



MT. RAINIER

Washington State  
**Prevention**  
summit

ADVANCING PREVENTION:

# **CONNECTION**

— AND —

# **HOPE**

VIRTUAL

NOVEMBER 8-9, 2022

# FEATURED SPEAKERS

## YOUTH KEYNOTE 1

***November 8th, 1:20 PM - 2:20 PM***



### **GETTING IT DONE: THE STRATEGIC PREVENTION FRAMEWORK**

***Nigel Wrangham, CADC II, Child Protective Services, Nigel Strategies LLC***

What happens when you have an important assignment or project ahead of you, and you don't bother preparing or planning? What happens when you try to wing it? Probably, it doesn't go so well. The same thing is true in prevention: Projects that use an organized planning process are more successful and effective. There is such a process, and it's a really good one: The Strategic Prevention Framework, or SPF for short. In this session, we're going to walk through the SPF together and learn how to use it in our communities. We'll also talk about tropical vacations, but come see for yourselves!

***November 8th, 2:40 PM - 4:00 PM***

## COMBINED KEYNOTE 1



### **FOUNDATIONS OF THE ICELANDIC PREVENTION MODEL**

***Dr. Alfgeir Kristjansson, PhD, West Virginia University***

The theoretical background, history, and steps to implementing the Icelandic Prevention Model will be presented. Practical experiences for implementation will be discussed. Evaluation findings presented.

## YOUTH KEYNOTE 2

***November 9th, 9:40 AM - 10:40 AM***



### **POWER U.P. (UNDERSTANDING PREVENTION)**

***Albert Gay, MS***

Prevention is often portrayed as teaching youth to just say no to alcohol, tobacco, and drugs. However, this label vastly understates prevention's true strength. Prevention truly is superpowered. By following the principles and practices of prevention, youth can do far more than just avoid drug use. With an understanding of prevention, youth can uncover the power to create their own path towards optimal living and achieving life goals and dreams.

## ADULT KEYNOTE 2

**November 9th, 9:40 AM - 10:40 AM**



### **CANNABIS MARKET TRENDS AND IMPLICATIONS FOR PREVENTION**

***Jonathan Caulkins, PhD, Carnegie Mellon University***

Cannabis legalization has fundamentally altered the marketplace, leading to major changes in price, potency, availability, and product variety and form. Those changes create new challenges for prevention, and perhaps some opportunities as well. This talk helps elucidate drivers of those changes to prepare prevention leaders plan their response.

## ADULT POWER SESSION

**November 9th, 12:30 PM - 1:30 PM**



### **NAVIGATING PREVENTION LANDSCAPE: ACTING EARLY ACROSS THE LIFESPAN AND ALONG THE CONTINUUM OF CARE**

***CAPT Jennifer Fan, Pharm. D., J.D., Acting Director, CSAP, SAMHSA***

***CAPT Jeffrey Coady, Psy.D., ABPP, Region 5 Administrator, SAMHSA***

The presentation will highlight current challenges facing the behavioral health field, the importance of the Administrations' Unity Agenda and the Whole Government Approach, and what it means to have a modern prevention system. Speakers will discuss how policies, programs, and initiatives of SAMHSA's Center for Substance Abuse Prevention address behavioral health challenges we are facing today.

## CLOSING KEYNOTE 3

**November 9th, 1:35 PM - 2:40 PM**



### **THE TRIALS, TRIBULATIONS AND TRIUMPHS OF TRANSITIONING TO TRAUMA INFORMED CARE- KEYS FOR SUSTAINABLE CHANGE**

***Jenny Moore, MS, School Psychologist, Inland Northwest Therapy***

This workshop provide an overview of the Adverse Childhood Experiences framework, core components of trauma informed systems change, understanding of how to support sustainable change through implementation science as well as strategies, techniques and tools for practitioners and organizations to assess, and enhance their current practice.



# ADULT WORKSHOPS

TUESDAY, NOVEMBER 8TH

WORKSHOP  
SESSION 1

1:20 PM - 2:20 PM

## 1A: TRANSLATING PREVENTION RESEARCH INTO POLICY: STRATEGIES AND TOOLS FOR EDUCATING DECISION-MAKERS TO PROMOTE COMMUNITY HEALTH AND WELLBEING

*Dr. Brittany Cooper, PhD, Washington State University*

*Dr. Kevin Haggerty, MSW, PhD, Social Development Research Group, University of Washington*

This session will introduce prevention professionals to the Washington State Prevention Research Subcommittee (PRSC), which brings together prevention researchers, practitioners, and leadership from across state agencies on a quarterly basis to identify and address emerging and evolving substance misuse prevention and mental health promotion needs in Washington State. Hosted by the Washington State Health Care Authority's Division of Behavioral Health and Recovery, the PRSC meetings began over 20 years ago and was an outgrowth of a similar subcommittee focused on substance use disorder treatment. The need for a specific focus on prevention was identified and since then, the PRSC has since grown to more than 100 members with representatives from all regions of the state. One aspect of the PRSC mission is to advocate for state funding of evidence-based and other effective services and policies aimed at promoting community health and wellbeing.

## 1B: HOW THE SOCIAL DETERMINANTS OF HEALTH IMPACT PREVENTION PLANNING

*Nicole Augustine, MPH, MCHES, PS, RIZE Consultants*

The Social Determinant of Health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Join me as we examine the SDOH and how prevention professionals can use this framework in developing innovative prevention strategies.

## **1C: HANDLE WITH CARE - INTEGRATING TRAUMA-INFORMED PRACTICES IN SCHOOL POLICY**

*Kirsten Fuchs, MEd, CPP, NWESD 101/East Valley Community Coalition*

*Jessica Deutsch, CPP, TALK 2 Healthy Choices Coalition*

Handle with Care aims to formalize and improve communication between first responders and school staff. The purpose of this communication is to: (1) Provide notification to the school that a child has experienced something traumatic, (2) Serve as a reminder for school staff to use trauma-informed practices, and (3) Identify children who are experiencing trauma and provide necessary support.

## **1D: AN EXPLORATION OF WITHDRAWAL**

*Jared O'Conner, MS, MPH Washington Poison Center*

*Marlo Murry, PharmD, CSPI, Washington Poison Center*

What happens when drug use stops? This lecture will explore the complex chemistry that occurs within the body and brain during drug use and withdrawal.

## **1E: SUPPORT NOT STIGMA: BREAKING THE CHAIN OF MULTI-GENERATIONAL SUBSTANCE USE DISORDERS AND CPS INVOLVEMENT**

*Sarah Norman, MSW, YWCA - Seattle-King-Snohomish*

*Lynae Hoover*

*Jill Douglas*

The Homeward House Core Collaborative helps new and expectant parents break the cycle of opioid and other substance use disorders and prevent Child Protective Services involvement by nurturing the vital parent-child bond. Collaborative members will discuss: 1) the current problem and need for collaborative responses, 2) their parent-led, cross-systems approach, and 3) stories of multi-generational hope.

# ADULT WORKSHOPS

WEDNESDAY, NOVEMBER 9TH

WORKSHOP  
SESSION 2

11:00 AM - 12:00 PM

## 2A: HELPING YOUTH MAKE HEALTHY CHOICES ABOUT GAMING

*Tana Russell, SUDP, NCTTP, WSCGC-II, CGT, Evergreen Council on Problem Gambling*

Video gaming can be a fun activity either alone, with friends, or with “randos”. It’s all fun and games, until it isn’t. Is there a way to spot industry strategies to get gamers to play longer, buy more, and recruit others? This session will teach adults a few ways to help youth set their own limits on their play, identify click-bait strategies, and use a tool for deciding if a behavior is “healthy” or “unhealthy”.

## 2B: REEVALUATING THE PREVALENCE OF POLY-DRUG-POSITIVE DRIVING IN WASHINGTON

*Max Roberts, PhD, Washington Traffic Safety Commission*

This workshop demonstrates the Washington Traffic Safety Commissions methodology to reevaluate the prevalence of poly-drug-positive driving in fatal crashes by eliminating non-impairing substances (e.g., certain over-the-counter medications, non-impairing prescription medications, non-active metabolites) which are currently being counted towards drugged and poly-drug driving numbers.

## 2C: RED FLAGS FOR SUPPORT: STUDENTS WHO SMOKE OR VAPE

*Deb Drandoff, Educational Service District 112*

Students who smoke and vape are sometimes seen as the “least of our worries”. This presentation prompts school staff to re-think approaches for these students. After reviewing HYS data correlations of smoking and vaping with other substance use and mental health concerns, we set the stage for considering alternative policies and practices to support the whole child.

## **2D: DEVELOPING STATEWIDE ASSESSMENT OF ADVERTISING AND RETAIL FOR CANNABIS, TOBACCO, VAPOR, AND ALCOHOL**

***Sarah Ross-Viles, MPH, Public Health-Seattle & King County***

***Liz Wilhelm, M.S., CPP, United General District #304***

This session will share work to date on projects to systematically collect and analyze advertising and retail strategies by the cannabis, tobacco, vapor, and alcohol industries. Retail assessments can engage partners and coalitions in identifying environmental risks for youth substance use. Findings can shape prevention programs as well as advocacy for policy change. Presenters will engage with attendees to find out what they would want from a statewide assessment system: What data would they want? How would they use the data? And what support will they want?

## **2E: SUPPORTING CAREGIVERS IN OUD RECOVERY AND PROMOTING PREVENTION FOR YOUTH**

***Margaret Kuklinski, PhD, SDRG, School of Social Work, University of Washington***

***Jim Leighty, LICSW, UW Social Development Research Group; NCFS Project Director***

This workshop will provide an overview of the Northwest Center for Family Support (NCFS), a virtual center dedicated to building capacity and increasing statewide access to culturally-responsive, inclusive, family-focused evidence-based interventions (EBIs) for families affected by opioid use disorder. NCFS provides free EBI training and ongoing consultation and technical assistance to opioid treatment programs, behavioral health agencies, and CPWI coalitions to support EBI selection, training, and implementation. The EBIs we support help families build nurturing, responsive, effective parenting skills which support caregiver recovery and promote youth prevention.

# YOUTH WORKSHOPS

## WEDNESDAY, NOVEMBER 9TH

### WORKSHOP SESSION 1

**11:00 AM - 12:00 PM**

### STRESS, ANXIETY, AND COPING

***Lorena Rios***

Stress and Anxiety is a universal experience and a challenge to deal with. This session will provide an overview of what causes stress and anxiety, how we can cope with it in a healthy way, to prevent adolescent substance use.

### WORKSHOP SESSION 2

**12:30 PM - 1:30 PM**

### PLAY SMART AND STAY IN CONTROL

***Tana Russell, SUDP, NCTTP, WSCGC-II, CGT, Evergreen Council on Problem Gambling***

Video gaming can be a fun activity either alone, with friends, or with "randos". It's all fun and games, until it isn't. Is there a way to spot industry strategies to get gamers to play longer, buy more, and recruit others? This session will teach skills to spot marketing strategies designed to target impulses to click, play, buy, or bet.



# POST-SUMMIT OPTIONAL MEETINGS

## WEDNESDAY, NOVEMBER 9TH

### **3:05 PM - 4:00 PM: USING YOUR VOICE FOR PREVENTION: WASAVP & PREVENTION VOICES WA**

*Trillium Swanson, MA, Coalition for Orcas Youth Project Manager*

*Scott Waller, M.Ed., CPP, WASAVP Legislative Lead*

*Amanda Dugger, Health Program Specialist 2, YCCTP coordinator, Spokane Regional Health District*

*Megan Moore, MPH, Community Liaison, Kitsap Public Health District*

You are the experts in youth substance use prevention, youth mental health, and youth wellness—you may even be a teen yourself! Your stories and knowledge are truly impactful to policymakers when they make policy decisions. Washington Association for Substance Use & Violence Prevention (WASAVP) and Prevention Voices WA have tools for you to learn how to amplify your voice to policymakers. This voluntary meeting is open to adults and teens, all experience levels are welcome.

### **3:05 PM - 4:30 PM: GENERAL MINERVA SYSTEM UPDATES AND REVIEW**

*Lauren Bendall, MPH, BS, Prevention System Project Manager, HCA Division of Behavioral Health and Recovery*

The intention of this meeting is to provide an overview of the current system functionality of Minerva 2.0 as well as the status of incoming developments over the next year. We will also highlight aspects of the system that have been customized to meet the needs of reporting on WA state substance use disorder prevention and mental health promotion services. There will be time reserved for general Minerva 2.0 technical assistance. This meeting is intended for all providers who use and/or access Minerva 2.0.