Welcome to the Washington State Prevention Provider Meeting

Yakima Convention Center

November 6, 2016
9:30 a.m. - 4:30 p.m.
Substance Abuse Prevention And Mental Health Promotion

Overview of Prevention Services
November 6, 2016

Lucilla Mendoza, Division of Behavioral Health and Recovery
Janet Gone, Office of Indian Policy
Julia Havens, Division of Behavioral Health and Recovery
Krissy Johnson, Office of Superintendent of Public Instruction
TRIBAL PREVENTION AND WELLNESS PROGRAMS
Tribal Prevention Partners

• All tribal communities engage in prevention and wellness activities

• 26 of the 29 Federally Recognized Tribes in WA utilize DBHR funding for Prevention
Government to Government Relationship

• Partnership with Office of Indian Policy

• Administrative Policy 7.01

Welcome Janet Gone, Regional Manager, Office of Indian Policy (OIP)
Tribal Prevention Programs

- Cultural activities & cultural educational programs
- Gathering of Native Americans (GONA)
- Healing of the Canoe
- Incredible Years
- LifeSkills Training
- Lock Up Your Medications/Marijuana Campaigns
- Project Success (i.e., Pulling for Success)
- Positive Indian Parenting
- Fatherhood Program
- Second Step
- White Bison
Tribal Community Prevention Resources & Trainings

- NA – SAPST
- 7.01 Planning with Tribes
- Incredible Years
- Quarterly Tribal Learning Community Webinar
- Natural Native Mentoring Trainings & Mentoring Works WA
- Participation in CADCA, National Prevention Network Conference, National Youth Leadership Forum
- Tribal Prevention Gathering
Tribal Prevention Program Highlights

Squaxin Island

Mural highlighted in DBHR Employee Newsletter
Tribal Prevention Program Highlights

Squaxin Island
Lock up your meds/marijuana campaign was highlighted to the governors council summer 2016.
Tribal Prevention Program Highlights

Quileute Nation
Miss Ann Penn-Charles
2015 WA State Exemplary Substance Abuse Prevention Professional Award
Tribal Prevention Program Highlights

Tribal Prevention and Wellness and Community Prevention and Wellness Partnerships

Prevention services are focused in communities and Tribes throughout Washington

[Map showing tribal prevention and wellness programs]

LEGEND

Tribal prevention and wellness programs
Tribal lands

SOURCE: DHHS Research and Data Analysis, Community Outcome and Risk Evaluation Information System (CORE).

CONTACT: Ilina Shethkova, DHHS/IDRIA, Ilina.shethkova@dhhs.wa.gov, 360-902-0743

DHS| Research and Data Analysis Division | Olympia, WA | OCTOBER 2016
THE COMMUNITY PREVENTION & WELLNESS INITIATIVE (CPWI) DESIGN
CPWI Prevention Contractors/Providers

• 59 Total CPWI Coalitions
  – 54 SABG Funded Coalitions
  – 41 PFS Grantees (Coalitions)
  – 5 State Funded Coalitions
  – Prevention Intervention Specialist in each Community
Prevention services are focused in communities and Tribes throughout Washington.
Model for Successful Community Prevention

DBHR Community Prevention and Wellness Initiative Planning Framework

Adapted from SAMHSA Strategic Prevention Framework
CPWI – Brief Overview

- Prevention delivery system redesign began in July 2011 and currently is made up of 59 communities.

- **Purpose:**
  - To better target and leverage funding through active partnerships
  - To provide long-term support for positive community change
  - To measure impacts and build the case for greater investments in prevention
CPWI – Brief Overview

• **Our Goal:** Reduce substance use among middle and high school aged youth.
  – By reducing *underage drinking, prescription drug abuse, underage marijuana use* we also expect to reduce youth crime, mental health problems, and improve school performance.

• **Partnership effort among**
  – Division of Behavioral Health and Recovery (DBHR);
  – County Human Services;
  – The Office of the Superintendent of Public Instruction (OSPI);
  – Educational Service Districts (ESDs); and
  – Local school districts
High-need Communities

- Community risk ranking identified by DBHR using a risk profile score for each school district in the county.
- Risk profiles were created using youth alcohol use data and levels of community problems that can increase youth risk for substance use and abuse.
Composite Consequence and Risk Scores Selected Communities Compared to State

Selected High Need Communities Highlighted

NOTES:
1. One outlier based on only six indicators was excluded.
2. School districts are used as a proxy for communities. Health Planning Areas are used as a proxy for CPWI sites in Seattle School District. Risk scores are not available for other urban CPWI sites that only cover a specific geographic area within a large school district. The risk scores for the entire school districts are used in for these area.
CPWI Comprehensive Approach

Develop a Comprehensive Strategic Action Plans

- Plan must include:
  - Community Based Process
  - Community Coalitions
  - Information Dissemination Campaigns/Public Awareness
  - Environmental Strategies
  - Education & Alternatives (Direct Service Programs)
  - Problem Identification and Referral (PI Specialists)
Planned CPWI Programs 2015-2016

Planned Programs by CPWI Coalitions

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Planned Programs</th>
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<tbody>
<tr>
<td>Community Based Coalitions</td>
<td>52</td>
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<tr>
<td>Community Based Mentoring</td>
<td>13</td>
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<tr>
<td>Environmental &amp; Public Awareness</td>
<td>149</td>
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<tr>
<td>Family Direct Service Programs</td>
<td>74</td>
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<td>Innovative Programs</td>
<td>19</td>
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<tr>
<td>Individual Peer &amp; School Based Direct Service Programs</td>
<td>107</td>
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<tr>
<td>Prevention Intervention Services</td>
<td>52</td>
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Note: Data from the Logic Model Analysis 2015-2016
Most Common Direct Service Programs

**Family Programs**
- Strengthening Families 10-14
- Guiding Good Choices
- Parenting Wisely
- Incredible Years

**Community-based**
- Community- Based Mentoring
- Big Brothers Big Sisters

**Individual / Peer Programs**
- LifeSkills Training
- Positive Action
- Protecting You, Protecting Me
- Second Step
- SPORT

**School-based Programs**
- Good Behavior Game
- Curriculum Based Support Group
Media/Environmental Services

- Community Store Assessments
- Media Campaigns
- Policy
- Purchase Surveys
- Retailer Education
- Secure Medicine Take-back Projects
- Social Host Ordinance/ Education
- Social Norms Marketing
Prevention & Intervention Services

An essential part of the CPWI design. See Slides at the end of this presentation.
TRAINING & TECHNICAL ASSISTANCE IN A COMPREHENSIVE APPROACH
Data Driven Decision Making

What’s Happening in SampleVille?
A Community Needs Assessment Data Book

Consequences
Behaviors that are known to be associated with substance use

Consumption
Measure of the number of youth using/consuming alcohol and other substances

Intervening Variables
Characteristics that are strongly predictive of underage drinking and substance use

MEASURES

School Performance
- Self-reported Grades
- Skipping School
- Graduation Rates
Youth Delinquency
- Self-reported Fighting
- Carrying a Weapon
- Gang Membership
- Drinking and Driving
- Arrest Rates
- Weapon Incidents in Schools
Mental Health
- Depression
- Considering Suicide
- Suicide Attempts

Youth Alcohol Use
- Current Drinking
- Problem or Heavy Drinking
- Other Substance Use: Tobacco, Marijuana, Other Illegal Drugs, Prescription Drugs

MEASURES

Community Connectedness
- Coalition
- Public Awareness
- Environmental Strategies

School-based Prevention/Intervention Services
- Direct Services (Minimum 80% EBP)

Risk and Protective Factors
- Parental Attitudes Tolerant of Substance Use
- Early Initiation of Drugs
- Intentions to Use Drugs
- Friends’ Use of Drugs

[Community Connectedness]
- Alcohol Availability
- Ease of Access
- Retail or Social Access (Usual Source)
- Density of Licenses

[Promotion of Alcohol]
- Risk of Alcohol Use
- Perception of Law Enforcement Risk
- Perception of Risk of Harm from Alcohol Use

Norms Around Alcohol Use
- Attitudes Toward Youth Drinking
- Friends Use
- Perceptions of Adult Attitudes

Measures with [brackets] around them are those for which we do not have state level indicators.
Workforce Training & Development

Building capacity to increase effectiveness and efficiency of all prevention systems across the state through training:

• Washington Substance Abuse Prevention Skills Training (SAPST)
• New Coordinator Orientation
• Certified Prevention Professional credential requirement.
• Annual training opportunities
  – Prevention Summit
  – Summer Coalition Leadership Institute
• E-Learning on www.TheAthenaForum.org
  – Free online courses available, plus additional viewing content
• Monthly Learning Community Meetings
Training & Technical Assistance

• Efforts Enhanced with PFS Grant
  – Special topic trainings and presentations
  – Webinar series in Implementing the SPF
  – Ongoing DBHR staff support – monthly check-ins
  – Strong working relationship with State Epidemiological Workgroup (SEOW)
Monitoring and Effective Programs

• Evidence Based Programs
  – Tailored to Community Risk/Protective Factors

• Monthly data tracking and reporting

• Program outcomes evaluated monthly
  – Corrective action planning for under performing program
  – Programs proven to be ineffective are not approved for future administration
Resources

- Athena Forum - www.theAthenaForum.org
- DBHR - www.dshs.wa.gov/bhsia/division-behavioral-health-and-recovery
- Healthy Youth Survey - www.AskHYS.net
- Start Talking Now - www.starttalkingnow.org
Thank You!

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Student Assistance
Prevention/Intervention Program

KRISSY JOHNSON, SUPERINTENDENT OF PUBLIC INSTRUCTION &
ANNA MARIE DUFRAULT, ESD 105
Student Assistance Program Goals

• To provide early drug and alcohol prevention and intervention services to students

• To provide high quality prevention and intervention programs to support a safe learning environment for all students

• To develop collaborative relationships with treatment agencies to better serve students
Student Assistance/Project SUCCESS is a Multi-tiered Framework

Tier 3: Case Management
• Screening, referral to community services, case management, recovery support

Tier 2: School-based Intervention
• Screening, peer support groups, individual counseling

Tier 1: Prevention
• Prevention Education Series or other evidence-based curriculum in the classroom
• School-wide events
• Prevention Club
• Family, Staff and Community Trainings/Curriculum
Washington’s Student Assistance Program

- 27 years of program history

- Most recent iteration, as part of the CPWI model, implementing Project SUCCESS

- OSPI provides administration and oversight of the state-wide program

- Each of the 9 regional Educational Service Districts (ESDs)
  ◦ Hire, train and supervise Prevention/Intervention Specialists or Student Assistance Professional staff in the schools

- Serving 78 schools and over 1800 students for interventions
Program Outcomes

Consistently from year to year see statistically significant:

- Reductions in substance use
- Increase in protective factors
- Increase perception of risk
- 72% maintain their good academic standing or increase the number of classes that they are passing
# Program Contacts

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<tr>
<th>ESD 101</th>
<th>ESD 114</th>
<th>ESD 171</th>
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<tbody>
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Lunch Time - Celebrations!

• Upgraded MIS System

• Congratulations to Coalitions who earned an Performance Based Incentive
  – Exceptional outcomes on all program groups
  – 80% participant session attendance and retention

• New CPPs

• Success Stories

• Any other announcements?

11/9/2016
WASHINGTON’S BEST PRACTICES FOR SUBSTANCE ABUSE PREVENTION AND MENTAL HEALTH PROMOTION GUIDE
Best Practices Guide

Washington's Best Practices for Substance Abuse Prevention and Mental Health Promotion

Washington Partners for Healthy Communities

PREVENTION TOOLS
What works, what doesn't