rate ever recorded.

Marijuana: Second lowest rate ever recorded.

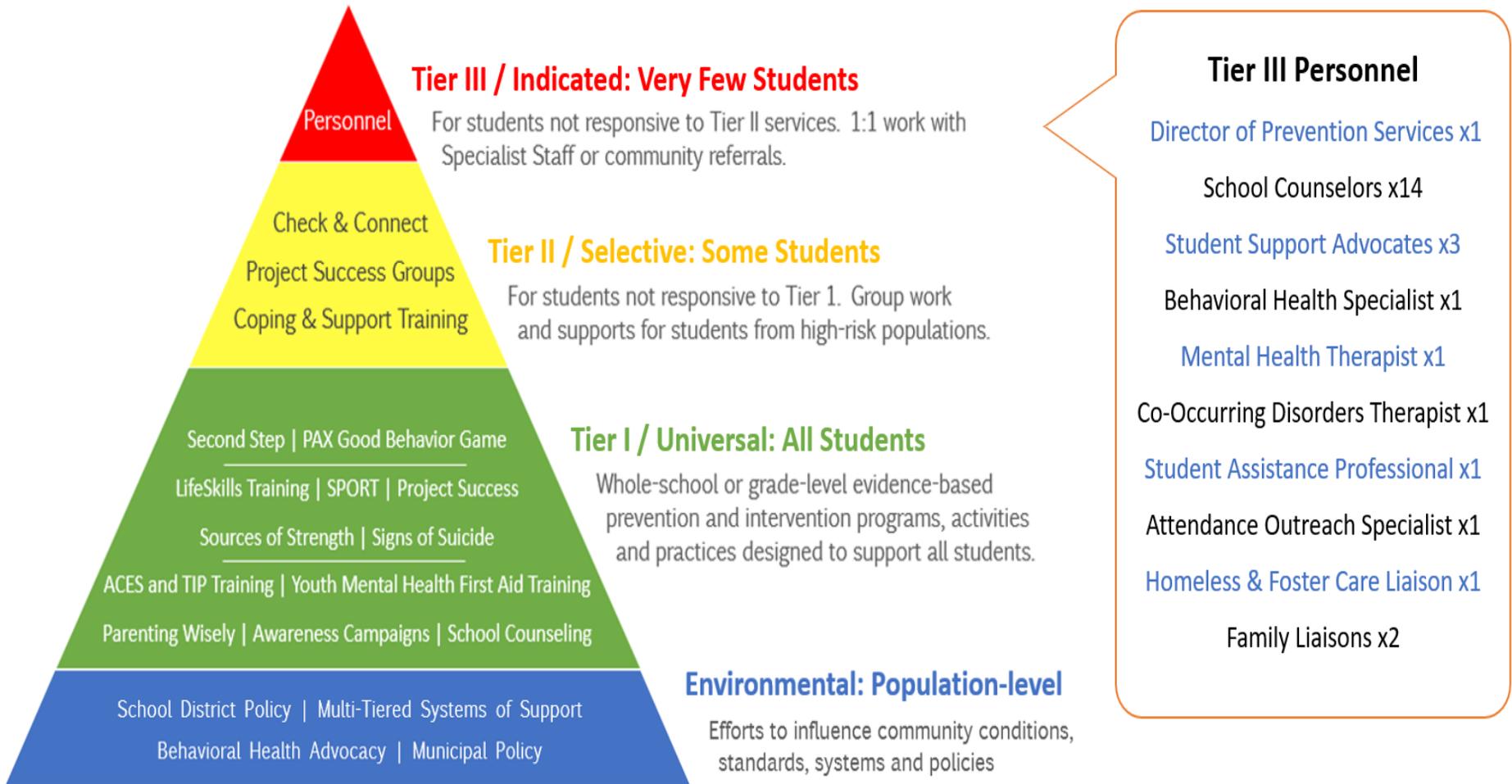
Pain Killer use: Tied for lowest rate ever.



Rx use (Not Prescribed): 6th year of decline.



CPWI Leveraged Services in Monroe



Community Provides Context to Data



Washington State Healthy Youth Survey Online Analysis - 2018

Monroe High School (Monroe School District) - Grade 12

Hispanic or Latino/Latina, Any and Depression

Hispanic or Latino/Latina, Any

	Depression		Total
	No	Yes	
not Hispanic	61.1% ± 7.9% 91	38.9% ± 7.9% 58	100.0% 149
all or part Hispanic	50.0% ± 14.6% 23	50.0% ± 14.6% 23	100.0% 46

MEN

Let's get better as brothers

Understanding our mental strength

Learn to give and receive support for: alcohol & drugs, anger & violence, anxiety & depression, grief & loss, relationships & trauma.

Health Care Authority

MEN

Let's get better as fathers

Understanding our mental strength

Learn to give and receive support for: alcohol & drugs, anger & violence, anxiety & depression, grief & loss, relationships & trauma.

Health Care Authority

MEN

Let's get better as grandfathers

Understanding our mental strength

Learn to give and receive support for: alcohol & drugs, anger & violence, anxiety & depression, grief & loss, relationships & trauma.

Health Care Authority

MEN

Let's get better as friends

Understanding our mental strength

Learn to give and receive support for: Alcohol & Drugs, Anger & Violence, Anxiety & Depression, Grief & Loss, Relationships, Trauma.

Health Care Authority

MEN

Let's get better as grandsons

Understanding our mental strength

Learn to give and receive support for: alcohol & drugs, anger & violence, anxiety & depression, grief & loss, relationships & trauma.

Health Care Authority

MEN

Let's get better as husbands

Understanding our mental strength

Learn to give and receive support for: Alcohol & Drugs, Anger & Violence, Anxiety & Depression, Grief & Loss, Relationships, Trauma.

Health Care Authority

MEN

Let's get better as uncles

Understanding our mental strength

Learn to give and receive support for: alcohol & drugs, anger & violence, anxiety & depression, grief & loss, relationships & trauma.

Health Care Authority

Let's Get Better...

HOMBRES

Mejoremos como hermanos

Entendiendo nuestra fuerza mental

Aprenda a dar y recibir apoyo para: alcohol y drogas, ira y violencia, ansiedad y depresión, pena y pérdida, relaciones y trauma.

Health Care Authority

HOMBRES

Mejoremos como padres

Entendiendo nuestra fuerza mental

Aprenda a dar y recibir apoyo para: alcohol y drogas, ira y violencia, ansiedad y depresión, pena y pérdida, relaciones y trauma.

Health Care Authority

HOMBRES

Mejoremos como abuelos

Entendiendo nuestra fuerza mental

Aprenda a dar y recibir apoyo para: alcohol y drogas, ira y violencia, ansiedad y depresión, pena y pérdida, relaciones y trauma.

Health Care Authority

HOMBRES

Mejoremos como amigos

Entendiendo nuestra fuerza mental

Aprenda a dar y recibir apoyo para: alcohol y drogas, ira y violencia, ansiedad y depresión, pena y pérdida, relaciones y trauma.

Health Care Authority

HOMBRES

Mejoremos como nietos

Entendiendo nuestra fuerza mental

Aprenda a dar y recibir apoyo para: alcohol y drogas, ira y violencia, ansiedad y depresión, pena y pérdida, relaciones y trauma.

Health Care Authority

HOMBRES

Mejoremos como esposos

Entendiendo nuestra fuerza mental

Aprenda a dar y recibir apoyo para: alcohol y drogas, ira y violencia, ansiedad y depresión, pena y pérdida, relaciones y trauma.

Health Care Authority

HOMBRES

Mejoremos como tíos

Entendiendo nuestra fuerza mental

Aprenda a dar y recibir apoyo para: alcohol y drogas, ira y violencia, ansiedad y depresión, pena y pérdida, relaciones y trauma.

Health Care Authority

didg^wálič Wellness Center

didg^wálič (deed-gwah-leech) Wellness Center is a multi-specialty community health organization that provides counseling, medication, primary care, dental, and social services to both Native and non-Native patients with substance use and behavioral health disorders.

Andrew Shogren

Chief Operating Officer

360-588-2800, ext 2809

andrew.shogren@didgwalic.com

didg^wálic Wellness Center

- Owned & operated by the Swinomish Indian Tribal Community
- Serves Native and non-Native patients within a 50-mile catchment area that includes Skagit, Whatcom, San Juan, Snohomish and Island counties
- The didg^wálic Treatment Model
- Open throughout the pandemic providing services
- Continue to remove barriers to care





**April 23
preparing
for the
Wellness
Walk.**

**Coloring slogans on the
walls of the Quileute
Tribal Office in the
rain, the day before our
walk.**



Quileute Nation

**ATOD Prevention
Coordinator**

Ann Penn Charles

Next Steps



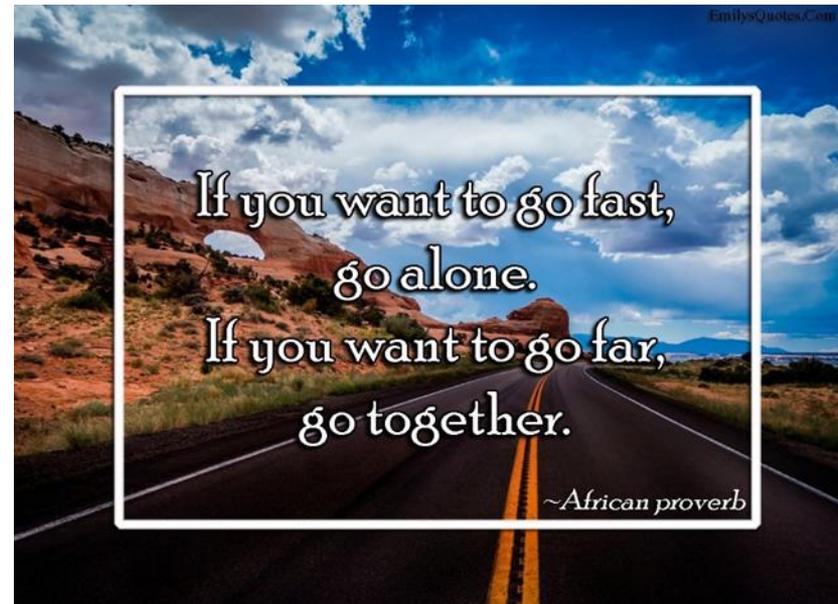
Panel Q&A



Advisory Workgroup Networking Activity: Collaboration

Collaboration Exploration – 3 phases

- ▶ **5 min:** Defining collaboration through Menti
- ▶ **15 min:** Meeting in breakout rooms to discuss scenarios
- ▶ **10 min:** Gathering to share insights through Menti again



Menti Questions

- ▶ At this time, we will turn the screen over to our Menti operator to walk you through the Menti questions
- ▶ There will be 2 Menti slides and then a breakout room discussion followed by one more Menti

What Now?

- ▶ How will we use this information?
- ▶ Collaboration Workgroup Goals:
 - ▶ Discuss the challenges for cross system connection between DBHR grantees at local level
 - ▶ Gather feedback from providers about how to overcome barriers (NOW)
 - ▶ Develop helpful tools for providers to use in their own communities
- ▶ **Thank You for your help!**



Closing announcements

take care of yourself today.
future you appreciates it.



chibird.com

Evening meetings

Evening meetings	Times
HCA/DBHR Listening Session <i>Keri Waterland & Michael Langer</i>	3:30 – 4:30pm
ESD/SAP Program Meeting <i>Carola Brenes</i>	4:30 – 5:30pm
CPWI Cohort 7 Meeting <i>Alicia Hughes</i>	4:30 – 5:30pm

Listening Session

- ▶ Introductions
- ▶ Purpose
- ▶ Opening remarks
- ▶ Discussion
 - ▶ What has worked well over the last year?
 - ▶ What would you like more support on?
 - ▶ What ideas do you have for our future work together?
- ▶ Wrap Up