

## State Prevention Enhancement (SPE) Policy Consortium Meeting Minutes

April 8, 2019 1:00 – 4:00 pm

### Welcome and Introductions

- Welcome to new members Rosalyn Alber from Aging and Long Term Support Administration , Sara Cooley Broschart from LCB, and Pam Pannkuk from WTSC! Welcome to first time attender Carly Batrz-Overman from DOH!
- Sarah Mariani reviewed the Objectives for the meeting, and the timeline to complete the mini-update of our Substance Abuse Prevention and Mental Health Promotion Five Year Strategic Plan, the guiding document for our work, including that of the Workgroups.
- We also need to consider how other plans feed into this plan. Pulling together our Sept. update to the Five Year Strategic Plan is the main goal of our work for the next 4 months. Ensuring we have full participation from the Consortium is critical right now.
- Objectives for today related to our Strategic Plan include providing updates from the 2018 Healthy Youth Survey and the statewide Resource Assessment. At our next meeting we'll learn about outcomes from the latest Young Adult Survey.

### Discussion of our terminology: Mental Health Promotion and Substance Use Disorder Prevention, Substance Abuse Prevention, Substance Misuse Prevention Sarah Mariani

The consortium engaged in discussion about whether to change the terminology of “Substance Abuse Prevention” and “Substance Misuse Prevention” in our Strategic Plan to “Substance Use Disorder Prevention” which is the current naming convention frequently used in the public health field.

#### Key background and discussion points:

- Substance misuse and abuse Prevention are used in an alternating fashion throughout our Strategic Plan document currently, reflecting the differences in state agency usage.
- History: Misuse and Abuse were framed as such in the last iteration of the Strategic Plan to be sensitive to cultures and legalization.
- “Substance Use Prevention” may be preferable in that it encompasses youth/ adults who infrequently use yet with negative and sometimes fatal consequences.
- Audience for the Plan are people in and around legislative and policy development, e.g. key decision makers and state agency leadership. As such it is not a fully forward-facing public document; more for policy makers.
- If people ask “what are we doing in this state for prevention?” – it answers that question.
- DOH stated that “nicotine misuse” is the direction they are headed with public commentary, vs. zeroing in on vaping or smoking. Request to ensure our overall Plan terminology is copasetic.
- DSHD stated that it’s important to learn what terminology is being used by other states to help us with this decision
- For Plan headings and data, there was strong agreement to continuing placing the word “Prevention” at the end of the phrase, as opposed to the more long-winded “Prevention of Substance Use Disorder”.
- It was suggested by OSPI that there be a “Terms and language subsection” in the Overview section of the plan explaining our terminology.
- Once a decision is made, there was agreement we’ll need to review line by line and decide where it makes sense to swap.
- It was decided to do more research on the nomenclature currently used. Here are the tasks related to this research along with the person who volunteered to do them:
  - Research terminology other states use for Strategic Plan for SUD Sarah Mariani
  - Check with PTTC Board on terminology Billy Reamer
  - Check with Journal of SPR on terminology Hillarie Hauptman

**Student Assistance Prevention-Intervention Services Program annual services & outcomes report** *Jennifer Lembach, RMC Evaluation with Mandy Paradise, OSPI*

Selected Key Points

- Introduction – *Sarah Mariani* The Student Assistance Prevention/ Intervention (SAPS) program is funded through HCA DBHR to OSPI as part of the Community Prevention and Wellness Initiative (CPWI). Different use patterns and levels of risk and protective factors in communities drives the selection and funding. At this time there are 82 CPWI high need sites across the state. Each Coalition has at least a .50 FTE Community Coordinator because the literature shows they need that. Also funded is a fulltime FTE in the schools, working with students. There's a targeted focus on students who are at risk. We are very pleased to have Jennifer Lembach presenting today about the outcomes of the program. Mandy Paradise from OSPI is also here to answer questions.
- Barrier that the program faced in getting data: There was a small sample size: 639 students
- Key Change to the Healthy Youth Survey used for measuring some of the outcomes: The HOPE Scale replaced some risk and protective factor questions from the previous version of the survey, because it was found that hope is a good predictor of protection from substance use and mental health problems.
- Participating students showed an overall increase in each of six individual outcomes selected to measure the success of the SAPS program. Selected details follow & are shown on the OSPI Infographic handout.
- Outcome: There was a significant increase in the Children's Hope Scale for program participants.
- Outcome: There was significant increase in perception of risk for each of five different measures of substance use.
- Outcome: Substance use also significantly decreased on all five selected measures.
- Questions from the Consortium with responses:
  - WSU asks: Students are receiving many different types of assistance. Do we know what's most effective and are we able to tell what leads to success? Response: ERDC group may do this type of analysis in the future (Mandy Paradise)
  - LCB asks: How is school climate or other characteristics of a school as a whole related to these outcomes? Suggestion was made to compare non-participating to participating schools that are matched on key criteria.
  - WTSC asks: What's the graduation rate for participating students? Response: There are different ways of measuring graduation, e.g. four year and adjusted rates. The cost of adding new measures is prohibitive at this time.
  - DOH asks: Can we please get a white paper or webpage so we can describe how these services work to others? Response: Mandy will send two one-pagers out.
- Wrap up (*Sarah Mariani*): There's widespread interest among our Consortium members to understand what leads to our desired goals: lowering of risk factors and substance use; and increasing of protective factors. Using propensity scoring with a quasi-experimental design, the CPWI model shows promising results for community level change. The SAP services, Community-based Coalitions and evidence-based practices in the community are all important components. To date there have been six CPWI cohorts. When compared with statewide data, Cohort 1 shows reduction of underage drinking and other substances, however not marijuana use, which has remained fairly flat. Sarah offered to bring in WSU colleagues to share this evaluation report. The Consortium expressed strong interest in this.

**Selected findings: ongoing Consortium Strategic Plan Resource Assessment Updates** – *Rose Quinby and Alicia Hughes, HCA DBHR*

A big thank you to each of you who've completed the survey about the substance misuse prevention resources your agency has offered since 2017! For those who've not yet completed the survey, please send it within one week, or by April 15<sup>th</sup>. Rose and Alicia are available to help as needed.

Key Points from the mini-update of our partially completed Statewide Resource Assessment:

- The Strategic Prevention framework from our Strategic Plan was shared to explain how we achieve our mutual goal: "Building the health and wellness of individuals, families, schools and communities where people can be as healthy as possible in a safe and nurturing environment."

- The Resource Assessment measures the resources and strategies devoted to reaching this goal.
- The Resource Assessment categories with the 2016 data are show in the charts, tables and graphics on pp. 85 – 103 of the Plan. The questions we’re asking you to answer in our survey populate these data.
- Graphic showing consortium member agencies and what they do in Prevention is on p. 103. This is used frequently to show the scope of prevention in our state, and will be updated.
- Response rate to date: 7 of 17 agencies had responded as of 3/31/19. 86 resources have been identified. The validity of these data are not confirmed, since we will receive many more responses.
- Where does our funding come from? Funding is approximately \$57,433,343 - with 64% Federal and 36% State sources.
- Who do we serve by age group? The largest age focus in our prevention efforts continues to be adolescents (52%), followed by young adults (45%) and pre-adolescents (40%). Similar to the 2017 results, except that adolescents and young adults were tied as number one in the previous assessment.
- What types of prevention strategy are we delivering? Data show the top resources are devoted to Policy/ community norms (52%) and Cross-system planning (52%), with Information Dissemination and Community engagement/ Coalition development third (44%) and fourth (36%).
- How many of the resources are focused on underserved populations? So far, the data show 23%.
- Where are the prevention resources located within our state? We’d like to provide mapping at the level of zip code so that we increase the granularity of the visual showing where services are delivered.

### Present and discuss key high level statewide findings from the 2018 Healthy Youth Survey data – Sarah Mariani

This is intended to be a high level view of the outcome data from the 2018 Healthy Youth Survey. Selected key points:

- Sample size: 230,000 students. Largest sample ever!
- Key change on sexual orientation/ gender identity response choices. “Questioning” as a category has been replaced since we learned students misunderstood this question to mean that they didn’t understand the question. Gender identity – there’s still some reluctance to include this question, in parts of the state. Can choose more than one response now. This helps move the conversation forward.
- Summary talking points about level of substance use are included on Slide #5. Decreases in many measure, however not marijuana use, which is steady. We thought there might be an increase due to legalization however prevention may have helped keep the rate nearly the same.
- Opioid use is low overall among youth in the state.
- Not having a positive impact on Mental Health – There have been increases in suicidal thoughts, depression and planning suicide among responding students. Rates are higher among LGBTQ students.
  - 12/29 students report depression
  - They’ll be press releases soon.
- Most youth do not use alcohol and other drugs – our job in prevention is to make sure this message gets out.
  - For e.g., less than half use marijuana.
  - Need to provide rewards and support for those who don’t use and their parents.
- Most students are hopeful according to the Hope scale.
- In process of gathering input for HYS 2020 questions now! To find out more, visit [www.ASKhys.net](http://www.ASKhys.net) Survey will be finalized Fall 2019.
- Questions: 1) How many Tribal Schools took part and how can we get more data on risk and protective factors for Native American students? Response: 3/8 took the survey. Go to [www.ASKhys.net](http://www.ASKhys.net) for more info. 2) How many alternative schools took part? Response: We will look into getting that data.

## Legislative Updates *Patti Migliore Santiago and members*

- DOH – The tax on sales price is proposed at 65% in the House, with a lower amount proposed by the Senate. DOH supports the House version with a higher tax and dedicated tobacco prevention funding. Primary opposition is from the harm reduction advocates who are in favor of encouraging users to switch from smoking to vaping. 35% of the taxes go to prevention funding in the House version. While there are no dedicated prevention funds in the Senate version, it does include regular health promotion/prevention funding.
- Would put us into top 5 states for cigarette tax. This has been scientifically proven to reduce prevalence of use for adults and youth.
- Other tobacco and marijuana prevention bills discussed: Additional regulations around cross-pollination, labeling on edibles and other cannabinoid products. Testing is being moved from LCB to another state agency (WSSIP?). Public area use restriction reductions and big multiple agency bills on opioids moving forward; school naloxone bill still alive.
- OSPI – A standardized curriculum focusing on social- emotional learning is proposed in legislation, stemming from harassment and bullying reduction efforts.
- WTSC will send a list of bills they are tracking.

**Action Plan updates** – *Alicia Hughes*: Workgroup leads: please send your Action Plan by May 31<sup>st</sup> to include in the June SPE Consortium meeting.

## Workgroup Updates

- **Wa. Healthy Youth (WHY)** – *Martha Williams*: (Sara Cooley-Broschart from LCB will provide updates in the future.) Spent most of March meeting developing updates to the SPE Strategic Plan Resource Assessment and Action Plans. Communications team very active and are meeting this month. Viability team re-engaging some non-attenders hoping to get them reinvolved.
- **RX. Misuse/Abuse workgroup** – *Alicia Hughes*: Action Plan is completed. Working on opioid response plan. Region 10 Summit Planning occurring. Working on determining measures for goal of fewer poisonings. One goal is that Middle School students will be aware of what to do if there's a poisoning risk.
- **Young Adults/Pregnant and Parenting Individuals workgroup** – This workgroup will split into two different groups in the near future. Elizabeth Weybright will continue to lead the Young Adult Workgroup and we are in the process of recruiting a leader for the Pregnant and Parenting Individuals Workgroup.
- **Mental Health Promotion workgroup** – *Billy Reamer*: Tracking the decision package that is a joint agency bill on suicide prevention and mental health promotion. If passes prevention work currently available in 9 communities via HCA may be continued in another round of funding. Also took an early look at new HYS data. The State Action Alliance is part of this workgroup.
- **Tobacco Issues** – *Nick Fradkin*: Discussed Action Plan for SPE Strategic Plan. Focus is on Tobacco and vaping products. The factors focused on right now create good timing for a revised Action Plan.

## Wrap-Up and Next Steps

- In May, Jason Killmer will be joining us to present Outcomes from the State Young Adult Survey and we'll take an in-depth look at our Needs Assessment data, with the SEOW supporting this work! We look forward to seeing you.
- A reminder that we resume our regular meeting schedule of every other month, starting with the September 2019 meeting. Thanks to everyone for meeting monthly while we update our Strategic Plan!
- A reminder that our July meeting will be the third Monday of the month, or July 15<sup>th</sup> from 1-4 PM - to accommodate the 4<sup>th</sup> of July weekend!

