

Washington State Prevention System

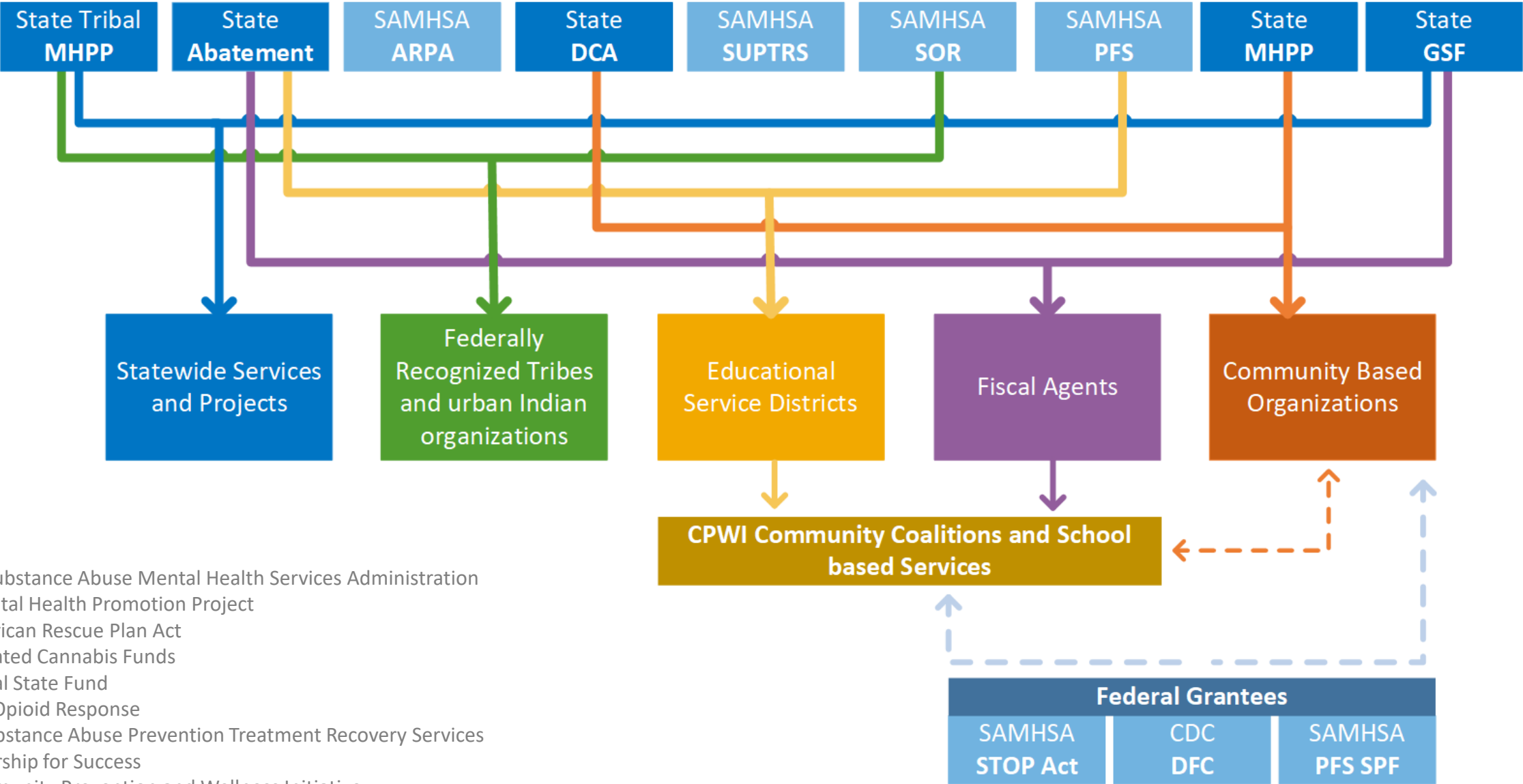
Sarah Mariani, Section Manager

Substance Use Disorder Prevention & Mental Health
Promotion Section | Division of Behavioral Health and
Recovery | Washington Health Care Authority

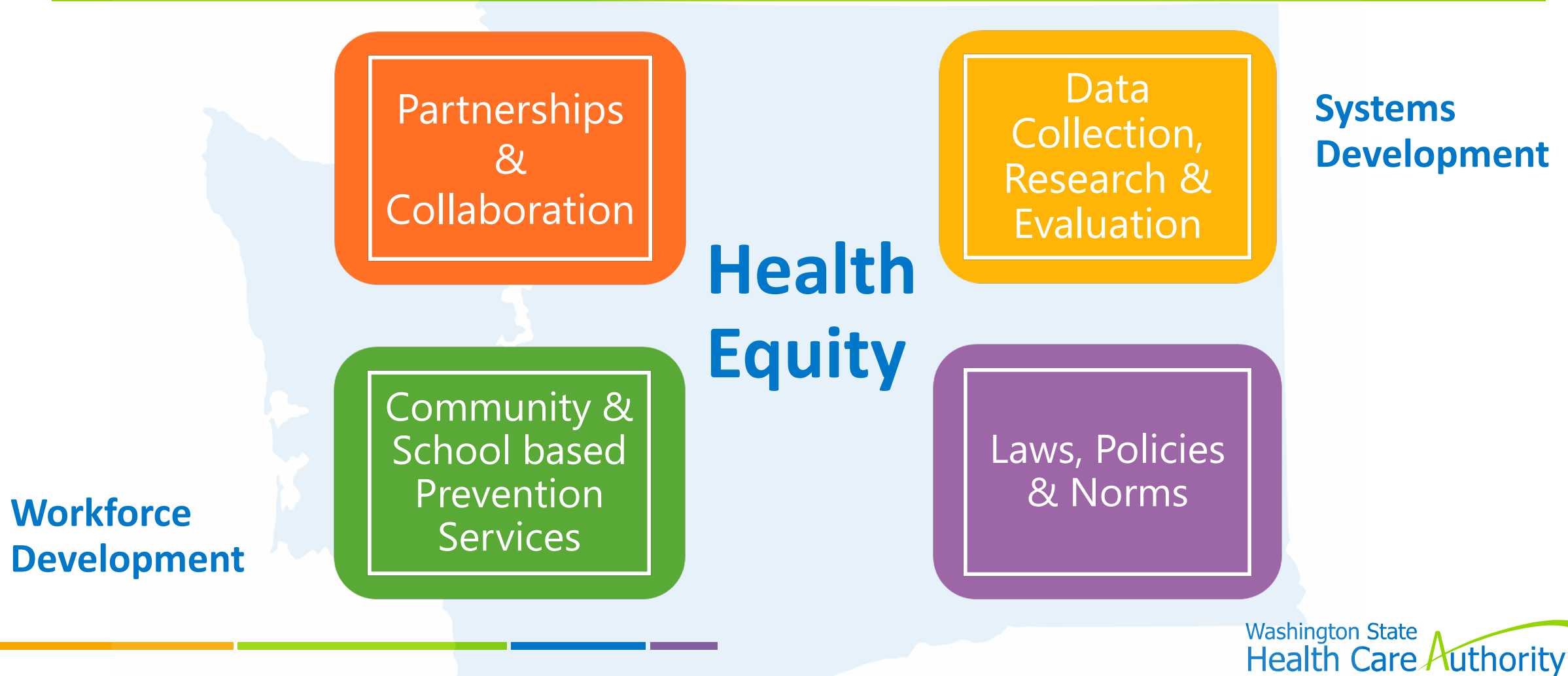
WA State Prevention System

- ▶ Build the health and wellness of individuals, families, and communities by delaying the onset of youth use, reducing youth substance use, preventing substance use disorder, and promoting mental health and wellbeing.
- ▶ Accomplished through **our shared commitment** to:
 - ▶ Engage State, Tribal, and local partners
 - ▶ Identify and serve communities with higher risk and need
 - ▶ Adhere to research and evidence-based services
 - ▶ Measure outcomes

Funding for Prevention



WA State Prevention System



WA State Prevention System

National Engagement

- Collaborate with to align national and state prevention efforts such as, Substance Abuse and Mental Health Services Administration, Centers for Disease Control and Prevention, National Association of State Alcohol and Drug Abuse Directors, National Prevention Network, CADCA, Society for Prevention Research

Statewide System Support

- Develop and implement statewide projects and initiatives
- Offer comprehensive technical support, training, and assistance
- Facilitate the use of data for strategic planning and decision-making
- Deliver consistent, tailored support to community coalitions, community-based organization, Tribes, urban Indian organizations and local service providers
- Manage data and contracts for performance monitoring

WA State Prevention System

A light blue map of Washington State serves as a background for the central text box.

Partnerships &
Collaboration

State Prevention Enhancement Policy Consortium

- ▶ SPE representatives from **26 state and tribal agencies and organizations**, forming a State Policy consortium and **six workgroups** to address state priorities.
- ▶ *“Through **partnerships** we strengthen and support an integrated, statewide system of community-driven substance use disorder prevention, mental health promotion, and related issues.”*
- ▶ Responsible for the **state-level planning and implementation** of collaborative strategies to address substance use disorder prevention and mental health promotion.



The Athena Forum - SPE Consortium

SPE Consortium Partners

- ▶ American Indian Health Commission
- ▶ Attorney General Office
- ▶ Commission on Asian American Affairs
- ▶ College Coalition on Substance Misuse, Advocacy, and Prevention
- ▶ Department of Children, Youth, and Families
- ▶ Department of Health
- ▶ Department of Labor & Industries
- ▶ Department of Social and Health Services
- ▶ Drug Enforcement Agency
- ▶ Foundations for Healthy Generations
- ▶ Indian Policy Advisory Committee
- ▶ Health Care Authority
- ▶ Liquor and Cannabis Board
- ▶ Northwest High Intensity Drug Trafficking Area
- ▶ Office of Superintendent of Public Instruction
- ▶ Prevention Specialists Certification Board of WA
- ▶ Prevention Voices of Washington
- ▶ State Board of Health
- ▶ State Epidemiological Outcomes Workgroup
- ▶ Society for Prevention Research
- ▶ WA Association of Substance Use Disorder and Violence Prevention
- ▶ WA Healthy Youth Coalition
- ▶ WA Poison Center
- ▶ WA State Commission on Hispanic Affairs
- ▶ WA State Hospital Association
- ▶ WA State Institute for Public Policy
- ▶ WA State Patrol
- ▶ WA State Prevention Research Sub-Committee
- ▶ Washington State University
- ▶ WA Traffic Safety Commission

SPE Consortium Priorities

- ▶ **Strengthen state collaboration** to prevent initiation of substance use and promote mental health.
- ▶ **Utilizing needs assessment data** in Washington State, create and disseminate communication plans, **campaigns, trainings, and resources to better serve populations in need.**
- ▶ **Implement environmental strategies** to: reduce access and availability of substances; change community and social norms of substance use; and reduce stigma in accessing behavioral health services.
- ▶ **Commit and dedicate efforts to implementing SUD prevention and mental health promotion programs** to strengthen protective factors and reduce risk factors.
- ▶ **Strengthen the long-term sustainability** of the behavioral health promotion and SUD prevention workforce

Workforce Development

- ▶ Prevention Intern and Fellowships (High School, Post Secondary, Masters Level)
- ▶ Online Learning Management
 - ▶ Required Certified Prevention Professional (CPP) within 18 months, for HCA staff and local Providers
 - ▶ Website, newsletter, e-Learning courses
- ▶ Topical Trainings
- ▶ State Prevention Conferences
 - ▶ Spring Youth Forum <http://springyouthforum.org>
 - ▶ Washington State Prevention Summit <http://preventionsummit.org>



WA State Prevention System



Data Collection,
Research & Evaluation

Data, Evaluation, and Research

- ▶ WA State Healthy Youth Survey (HYS)
- ▶ Young Adult Health Survey (YAHS)
- ▶ Community Outcome and Risk Evaluation Information System (CORE)
- ▶ Community Survey
- ▶ Research Briefs
- ▶ Performance compliance, service delivery, online reporting systems (Minerva and SAPISP)

Prevention Research Briefs



WA State Prevention System



Laws, Policies &
Norms

Laws, Policies & Norms

▶ **Subject matter experts**

- ▶ Provide education to highlight how laws and rules affect public health and safety
- ▶ Provide decision-making resources, including research and data, to support informed decision making for SUD prevention and MH promotion
- ▶ Participate in rule making

▶ **Implement public awareness** strategies and media campaigns to increase knowledge, and influence norms

▶ **Support healthy policies** in local communities and school.

Laws, Policies & Norms

Now that marijuana is legal for adults in Washington . . .



A parent's guide to preventing underage marijuana use



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION



Social Development
Research Group

HOW TO REFUSE DRUGS

Teaching teens refusal skills can help them respond to pressure they may face to try drugs.

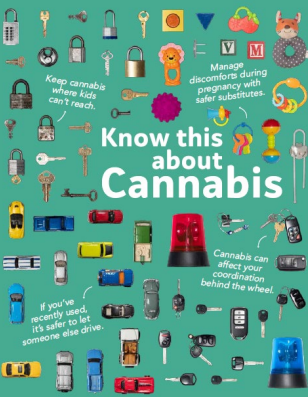
- **Say no!**
Agree on code words to use to tell your friend you're saying no.
- **Pause & Breathe**
Take a moment to think about the consequences of trying drugs.
- **Offer an alternative**
"I'm not getting into that, but I'll go to the store with you."
- **Make an excuse**
"I have to go home to help my mom."
- **Be honest**
"I'm scared, I don't want to try."
- **Avoid the situation**
Avoiding places where drugs are sold is a smart move.

Teens who don't experiment with drugs today are less likely to try them. Friends for the future, not for the future.

Learn more at WAParentsForLife.com

Washington State Health Care Authority

Know this about Cannabis



- Keep cannabis where kids can't reach.
- Manage discomfort during pregnancy with safer substitutes.
- Cannabis can affect your coordination behind the wheel.
- If you've recently used, it's safer to let someone else drive.

WHEN IT COMES TO CANNABIS IN WA STATE, THERE'S A LOT TO KNOW.

Learn more about safe practices at KamilleHill.com/cannabis

From basic storage and health effects, cannabis safety is important for everyone. And safe drivers like you using cannabis while pregnant or driving and putting at risk of crash of children and possibly later everyone out of risk.

Washington State Health Care Authority

culture is prevention



Opioid misuse is preventable
We all play a part

Connecting to our culture and each other makes us stronger, especially when times are challenging.

Washington State Health Care Authority

STARTS WITH one

a guide to responsible opioid use

Opioid pain medication like oxycodone, hydrocodone, codeine, and morphine can be highly addictive. Before you take opioids, know how to take them responsibly.

Do your part to prevent opioid misuse.
Lock up your opioid medication at home. It can be a cabinet or drawer that has a lock. You can also use a medication locking bag. They can be ordered online or purchased from some pharmacies. Safely dispose of unused, expired, or unwanted medications to prevent misuse by a friend or family member. You can return your medications to a participating pharmacy or visit MED-Project.org to find a safe disposal kiosk nearby.

Know the risk of taking opioids.
Any opioid can negatively affect the reward center in the brain over time, making these drugs highly addictive. Opioid medication might not be a viable option for you, depending on your medical condition and overall health. Talk to your doctor about alternative ways to manage the pain.

Source: U.S. Department of Health & Human Services, 2016 National Opioid Use Guidelines for Health Care Providers

Washington State Health Care Authority | Washington State Hospital Association



YOU CAN
ACHIEVE YOUR DREAMS

act of courage

STOP OPIOID MISUSE

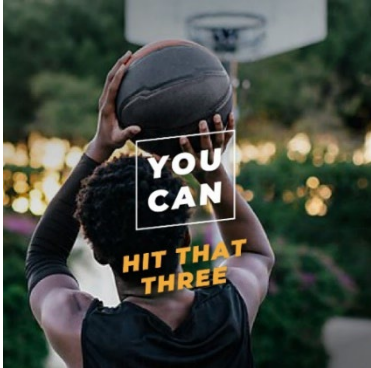
Your choices matter

- If you are prescribed an opioid, talk with your doctor about other options.
- Nearly half of people missing pain relievers, including prescription opioids, get them from a friend or family member. Please share an opioid prescription with someone you trust.
- Treatment works. If you think you need help, call Washington Recovery Help Line at 1 (800) 789-8071.

Opioids negatively affect the reward center in the brain. This makes them highly addictive.¹

You can make a difference. Help a friend. Share the facts.

Learn more at GetTheFactsRx.com



YOU CAN
HIT THAT THREE

WA State Prevention System



Community & School
based Prevention
Services

Promotion and Prevention Services

▶ Tribal Prevention Programming:

- ▶ 27 Tribes implementing prevention programming.
- ▶ 2 Urban Indian Organizations

▶ The Community Prevention and Wellness Initiative:

- ▶ Nearly 100 communities and schools identified as high risk across the state.
- ▶ Two-pronged approach: community coalitions and school-based prevention/intervention services.

▶ Community-Based Organizations:

- ▶ 21 organization serving 32 high-need communities
- ▶ SUD prevention and/or MH promotion/suicide prevention.

▶ Young Adults Services:

- ▶ First Year's Away from Home in 8 Universities
- ▶ Check-in with Yourself statewide online app

Community Prevention & Wellness Initiative

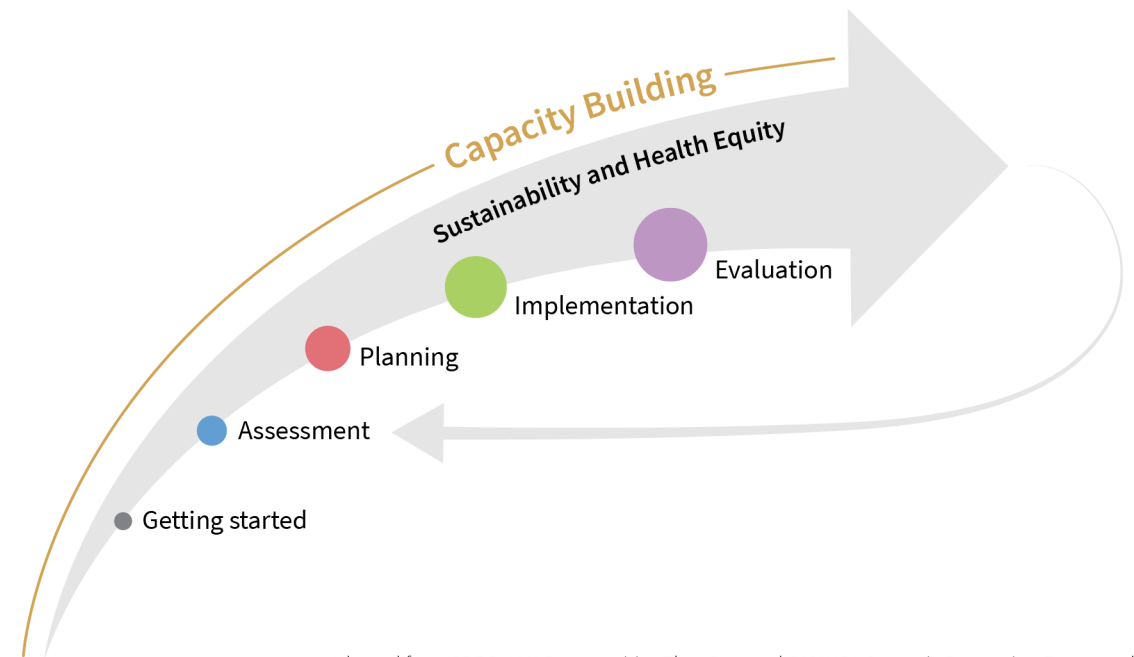


Local solutions to promote community health and well-being.

Community Prevention & Wellness Initiative

- ▶ A health equity approach to behavioral health services.
- ▶ Provides *locally-driven* solutions to *local* issues.
- ▶ Leverages limited public resources.
- ▶ Rooted in evidence-based practices and informed by local data.
- ▶ CPWI distributes prevention services to highest need communities across Washington State.

Washington State Prevention Planning Framework



Adapted from SDRG, UW Communities That Care and SAMHSA Strategic Prevention Framework

Community Prevention & Wellness Initiative

Community-based services include a multi-tiered approach:

- ▶ Local decision-making to address needs
- ▶ Community involvement
- ▶ Community awareness building
- ▶ Public education campaigns
- ▶ Direct services (i.e. parenting/caregiver education and support; mentoring; youth groups)
- ▶ Policy and environmental efforts

School-based services include a multi-tiered approach:

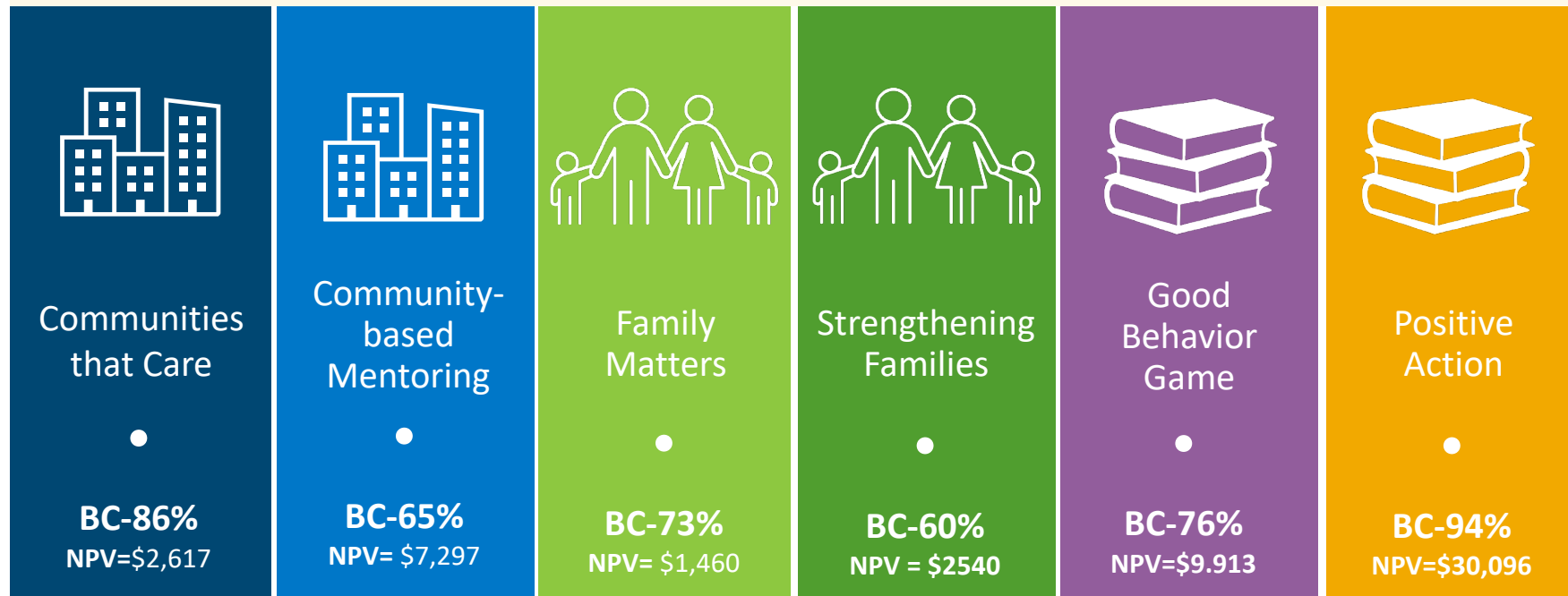
- ▶ Schoolwide universal prevention
- ▶ Classroom education
- ▶ Problem identification and referral
- ▶ Early intervention and support groups to selected/indicated students
- ▶ Parent/guardian engagement
- ▶ Training and education to school staff
- ▶ Focuses on secondary grade levels (6–12).

Evidence Based Programming

- ▶ EBP Workgroup with research and agency partners
 - ▶ Perform literature reviews and analyses
 - ▶ Review registry ratings (intervention specificity, evaluation quality, intervention impact, and dissemination readiness)
- ▶ Programming Lists
 - ▶ Excellence in Prevention list
 - ▶ Behavioral Health Outcome lists
 - ▶ Youth Cannabis, Opioid Use, Mental Health Promotion and Suicide Prevention
 - ▶ Tribal Best Practices

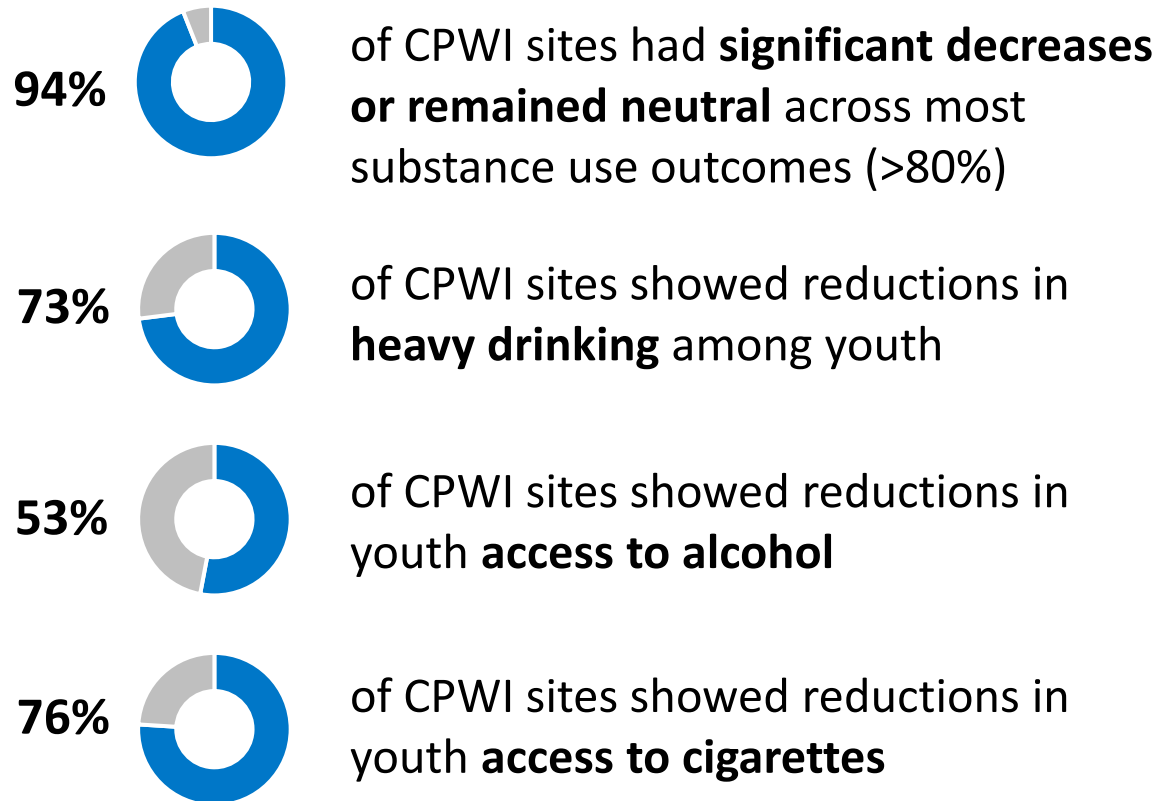
Evidence Based Programming

In State Fiscal Year 2018, and 2019, we estimate our investments in evidence-based programming led to **over \$124 million** in benefits to society,



Demonstrate that Prevention Works!

▶ Decreased substance use indicators:



Improved School Outcomes

- Improved graduation rate
- Decreased dropout out rate
- Improved grades

Effectively Delay the Onset of Substance Use Between 6th Grade and 12th Grade

Proven EBP delivery- 93% participants are in evidence-based programs (SFY 2023)

WA State Resources

- ▶ HCA Prevention and Promotion Services - <https://www.hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/substance-use-disorder-prevention-and-mental-health-promotion>
- ▶ Athena Forum - www.TheAthenaForum.org
 - ▶ <https://theathenaforum.org/prevention-priorities>
- ▶ Healthy Youth Survey
 - ▶ www.askHYS.net
- ▶ Young Adult Health Survey
 - ▶ <https://sites.uw.edu/uwwyahs>
- ▶ Prevention Research Subcommittee
 - ▶ <https://theathenaforum.org/PRSC>

Thank you

Sarah Mariani, CPP

Section Manager

Substance Use Disorder Prevention & Mental Health Promotion
Section | Division of Behavioral Health and Recovery
Washington Health Care Authority

Sarah.Mariani@hca.wa.gov