

Washington State  
**Prevention**  
summit

**2018**

**CONNECTED BY  
THE POWER OF  
PREVENTION**

November 6-7  
Yakima, WA



Washington State  
Health Care Authority

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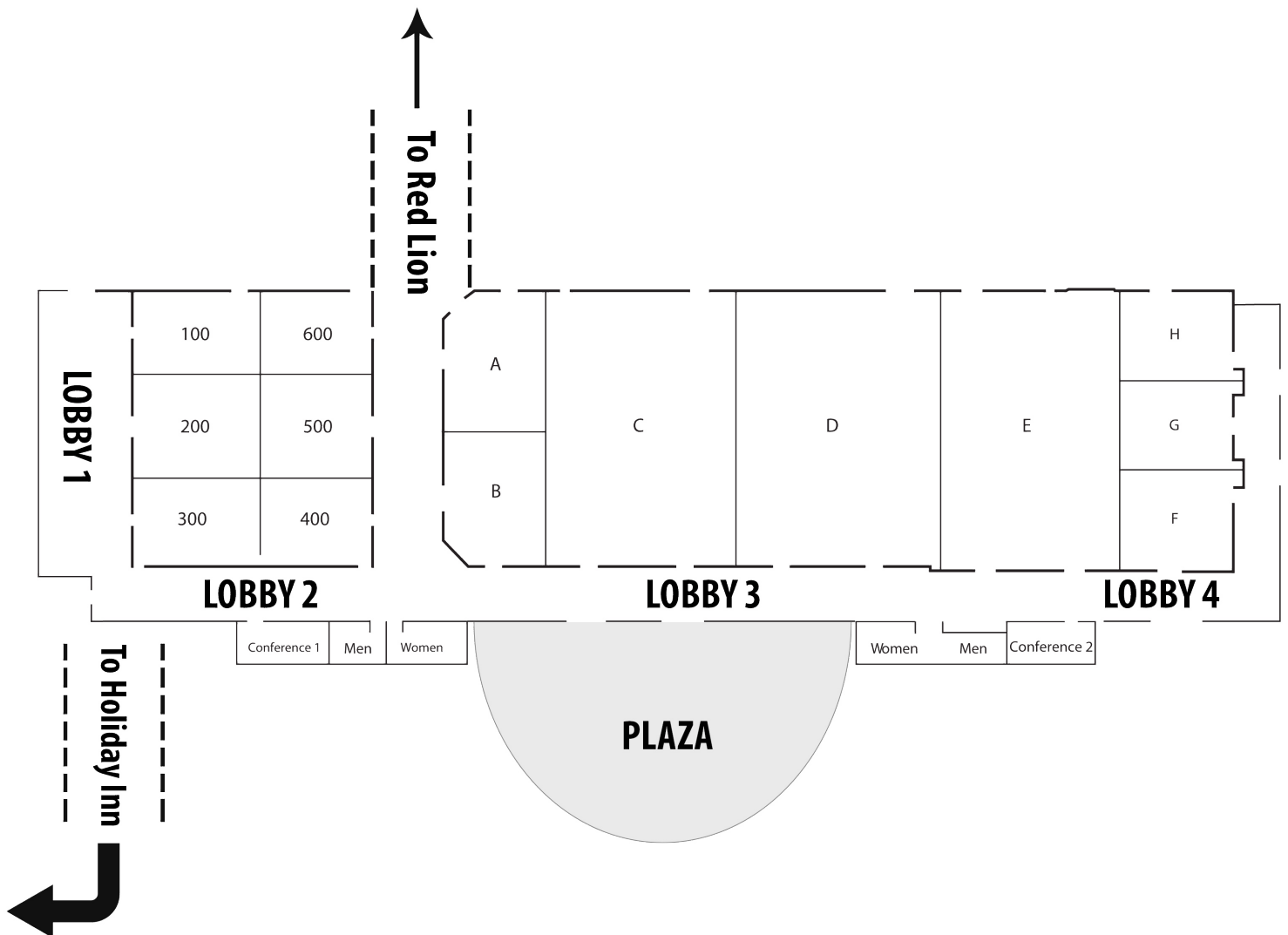
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## Washington State Health Care Authority

November 6, 2018

Dear Prevention Professionals and Youth Leaders:

Welcome to the 33<sup>rd</sup> Annual Prevention Summit, “**Connected by the Power of Prevention!**” We are excited to offer this opportunity to gather with those working in our state toward the success and health of youth, families and communities.

The prevention community in Washington State has been meeting annually since the early 1980s. Despite changes over time in name, location and planning leadership, the spirit of the annual Summit remains constant. It is the one time during the year when the prevention community can come together, reflect on the past year’s successes, learn new strategies, network with a variety of people, and plan for the future.

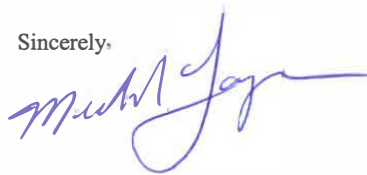
The goal of the 2018 Prevention Summit is to provide an enriching and culturally appropriate training and networking opportunity for youth, volunteers and professionals who are working to prevent substance abuse, violence and other destructive behaviors. The Summit will also address integration of prevention efforts with primary healthcare and mental health promotion. We want to reach highly experienced youth and adults as well as those who are new to prevention, and continue to build on our foundation of success in Washington State.

Over the next day and a half at the Summit, you will have the opportunity to hear from youth and adult leaders in our field. You will hear presentations from experts on the challenges they have faced in this work and successful strategies for continuing to create amazing results. We encourage you to take the time to network with one another, share and learn from each other’s experience while creating an opportunity to strengthen your prevention efforts.

We would like to thank those on the Summit Planning Committee who have worked hard all year to create a program that addresses our current challenges, and provides compelling strategies to successfully move into the future through inspiration and innovation. A special thanks to all of the leaders in our state that were and continue to be part of prevention services throughout the past 33 years.

Help us recognize and applaud our prevention workforce as they successfully **Connect by the Power of Prevention!** We hope you enjoy the 2018 program!

Sincerely,



Michael Langer, Acting Assistant Director  
Washington State Health Care Authority  
Division of Behavioral Health and Recovery

# Sponsors & Exhibitors

## Sponsors

The Prevention Summit is presented by the Washington State Health Care Authority.

Washington State  
Health Care Authority

PLATINUM



GOLD



BRONZE



Your Extended Family.



EVERGREEN  
council on problem gambling

## Exhibitors

ADA Clearinghouse

<http://adaiclearinghouse.org>

Botvin LifeSkills Training

[www.lifeskillstraining.com](http://www.lifeskillstraining.com)

Brain Injury Alliance of Washington

[www.biawa.org](http://www.biawa.org)

Evergreen Council on Problem  
Gambling

[www.evergreencpg.org](http://www.evergreencpg.org)

Molina Healthcare

<http://molinahealthcare.com>

Singing Shaman Traders

[www.facebook.com/singingshaman.traders](http://www.facebook.com/singingshaman.traders)

UnitedHealthcare

[www.uhc.com](http://www.uhc.com)

Washington State Department of Health

[www.doh.wa.gov](http://www.doh.wa.gov)

WA State Liquor and Cannabis Board

<https://lcb.wa.gov>



## Check-in, Continuing Education Hours and Certificates

### Adult Certificates and CEHs

Participants can earn up to 10 Continuing Education Hours (CEHs) for attending the general conference. Continuing Education Hours (CEHs) have been approved by NAADAC. Participants must check in at the registration desk upon arrival in order to receive credit for attendance for the general conference. Certificates for the general conference will be sent digitally to all participants AFTER the conference.

Certificates will be emailed to the email address on file with registration within 10 business days following the completion of the electronic overall event evaluation. To avoid system messages from sending to a SPAM folder, please approve messages from: [contactus@wacodtx.org](mailto:contactus@wacodtx.org) or from [noreply@etouches.com](mailto:noreply@etouches.com).

Please notify the registration desk for adjustments on early departure certificates in advance. Certificates will not be mailed or printed.

### Breakdown of CEHs: 10

Tuesday, Nov. 6, 2018: 6.00 hours

Wednesday, Nov. 7, 2018: 4.00 hours

### Youth Certificates

Youth certificates of attendance are provided during check in to the Team Adult Advisors.

## Name Badge Policy

Please wear your name badge throughout the conference. For security and safety reasons, we cannot admit you to sessions or meals without it. If you have lost your name badge, you may get a replacement at the registration/check-in desk.

## Handouts and Resources

Participants may download presentation handouts and resources from the conference website. Downloads will be added to the conference website two weeks after the conclusion of the conference. A link will be made available to the handouts on the website:

[preventionsummit.org/workshop-descriptions-adult](http://preventionsummit.org/workshop-descriptions-adult)

[preventionsummit.org/workshop-descriptions-youth](http://preventionsummit.org/workshop-descriptions-youth)

## Special Diets

If you have indicated in your registration in advance that you will need to be provided with a special dietary need, the Yakima Convention Center has been notified and has made reasonable accommodations. Please be aware of the fact that the accommodation is devised according to the government per diem pricing.

## Security Services

Security at the Summit is provided by Crowd Management Services (CMS). An emergency number for security can be found printed on the back of your name badge.

## DJ Services

Music and audio are provided by DJ Riceman (Anthony Rice), Owner, All About Music.

## Internet Access

The Yakima Convention Center offers complimentary wireless Internet.

# CONFERENCE SERVICES GROUP



Conference services provided by  
the Conference Services Group at  
The College of Business, UNR.  
877-922-6635

# Committee, Volunteers, & Awards

## Washington State Prevention Summit Committee

Angie Funaiole (Conference Chair)	Dayana Ruiz	Jennifer Dorsett	Peggy Gutierrez
Antonio Edwards (Youth Track Lead)	Derek Franklin	Julee Christianson	Rita Pinchot
Adam Halvorsen	Elizabeth Glavish	Kirstin McFarland	Sarah Pine
Brenda Barrios	Erin James	Liz Wilhelm	Scott Waller
Cathy Kelly	Fallon Baraga	Margaret McCarthy	
Cristal Connelly	Gerald Apple	Martha Williams	
	Georgena Cook	Miae Aramori	
	Gwen Fraser	Pauline Asplund	

## A Message for Our Volunteers

Thank you to our wonderful volunteers for their time and commitment to the conference!

## Washington State Prevention Awards of Excellence

### Prevention Professional

Kathy Deschner

Prevent Together: Battle Ground  
Prevention Alliance

### Prevention Professional

Liz Wilhelm

University of Washington School  
of Social Work

### Lifetime Achievement

Cathy Kelley

Sunnyside United-Unidos

### Youth Leadership

Chloe Anne Noel Connors

Unite! Washougal

### Contribution to Prevention by an Organization

Washington Poison Center

## Washington State Service Recognition

Mary Segawa: 20+ years with  
Thurston TOGETHER and Washington  
State Liquor and Cannabis Board

Julia Havens: 10+ years with  
Washington State Department of Social  
and Health Services, Division of Behavioral  
Health and Recovery

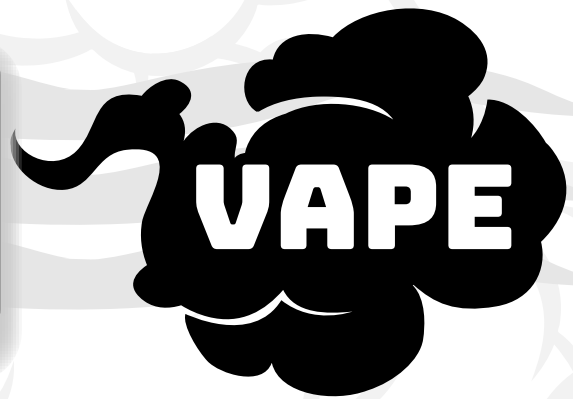


# BACK TO SCHOOL WITHOUT VAPOR PRODUCTS

Although most young people do not use vapor products, health professionals are concerned about the increase in youth use. ***Use of vapor products by youth is not safe.***

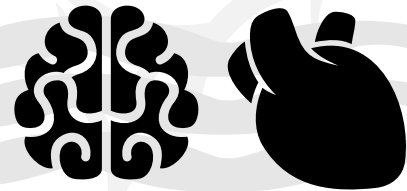
Called e-cigs, e-hookahs, mods, vape pens, vapes, tank systems, and electronic nicotine delivery systems (ENDS), some vapor devices look like USB drives that can go unnoticed in schools and by parents. ***(JUUL is one such device that delivers a high dose of nicotine.)***

The market continues to evolve with new products in various shapes and sizes.



***Many think they produce a water vapor*** when in fact they create aerosols that contain harmful chemicals and ultrafine particles that are inhaled into the lungs and exhaled into the environment.

***Nicotine is highly addictive*** and can harm the developing brain, which continues to develop until about age 25. Nearly 9 out of 10 people who smoke first tried smoking by age 18.



It is difficult to know what vapor product e-liquids contain because ***their contents are not regulated*** nor are there sanitation requirements.

Some vaping liquids listed as having "0 mg" of nicotine have been found to have significant amounts of nicotine when tested by independent testers.



**Vapor devices can also be used to deliver marijuana and other drugs.**

# Evening Activities

Monday, Nov. 5, 2018

## Networking and Ice Cream Social

7:30 – 9:30 PM | Yakima Convention Center | Ballroom C

Enjoy some after-dinner ice cream novelties and music with DJ Riceman! Spend some time with other teams and get to know your fellow prevention community ambassadors.

Tuesday, Nov. 6, 2018

## Soirée Sponsored by the Washington State Department of Health

7:30 – 9:30 PM | Yakima Convention Center | Ballroom FG

After the awards ceremony, all adults are invited to stick around, enjoy various dessert options, network with peers, and listen to music to unwind from a long day of learning at the conference.

## YMCA

7:30 – 9:00 PM | 5 North Naches Ave., Yakima, WA

Basketball, Dance Dance Revolution, foosball, pool, ping pong, air hockey, and two Wii stations! Please sign up at the registration desk to attend YMCA activities and meet in Lobby 2 near Suite 400 in the hallway. Volunteers will be available to walk groups to/from the YMCA, if needed.

## Arts and Crafts

7:30 – 9:30 PM | Yakima Convention Center | Rooms 300-400

Enjoy a variety of activities including canvas painting and bead crafts. Representatives from the Yakama Nation will share how to make dream catchers, no-sew pillows, and key chains.

## Popcorn and a Movie

8:00 – 9:30 PM | Yakima Convention Center | Ballroom A

What a great way to end a long and fun-filled day. Yummy popcorn and a movie!

## Dance! Dance! Dance!

8:00 – 9:30 PM | Yakima Convention Center | Rooms 100-200 and 500-600

We know you love the 80's, 90's and 2000's! Come dressed in gear from your favorite decade and join DJ Riceman to end the day with the hottest hits from the 80's, 90's and 2000's. This will be a dance you don't want to miss.

## ADULT EMCEE

### Estreyita Rosales

Anchor/Reporter, Telemundo and NBC Right Now

Estreyita Rosales has been a part of the KNDU team since July 2017. She started her career as a reporter with KNDU and is now an anchor/producer for Telemundo Yakima/Tri-Cities. Estreyita graduated from Washington State University with a degree in Journalism and Media Production. A month prior to graduating, she was one of four students selected to travel to Chiapas, Mexico, where she had the opportunity to report internationally. Her story "Discovering a New Beast," has been nominated for the Society of Professional Journalists (SPJ) award.

## YOUTH EMCEE

### Marli Williams

Chief Inspiration Officer at Marli Williams Speaking, Training and Coaching

Marli Williams is a sought after international speaker, leadership trainer, and master facilitator of fun whose mission in life is to inspire and empower youth to see the greatness within themselves so that they can be the change makers and leaders they are meant to be. She has spoken in places such as Canada and Dubai in addition to many places all over the US such as Nike, United Way, and tons of conferences inspiring people to believe in themselves and make a positive difference in the world.



# Keynote Speakers

## ADULT KEYNOTE SPEAKERS



**Dennis Embry, PhD, President and Senior Scientist, PAXIS Institute**

Tuesday, November 6, 2018 | 9:00 am—10:00 am  
Ballroom E

**Creating Universal Prevention for the Health, Safety, Economy and Future of America:** Human society is a biological pyramid scheme. Using accumulated wisdom and knowledge, adults have children. Community groups the children together to

learn from the experience of elders. Then, the children become the elders to the next generation. In 15 years, America will have one child to every senior citizen. Now, the evolutionary pyramid that made our species populate the earth is in danger from an epidemic of mental, emotional, behavioral and related physical disorders that is affecting our children and the larger society. This talk sketches out the practical, cost-effective prevention strategies, used at population level to save the future, that every child, citizen and community can help make. The state of Washington is already on that path, and can help lead the nation.



**Rodney Wambeam, PhD, Senior Research Scientist, Wyoming Survey & Analysis Center, University of Wyoming**

Tuesday, November 6, 2018 | 12:00 pm—1:00 pm  
Ballroom E

**There Has Always Been Drinking in America: Alcohol, History, Culture, and What It All Means for Prevention:** This keynote explores America's cultural relationship to alcohol, from the thirteen colonies and prohibition to today's music and

movies. In prevention, we often focus so intently on our communities and strategies that we fail to step back and look at the much, much bigger picture of the cultural and historical context of what we are trying to accomplish. Using humor and examples from history, movies, music, television, and more, Dr. Rodney Wambeam provides the larger context of what it means to prevent the misuse, abuse, and devastating consequences of a substance that has always been part of the American experience.

# Keynote Speakers



## Alice Fong, Program Manager, Center for Ethical Leadership

Tuesday, November 6, 2018 | 1:15 pm—2:15 pm  
Ballroom E

**The Secret to Building a Thriving Community:** The secret is YOU! This keynote begins the conversation to utilize the four Ps to strengthen your work in building healthy communities. We'll dive deeper to discover what you bring to the equation. Channel your power of love to fuel the success in the work you do on a daily basis. Lastly, we'll take a look at how we can really rid ourselves of destructive behaviors and facilitate healing and building deeper relationships.



## Rolf Christensen, DDS, MHA, Dentist and Lecturer, University of Washington, Director, Dental Urgent Care Clinic, Director, Oral Medicine Clerkship

Wednesday, November 7, 2018 | 8:00 am—9:00 am  
Ballroom E

**Mitigating the Risks of Opioid Prescribing: Collaboration is Key**  
Pain management is an important component of the healing arts. Prescribing has become complex and complicated in a world of drug misuse, abuse and addiction. We will talk about ways to mitigate the risks of prescribing including the role of family, friends, and community groups. This talk will also highlight research linking a person's first exposure to prescribed opioids and vulnerability to later drug use.

## COMBINED KEYNOTE SPEAKER



## Joseph Green, President/CEO, LMSvoice

Wednesday, November 7, 2018 | 12:00 pm—1:00 pm  
Ballroom CDE

**Connected by the Power of Story:**  
In this talk, Joseph uses storytelling and performance poetry to seamlessly weave anecdotes from his life experiences, his time running a youth prevention program, and his work as the Director of Youth Programs for the DC-based arts and social justice nonprofit Split This Rock. Youth will leave empowered and motivated about participating and leading community-based prevention efforts while adults will have a better understanding of how to empower youth towards achieving positive developmental outcomes using sustainable prevention strategies.



# Keynote Speakers

## YOUTH KEYNOTE SPEAKERS



**Caleb Campbell, Speaker/Trainer, Teen Truth**

Tuesday, November 6, 2018 | 12:00 pm—1:00 pm  
Ballroom CD

### Transforming Leaders into Difference Makers:

Today's students have pressures coming at them from many different directions. The Internet and cell phones relentlessly remind them of these pressures 24 hours per day. Because bullying, drug abuse, and self-esteem constantly affect student happiness and mental health, it has become crucial for student leaders to step up as difference makers who can generate a positive change in the world. Hosted by Caleb Campbell, a former NFL player who lost everything to negative mental health issues, this TEEN TRUTH infused session will empower student leaders to identify the pressures they face, find their voices, and take action to be the difference!



**Marli Williams, Chief Inspiration Officer at Marli Williams Speaking, Training & Coaching**

Wednesday, November 7, 2018 | 8:00 am—9:00 am  
Ballroom CD

### Discover Your Leadership Superpowers:

What does it mean to be a leader? How do we lift each other up? How do we support and encourage each other to keep going when it is hard?

This interactive keynote presentation is designed to empower you to discover your Leadership Superpowers and learn how to see them in others. Knowing your Leadership Superpowers will give you the confidence to make the difference that you want to make. This presentation is an opportunity for you to look at your strengths, your goals, what gets in the way and what motivates you to take action. You will walk away feeling STOKED about making a difference in your communities!



Stay up to date with the latest Washington State Department of Health

# Marijuana Prevention & Education Campaigns!



## YOU CAN

**Audience:** Youth ages 12-17

**Website:** <https://www.youcanwa.org/>

**FOLLOW US:**

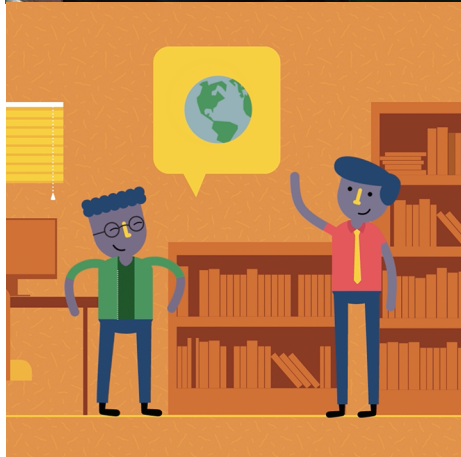
 <https://www.instagram.com/youcanwa/>

 <https://www.facebook.com/YouCanWA/>

**CHECK OUT OUR TOOLKIT:**

<https://thesocialpresskit.com/you-can>

Toolkit password: **Prevention&Education**



## UNDER THE INFLUENCE...OF YOU

**Audience:** English and Spanish speaking parents and influential adults

**Website:** <https://www.starttalkingnow.org/>

**CHECK OUT OUR TOOLKIT:**

<https://thesocialpresskit.com/under-the-influence-of-you> Toolkit

Toolkit Password: **InfluentialAdults**



## KNOW THIS ABOUT CANNABIS

**Audience:** Adults

**Website:** <https://www.knowthisaboutcannabis.org/>

**Sitio Web:** [www.ConozcaEstoSobrelaMarihuana.org](http://www.ConozcaEstoSobrelaMarihuana.org)

**CHECK OUT OUR TOOLKIT:**

<https://thesocialpresskit.com/know-this-about-cannabis>

Toolkit password: **ConsumerEducation**

Contact Kristen Haley at [Kristen.Haley@doh.wa.gov](mailto:Kristen.Haley@doh.wa.gov) with any questions.



# Adult Workshops

TUESDAY, NOVEMBER 6 | WORKSHOP SESSION I | 10:15 AM–11:15 AM

## 1A: Indigenous and First Nations PAX Good Behavior Game

**BALLROOM A**

Dennis Embry, PhD, President and Senior Scientist, PAXIS Institute; Claire Richardson, Lead International Trainer, PAXIS Institute; Nancy Fiander, PAX Partner on Special Assignment, Indigenous Communities Liaison, PAXIS Institute

A key principle of the PAX Good Behavior Game (GBG) is that people – from preschool through adulthood—are heroes of their own change. If hope, self-regulation, co-regulation and a focus on a positive future are to be cultivated among peoples with historic disparities, then their children of all ages must be given the opportunities and scaffolding to lead. One of the remarkable aspects about the underlying recipe of the PAX GBG is that it is effective across cultures. Claire Richardson, lead international trainer for PAXIS Institute, and Nancy Fiander, PAX Dream Makers Coach, will explain the processes of infusing PAX GBG in tribal communities (e.g., White Swan in Washington and the Swampy Cree in Manitoba, Canada) with young people as the agents of change. Recent data from the province-wide public-health study in Canada show that PAX GBG is especially beneficial for Indigenous students.

## 1B: Successful Youth Mentoring: Essential Practices

**BALLROOM B**

Pamila Gant, BA, Senior Program Officer, MENTOR Washington

Did you know that youth in mentoring programs that follow a set of best practices do much better than children and teens in programs whose programmatic processes are less rigorous? This session digs into each of the six standards of mentoring program structure and explains why each is vital to a mentee's safety and promise of positive outcomes. You will hear highlights of the most recent research and participate in activities that demonstrate core premises of asset-based versus deficit-based thinking about kids. This workshop will direct participants to expansive resources and show how to obtain individualized coaching. MENTOR Washington works directly with over 100 formal youth mentoring programs in Washington State providing training, technical assistance, and research.

## 1C: Vapor Products and JUUL: An Evolving Market

**BALLROOM F**

Stacia Wasmundt, Youth Tobacco and Vapor Product Prevention Consultant, Washington State Department of Health

Mango, bubblegum, strawberry shortcake – candy flavors, or flavored nicotine for vapor products? Vapor products are the most commonly used nicotine product by youth in Washington State. The landscape of vapor products is constantly evolving, especially with the recent rise of JUUL and other USB-shaped vapor products. These products are putting decades of progress at risk and increasing the overall use of tobacco and nicotine products. Uncover some misperceptions about vapor products and learn why they are a public health concern during this session.

## 1D: State Targeted Response: CPWI Cohort 5 Coordinators Meet-Up

**BALLROOM G**

Alicia Hughes, MA, CPP, Prevention System Development Manager, Health Care Authority/Division of Behavioral Health and Recovery

Required and closed session for all Cohort 5 State Targeted Response (STR) CPWI Coordinators. Come meet with your fellow cohort sites and celebrate your successes together! We will review data and outcomes from Year 1 of the CPWI STR grant, share stories on program implementation and partnerships, and plan for the upcoming year.

## 1E: Impact and Lessons Learned from Over 15 Years of Implementing the Strengthening Families Program for Parents and Youth 10-14 in Washington State

**BALLROOM H**

Brittany Cooper, PhD, Associate Professor, Washington State University; AnaMaria Diaz Martinez, MEd, Assistant Professor, Washington State University Extension; Drew Betz, MS, Professor, Washington State University Extension

For over 15 years, Washington State University (WSU) has led the statewide dissemination and evaluation of the evidence-based, family-centered, substance abuse prevention program, Strengthening Families Program for Parents and Youth 10-14 (SFP 10-14). In this workshop, the Washington State SFP 10-14 lead evaluator and trainer will begin by presenting an overview of the program and results from the statewide evaluation for the English and culturally adapted Spanish versions of SFP 10-14. Next, they will discuss how communities use the individual evaluation reports developed by WSU to improve local implementation and to advocate for their program with funders and local stakeholders. Finally, they will provide updates on future training opportunities and information on how communities can participate in the new and improved WSU SFP 10-14 evaluation.

# Adult Workshops

TUESDAY, NOVEMBER 6 | WORKSHOP SESSION II | 2:30 PM—3:30 PM

## 2A: Best Practices for Implementing PAX Good Behavior Game

**BALLROOM A**

Dennis Embry, PhD, President and Senior Scientist, PAXIS Institute; Claire Richardson, Lead International Trainer, PAXIS Institute; Nancy Fiander, PAX Partner on Special Assignment, Indigenous Communities Liaison, PAXIS Institute

Change for children must be sustained. PAX Good Behavior Game (GBG) was designed to be “sticky” and not just a drive-through event. The purpose of this workshop is to give an overview of PAX GBG, including best practices for capacity building, implementing with fidelity yet adapting to community conditions, and sustainability. This session synthesizes the lessons learned over 20 years and from tens of thousands of classrooms on how to create successful, sustainable implementation.

## 2B: The Art of Prevention: How to Leverage Resources, Build Relationships, and Motivate Leaders

**BALLROOM B**

Rodney Wambeam, PhD, Senior Research Scientist, Wyoming Survey & Analysis Center University of Wyoming

This workshop explores the struggle of local prevention coordinators and coalitions to affect meaningful change through organizational and human relationships. Prevention leans heavily on science to measure needs, identify strategies, and evaluate efforts; but there also exists an intangible side to prevention that involves inspiring the right people at the right time in the right place. In this workshop, participants will work together to detail the skills necessary to fill the spaces between prevention science and to turn our plans into reality.

## 2C: Part 1: Policy & System Change: Lobbying v. Advocacy Concepts

**BALLROOM F**

Victor Colman, BA, JD, Co-Principal, Uncommon Solutions

This is Part 1 of a two-part workshop. This workshop introduces core concepts and definitions regarding advocacy and lobbying from the vantage point of non-profits and governmental entities. Both legal elements and strategic concepts will be covered.

## 2D: Opioids and Overdose 101

**BALLROOM G**

Alison Newman, MHP, Continuing Education Specialist, University of Washington Alcohol and Drug Abuse Institute

Learn how to talk to communities about opioids including: prevention, treatment, overdose, and naloxone (the overdose antidote).

## 2E: Balancing Fidelity and Adaptation: A Best Practices Guide for Evidence-based Program Implementation

**BALLROOM H**

Brittany Cooper, PhD, Associate Professor, Washington State University; Louise Parker, PhD, Professor, Washington State University Extension; AnaMaria Diaz Martinez, MEd, Assistant Professor, Washington State University Extension

The adoption of an effective program is only the first step toward achieving the positive youth and family outcomes community-based organizations aim to achieve. Research has demonstrated time and time again that high quality implementation is critical if evidence-based programs are to attain their intended goal of improved youth and families outcomes. However, there continues to be substantial debate about whether evidence-based programs should be flexibly adapted to fit local contexts or rather should be delivered with strict fidelity. This workshop will delve into the science of this debate, provide a useful analogy for understanding that science, and present a best practices guide aimed at helping program coordinators and implementers effectively balance program fidelity with local adaptations in order to best meet the needs of their local communities.



# Adult Workshops

TUESDAY, NOVEMBER 6 | WORKSHOP SESSION III | 3:45 PM—4:45 PM

## 3A: Communication Message Development and Fundamentals of Design **BALLROOM A**

Mallory Peak, PhD, Behavioral Health Communications Manager, Health Care Authority; Jon-Mikel Tuttle Gates, Visual Communications Manager, Health Care Authority

What makes a message resonate with audiences? How can visual presentation support our message or distract from it? In this workshop we will walk through message development and design basics to help you develop strategic and effective social marketing campaigns. The goal is for workshop participants to see how messaging and visual design work together to support prevention goals and outcomes.

## 3B: Essentials of Minerva **BALLROOM B**

Seth W. Greenfest, PhD, Prevention System Project Manager, Health Care Authority/Division of Behavioral Health and Recovery

During this workshop, Health Care Authority/Division of Behavioral Health and Recovery staff will provide an overview of key ideas related to Washington's Substance Use Disorder Prevention and Mental Health Promotion Online Reporting System (Minerva). Attendees will have time to ask their questions about using Minerva to report on their substance use disorder prevention and mental health promotion programs and services.

## 3C: Part 2: Policy & System Change: Lobbying v. Advocacy Skills Building **BALLROOM F**

Victor Colman, BA, JD, Co-Principal, Uncommon Solutions

Participants are highly encouraged to attend Part 1 of this two-part workshop. This workshop is all about building skills and confidence in analyzing various fact patterns that incorporate both legal and ideas in order to surface the complexities and nuances of lobbying and advocacy.

## 3D: Healing of the Canoe: A Culturally Based Preventive Intervention to Reduce Substance Use Among American Indian Youth **BALLROOM G**

Dennis Donovan, PhD, Professor Emeritus, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine

The workshop will provide an overview of the Healing of the Canoe (HOC) substance abuse preventive intervention. Designed collaboratively by the Suquamish Tribe, the Port Gamble S'Klallam Tribe, and the University of Washington Alcohol and Drug Abuse Institute, it is meant to be adapted by Native communities using community-specific traditions, values and beliefs to strengthen youths' connection to their communities and cultures, and strengthen their future hope and optimism. HOC uses the Canoe Journey as a metaphor, providing skills needed to navigate life's journey without being pulled off course by alcohol or drugs – with Native culture as compass to guide them and anchor to ground them.

## 3E: SustainABILITY **BALLROOM H**

Alicia Hughes, MA, CPP, Prevention System Development Manager, Health Care Authority/Division of Behavioral Health and Recovery; Ray Horodowicz, CPP, Prevention System Manager, Health Care Authority/Division of Behavioral Health and Recovery

Interested in applying for a DFC grant? Curious where to look for federal, state, and local funding to sustain your coalition? This workshop will review the DFC grant and seeking out funding opportunities. Is your coalition prepared to pursue these dollars? Attendees will leave this informative and interactive workshop with a bag of tips and tools when it comes to finding – and applying – for funding. Increase your ABILITY to achieve sustainABILITY.

# Adult Workshops

WEDNESDAY, NOVEMBER 7, 2018 | WORKSHOP SESSION IV | 9:15 AM–10:15 AM

## 4A: Acute Pain Management and the Role of Community-based Prevention Efforts

**BALLROOM A**

Rolf Christensen, DDS, MHA, Dentist and Lecturer, University of Washington, Director, Dental Urgent Care Clinic, Director, Oral Medicine Clerkship

This workshop will discuss how to approach local healthcare providers about the impacts of opioid prescribing to improve community-level health outcomes. This workshop will also address how community-based prevention efforts (e.g., safe storage, drug take back, or outreach) can be enhanced through collaborations with local healthcare providers.

## 4B: Part 1: ACES 101: The Hidden Risk Factor

**BALLROOM B**

Joe Neigel, CPP, Prevention Services Manager, Monroe School District

Exposure to Adverse Childhood Experiences (ACEs) affect people of all ages and backgrounds in your community, and may be seriously affecting your prevention efforts. Join us to learn about this hidden risk factor, its widespread impact and how your coalition can use ACE knowledge to foster greater engagement with your community partners. ACES 101 is for new coordinators and coalition members, or anybody looking for a brief but powerful refresher on the landmark Adverse Childhood Experiences study, recognizing trauma impacts, and understanding what our students are telling us through the Washington State Healthy Youth Survey.

## 4C: Awareness and Response: Trending Drugs Amongst Washington State Youth

**BALLROOM F**

Jennifer Dorsett, CDP, CPP

This workshop will provide an overview of current drugs trending in the state of Washington. Content will include visual references of respective paraphernalia, youth trends and common household items that likely indicate risky youth behavior. This workshop will also include an interactive portion, in which the presenter will provide suggestions for discussing local trends with your leaders, partners, parents and other community groups.

## 4D: Advancing Tobacco & Vape Prevention in the 2019 Legislative Session

**BALLROOM G**

Julie Peterson, Senior Director of Policy, Foundation for Healthy Generations; Mary McHale, Washington Government Relations Director, American Cancer Society Cancer Action Network

The 2019 legislative session of the Washington State Legislature will provide legislators, advocates and community members the opportunity to advance prevention bills and budget ideas. Come and hear from two Olympia advocates about efforts to pass "Tobacco 21" and increase funding for tobacco and vape prevention in communities and schools, especially communities suffering from the greatest disparities of tobacco impact. Learn about opportunities for YOU to become connected and involved in the legislative process.

## 4E: Washington Poison Center: Always Here to Help 24/7/365

**BALLROOM H**

Jared O'Connor, MS, MPH, Education and Emergency Preparedness Specialist, Washington Poison Center

This presentation covers how the Washington Poison Center (WAPC) can be your partner in prevention. The talk will give an overview of the WAPC's toll-free number and call operations, as well as discuss how the WAPC has joined with partners to provide prevention trainings on e-cigarettes, cannabis, and medication safety. Examples of common cannabis and nicotine vaping devices will be displayed.

# Adult Workshops

WEDNESDAY, NOVEMBER 7, 2018 | WORKSHOP SESSION V | 10:30 AM–11:30 AM

## 5A: Driving Under the Influence of Cannabis and Alcohol: Key Findings from 2018 Survey

**BALLROOM A**

Kari Finley, PhD, Senior Research Scientist, Center for Health and Safety Culture Montana State University

Recent research through the Center for Health and Safety Culture, funded by the Washington Traffic Safety Commission, provides new insights into the beliefs and behaviors of the populations in our state most likely to drive after using both alcohol and cannabis. This workshop will highlight some of the key findings from a recent survey of nearly 1,000 Washington residents and explain key findings relevant for prevention, communication and public outreach efforts.

## 5B: Part 2: ACES 101: Mitigating ACES with Evidence-based Prevention Kernels

**BALLROOM B**

Joe Neigel, CPP, Prevention Services Manager, Monroe School District

So you've learned about Adverse Childhood Experiences (ACEs)... now what? This workshop will equip you to use – and teach others to use – transformative strategies and evidence-based prevention kernels that empower relationship, resiliency and youth wellness. Your coalition can achieve measurable, sustainable impact on a shoestring budget! This training is for new coordinators and coalition members, or anybody looking for a refresher on evidence-based prevention kernels – the smallest units of scientifically proven behavioral influence.

## 5C: How To Become a Certified Prevention Professional [CPP]

**BALLROOM F**

Jackie Berganio, CPP, Board Member, Prevention Specialist Certification Board of WA; Margaret McCarthy, CPP, Board Member, Prevention Specialist Certification Board of WA; Leanne Reid, CPP, Board Member, Prevention Specialist Certification Board of WA; Gunthild Sondhi, CPP, Board Member, Prevention Specialist Certification Board of WA

Learn the process and benefits to becoming a Certified Prevention Professional (CPP) in Washington State. The Prevention Specialist Certification Board of Washington will walk workshop participants through the steps to becoming a CPP, provide technical assistance, and answer your questions.

## 5D: The Liquor and Cannabis Board and the Connection to Prevention

**BALLROOM G**

Jane Rushford, Board Chair, Washington State Liquor and Cannabis Board; Mary Segawa, MS, Former Public Health Education Liaison, Washington State Liquor and Cannabis Board

The workings of regulatory bodies can be a mystery to prevention advocates, but understanding the connection to shared goals can strengthen the work for all. This session will provide a look at the public safety mission of the Washington State Liquor and Cannabis Board (LCB), how the LCB focuses on that mission, and how prevention advocates can influence that work. Let's have a conversation!

## 5E: Seeing Through the Smoke: Cannabis Policy, Health Effects, Epidemiology, and Overlap With Other Substances

**BALLROOM H**

Gillian L. Schauer, PhD, MPH, Senior Consultant to the Centers for Disease Control and Prevention and the National Institute on Drug Abuse, Clinical Instructor, School of Public Health, University of Washington

This session will cover critical foundational knowledge related to cannabis and health, including an overview of cannabis policy, the health effects of cannabis – both what's known and unknown, epidemiology of cannabis and patterns of use, and overlap with other substances, particularly tobacco and nicotine products.



## Washington Provider Meeting

Monday, Nov. 5, 2018 | 9:30 am – 4:30 pm

Yakima Convention Center | Rooms 100-600

## Drug-Free Communities and WAPCo Meeting

Monday, Nov. 5, 2018 | 6:00 pm – 7:30 pm

Yakima Convention Center | Ballroom F

## Volunteer Meeting

Monday, Nov. 5, 2018 | 6:30 pm – 7:30 pm

Yakima Convention Center | Ballroom B

## Chaperone Meeting

Monday, Nov. 5, 2018 | 7:30 pm – 8:30 pm

Yakima Convention Center | Ballroom B

## WASAVP Breakfast Meeting

Wednesday, Nov. 7, 2018 | 7:00 am – 8:00 am

Yakima Convention Center | Room 600



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# Youth Workshops

TUESDAY, NOVEMBER 6, 2018 | REPEATED WORKSHOPS

## Make an IMPACT using SPF

Jennifer Dorsett, CDP, CPP

During this interactive presentation youth and advisors will work through the steps of the Strategic Prevention Framework (SPF). There will be real life applications, a strategy review and a game of understanding to finish up this high energy learning experience.

9:00 AM: ROOM 100  
10:15 AM: ROOM 100  
1:15 PM: BALLROOM A

## Make an IMPACT using SPF

Kristi Sharpe, CPP, Coalition Coordinator, Clarkston EPIC

During this interactive presentation youth and advisors will work through the steps of the Strategic Prevention Framework (SPF). There will be real life applications, a strategy review and a game of understanding to finish up this high energy learning experience.

9:00 AM: ROOM 200  
10:15 AM: ROOM 200  
1:15 PM: BALLROOM B

## Substance Use Prevention through Service: The Power of Changing Your Perspective

Marree Perrault, CPP, Community Coalition Coordinator, Darrington Prevention Intervention Community Coalition

This workshop will bring prevention back to the basics, helping youth focus on the power of serving others while positively impacting those who are served as well as those who provide the service. As Mahatma Gandhi reminds us, "The best way to find yourself is to lose yourself in the service of others." This workshop will empower youth to "find themselves," through service, preventing the use of substances and increasing opportunities for health and wellness for healthy youth development.

9:00 AM: ROOM 300  
10:15 AM: ROOM 300  
1:15 PM: BALLROOM F

## Change Projects—Identify. Organize. Engage.

Joseph Green, President/CEO, LMSvoice

Participants will be guided through a leadership training that will provide them with the skills needed to identify issues in their school and community that directly contribute to teen drug and alcohol usage. Once causes are identified, the youth leaders will learn principles of organizing and begin to design community change projects that directly address these risk factors.

9:00 AM: ROOM 400  
10:15 AM: ROOM 400  
1:15 PM: BALLROOM G

## Can Your Story Change the World?

Anthony Alvarado, President and Co-Founder, Rise Together

Sharing stories can make you feel more alive, confident, aware, courageous, compassionate, and more connected to others. Sharing your story doesn't only help people remember you but it also can motivate and encourage people to help others. In this powerful, interactive talk, Anthony Alvarado will show you how to make long-lasting impact on the world around you.

9:00 AM: ROOM 500  
10:15 AM: ROOM 500  
1:15 PM: BALLROOM H

# Prevention Activity Stations

TUESDAY, NOVEMBER 6, 2018 | ACTIVITY STATIONS  
2:30 PM—3:45 PM | 4:00 PM—5:15 PM

## What the Fact?

Alison White, WSU 4-H Youth Development Regional Specialist

Do you know the facts? In this workshop, you will challenge common misconceptions about substance use by playing adapted board games in small groups. After playing, all teens will gather together to share their favorite new facts with the whole group.

ROOM 100

## Understanding Your Web of Influence

Caleb Campbell, Speaker/Trainer, Teen Truth

Being a student in 2018 can be hard. Constant pressure appears to be coming from all different directions. The best way to make positive life choices is to find sources of guidance in the people around us. In this interactive session, participants will gain an understanding of how their web of influence might be guiding their choices.

ROOM 200

## Build-a-Brain

Missy Cummins, WSU 4-H Youth Development Regional Specialist

Join us to build your brain! In this workshop, you will mold a clay brain step-by-step as you discover the function of each part, what's special about the teen brain, and how substance use can drain your brain.

ROOM 300

## Tobacco and Vapor Product Store Assessments

Vanessa McCullum, Benton-Franklin Health District, Public Health Educator

Tobacco and vapor product companies spend billions of dollars to advertise products in retail environments. Exposure to tobacco advertising has been shown to increase rates of smoking initiation in youth, encourage tobacco use and undermine attempts to quit smoking. Youth will have the opportunity to learn about the deceptive marketing tactics used by the tobacco industry through a hands-on scavenger hunt. Youth will also learn how they can conduct store assessments in their own communities and use them to educate the public, policymakers and their peers.

ROOM 400

## Ready to Take the Challenge?

Anthony Alvarado, President and Co-Founder, Rise Together

Some of the best athletes, entrepreneurs, and leaders attribute much of their success to the healthy choices and habits they developed at an early age. Come join the challenge and choose a craving that you all are willing to give up for 21 days. What you give up is totally up to you, but we encourage things that are challenging and will positively impact your life! Popular examples include candy, soda, caffeine, video games, TV and Netflix, social media, and sugar or sweets. Together, we will promote awareness around mental health so you can become the most successful and best version of yourself, encouraging others to do the same.

ROOM 500

## Fight, Flight or Freeze

Joy Lile, WSU 4-H Youth Development Regional Specialist

What do saber tooth tigers have to do with you? In this workshop, you will learn the purpose behind the extreme reactions people have to stress, the effects of toxic stress on your health, and how to handle stress in healthy ways while you make your own artistic stress plan.

ROOM 600



# Youth Workshops

WEDNESDAY, NOVEMBER 7, 2018 | REPEATED WORKSHOPS  
9:15 AM—10:15 AM | 10:30 AM—11:30 AM

## Activate Your Unique Leadership Purpose

Marli Williams, Chief Inspiration Officer at Marli Williams Speaking, Training & Coaching

What type of school community do you want to be a part of? You will discover how you can use your unique strengths to make the positive impact you want to make. You will leave with your very own Unique Leadership Purpose Statement along with an Action Plan of how you can make things happen in your schools and communities back home. Come inspired, leave ready to take action!

ROOM 100

## Young People and Traffic Safety: A Fun and Important Conversation

Angie Ward, Program Manager, Washington Traffic Safety Commission

Being safe as we travel on or near our roadways doesn't happen automatically; we have to think about it and proactively plan for it. We'll talk about the way traffic safety is changing, steps necessary to stay safe, and how we can all participate in making roads safer. Let's hear your ideas. Who knows, maybe an idea you share might be used in a future Traffic Safety Commission campaign!

ROOM 200

## Vapor Products: Definitely Not Lit

Stacia Wasmundt, Youth Tobacco and Vapor Product Prevention Consultant at Washington Department of Health

What DO we really know about vapor products? Mods, tanks, ecigarettes, ciglikes, juuls...the list goes on and on for what to call them, but they all function the same. Learn about the harms of vaping, and how the tobacco companies make a living marketing their products to youth. Let's talk facts.

ROOM 300

## The Opioid Crisis and How We Can Address It

Edward Bilsky, PhD, Provost and Chief Academic Officer, Professor of Biomedical Sciences, Pacific Northwest University of Health Sciences

Opioids have become a focal point in the practice of medicine as well as in our daily lives. The workshop will provide some historical context and current information on the impact the opioid crisis is having in Washington and the United States. We will discuss some of the biological actions this class of drugs has on the brain and body, as well as approaches we can take as individuals and as a community to help reduce the burden.

ROOM 400

## Becoming a True Difference Maker

Caleb Campbell, Speaker/Trainer, Teen Truth

An inclusive school culture that tends to the social-emotional needs of all students on campus can be the difference between a community that struggles through every day and an unstoppable legacy of excellence that consistently produces happy, healthy, and successful students. Come to this session to gain a greater understanding of the critical issues affecting your classmates and learn how to develop an action-based plan that builds school culture from the inside out.

ROOM 500



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# SCHEDULES AT A GLANCE

## ADULT AGENDA

### MONDAY, NOVEMBER 5, 2018

8:00 am–9:30 pm	Provider Meeting Check-In & Breakfast
9:30 am–4:30 pm	Washington Provider Meeting
2:00 pm–8:00 pm	Early Registration/Check-In
6:00 pm–7:30 pm	Drug-Free Communities and WAPCo Meeting
6:30 pm–7:30 pm	Volunteer Meeting
7:30 pm–8:30 pm	Chaperone Meeting
7:30 pm–9:30 pm	Networking and Ice Cream Social

### TUESDAY, NOVEMBER 6, 2018

7:00 am–8:00 am	Registration & Breakfast (Provided)
8:00 am–8:45 am	Welcome (Combined)
8:45 am–9:00 am	Break
9:00 am–10:00 am	Adult Keynote 1: Dennis Embry
10:00 am–10:15 am	Break
10:15 am–11:15 am	Adult Workshops Session I
11:15 am–11:30 am	Break
11:30 am–12:00 pm	Lunch (Provided)
11:45 am–12:00 pm	Washington State Service Recognition
12:00 pm–1:00 pm	Adult Keynote 2: Rodney Wambeam
1:00 pm–1:15 pm	Break
1:15 pm–2:15 pm	Adult Keynote 3: Alice Fong
2:15 pm–2:30 pm	Break
2:30 pm–3:30 pm	Adult Workshops Session II
3:30 pm–3:45 pm	Break
3:45 pm–4:45 pm	Adult Workshops Session III
6:00 pm–6:30 pm	Banquet Dinner (Combined)
6:30 pm–7:15 pm	Award Ceremony (Combined)
7:30 pm–9:30 pm	Networking Soiree

### WEDNESDAY, NOVEMBER 7, 2018

7:00 am–8:00 am	WASAVP Breakfast Meeting
7:00 am–8:00 am	Registration & Breakfast (Provided)
8:00 am–9:00 am	Adult Keynote 4: Rolf Christensen
9:00 am–9:15 am	Break
9:15 am–10:15 am	Adult Workshop Session IV
10:15 am–10:30 am	Break
10:30 am–11:30 am	Adult Workshop Session V
11:30 am–12:00 pm	Lunch (Provided) (Combined)
12:00 pm–1:00 pm	Closing Keynote (Combined): Joseph Green

## YOUTH AGENDA

### MONDAY, NOVEMBER 5, 2018

2:00 pm–8:00 pm	Early Registration/Check-In
7:30 pm–8:30 pm	Chaperone Meeting
7:30 pm–9:30 pm	Networking and Ice Cream Social
10:00 pm	Youth Curfew

ALL YOUTH PARTICIPANTS MUST BE IN THEIR ROOMS BY 10:00PM EACH DAY OF THE SUMMIT.

### TUESDAY, NOVEMBER 6, 2018

7:00 am–8:00 am	Registration & Breakfast (Provided)
8:00 am–8:45 am	Welcome (Combined)
8:45 am–9:00 am	Break
9:00 am–10:00 am	Youth Workshop Series I
10:00 am–10:15 am	Break
10:15 am–11:15 am	Youth Workshop Series II
11:15 am–11:30 am	Break
11:30 am–12:00 pm	Lunch (Provided)
12:00 pm–1:00 pm	Youth Keynote: Caleb Campbell
1:00 pm–1:15 pm	Break
1:15 pm–2:15 pm	Youth Workshop Series III
2:15 pm–2:30 pm	Break
2:30 pm–3:45 pm	Prevention Activity Stations – Part I
3:45 pm–4:00 pm	Break
4:00 pm–5:15 pm	Prevention Activity Stations – Part II
6:00 pm–6:30 pm	Banquet Dinner (Combined)
6:30 pm–7:15 pm	Award Ceremony (Combined)
7:30 pm–9:30 pm	Evening Activities
10:00 pm	Youth Curfew

### WEDNESDAY, NOVEMBER 7, 2018

7:00 am–8:00 am	Registration & Breakfast (Provided)
8:00 am–9:00 am	Youth Keynote & Activity: Marli Williams
9:00 am–9:15 am	Break
9:15 am–10:15 am	Youth Workshop Series IV
10:15 am–10:30 am	Break
10:30 am–11:30 am	Youth Workshop Series V
11:30 am–12:00 pm	Lunch (Provided) (Combined)
12:00 pm–1:00 pm	Closing Keynote (Combined): Joseph Green