



CASCADE OF CHANGE



Featured Speakers



Adult Keynote Session 1

Wednesday, October 30 | 9:45-10:45 AM

CAPT. Christopher M. Jones, Pharm.D., Dr.P.H., M.P.H



Room: Grand Ballroom | Putting Prevention Front and Center to Advance Health and Thriving Individuals, Families and Communities

The landscape of substance use is ever-changing, and we must prioritize substance use prevention and work toward comprehensive community prevention strategies addressing the full range of risk and protective factors. There is an opportunity to re-examine current prevention strategies to ensure they are addressing the prevention needs of our time and are integrated into an existing foundation of prevention. This presentation will characterize the current landscape of substance use in the nation; describe the importance of prevention in the context of today's drug threats; examine how a comprehensive prevention strategy can be utilized to address the range of risk and protective factors across the social ecology; and discuss current CSAP initiatives to advance prevention and support states and communities in their efforts.



Adult Keynote Session 2

Wednesday, October 30 | 2:50-3:50 PM

Christopher Jury, MFA, CPP



Room: Grand Ballroom | The Economics of Risk and Protection

Why do well-designed, evidence-based strategies fail? How have risk factors become concentrated by economic pressures? By understanding Redlining, the CDC's Social Vulnerability Index mapping system, and their interaction with prevention strategies, we can understand challenges and opportunities.



Youth Keynote Session 1

Wednesday, October 30 | 10:55-11:55 AM

Marli Williams, M.Ed.



Room: Fifth Avenue | Be an EPIC Leader: Navigating the Future of Prevention

This inspiring and interactive keynote session is uniquely designed to empower both youth and adults dedicated to the power of prevention. Discover actionable strategies to lead with impact, ignite passion within your community, foster innovation in your initiatives, and build strong, collaborative networks. This keynote will equip you with the tools and inspiration to drive meaningful change and navigate the evolving landscape of prevention with confidence and resilience. This is your moment to become a catalyst for positive transformation and lead the charge in creating a healthier, safer future for all.



Closing Session

Wednesday, October 30 | 5:30-6:30 PM

Linda Thompson, Masters in Organizational Leadership, CPP



Room: Grand Ballroom | From Dreams to Reality: Leading Communities in Hope and Compassion

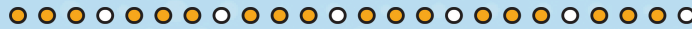
Washington state has so many excellent prevention programs funded by Federal, State, and Local dollars. From Target Zero to Community Prevention Wellness Initiatives to Health Promotion efforts, to name a few, preventionists are hard at work to make a difference through programming. But let's dream bigger. Let's bridge gaps and break down silos in our communities—by coming together in hope with compassion through unexpected partnerships at the local level with amazing results. This presentation will 'wow' you by sharing ways to engage in local change through partners in prevention that have local impact with community and state wide success. Now is the time to reach out with an open hand of partnership and compassion for each other as leaders.



Youth Keynote Session 2

Thursday, October 31 | 10:45 AM - 11:45 AM

Jake White



Room: Pine | Ignite Your Influence - How to Engage and Influence Your Peers in Prevention

Does it feel intimidating to approach your peers with a topic like drug prevention? Do you feel like they won't listen or take you seriously? Jake White started a movement doing something people said was impossible... hosting giant college events without any drugs or alcohol. Not only did he attract hundreds of students, creating a positive safe environment for people to connect, he even attracted nationally known sponsors to fund his events. Today he teaches students and youth coalition members across the U.S. how to engage their peers in prevention lessons, activities and events. Now it's your turn! Come learn how to ignite your influence with strategies to engage your peers and community in the important work you're doing.



Closing Keynote Session

Thursday, October 31 | 12:30-1:00 PM

Jake White



Room: Grand Ballroom | Ignite Your Community in Prevention

People are the engine of prevention. As someone who started a substance-free movement in college that has spanned the country, Jake White will share how the five keys of Vive18's Youth Launch Framework can help you attract the right people (youth and adults) into your coalition.

Optional Evening Activities

Wednesday, October 30, 6:30-9:00 PM



6:30-9:00 PM | Ask Us Anything about Gaming & Gambling

Room: Vashon

Stop by to learn more about Gaming and Gambling, possible team project ideas, and more!

6:30-9:00 PM | Arts & Crafts

Room: Grand Crescent

Decorate your badge! We'll have stickers to dazzle to your ID.

6:30-9:00 PM | Dance Floor & Karaoke

Room: Cascade Ballroom

It'll be a great time with great music & good vibes. Come and dance the night away!

6:30 - 9:00 PM | Spooky Movie

Room: Fifth Avenue

Stop by to watch a Halloween-themed movie.

6:30 - 7:30 PM | Youth Empowerment Panel

Room: Pike

If you've been wanting to hear more about prevention efforts directly from the youth we serve, now is your chance! A small but diverse group of youth from across the state are set to answer your questions; everything from getting youth involved in planning and hosting events, to what the landscape of on-campus substance use looks like, to supports available for students looking to quit.

6:30 - 7:30 PM | Drug-Free Communities (DFC) Meeting

Room: Pine

Invitation only. An opportunity for currently funded DFCs and DFC-related grantees to connect & share.

Wednesday, October 30

Adult Workshops

Adult Workshop Session 1 | 10:55-11:55 AM



Room: Vashon | From At Risk to Activist: Reimagining Resilience to Account for the Unique Values, Skills, and Creativity of LGBTQ+ Youth
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We know that LGBTQ+ youth are resilient. And their resilience can look different than other youth. This workshop will help you to identify the unique values, skills, and creativity of LGBTQ+ youth and build spaces which better foster their resilience.

Room: Grand Crescent | Choose your Own Adventure: Find the Way to Engage with LCB That Works Best for you!

Kristen Haley, BS, Jim Vollendroff, Captain Jeremy Wissing, Tyler Watson, PhD, MPH

Regulation of controlled substances plays an important role in the Washington prevention system, and a team from across the Washington State Liquor and Cannabis Board (LCB) will introduce our regulatory work and how to get involved. We will provide real-world examples of how our work intersects with prevention, identify several ways prevention professionals can directly engage with LCB to impact regulations, and describe shared goals and priorities. Let's build up our partnership to better promote public health and safety in Washington!

Room: Elliot Bay | Beyond Recognition: How Authentic Appreciation Increases Coalition Engagement

Lisa Davidson

Feeling appreciated and valued often leads to increased engagement when working in a group or a coalition. Let's go beyond "Employee/Member of the Month" and learn a variety of authentic recognition strategies to best engage (and retain) your diverse team or coalition members.

Room: Pike | Using Ripple Effects Mapping to Increase Equity and Community Inclusion

Scott Waller, M.Ed., Holly Gumm, MPH

In this presentation we will demonstrate how Ripple Effects Mapping (REM) can help communities address equity and inclusion concerns.

Room: Pine | Enhancing the Impact of the Community Prevention and Wellness Initiative: Key Findings and Improving Strategies for Effective Dissemination of Findings

Jordan Newburg, PhD Candidate

We will present an overview of Community Prevention and Wellness Initiative evaluations conducted over the years and highlight key findings. Additionally, we will outline our dissemination strategies and seek feedback from prevention professionals on how to improve the sharing of evaluation results.

Adult Workshop Session 2 | 1:40-2:40 PM



Room: Vashon | Positive School-based Strategies to Reduce Youth Commercial Tobacco Use

Margaret Shield, PhD, Tammy Dee, MSW, LICSW, Crystal Shen, MD, MPH

Schools have a critical role in prevention, encouraging positive norms, and supporting students who are using nicotine products. This session is for participants who want to learn about how to assess and change substance use discipline procedures and supportive practices in schools at a local level.

Room: Grand Crescent | (Re)Building Trust in the Healthy Youth Survey in the Post-Pandemic Era

Tyler Watson, PhD, MPH, Jaymie Vandagriff, PhD, MS, Hannah Gorman, MPH

The Healthy Youth Survey has long been a critical information source for the prevention field, and several changes were made to adapt to the COVID-19 pandemic. However, there are still many challenges to conducting HYS and utilizing the results including a lack of trust. We will provide a summary of the key changes and challenges to HYS and address some of the most frequently asked questions about participation, representativeness, suppression, using results, breaks in trends, and more. We will also ask the audience to share their experiences and ideas for how to best address these HYS challenges and build trust in the post-pandemic era.

Room: Pike | Braiding Along the Prevention Continuum: Stories from Spokane Tribal Network and DCYF Strengthen Families Locally

Joy Lile, Ph.D., Penny Spencer, Gregg Erickson, MSc, MBA, MCL

Through Strengthen Families Locally (SFL), DCYF supported community-driven solutions to reduce child abuse and strengthen families. Spokane Tribal Network braided SFL and CPWI funding to support holistic community wellness. This workshop shares lessons learned from these two collaborators.

Room: Fifth Avenue | The Strategic Prevention Framework meets Safe Systems of Care

Donna Kelly, APP

To root participants in the basics of practical application of the Strategic Prevention Framework and then to talk about Safe Systems of care and how the two approaches complement and can help further prevention work.

Room: Pine | Successful Strategies for Engaging Youth in Peer-to-Peer Prevention Programs

Laura Tucker

Peer to peer prevention programs are hugely successful, but how do you effectively recruit students? How do you train them to teach in classrooms? Learn tips and pitfalls to developing student prevention teams. Share your experiences. Ask questions. Develop plans to take back to your communities.

Adult Workshop Session 3 | 4:00-4:50 PM



Room: Vashon | North Star/Washington State Tribal Prevention Systems

Naomi Jacobson, BA in Org Leadership, Aren Sparck, Lucilla Mendoza, MSW

Northwest Portland Area Indian Health Board (NPAIHB) is partnering with WA HCA and has received CDC funding to support 5 Pilot Tribes in Washington State to adapt the cultural context of Planet Youth's Icelandic Prevention Model (IPM). Planet Youth Guidance Program is a data driven model, designed to strengthen protective factors, mitigate risk factors, and build healthy social environments for positive youth development and reduce youth substance use.

Room: Fifth Avenue | A to Z of Teaching Tips to Make Your Lessons Fun, Engaging, and Informative
Margaret (Peggy) Rubens-Ellis, M.Ed. School Counseling

Many of us in the prevention world teach lessons to students in elementary, middle or high schools, but not all of us (including me) are trained teachers. As a guest teacher, we may find ourselves in classrooms that are big, small, not managed well or with an inflexible teacher. We must be ready for all of it. This workshop will give you the A to Z of tips I've learned along the way as a school counselor and prevention specialist. This will include discussion, short descriptions of games and activities that you can use right away and hopefully some playful fun.

Room: Grand Crescent | Connecting Health and Traffic Safety for Impaired Driving Prevention
Lisa Minajares-Kyle, RSP1, Jennifer Dorsett, SUDP, CPP

Car crashes are a leading cause of injury and death for young people. This workshop focuses on peer-to-peer strategies with Teens in the Driver Seat to address impaired driving. Participants will learn about health prevention frameworks and how to use the program to enhance their outreach.

Room: Pike | Feedback from First-Year College Student Parents on an In-Person Orientation: Letting Go and Staying Connected
Clara Hill, MPH

The First Years Away from Home team will share feedback from orientation sessions for caregivers of first-year students. As young adults leave home, what are caregivers' hopes, fears? How do the skills in the handbook support substance use prevention/health promotion during this critical transition?

Room: Pine | Bridging Prevention and Harm Reduction Messaging to Educate Youth in Higher Risk Settings About Overdose Prevention
Corie Bales, Paj Nandi

This presentation will discuss how Washington's Friends for Life fentanyl and naloxone awareness campaign is bridging prevention and harm reduction messaging to educate youth and young adults in higher risk settings about overdose prevention. Presenters will share key insights and new strategies.



The
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Washington State
Health Care Authority

Thursday, October 31

Adult Workshops

Room: Grand Crescent | Coffee & Conversation: Meet the New Prevention Voices Coordinator | 8:00-8:30 AM
Krista Timm

Join us for an informal session where you can bring your own coffee and connect with Krista Timm, the new Prevention Voices Coordinator! This is a fantastic opportunity to learn about what we are working on and share important upcoming dates you will want to have on your calendar. We want to hear from you—what are your priorities, and how can we enhance the group's effectiveness? Your voice matters, and we look forward to your feedback in shaping our path forward!

Adult Workshop Session 4 | 9:35-10:35 AM



Room: Vashon | How Adults Can Help Youth Maintain Healthy Relationships with Video Gaming
Paulina Zyskowski, MPH, Tana Russell, SUDP, NCTTP, WSCGC-II, CGT, Roxane Waldron, MPA

The gaming industry is evolving rapidly to incentivize gamers to play longer and spend more money. This presentation will equip adults with the tools to guide young gamers towards healthy gaming habits, while also revealing hidden gambling mechanics that could affect their game-life balance.

Room: Grand Crescent | Prenatal to 5: Grow & Thrive
Christine Cole, LICSW, IMHM-CO

Knowing promotion & prevention strategies are beneficial even for our youngest children is vital to fostering resilience & reducing risks from the very beginning. We all play a role in supporting families of young children in promoting well being & connecting to supports when concerns arise.

Room: Pike | Web-based Screening and Prevention Tools for Your Community
Derek Franklin, MA, LMFT, Michelle Ritter, M.Ed.

Mercer Island Healthy Youth Initiative Coalition leaders will share novel prevention/health promotion tools developed with pandemic-era restrictions and that now can be shared and localized for communities across WA. (parentingmercerisland.org and Take Five online youth self-assessment platform.)

Room: Pine | Hope Squad: Peer-to-peer Suicide Prevention
Kirsten Fuchs, M.Ed, CPP

Hope Squad is an evidence-based, peer-to-peer suicide prevention program that utilizes the power of peer engagement and intentional outreach. Suicide is one of the leading causes of death in the US. Hope Squad makes a difference by using effective prevention strategies to reduce the risk of suicide.

Room: Fifth Avenue | Supporting Healthier Youth by Protecting Against Tobacco Industry Tactics
Margaret Shield, PhD, Charlie Moses, Brittany Grant, Amanda Dugger, MA, BA

10+ years after e-cigarettes reached the U.S. market, the tobacco industry continues to push out new appealing products that target adolescents and young adults. This session will explore trends in youth commercial tobacco use and industry tactics to sell products that deliver addictive nicotine.

Adult Workshop Session 5 | 10:45-11:45 AM



Room: Fifth Avenue | Empowering Youth to Lead **Harmony Wright**

Learn how to create a youth led adult supported space through the lens of mentoring. Participants will learn how to build empowering spaces via case studies and examples. Participants will create an outline of a plan to create a youth empowered space within their own organization.

Room: Cascade I | Preventing Substance Use and Supporting Mental Health Through Social Marketing **Leslie Tunmore, Adriana Avelar, Maru Becker**

Our presentation will address the importance of leveraging prevention science and the principles of social marketing to develop research-backed substance use prevention and mental health promotion campaigns that reach Washington audiences through age and stage-appropriate messaging and outreach.

Room: Cascade II | Risk and Protective Factors for Young Adult Substance Use: A Scoping Review **Kimberly Klein, MS, MA, Kristi Morrison, BA**

We will summarize results of a scoping review of peer-reviewed literature on risk and protective factors for young adult alcohol, cannabis, tobacco, and other drug use. We will also discuss how some factors disproportionately impact certain populations (e.g., college students, LGBTQ+ young adults).

Room: Pike | Resilience Quest: Helping Rural Communities Understand ACEs Through Gameplay **Katrina Wulff, Jennifer Mitchell**

Drawing on years of experience in rural communities, this session will demonstrate a custom board game that was developed to help rural community partners better understand the roots of trauma, ACEs, and how they intersect with oppression and resiliency. Come ready to learn... and play!

Wednesday, October 30

Youth Workshops

Youth Workshop Session 1 | 9:45-10:45 AM



Room: Olympic | SPF in Action!

Jennifer Dorsett, BA, CPP

This workshop will be offered twice and it's highly recommended your youth teams and advisors attend one session if you have not attended in the past or it has been more than two years. We will be highlighting the strategic prevention framework in a relatable way for youth teams. Materials will be given to each team for you to share and take back to use for projects. This workshop was developed with different levels of prevention in mind (beginner, intermediate and advanced). All youth will engage in interactive activities applying the framework to actual projects and sharing out for groups to see different perspectives and ideas around prevention work. This workshop will prepare teams for future projects in their community and assist in the application process for this year's Spring Youth Forum.

Room: St. Helens | Nexus: A Platform for Change + Equipping Adults to Support Youth Mental Well-being

Taanvi Arekapudi

The workshop centers around addressing the youth mental health crisis (from a youth) through the introduction of Nexus, a groundbreaking vetted online platform, launched to 200K+ students. It aims to equip attendees with practical tools to spark open adult to youth conversations about mental health.

Room: Adams | Help Washington Thrive

Megan Beers, Ph.D., Hanna Traphagan, MEd

Please join us for a conversation about youth behavioral health and help shape the well-being of Washington for young people and families. Washington Thriving was established in 2023 as a behavioral health initiative centered on the lived and living experience of children, youth, young adults, caregivers, and families in response to the growing behavioral health crisis across the state. We want to hear from you! The inclusion of youth and young adult voices from those with lived and living experience is essential to designing new ways to support behavioral health. Washington Thriving seeks to develop a statewide strategic plan for Washingtonians from prenatal through age 25. This plan will be shared with policymakers through the State's Children and Youth Behavioral Health Work Group in August 2025.

Youth Workshop Session 2 | 1:40-2:40 PM



Room: Olympic | SPF in Action!

Jennifer Dorsett, BA, CPP

This workshop will be offered twice and it's highly recommended your youth teams and advisors attend one session if you have not attended in the past or it has been more than two years. We will be highlighting the strategic prevention framework in a relatable way for youth teams. Materials will be given to each team for you to share and take back to use for projects. This workshop was developed with different levels of prevention in mind (beginner, intermediate and advanced). All youth will engage in interactive activities applying the framework to actual projects and sharing out for groups to see different perspectives and ideas around prevention work. This workshop will prepare teams for future projects in their community and assist in the application process for this year's Spring Youth Forum.

Room: Cascade 1-A | Thriving Virtually and IRL: How to Maintain a Healthy Game-life Balance

Paulina Zyskowski, MPH, Tana Russell, SUDP, NCTTP, WSCGC-II, CGT, Roxane Waldron, MPA

This session will help youth enhance healthy gaming habits, decrease gaming-related harms, understand the impact of in-game spending, spot hidden gambling mechanics that could affect a healthy game-life balance, and know where to find help for themselves, a friend, parent, or other close relationship.

Room: St. Helens | Learning About Program Development and Providing Feedback on the Developing Youth Program, Find What Moves You

Anne Cox, Ph.D., Cailin Komar

Youth will: 1. Understand critical pieces of program development. 2. Learn and understand the importance of strategies designed to support motivation for physical activity, mindfulness, belonging, and body appreciation. 3. Experience serving as key youth stakeholder in program development.

Room: Adams | Brain Love: Innovative Brain-Based Strategies that Teach Peace and Decrease Behavior Referrals

Lyndsay Morris, BA, M.Ed.

When students and adults understand how their brains function under stress and the “why” behind their impulsivity, anger, and lack of focus, we empower them to make positive choices.

Youth Workshop Session 3 | 2:50 – 3:50 PM



Room: Olympic | How to “Self-Care” in a World that Never Stops and a Workplace that’s Burning Out

Lyndsay Morris, BA, M.Ed.

Are you feeling worn out, burned out, or completely checked out? Do you feel more like a human doing than a human being? In this uplifting keynote, you will discover cutting-edge practices designed to reduce stress, so thriving becomes the norm, rather than the exception.

Room: Cascade 1-A | High School Heroes – Using Fun and Games to Successfully Teach Tobacco and Marijuana Prevention

Laura Tucker

Peer to peer prevention programs are hugely successful, but how do you effectively recruit students? How do you train them to teach in classrooms? Learn tips and pitfalls to developing student prevention teams. Share your experiences. Ask questions. Develop plans to take back to your communities.

Room: St. Helens | DreamMakers: Bettering Our World, Bettering Ourselves

Claire Richardson, Stephanie Pereira

DreamMakers are youth leaders in communities who join together to develop a Community Vision and an action plan to achieve a better world for themselves and others. They learn and use the evidence-based strategies from the PAX Game. The youth are heroes of their community change, bringing hope all.

Room: Adams | Creating Club/Coalition Connections - How to Engage and Appreciate Each Other

Lisa Davidson

Feeling appreciated, valued, and connected often leads to higher participation when working in a group. Youth Coalitions and Clubs bring together students that otherwise might not spend time together to work on a common goal. Let’s go beyond a singular “get-to-know-you activity” and learn a variety of authentic engagement strategies to build a strong and lasting team.

Youth Workshop Session 4 | 4:00 – 4:50 PM



Room: Adams | Addressing Community Prevention through HOSA-Future Health Professionals

Elizabeth Carnesi-Hudson, MPH

Describing the work that Washington HOSA - Future Health Professionals is doing to address the state's prevention initiatives and how different groups can get involved with their local chapter.

Room: Olympic | Integrating Youth Leaders Into the Work of Creating a Healthy Environment for All!

Adrienne Bandlow, MPA, CDP, CPP, Lexi Becker

Integrating youth leaders in community engagement around environmental health and justice surrounding state programing, policy and funding development.

Room: St. Helens | Healthy Youth Survey 101: Using Data to Inform Action

Hannah Gorman, MPH, Jaymie Vandagriff, PhD, MS, Tyler Watson, PhD, MPH

The Healthy Youth Survey collects information on a range of prevention-related topics including substance use, mental health, and a variety of risk and protective factors among Washington youth in grades 6-12. When used responsibly and with appropriate context, this data can offer key insight directly from youth themselves to inform prevention work. This presentation will provide a space for youth to learn about this important data source and how to access it, as well as how to interpret and present basic statistical findings through interactive activities.

Thursday, October 31

Youth Workshops

Youth Workshop Session 5 | 9:35-10:35 AM



Room: Olympic | Resilience Quest: Helping People Understand Early Life Events Through Gameplay

Katrina Wulff, Jennifer Mitchell

Do you know about ACEs and how they affect us growing up? Have you ever struggled to explain to someone how childhood events can help or harm us? This interactive session uses a custom board game to walk your tiny "person" through the ups and downs of early childhood, showing how and when we can gain resilience and strength. Bring your questions (and some luck) and be prepared to play your way through this important topic!

Room: Adams | Help Washington Thrive

Megan Beers, Ph.D., Hanna Traphagan, MEd

Please join us for a conversation about youth behavioral health and help shape the well-being of Washington for young people and families. Washington Thriving was established in 2023 as a behavioral health initiative centered on the lived and living experience of children, youth, young adults, caregivers, and families in response to the growing behavioral health crisis across the state. We want to hear from you! The inclusion of youth and young adult voices from those with lived and living experience is essential to designing new ways to support behavioral health. Washington Thriving seeks to develop a statewide strategic plan for Washingtonians from prenatal through age 25. This plan will be shared with policymakers through the State's Children and Youth Behavioral Health Work Group in August 2025.

Room: St. Helens | Unlocking the Power of Human Connection

Marli Williams, M.Ed.

In an era dominated by digital interactions, genuine human connection is essential for building healthier, more supportive and engaged communities. This interactive workshop will empower youth with the tools and confidence to navigate social landscapes authentically, fostering understanding and empathy in both personal and community settings.