

Prevention Learning Community Meeting

Hosted by: Division of Behavioral Health and Recovery

October 28, 2020

9:00 a.m. – 10:00 a.m.

Optional session 10:00 a.m. – 11:00 a.m.

Time	Agenda
9:00-9:05 a.m. 5 min	Welcome
9:05-10:00 a.m. 55 min	DBHR Communication <ul style="list-style-type: none"> • DBHR Updates <i>Prevention Section Supervisors</i>
Optional 10:00 – 11:00 a.m. 60 min	Preparing for Legislative Session <i>Julie Peterson, Executive Director, Healthy Generations</i>

**See you virtually on November 2nd
at the Provider Meeting**

Kasey Kates, Alicia Hughes, and Jen Hogge | Prevention Section
Supervisors | HCA/DBHR

DBHR Communication

DBHR updates

- ▶ HYS updates
- ▶ CBO Updates
- ▶ CPWI Community Consultation
 - ▶ Cohort 4 - 2:00 to 3:00 pm
 - ▶ Cohorts 5 & 6 - 3:00 to 4:00 pm
- ▶ COVID-19 adjustments
 - ▶ Contractors/coordinators working with Contract Managers to document adjustments to CPWI and CBO Action Plans/Budgets.
 - ▶ Question to the field: *How are you making adjustments to support your community and youth during this time? Type in the chat or raise your hand!*
 - ▶ Update from Chewy: www.theathenaforum.org/evidence-based-program-modification-tracking.

November 2nd Provider Meeting

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 Assistant Director Michael Langer Deputy Director <i>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.</i>
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

November 2nd Provider Meeting

- ▶ Minerva training 3:00 – 5:00 PM:
 - ▶ The content of this training was based of a survey sent to providers in early September. The training will highlight the "Enter Session Data" module as well as the "Partner/Staff Module".
 - ▶ The learning objectives for this training are as follows:
 - ▶ Participants will be able to list the significance of the Enter Session Data Module and Partner/Staff Module in Minerva
 - ▶ Participants will be to describe the work necessary to be completed in the various modules in Minerva
 - ▶ Participants will be able to perform work as it relates to their roles in Minerva
 - ▶ There will be a Q and A section during the last half hour of the training.
- ▶ Data Book training 3:00 – 5:00 PM:
 - ▶ The content of this training was based on feedback from the field including a survey sent to providers in early September. The training will highlight "How to tell your story by the numbers."
 - ▶ The Data Book is one tool in which to start your needs assessment. In this workshop, participants will review the 4 step process to review and apply data from their Data Book to help guide and prioritize outcomes for prevention planning.

November 3rd & 4th Prevention Summit

- ▶ Adult schedule posted at <https://preventionsummit.org/adultprogram/>.
- ▶ Check out our featured speakers at <https://preventionsummit.org/featured-speakers/>.
- ▶ If you have questions, see our FAQ page at <https://preventionsummit.org/faqs/>.



Safe Medication Return Project

- ▶ Also known as the Drug Take Back program that was signed into law in 2018 – [RCW 69.48](#)
- ▶ Establishes a unified, statewide safe medication return program for all Washington residents to access free, convenient and environmentally responsible options for disposing of unused, unwanted medications.
- ▶ MedProject has been chosen as the approved program operator and will be launching the program on November 21st, 2020.
- ▶ For additional information, visit DOH's page on [Secure Medication Return](#) or [MedProject's website](#).

CBO LIFRC.org



Susannah Dunlap
Youth Mentoring Program Coordinator

The Lopez Island Mentor Program has been successfully matching adults and youth on Lopez since 1997.

COVID-19 Virtual and In-person Mentor Meetings- Social Distancing

25 Great Outdoor Gathering Spots on Lopez

LIFRC Youth Mentoring Program – Fall 2020



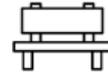
Temporary
2-person canopy



Large permanent pavilion
Can fit more than 2 people



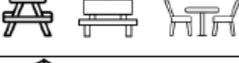
6' Picnic Table



Outdoor Seating
Bench or Chair



Tables & Chairs
< 6' surface area

Space Specs	Location	Details
North End		
1 	Odlin – Group Camp Site	Walk-in only. Closed to campers this season. Gate across drive, entrance is between boat trailer parking lot and Ferry Road.
2 	Odlin – Gathering Spot	Center of park, directly across from park office.
3 	Spencer Spit – Spit Cabin	Bring warm clothes!!
4 	Spencer Spit – Reservable Picnic Shelter	Confirm availability with park ranger if planning a special activity. Located just beyond bathrooms and main parking area.
Village		
5 	Blossom	On lawn but uncovered
6 	Farmers Market	Seasonal tables, uncovered
7 	Holly B's	Best "off times" are Mon-Thurs when Holly B's is closed.
8 	Isabelle's	Large deck with built ins + tables & chairs. Lawn has picnic tables.
9 	Islander – Temporary Canopy	Bring your own table & chairs. This canopy can come and go depending on wind and weather. Check first!
10 	Islander - Deck	Outdoor dining with umbrellas



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

Training Announcements

Training Announcements

Training	Date(s)/Location
Washington State Prevention Provider Meeting and Prevention Summit	November 2-4 Webinar
NWPTTC Activating Communities For Change: Region 10	November 10-19 Webinar
CADCA: Community Capacity: Building the Foundation for Success	November 18 Webinar
DBHR Minerva TA & The Implementation Module Call	November 18 Webinar
2020 Annual Children's Mental Health Conference: Institute of Child Psychology	November 20-22 Webinar
CADCA Bootcamp Training	December 1-4 Webinar
CADCA: Sustainability: It Starts with Relationships	December 2 Webinar
Virtual Native Talking Circles: Staying Connected in Challenging Times	December 7 Webinar
DBHR Minerva TA & The Partner/Staff Module Call	December 11 Webinar
Adolescent Substance Use: Contemporary Trends in Prevention	December 30 Webinar

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

Prevention Ethics Series

- ▶ Four-part series on Px Code of Ethics:

- ▶ *Session 1- December 1, 2020 12:00 pm – 1:30 pm Pacific*
- ▶ *Session 2- December 3, 2020 12:00 pm – 1:30 pm Pacific*
- ▶ *Session 3- December 8, 2020 12:00 pm – 1:30 pm Pacific*
- ▶ *Session 4- December 10, 2020 12:00 pm – 1:30 pm Pacific*

- ▶ Information posted on the Athena Forum:

<https://www.theathenaforum.org/prevention-ethics-series>

- ▶ Register on PTTC Learning Website:

<https://www.pttclearning.org/courses/prevention-ethics-washington/>



You Have the Power!

*Achieving Success through Effective
Communication with Elected Officials*

Julie Peterson
Executive Director
Foundation for Healthy Generations

Objectives

1. Discuss 2021 Legislative Session
2. Guidelines around what you can do to advocate
3. Learn about effective ways to build relationships with decision-makers
4. Questions and answers



2021 Legislative Session



Virtual

Shifting margins

Committee changes



Biennial Budget

Revenue Shortfall



ISSUES

Equity/Racism

COVID-19

Budget

Police Reform

Housing/Homelessness

Child Care

Clim



Lobbying
vs.
Advocacy/Education



YOU CAN...

- Speak about the specific effects about a specific policy or law (current or future) in your community.
- Speak in front of City Council or another official body as long as you do not topple into the Lobbying criteria on the right.
- Respond with your professional opinion and recommendation on a specific piece of legislation, if requested in writing by an elected official City or State (email counts).
- Say whatever you like if it is part of an administrative or rulemaking process (Planning Commissions licensing, state agency rulemaking).



YOU CAN...

- Train and invoke youth to speak about specific action positions.
- Have coalition volunteers or Board Members step in at the end of a policy campaign to push more directly.
- Partner with another organization, coalition, or faith-based group that CAN lobby.
- Clearly point out that you are off duty (but still mention your professional role, etc.) and then state your call for action on something specific. Invite community members and/or partners to a meeting with elected officials or urge them to take the action that goes beyond Advocacy.
- Say whatever you like if it is part of an administrative or rulemaking



Advocacy is a Year-Round Process

Building a positive image and strong relationships that help your cause throughout the year.



Craft the Message and Your One-Page Leave Behind

1. Introduction - Who are you?
2. Description of the program/grant
3. What action are you taking?
4. What do you hope to accomplish at the end?



One-Page Leave Behind

- It needs to be one-page! White space!
- Brief Description of program/grant/issue
- What action are you taking?
- What are you hoping to accomplish/outcomes/successes?
- Include Congressional District Map*
- Include your contact information



Building Health from the Neighborhood Up in Southwest Washington

Issue

Clark, Cowlitz, Skamania, and Wahkiakum Counties in southwest Washington are home to 542,817 people.¹ The communities are diverse, from the City of Vancouver to the rural town of Cathlamet. Yet each county faces risks for chronic disease. One in five adults in Clark County does not get any physical activity.² In Cowlitz County, 25 percent of adults currently smoke cigarettes.³ A third of all adults in Skamania and Wahkiakum Counties are obese.⁴ Being physically active, eating healthy, and quitting tobacco reduce the risk of heart disease, stroke, cancer, and diabetes.

Intervention

The Healthy Living Collaborative of Southwest Washington is a partnership of over 30 members representing public health, mental health, housing, transportation, education, and other sectors in Clark, Cowlitz, Skamania, and Wahkiakum counties. The collaborative was formed to figure out ways to improve the health and wellness of people in southwest Washington. It is based on the premise that community leaders can help identify the root causes of chronic disease and propose solutions.

A current strategy of the collaborative is to find and train natural leaders as Community Health Workers. These leaders will help community members make connections to existing health services, foster collaboration between partners, and identify barriers to preventive care. Community Health Workers will also help the collaborative identify and inform strategies that can make their neighborhoods healthier. This will help the collaborative think about larger changes they can make across the region.

Impact

The collaborative is partially funded by the Community Transformation Grant and the Preventive Health and Health Services Block Grant. By leveraging a small amount of these federal dollars to raise additional public and private funds, the collaborative now has dedicated staff and secured funding for up to three years. So far, the collaborative has held three community forums and received input and ideas from over 90 community members about the Community Health Workers project. By listening to these voices, the collaborative is creating opportunities for healthy changes that respond to neighborhood and community needs.

Contact:
Danielle Kenneweg
Washington State Department of Health
Danielle.Kenneweg@doh.wa.gov
360-236-3782
Region population: 542,817
Clark County Public Health
Vancouver, Washington
www.clark.wa.gov/public-health



Data sources:

- ¹ U.S. Census Bureau, 2010 Census
- ² Washington State Department of Health, Clark County Chronic Disease Profile, 2013
- ³ Washington State Department of Health, Cowlitz County Chronic Disease Profile, 2013
- ⁴ Washington State Department of Health, Skamania County and Wahkiakum County Chronic Disease Profiles, 2013





“All politics is local.”

-Thomas O'Neill, Sr.



“Trust is the conduit of
influence.”

- Amy Cuddy



Building Relationships

- Legislators
- Local Elected and Appointed Officials
- Individuals at Regulatory and Funding Agencies
- Local Opinion Leaders



Do Your Research!

- Who are they?
- What have they done, believed in, or fought for that might be helped by supporting your cause?



Just do it!

- Do you know who your members/senators are?
 - <http://app.leg.wa.gov/DistrictFinder/>
- Look at campaign material, the local grapevine, Internet, your personal network.



Initial Meeting

- Decide who will attend
- Comfort in numbers
- Choose 1-2 spokespeople
- Practice, practice, practice



The Appointment

- Call District Office
- Ask for the staff who handles health issues
- Get key info, name, e-mail address
- Make the appointment
- Leave your contact info, including cell number
- Send an e-mail confirming appointment, who will be attending, topic, and one-pager
- Arrive 15 minutes early
- Practice, practice, practice



The Meeting

- Introductions
- Make the Pitch
- Listen
- Ask about what staff/member is interested in/needs help with
- Find out how they like to receive information their information
- Always follow-up
- Always send a thank you!!



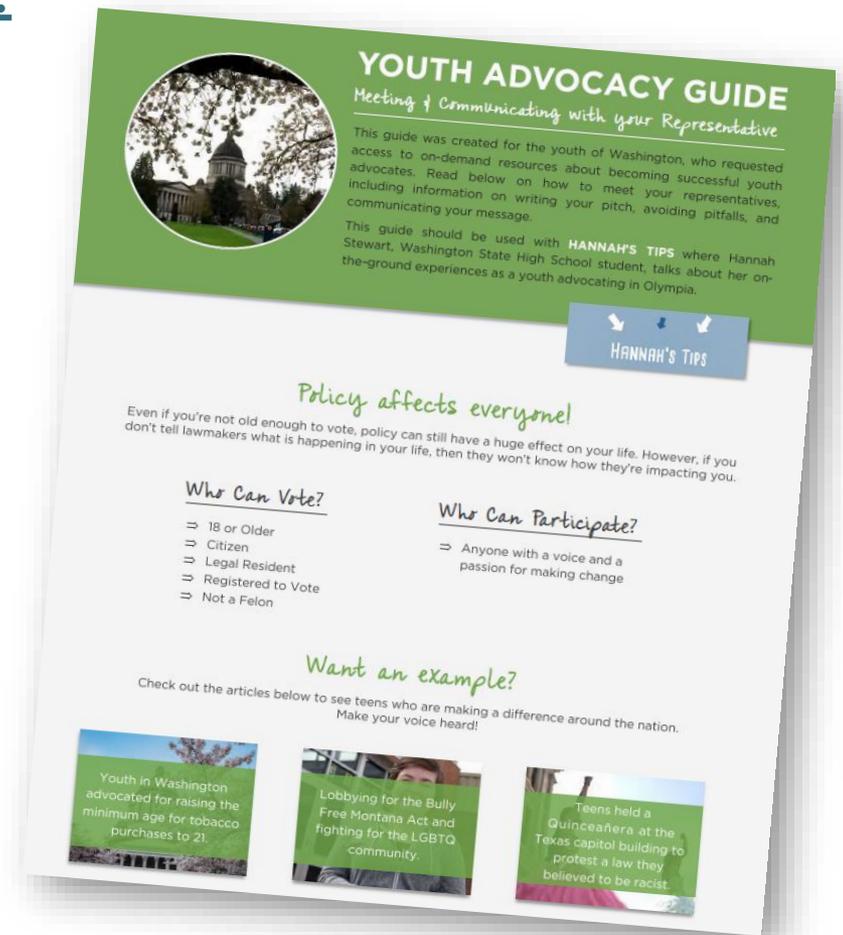
Building the Relationship

- It's not one and done!
- Build the relationship building into your work-plan
- Invite members/staff to events you host
- Send your newsletter or media releases
- Schedule a short visit or meeting to provide updates
- Always reintroduce yourself when in the community
- Sign up for e-news, Facebook, Twitter



Youth Advocacy Guide

- Hannah's Tips Videos:
 - <https://vimeo.com/album/4710255>
- 2017 Youth Advocacy Guide:
 - <http://www.healthygen.org/resources/youth-advocacy-resources>





- **2021 WASAVP Prevention Policy Day**
- Mark your calendars and start recruiting youth to participate and become effective and powerful advocates opportunity in Olympia!
- See highlights from 2017 [Prevention Policy Day](#)
- Agenda, registration details, the theme, and more to come in the months ahead and at the Prevention Summit.
- Spread the word!





foundation for
healthy generations

CREATING ENDURING HEALTH EQUITY

- Foundation for Healthy Generations
 - <http://healthygen.org/>
- Health Policy News
 - Sign up at our website

“Alone we can do so little;
together we can do so much.”

-Helen Keller



Questions? Thoughts? Wisdom?



Julie Peterson
Executive Director
Foundation for Healthy Generations

juliep@healthygen.org

Twitter: @healthygenjulie





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Thank You!



Resources:

- <https://leg.wa.gov/>
- <https://healthygen.org/>
- <https://wasavp.org/>
- For more information on Prevention Voices contact:
megan.moore@kitsappublichealth.org.

TAKE CARE



OF YOURSELF