

State Prevention Enhancement (SPE) Policy Consortium Meeting Minutes

May 14, 2019 1:00 – 4:00 PM

Welcome / Introductions/ Approval of April, 2019 Minutes

- Introduced new HCA DBHR Staff: Research and Evaluation Managers (Gwen Grams and Sandy Salivaras-Bodner), and Prevention Project and Policy Manager (Haley Rice)
- The April, 2019 SPE Policy Consortium meeting minutes were approved as presented
- A reminder that the Workgroup will start the regular meeting schedule of every other month starting with the September, 2019 meeting. Monthly meetings have occurred since January in order to complete the Strategic Plan update.

Workgroup Updates

- Washington Healthy Youth Coalition (Kasey Kates for Sara Cooley Broschart) A celebration of legislative victories occurred! One example is the additional patrols that will be added to ensure road safety related to drivers under the influence of substances. The group also heard 2018 Healthy Youth and Young Adult Survey outcomes from Jason and Sarah, related to needs assessment and outcomes. There are 4 different teams on this workgroup. The Communications team announced that they now have 800 Facebook followers, with the Start Talking now campaign central to the Facebook page.
- Prescription Drug Misuse/Abuse Workgroup (Alicia Hughes, Kelly Richburg contributing) – Highlights: Prevention is Strategy 1.1 in the Statewide Opioid Plan, which addresses prevention in communities across the state. Expansion of the Community and Wellness Prevention Initiative (CPWI) has been a major pillar in preventing opioid use disorders. The April Prescription Drug Take Back Events collected 224,000 lbs. of medication state wide. The ESD 112 region was a top collector, netting approximately 4,000 pounds. DOH is expanding its nursing curriculum content for opioid misuse disorder prevention. The pilot will serve about 150 nursing students. There is content on helping communities learn how to establish and have conversations with providers. Kelly reported that there will be a new requirement for scripts instituted in 2021 such that all will need to be submitted electronically vs. hand written. The goal of this is to prevent prescription forgery.
- Young Adult Alcohol/Marijuana Misuse/Abuse Workgroup will be chaired by Elizabeth Weybright. There will be exploration of our partnership and overlap with the College Coalition for Substance Abuse Prevention (CCSAP), chaired by Prof. Jason Kilmer. This workgroup was combined with the Pregnant and Parenting Individuals Alcohol/ Marijuana Misuse/Abuse Workgroup previously, due to the convergence of similar, high need age demographics. Resources and needs have changed since the inception of the combined workgroup. At this time, the plan is for SPE to continue to have direct linkage to a distinct workgroup focused on the prevention needs of Young Adults.
- Pregnant and Parenting Individuals Alcohol/ Marijuana Misuse/Abuse Workgroup – (Please see *legislative updates* provided by Sarah Pine for this population below.) Key leaders and subject matter experts are exploring the right workgroup formation for the PPI/ PPW focus population, including whether the SPE-related work could evolve from another existing, statewide workgroup focused on helping meet the needs of this critical population.
- Mental Health Promotion Workgroup (Billy Reamer) May and June was focused on refining our Strategic Planning Goals, Objectives and Measure for the coming year. Members are very excited about integration of the HOPE scale into HYS, replacing the more singular use of the historical measures of depression/ anxiety. Members are analyzing the recently passed legislative decision package and budget – and are excited to have additional resources defined for implementation.
- Tobacco Issues Workgroup (Frances Limtiaco - Kelly Richburg and Ray Horodowicz reporting on behalf of Frances) The Tobacco 21 Bill passed yesterday! This was a workgroup priority stemming from the 2017 SPE

Strategic Plan, and cause for celebration. The workgroup and affiliates are busy defining and implementing future Information Dissemination and Education specifics, now that law has passed.

Organizational Updates

Department of Children, Youth and Families – Greg Williamson: The new department continues to shape its infrastructure to accommodate rapid employee growth from 400 to approximately 4,000 as DEL and DJR Departments are fully integrated. Interviewing now for an Adolescent Programs lead. Leaders continue to engage with the community to shape the department. Greg's Office is focused on *youth engagement*. Two part mission for meaningful client engagement is Ross Hunter's charge – Quality Improvement and Individual Youth Acceleration (increased education, health and resilience for youth). There are 4 parts: youth engagement in DCYF, how to measure individual change (e.g. sense of hope scale), formation of the Logic Model or other Theory of Change, and measures of systemic change. Looking now for strategies that work. DOH has a youth engagement guide that's recommended. A learning community re: youth engagement best practices is forming at the state level. Evelyn Maddox Clark's work (treatment) is one template. Looking for a Prevention person to join this group. The Dept. of Parks may lead the Learning Community. At this time, OSPI and Ecology are nominating people to join. There's an international research gathering for youth engagement in May. The WA Youth Advisory Council is recruiting for new members. They are also requesting to review any state plans for youth input. Contact Greg (greg.williamson@dcyf.wa.gov) for youth input into a state plan sponsored by your group or department.

Washington Traffic Safety Commission (WTSC) – Pam Pannkuk: The 2019 Update to the *Target Zero Strategic Highway Safety Plan*, with the goal of ending traffic deaths and serious injuries by 2030, is posted for public review. Public comments are welcomed on the website. Members are encouraged to send in their feedback. The link to the 2019 Draft plan is here: <https://www.wtscpartners.com/tz-update> and your feedback can be provided here: https://www.surveymonkey.com/r/2019_Public_Review Sarah asked if SPE review of the Target Zero Plan would be helpful. Pam responded that a review of selected chapters would be helpful. May is "Click it or Ticket" month at WTSC, with renewed emphasis on car and motorcycle safety measures.

Legislative Updates – 2019 Session Wrap-up

Pregnant and Parenting Individuals Alcohol/ Marijuana Misuse/Abuse - Sarah Pine: The legislative budget which was passed includes two new residential treatment centers for pregnant and parenting women, which brings us to 11 in the state. One is a facility that will hold 16 beds for women with children. UW will begin/ enhance training on how to work effectively with pregnant and parenting women. This was developed through the UW School of Nursing, including the Barnard Center for Infant Mental Health and Development. Included is training for clinicians for trauma-informed care and other caregiving. A question was asked, and brief commentary made about the linkages between the new training and the Parent Child Assistance Program (PCAP), an UW Intervention designed for mothers who engage in alcohol and drug abuse.

Department of Children, Youth and Families (DCYF) – Greg Williamson: Frank Ordway is the legislative lead and may need to confirm some of the following facts; Greg is reporting on his behalf. High level view of the issues: Early Childhood Education Assistance Program (ECAEP) eligibility, the "decriminalizing" of homelessness for young people, youth being placed out of state due to inadequate options, Foster Care to age 21 enhancements, and changes to laws governing youth in the Juvenile Rehabilitation Administration (JRA) system to age 21 (covers both new and current people in systems). Greg's understanding is that new monies will increase ECAEP slots, subsidy rates and lower caseloads. There has been legislation passed to help reduce the number of young

people being placed outside of the state of Washington; enhancement in BRS funding is intended to ameliorate this problem. Legislation was promoted re: not releasing youth from foster care into homelessness.

Board of Health – Alexandra Montano: Legislative work linked to SPE has focused on supporting Tobacco use reduction, Immunizations and Health Disparities. There has also been significant effort devoted to legislation concerning Human Remains Composting and newborn screening. The Immunizations Rule is open and out for public comment tomorrow (May 14th). Health disparities – Governor’s Council is exploring what an equity office should look like in the Governor’s office. The legislation supporting additional funding did not pass, however there the Governor’s Council on Health Disparities continues. For the next planning cycle, there will be a health impact review to ascertain health equity impacts after implementation of new and improved practices/ policies. Question was asked if the Board of Health might benefit from a presentation regarding substance use disorder prevention and treatment and Alexandra welcomed consideration of this.

Wa. Traffic Safety Commission – Pam Pannkuk: Pedestrian Safety Council will combine with Bicycle Safety. Several new laws passed which add additional emphasis on motorcycle safety: cap removed for maximum training hours, raised penalty for not having right equipment, and fine raised for pedestrian accidents. Age limits raised for mandated child rear facing passenger restraints and booster seats.

DSHS Aging and Long Term Support Administration - Rosalyn Alber: report on SB 551 regarding recommended additional Year 1 funding for Kinship Navigator and Tribal Navigator. Emergency assistance funds have also been recommended to help meet the urgent needs of many kinship providers

HCA DBHR – Sarah Mariani: Medical MJ was a major focus for the session. The Mental Health Promotion and Suicide Prevention work was funded. A Project Plan will be assembled for this work. FTE is included in the funding to coordinate the work.

2018 Young Adult Survey findings *Dr. Jason Kilmer*

Jason is Faculty at the University of Washington, School of Psychiatry and Coalition Chair of the College Coalition for Substance Abuse Prevention

Background: The Young Adult Healthy Youth Survey started in 2014. Linda Becker started it via social media outlets. At that time, it was not a random sample, but rather, a sample of convenience, looking at people with a driver’s license and stable housing. The survey sampling methods have expanded to include a broader population over the years. Jason thanked Sarah, Seth and Billy for partnering with UW on the survey, and Alicia and Rose for the opportunity to present to the Consortium today.

The slideshow showing detailed results of the 2018 survey are attached as a handout for the meeting. Selected facts and outcomes follow:

- Why choose the 18-25 age group? SAMHSA finds that there is the most substance use among this age group. Question: Is brain development also a factor in age selection? Response: Not so much brain development as the importance of this developmental phase as a job/career setting time and a phase for the mastery of other important milestones.
- Sample size: 11,023
- Use of marijuana: Any past year *medical use: no change over time. Increasing non-medical use in last 30 days* – most significant 21-25 age group. 7% higher for each cohort, i.e. going up over time. Driving while using increases. (Cross sectional data)
- More people are initiating use in the 21-25 age group; more reporting past year, week and day for this age group.

- Caution advised in interpretation of the degree to which marijuana use increase is a result of legalization. Has it been since legalization? Answer is yes, however doesn't give us information on how much it is related to cause. There are researchers doing work on the relationship between legalization & increased use. So it's important to maintain a healthy skepticism. Otherwise industry could justifiably come back on us. (Sarah M)
- Strong relationship found between academic outcomes and use.
- Context for use and driving: Accepted fact - 3 hours for MJ to dissipate. Newer Fisher study shows 6 hours.
- 41% of the 18-21 year olds surveyed have driven within 3 hours after using marijuana. Co-occurring use with alcohol and driving was higher than cohort 1. (Includes simultaneous ETOH and MJ, or one and then the other.) WTSC has matching data (March SPE) that people are driving after co-occurring use.
- Perceived risk of marijuana use continues to go down and in this age group, at the same time that use is going up. Alternatively, with alcohol we see an increasing perception of risk over time.
- Contextual fact: E-cigs and vaping – Juuling is being marketed as a way to help people through nicotine withdrawal.

There was an engaging discussion following the presentation focused on these questions:

- Should we explore a press release, since stories emerge from both cross-sectional and longitudinal data? (Sarah Mariani)
- Does the increase in Marijuana use parallel the increase in retail access? (Greg Williamson)
- Do young people feel they can help themselves if they believe they have a problem? (Greg Williamson)

If there are other questions you'd like to add – for next survey, please send to Jason at jkilmer@uw.edu

Endnote: Campuses right now are focused on the overlap of alcohol and other drug use and sexual assault. A conference was convened last week with this focus.

Needs Assessment Review HYS 2017-2018 Outcome data: *Gwen Grams, Sandy Salivaras-Bodner, Sarah Mariani*

New high level statewide outcomes from the 2017-2018 Healthy Youth Survey were presented. A few key trends pertaining to the SPE Strategic Plan follow:

- Alcohol, cigarettes, and prescription painkiller medication use all decreasing.
- Vaping has increased significantly
- Marijuana has increased a little
- Mental Health indicators: Number reporting being sad, homeless, or having suicidal thoughts increased
- Protective Factor increase: Increase in youth perception that parents are talking to youth about dangers of drinking more often
- Risk Factor: No change in perception of enforcement of laws

The Consortium was asked to give ideas for new survey questions to ask, or new analysis to be provided.

Selected points from the discussion:

- Bullying, LGBTQ status: Do people have negative interactions based on a given disparity? Potential to cross tab 1-2 indicators on bullying or "missing school due to harassment". (p. 4 of handout)
- Consider cross-tabbing suicide & depression questions with the bullying question
- Focus on youth perception of school policies – OSPI swapped out questions around school policies so ability to determine trends was impacted. *Gwen and Sandy will research other HYS survey questions that may be related to the perception of school policy.*
- High interest in level of traumatic experiences - ACES scale not asked on national BRFSS survey since 2010. Funding for these questions has gone away.
- No objections to leaving ACES data in, even though we are not going to continue to ask the Qs.

- HYS and other demographic/ outcomes needs assessment data will be presented in full in July, so that Workgroup Action Planning can be informed by this data.
- SEOW currently looking at the new prevalence rates over time of different substances. These updates total 127 slides! After discussion there was a decision that SEOW would pull out some pieces that are deemed most significant for SPE review vs. the Consortium having to review all of these slides.
- Agencies and workgroups should be asking in May through July: “Do we need to update any of our strategies based on the new data?” If data’s moved on us, we’d keep it in the plan as a priority. Examples:
 - Specific to vaping – MJ, vaping with flavors, etc.
 - MH indicators such as suicide attempts, thoughts about suicide.
 - Young Adult - increasing marijuana use (per Jason Kilmer’s presentation)

Strategic Plan timeline

- June - August: Workgroups review updated needs and resource assessments for Yearly Action Plans and consortium members consider data for changes to the overall Strategic Plan narrative.
- Resource Assessment survey call for anyone who hasn’t sent their updated resources information in – they are still welcome to! If your department or agency hasn’t sent in an updated spreadsheet, we will use the 2017 data.
- Our updated Strategic Plan will be printed and released in October, in time for release at our annual November 4th-6th Prevention Summit

Other Announcements:

- We hope you will join us at this year’s annual Prevention Summit November 4-6th at the Yakima Prevention Center! Save the date! You can also potentially co-present! Stay tuned for a formal announcement.
- New positions are available within the DBHR Prevention section! Please ask Sarah or Alicia about these positions, or check the State jobs website.

Wrap up and Next Steps

- Next meeting: June 10th - 1-4 PM
- Reminder July meeting is July 15th – 3rd Monday of the month! We encourage you to bring your colleagues if they have an interest in delving into discussion and decisions about the HYS Trend data, and other data related to demographics and outcomes about substance abuse prevention and mental health promotion.