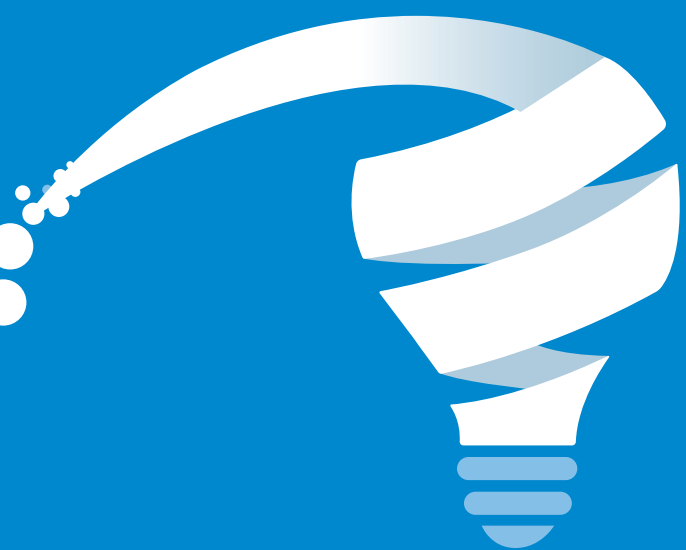
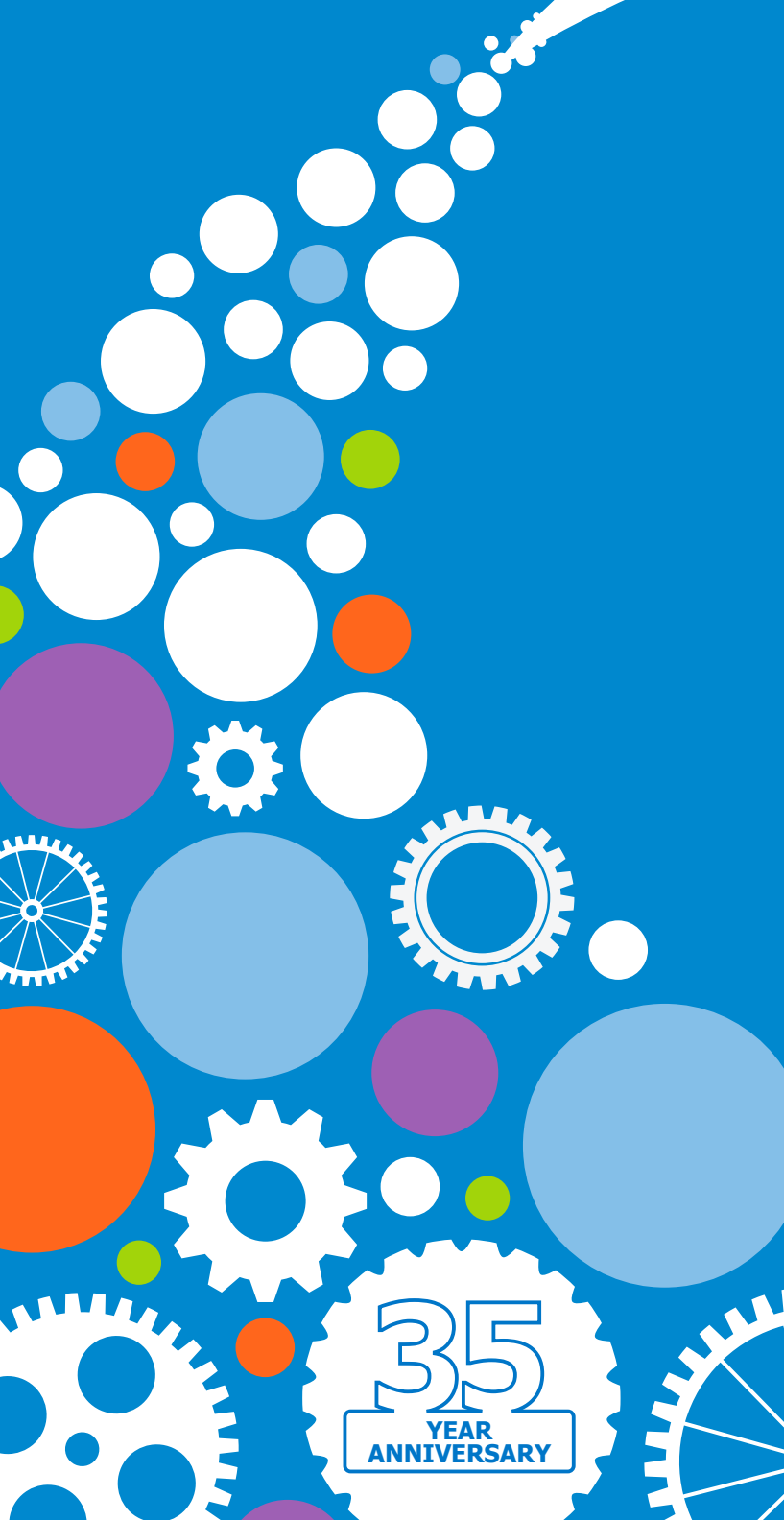


Washington State  
**Prevention**  
summit



**IMAGINE**  
**INNOVATE**  
**INSPIRE**

*November 5-6, 2019*  
*Yakima, WA*



**35**  
YEAR  
ANNIVERSARY

Washington State  
Health Care Authority

# WELCOME!

Dear Prevention Professionals and Youth Leaders:

Welcome to the Washington State Prevention Summit, “**Imagine, Innovate, Inspire.**” This year we are celebrating the 35<sup>th</sup> anniversary of the Prevention Summit. We would like to take the opportunity to reflect on the impact our work has had on Washington State youth, families, and communities. Our work continues to advance and adapt to address today’s substance use disorder prevention and mental health promotion priorities. Thanks to our collective ability to imagine, innovate, and inspire, we are able to implement effective strategies resulting in positive changes and outcomes in our communities and in our state. Thank you for all that you do!

The prevention community in Washington State has been meeting annually since the early 1980s. Over time, our name, location, and event planning leadership has changed, but the spirit of this annual event remains constant. It is an opportunity once a year when the prevention community comes together to: 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 2019 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 use disorder, violence and other problem behaviors. The Summit also addresses the integration of prevention efforts with primary healthcare and mental health promotion. Our aim is to reach not only highly experienced youth and adults in the field of prevention but also those who are new to prevention, and to continue to build on our foundation of success in Washington State.

Over the two days 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 35 years.

Help us recognize and applaud our prevention workforce as they continuously **Imagine, Innovate, and Inspire!** We hope you enjoy the 2019 program!

Sincerely,



Keri Waterland, Assistant Director  
Washington State Health Care Authority  
Division of Behavioral Health and Recovery

Washington State  
Health Care Authority

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For more information, contact us at 877-922-6635.

## ADULT AGENDA

### Monday, November 4, 2019

<b>8:00 AM - 9:00 AM</b>	Washington Provider Meeting Check-in & Breakfast
<b>9:00 AM - 3:00 PM</b>	Washington Provider Meeting: Rooms 100-600
<b>2:00 PM - 8:00 PM</b>	Early Registration/Check-in - No-host dinner this evening. Enjoy Yakima!
<b>3:30 PM - 5:00 PM</b>	Health Care Authority Listening Session
<b>6:00 PM - 7:30 PM</b>	Drug-Free Communities (DFC) Meeting: Ballroom F
<b>6:30 PM - 7:30 PM</b>	Volunteer Meeting: Ballroom B
<b>7:30 PM - 8:30 PM</b>	Chaperone Meeting: Ballroom B
<b>7:30 PM - 9:30 PM</b>	Networking and Ice Cream Social: Ballroom C

### Tuesday, November 5, 2019

<b>7:00 AM - 8:00 AM</b>	Registration & Breakfast (provided, combined)
<b>8:00 AM - 9:10 AM</b>	Welcome (combined)
<b>9:10 AM - 9:20 AM</b>	Break
<b>9:20 AM - 10:20 AM</b>	Adult Keynote 1: Elizabeth D'Amico
<b>10:20 AM - 10:30 AM</b>	Break
<b>10:30 AM - 11:30 AM</b>	Adult Workshops Session 1
<b>11:30 AM - 12:00 PM</b>	Lunch (provided, combined)
<b>12:00 PM - 1:00 PM</b>	Keynote (combined): Luis Ortega
<b>1:00 PM - 1:10 PM</b>	Break
<b>1:10 PM - 2:10 PM</b>	Breakout Session 1 & Workshops
<b>2:10 PM - 2:20 PM</b>	Break
<b>2:20 PM - 3:20 PM</b>	Breakout Session 2 & Workshops
<b>3:20 PM - 3:30 PM</b>	Break
<b>3:30 PM - 4:30 PM</b>	Adult Workshops Session 2
<b>6:00 PM - 6:30 PM</b>	Banquet Dinner (provided, combined)
<b>6:30 PM - 7:15 PM</b>	Award Ceremony (combined)
<b>7:30 PM - 9:30 PM</b>	Evening Activities

### Wednesday, November 6, 2019

<b>7:00 AM - 8:00 AM</b>	Registration & Breakfast (provided, combined)
<b>8:00 AM - 9:00 AM</b>	Adult Workshops Session 3
<b>9:00 AM - 9:10 AM</b>	Break
<b>9:10 AM - 10:10 AM</b>	Adult Keynote 2: Timothy LaPier
<b>10:10 AM - 10:20 AM</b>	Break
<b>10:20 AM - 11:50 AM</b>	General Session: Engaging Diverse Community Partners Panel
<b>11:50 AM - 12:00 PM</b>	Break
<b>12:00 PM - 12:30 PM</b>	Lunch (provided, combined)
<b>12:30 PM - 1:00 PM</b>	Spring Youth Forum Video & Panel (combined)
<b>1:00 PM - 1:10 PM</b>	Break
<b>1:10 PM - 2:10 PM</b>	Adult Keynote 3: Phillip Graham
<b>2:10 PM - 2:20 PM</b>	Break
<b>2:20 PM - 3:20 PM</b>	Adult Workshops Session 4
<b>3:20 PM - 3:30 PM</b>	Break
<b>3:30 PM - 4:30 PM</b>	Closing Keynote (combined): Khiree Smith



# YOUTH AGENDA

## Monday, November 4, 2019

<b>2:00 PM - 8:00 PM</b>	Early Registration/Check-in - No-host dinner this evening. Enjoy Yakima!
<b>7:30 PM - 8:30 PM</b>	Chaperone Meeting: Ballroom B
<b>7:30 PM - 9:30 PM</b>	Networking and Ice Cream Social: Ballroom C
<b>10:00 PM</b>	<b>Youth Curfew</b> <b>All youth participants must be in their rooms by 10:00 PM each day of the Summit</b>

## Tuesday, November 5, 2019

<b>7:00 AM - 8:00 AM</b>	Registration & Breakfast (provided, combined)
<b>8:00 AM - 9:10 AM</b>	Welcome (combined)
<b>9:10 AM - 9:20 AM</b>	Break
<b>9:20 AM - 10:20 AM</b>	Youth Workshop Session 1
<b>10:20 AM - 10:30 AM</b>	Break
<b>10:30 AM - 11:30 AM</b>	Youth Workshop Session 2
<b>11:30 AM - 12:00 PM</b>	Lunch (provided, combined)
<b>12:00 PM - 1:00 PM</b>	Keynote (combined): Luis Ortega
<b>1:00 PM - 1:10 PM</b>	Break
<b>1:10 PM - 2:10 PM</b>	Youth Workshop Session 3
<b>2:10 PM - 2:20 PM</b>	Break
<b>2:20 PM - 3:20 PM</b>	Prevention Message Dissemination Panel
<b>3:20 PM - 3:30 PM</b>	Transition
<b>3:30 PM - 4:30 PM</b>	Prevention Message Dissemination Media Workshops
<b>6:00 PM - 6:30 PM</b>	Banquet Dinner (provided, combined)
<b>6:30 PM - 7:15 PM</b>	Award Ceremony (combined)
<b>7:30 PM - 9:30 PM</b>	Evening Activities

## Wednesday, November 6, 2019

<b>7:00 AM - 8:00 AM</b>	Registration & Breakfast (provided, combined)
<b>8:00 AM - 9:00 AM</b>	Youth Keynote 1: Hoan Do
<b>9:00 AM - 9:10 AM</b>	Break
<b>9:10 AM - 10:25 AM</b>	Prevention Activity Stations - Part 1
<b>10:25 AM - 10:35 AM</b>	Break
<b>10:35 AM - 11:50 AM</b>	Prevention Activity Stations - Part 2
<b>11:50 AM - 12:00 PM</b>	Break
<b>12:00 PM - 12:30 PM</b>	Lunch (provided, combined)
<b>12:30 PM - 1:00 PM</b>	Spring Youth Forum Video & Panel (combined)
<b>1:00 PM - 1:10 PM</b>	Break
<b>1:10 PM - 2:10 PM</b>	Youth Workshops Session 4
<b>2:10 PM - 2:20 PM</b>	Break
<b>2:20 PM - 3:20 PM</b>	Youth Workshops Session 5
<b>3:20 PM - 3:30 PM</b>	Break
<b>3:30 PM - 4:30 PM</b>	Closing Keynote (combined): Khiree Smith



**Check-in, Continuing Education Hours and Certificates**

**Adult Certificates and CEHs**

Participants can earn up to 14 Continuing Education Hours (CEHs) for attending the general conference. Continuing Education Hours (CEHs) have been approved by NAADAC and PSCBW. Participants must check in at the registration desk upon arrival, and sign in each day in order to receive credit for attendance for the general conference. Certificates for the general conference will be sent electronically 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: 14**

Tuesday, Nov. 5, 2019: 6.00 hours

Wednesday, Nov. 6, 2019: 8.00 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 10 business days after the conclusion of the conference. A link will be made available to the handouts on the website: [preventionsummit.org](http://preventionsummit.org)

**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.

**DJ Services**

Music and audio are provided by Foresight Productions LLC.

**Internet Access**

The Yakima Convention Center offers complimentary wireless internet.

**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.



## Washington State Prevention Summit Committee

Angie Funaiole (Conference Chair)	Elizabeth Glavish	Liz Wilhelm
Antonio Edwards (Youth Track Lead)	Erin James	Margaret McCarthy
Adam Halvorsen	Fallon Baraga	Peggy Gutierrez
Brenda Barrios	Gerald Apple	Sara Broschart
Cathy Kelly	Jennifer Dorsett	Scott Waller
Cristal Connelly	Julee Christianson	Sonya Packard
Dayana Ruiz	Julia Krolikowski	Sybil Iverson
Derek Franklin	Kirstin McFarland	Vashti Langford

## Washington State Prevention Awards of Excellence

### Youth Leadership: Individual

Madison Langer  
Washington Association for Substance Abuse and Violence Prevention

### Youth Leadership: Individual

Cinthia Santiago-Villanueva  
Sunnyside United Unidos

### Youth Leadership: High School Group or Club

Rock Solid  
San Juan Island Prevention Coalition

### Prevention Professional

Kevin Haggerty, PhD  
Social Development Research Group  
University of Washington, School of Social Work

### Lifetime Achievement

Renee Hunter  
TOGETHER! For Youth

### Lifetime Achievement

Richard J. Catalano, PhD  
Social Development Research Group  
University of Washington, School of Social Work

## A message to our volunteers

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



## Youth Activities

### Networking and Ice Cream Social

Monday, November 4 | 7:30 PM - 9:30 PM

Yakima Convention Center - Ballroom C

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

### YMCA

Tuesday, November 5 | 7:30 PM - 9:30 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

Tuesday, November 5 | 7:30 PM - 9:30 PM

Yakima Convention Center - Ballrooms 300-400

Enjoy a variety of activities including canvas painting and bead crafts.

### Popcorn and a Movie

Tuesday, November 5 | 8:00 PM - 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!

Tuesday, November 5 | 8:00 PM - 9:30 PM

Yakima Convention Center - Ballrooms 100-200 and 500-600

Come dressed in gear from your favorite decade and 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 Activities

### Networking and Ice Cream Social

Monday, November 4 | 7:30 PM - 9:30 PM

Yakima Convention Center - Ballroom C

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

### Guided Painting

Tuesday, November 5 | 7:30 PM - 9:30 PM

Yakima Convention Center - Ballroom G

In this guided painting session, you'll receive step-by-step instructions and tips to recreate a cactus at sunset scene. Or, join us to paint a creation of your own. This activity is a great way to boost your creative mind and network with prevention professionals within our state!

### Beginners Yoga

Tuesday, November 5 | 7:30 PM - 8:30 PM

Yakima Convention Center - Ballroom H

This beginner's yoga class may be just what you need after a full day of conference events. Please bring your own yoga mat\* and your preferred yoga attire to participate in this instructor-led class.

*\*A limited number of yoga mats may be available on site.*

### Trivia!

Tuesday, November 5 | 8:00 PM - 9:30 PM

Yakima Convention Center - Ballroom F

Join us for an interactive trivia game! Topics range from Outer Space to Gardening to World Wonders giving everyone an opportunity to participate. Create a team with your colleagues or join a team to meet new people!





## ADULT EMCEE



### Joe Hewa

*PhD, Clinical Professor, Washington State University*

Joe Hewa is an engaging professor and skilled facilitator whose contagious energy and insightful questions create transformative experiences for the students he teaches. His early career involved nine years as a director of youth development programs for the YMCA and other nonprofits before transitioning to higher education where he earned a master's degree in organizational leadership and a doctorate in communication, both with an emphasis on community programs. Dr. Hewa was a facilitator for a faculty development fellowship program at WSU focused on pedagogical interventions that support student success, particularly for under-represented students. He also facilitates trainings on motivational interviewing and has taught college courses on creating change, public speaking, communication and life skills, youth and the media, and professional development in the human services and has been recognized with student's choice awards for his teaching and mentoring. At WSU, he currently oversees a human development internship program that partners with over 500 agencies and places more than 100 students per year in hands-on, real-world learning opportunities. This year students in the program completed over 40,000 hours of work in communities across five countries, with 80% of the students completing their hours right here in the state of Washington. In his spare time, Joe enjoys running (he will run the Boston Marathon this spring for the second time), traveling (this summer he will again lead a study abroad trip to Barcelona, Spain), and spending time with his four children, who inspire his personal interest in prevention programs.

## YOUTH EMCEE



### Hoan Do

*Student Success Coach, Author, American Ninja Warrior*

Hoan Do is a student success coach, author of *Succeeding in the Real World*, and city finalist in NBC's hit show, *American Ninja Warrior*. For more than 10 years as a national speaker and recognized as the best youth mentor by the International Examiner, Hoan travels across North America speaking at colleges, high schools, and associations sharing practical advice that helps students to succeed in school and become more resilient in the real world. Hoan's young enough to relate to students, yet old enough to provide life changing advice and strategies for healthy decision making. His engaging style and ability to share important life lessons in a way that youth resonate with has earned him the Verizon Wireless Motivator Award.



## ADULT KEYNOTE SPEAKERS

TUESDAY, NOVEMBER 5 | 9:20 AM - 10:20 AM | Ballroom C

**Elizabeth D'Amico***PhD, Senior Behavioral Scientist, RAND Corporation***20 years of community-based research: Sowing the seeds of change**

This talk addresses prevention and intervention with adolescents and young adults across many fronts. Dr. D'Amico will first discuss how her work has addressed health disparities among racially and ethnically diverse youth and how findings from her studies have been used to inform policy concerning e-cigarettes and cannabis. In addition, she will provide information on several motivational interviewing (MI) interventions she developed with community-based organizations across diverse settings, including middle schools, teen court, primary care, homeless shelters and an intervention for American Indian/Alaska Native teens that integrates traditional practices. Finally, she will highlight how she has bridged the gap between research and practice by disseminating her interventions into these communities.

WEDNESDAY, NOVEMBER 6 | 9:10 AM - 10:10 AM | Ballroom E

**Timothy LaPier***MA, Consultant, Coalitions Work***Collaboration, the future of humankind**

The philosophy of collaboration is a key element of successful societies in general. This presentation will focus on the essential nature of collaborative sustainability, including historical and future importance of partnerships and collaboration as a cornerstone of public health. The presentation will conclude by making the case for how community stakeholders can and should work in sustainable partnerships to leverage community resources to address critical health needs.

WEDNESDAY, NOVEMBER 6 | 1:10 PM - 2:10 PM | Ballroom C

**Phillip W. Graham***DrPH, MPH, Senior Director, Center on Social Determinants, Risk Behaviors, and Prevention Science, RTI International***Prevention's end game: Being in the room when it happens**

The opioid epidemic has facilitated an unprecedented focus on substance use disorder accompanied by an equally unprecedented level of resources. However, the role of prevention (particularly primary and selective) has been underutilized against this epidemic and the growing dangers of substance use disorders in general. Using Ted-Talk techniques, this keynote address will make the case for prevention's current relevance and future importance. This presentation will 1) discuss the challenge and promise of proving a negative (i.e., proving that prevention strategies stop use before it happens); 2) frame prevention's role in addressing this opioid crisis while continuing the need to address the misuse and abuse of other substances; and 3) describe what prevention's seat at the table (i.e., being in the room when it happens) looks like in practice in the midst of the opioid crisis.

# COMBINED KEYNOTE SPEAKERS

TUESDAY, NOVEMBER 5 | 12:00 PM - 1:00 PM | Ballroom C/D/E



## Luis Ortega

*Director & Founder, Storytellers for Change*

### #OurSpace: Co-creating empathetic space

#OurSpace is an invitation to participate in a dialogue about the role of connection, empathy, and belonging in communities. How do we co-create spaces for connection? How can we expand our circle of empathy? What does belonging mean to you? Part of the answer to all of these questions is stories. After all, what brings us closer to each other is knowing our individual and collective narratives. When a community or society has the ability to know, see, and hear the stories of everyone, we can expand our "circle of human concern" and close empathy gaps. We believe co-creating shared spaces to listen to each other is key to this process.

WEDNESDAY, NOVEMBER 6 | 3:30 PM - 4:30 PM | Ballroom C/D/E



## Khiree T. Smith, Esq.

*JD, Attorney, Human Rights Advocate, Economic Activist*

### Black phoenix

Khiree is an accomplished speaker and human rights advocate, having delivered strategic workshops and keynote addresses to thousands across the U.S. and globally. Khiree has led trainings at President Obama's Office of Justice Programs National Forum; addressed the United Nations Office of Drugs and Crime in Vienna, Austria; coached young ambassadors from Peru, Italy, Austria and Serbia to address the UN assembly regarding issues in their communities; advised high-ranking government officials in Rome, Italy on approaches to community problem solving and youth drug prevention; and led trainings at the first Global Forum on Drug Abuse in Abu Dhabi and Dubai, United Arab Emirates. Khiree brings us this powerful closing keynote that explores a dissection of substance use disorder lessons and triumphs in America illustrated through stories of risk and protective factors. This keynote will take a brief look at the stories that shape America's history of legal, policy, and social prevention efforts. We will explore the results, failures, and successes we've experienced, and attempt to extract themes from the lessons.

# YOUTH KEYNOTE SPEAKER

WEDNESDAY, NOVEMBER 6 | 8:00 AM - 9:00 AM | Ballroom D/E



## Hoan Do

*Student Success Coach, Author, American Ninja Warrior*

### Becoming an outstanding youth leader

Have you ever met a person who truly inspired you? Ever found yourself asking, "what makes that person different from everyone else?" Through this engaging keynote, Hoan will share four deliberate steps that will help you become an outstanding youth leader to positively impact your school and community.



# ADULT GENERAL SESSION

WEDNESDAY, NOVEMBER 6 | 10:20 AM - 11:50 AM | Ballroom E

**Judy Blair**

*Anti-Racism Facilitator, Coach, Judy Blair, LLC, Anti-Racism At Work, LLC*

**Rudy Garza**

*CPP Coordinator, Coalition for Drug-Free Youth*

**Louise Parker**

*PhD, Professor, Washington State University*

**Reagen Price**

*Anti-Racism Strategist & Facilitator, Anti-Racism at Work, LLC*

Communities across Washington State have rich cultural diversity. We are aware of the importance of engaging with these diverse communities and are motivated to learn strategies and leverage opportunities to enhance community-based work. Please join us for a panel intended to give participants those useful tools to engage with diverse communities. Panelists will discuss the importance and complexity of cultural language and explore solutions for participants looking to build their confidence when speaking about diversity. Panelists will also explore common barriers that impede equitable community-based work and how participants can overcome these barriers and achieve lasting partnerships that serve all populations within their communities. Participants will have an opportunity to ask questions and gain insights to support the diverse community engagement in their own prevention work.

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[preventionpluswellness.com](http://preventionpluswellness.com)

**Triumph Treatment Services**  
[triumphtx.org](http://triumphtx.org)

**Washington Recovery Help Line/Teen Link**  
[teenlink.org](http://teenlink.org)

**Washington State Department of Health**  
[doh.wa.gov](http://doh.wa.gov)

**Washington State Liquor and Cannabis Board**  
[lcb.wa.gov](http://lcb.wa.gov)

# Workshop Session 1

Tuesday, November 5 | 10:30 AM - 11:30 AM

## Part 1: The science and power of hope

### Ballroom A

*Chan M. Hellman, PhD, Professor of Social Work, Director, Hope Research Center, University of Oklahoma*

This is part one of a two-part workshop: Hope has emerged as an important coping resource to those experiencing trauma. This session will introduce the science of hope and the core tenets of goals, pathways, and willpower. Research demonstrates that hope is a buffer to adversity and stress, hope leads to positive outcomes, and hope can be nurtured with targeted strategies for both children and adults.

## Preventing suicide by promoting social connectedness in Alaska Native communities through culture

### Ballroom B

*Stacy Rasmus, PhD, Director, Center for Alaska Native Health Research, University of Alaska Fairbanks*

This workshop will 1) describe the Qungasvik (Tools for Life) intervention and its strengths-based, protective factors approach to reducing risk for co-occurring alcohol misuse and suicide in Alaska Native youth, 2) review the research and outcomes data establishing the Qungasvik prevention model as an emerging evidence-based practice, and 3) present on the path taken by Yup'ik Alaska Native communities to increase social connectedness and provide exposure to protective cultural experiences for children and youth 12-18 years old.

## Youth opioid abuse prevention through the lenses of family and culture and the impact on youth development

### Ballroom 400

*Chris Moore, LICSW, Comprehensive Healthcare; Miguel Messina, PsyD, LMHC, CDP, Comprehensive Healthcare*

With more than 115 overdose deaths a day from prescription and illicit opioid misuse, public health leaders have called the opioid crisis one of the most urgent public health challenges of our time. Opioid abuse has infused itself in all cultural, ethnic and socioeconomic communities due to liberal medical practices and commercialization of opioid use. The goal of this presentation is to examine some of the factors that influence abuse from a familial cultural, societal, and medical perspective. Additionally, the presentation will illuminate the consequences of opioid use on healthy youth development and provide recommendations for empowering of youth and families in advocating best practices for pain management.

## Talking to teens about substances: What do you need to know?

### Ballroom 500

*Elizabeth D'Amico, PhD, Senior Behavioral Scientist, RAND Corporation*

Youth engagement is a key component for effective planning of prevention programming. In this interactive workshop, Dr. D'Amico will discuss the use of motivational interviewing (MI) with teens in both early and late adolescence. She will provide information on MI strategies, such as discussion of the pros and cons and rulers, and will utilize the latest online training technology to show how MI can be used with teens across different settings to encourage engagement and help teens make healthy choices.

## Navigating Liquor and Cannabis Board rule-making: Turn your passion into productive comments

### Ballroom 600

*Jane Rushford, Board Chair, Washington State Liquor and Cannabis Board; Janette Benham, Alcohol Rules Coordinator, Washington State Liquor and Cannabis Board; Kathy Hoffman, Cannabis Policy and Rules Coordinator, Washington State Liquor and Cannabis Board; Sara Cooley Broschart, Public Health Education Liaison, Washington State Liquor and Cannabis Board*

The Washington State Liquor and Cannabis Board regulates and sets many of the requirements for alcohol and marijuana licensees across the state. Come learn about this oft neglected part of the policy process in a hands on workshop. We'll review the process and options for participation, and you'll get a chance to practice in a mock public comment session.

# Workshops

Tuesday, November 5 | 1:10 PM - 2:10 PM

## Prevention workforce development and the Fellowship Program

### Ballroom A

*Alicia Hughes, MA, CPP, Strategic Development and Policy Supervisor, Health Care Authority/Division of Behavioral Health and Recovery; Endalkachew Abebaw, BA, Certificate in Adolescence Studies; Destiny Eversull, BA; Victoria McDermott Hale, BA; Sophia Hilsen, BS; Mari Irvan, BA; Emma Neller, BS; Kersten Tano, BA; Krista Timm, BA; Sazi Wald, BA*

Washington State began a Fellowship Program in 2018 to accomplish two major goals: to increase the state's prevention workforce and to increase capacity of high-need communities to implement prevention services. Through this workshop, participants will understand how coalition leaders and prevention professionals at the local and state level can impact workforce development strategies. Participants will also have a chance to hear from the current Health Care Authority/Division of Behavioral Health and Recovery Fellows to learn more about their experience in the program and how they are contributing to the prevention field.

## An overview of best practices in mentoring workshop

### Ballroom B

*Tom Pennella, Deputy Director, MENTOR Washington; Pamela Gant, Senior Program Officer, MENTOR Washington*

There is more to starting a mentoring program than meets the eye. No matter how well you plan, some situations will occur in spite of your best efforts! Some of the topics covered will be: What are mentoring best practices? What are lessons learned from starting a mentoring program? Where are the resources for vulnerable youth? In this session will review the six standards of the mentoring program structure and explain why each is vital to mentee safety and for positive outcomes.

# Breakout Session 1

Tuesday, November 5 | 1:10 PM - 2:10 PM

## Breakout 1: Applied prevention message development session

### Ballroom E

*Anna Marie Trester, PhD, Senior Associate Research Interpretation and Application, FrameWorks Institute*

This is part one of a two-part workshop: Let's discover the power of explanation! FrameWorks Institute will explore the WHAT and HOW of effective prevention messaging. This workshop will provide participants with specific research-based framing strategies for material development to explain the importance of substance use prevention. Participants will have an opportunity to brainstorm images, words and phrases to use in conjunction with these framing strategies and ultimately explore inspirations for their own prevention messaging work.



## Workshops

Tuesday, November 5 | 2:20 PM - 3:20 PM

### Kernels 101: Responding to ACEs by promoting a trauma-informed approach to prevention

#### Ballroom A

*Joe Neigel, CPP, Monroe School District*

This workshop will equip you to use – and teach others to use – transformative strategies known as evidence-based prevention kernels that empower relationship, resiliency and youth wellness. Your coalition and organization can achieve measurable, sustainable impact by unleashing access to these smallest units of behavioral influence!

### Tobacco and vapor 21: Updates, resources, and communication

#### Ballroom B

*Douglas E. Wagoner, Communications Consultant, Center for Public Affairs, Washington State Department of Health*

Young people in Washington are in the middle of a vaping epidemic: in 2018, one in five 10th graders and one in three 12th graders reported using vapor products. On January 1, 2020, it will become illegal to sell tobacco and vapor products to anyone under 21, thanks to a new law which will reduce the number of kids who develop a substance use disorder to nicotine and save thousands of lives. Learn what the Washington State Department of Health is doing – and what you can do – to help ready our communities, organizations, and agencies for this important statewide change.

## Breakout Session 2

Tuesday, November 5 | 2:20 PM - 3:20 PM

### Breakout session 2: Prevention message development

#### Ballroom E

*Anna Marie Trester, PhD, Senior Associate Research Interpretation and Application, FrameWorks Institute*

This is part two of a two-part workshop: What is the broader purpose of substance use prevention, what is at stake and who benefits from prevention efforts? In this workshop, FrameWorks Institute will provide participants with research-based framing strategies for answering these questions across a variety of audiences. Participants will learn how to “Frame on Your Feet” to support effective person-to-person conversations about the power of prevention. Participants will have an opportunity to apply framing strategies from Part 1 and Part 2 of this workshop progression to common, community-based messaging scenarios.



# Workshop Session 2

Tuesday, November 5 | 3:30 PM - 4:30 PM

## Opioid prevention campaigns: How to maximize each in your community

### Ballroom 100

*Michelle Hege, MS, President and CEO, Desautel Hege*

The hard work done at the community level by coalitions and partners like you is a vital part of making a difference in our state. It's why the statewide opioid prevention and treatment campaigns have been designed to be localized to complement your efforts in your community. This workshop will present campaign assets available for partner use, media relations tips for interviews and localizing messaging for media inquiries, as well as tips for public service announcements in your local media.

## Tales of triumphs and challenges: Uniting funding sources for community-level change

### Ballroom 200

*Brenda Barrios, BA, CPP, Coalition Coordinator, Sunnyside United Unidos; Greg Grass, Public Health Advisor, Drug-Free Communities, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention; Ray Horodowicz, CPP, Prevention System Manager, Health Care Authority/Division of Behavioral Health and Recovery; Stacey Okland, BS, CPP, Executive Director, Okanogan County Community Coalition*

Drug-Free Communities (DFC) and Community Prevention and Wellness Initiative (CPWI), a combination that can do wonders. Hear directly from coalition coordinators that have navigated, integrated, and balanced the approaches, goals and requirements of these two funding sources. From accomplishments to barriers, learn what has worked, what hasn't, and what to keep in mind. This workshop is ideal for coalitions that receive both DFC and CPWI funding, or a CPWI coalition that is exploring DFC funding.

## Part 2: Trauma informed and hope centered

### Ballrooms 300-400

*Chan M. Hellman, PhD, Professor of Social Work, Director, Hope Research Center, University of Oklahoma*

This is part two of a two-part workshop: In this session, participants will be introduced to strategies to measure hope in children and adults. Using an interactive format, participants will learn hands on strategies to nurture hope focusing on goals, pathways, and willpower. In this context, participants will consider strategies to incorporate hope centered strategies in their trauma informed efforts.

## Prevention tools 101: Creating media messages aligned with evidence-based principles

### Ballroom 500

*Chris Jury, MFA, CPP, Northwest Educational Service District 189; Joe Neigel, CPP, Monroe School District*

You've empowered your community, developed a media message and are ready for dissemination. Join us to learn how to develop messaging that aligns with principles of effectiveness. We'll help you develop materials that get your flyers, videos, billboards and social messages out in the community!

## Native Transformations in the Pacific Northwest: An Indigenous protective factors model for the prevention of substance use disorders

### Ballroom 600

*Stacy Rasmus, PhD, Director, Center for Alaska Native Health Research, University of Alaska Fairbanks*

This workshop will present findings from the Native Transformations Project, a collaborative and participatory research project exploring strengths, protective and recovery factors from substance use disorders (SUD) in Coast Salish communities. Participants in this workshop will 1) learn about Coast Salish specific protective factors; 2) explore a culturally-grounded model of protection and recovery from SUD and 3) discuss service applications of the Coast Salish Reef Net Wellness Model in clinical and community prevention settings and as part of a community response to the opioid crisis.



## Workshop Session 3

Wednesday, November 6 | 8:00 AM - 9:00 AM

### Baking, vaping, and cross-fading: Marijuana use and simultaneous alcohol and marijuana use

#### Ballroom A

*Jennifer Duckworth, PhD, Postdoctoral Fellow, Center for the Study of Health and Risk Behaviors, University of Washington*

This workshop explores current trends in teen and young adult marijuana and simultaneous alcohol and marijuana (SAM) use based on national and Washington State data. An introduction to SAM use will be provided, and implications for prevention will be discussed. Topics will include perceived risk of marijuana use, recent rises in vaping, trends in drugged-driving and unique risks from SAM use.

### Context is key: Understanding substance use in youth

#### Ballroom B

*Bridget Beachy, PsyD, Licensed Psychologist, Director of Behavioral Health, Community Health of Central Washington, Co-Owner, Beachy Bauman Consulting, PLLC*

In this workshop, we will review a specific framework for gathering and getting to know a young person's context, including both areas of strength and resiliency as well as risk factors. We will discuss how youth often use substances as a means to an end or as their attempt to "achieve" an unmet need. Understanding key contextual variables that play into this formula is important for all those who are helping our youth (and people in general). We will also review pragmatic strategies for strengthening our youth's contextual variables to build resiliency and reduce risky behavior.

### The Goldilocks approach: Balancing research evidence with community fit to identify an evidence-based program that fits just right

#### Ballrooms 300-400

*Brittany Cooper, PhD, Associate Professor, Washington State University; Marie Gray, BS, Prevention Science Graduate Student, Washington State University; Brianna Hernandez, BS, Prevention Science Graduate Student, Washington State University; Tricia Hughes, MHPA, CPP, Prevention Science Graduate Student, Washington State University; Kyle Murphy, BS, Prevention Science Graduate Student, Washington State University*

Are you struggling to choose the right prevention program for your community? There are now numerous evidence-based program registries or lists supported and sponsored by federal, state, and private organizations. These online resources can be a useful place to start, but they can also contain incomplete, out-of-date, contradictory, or missing information about the level of evidence supporting the program and the human and financial resources needed to implement the program. This workshop will provide concrete guidance on a) how to navigate the most commonly-used prevention program registries, and b) how to weigh different aspects of evidence available on these registries with your community's needs in order to find the program that fits just right.

### Making connections for better community outcomes: More evidence on shared risk and protective factors

#### Ballroom 500

*Michelle Frye-Spray, MS, CPS, Northwest Prevention Technology Transfer Center Coordinator; Blair Brooke-Weiss, MSPH, Communities That Care Specialist, Social Development Research Group, University of Washington*

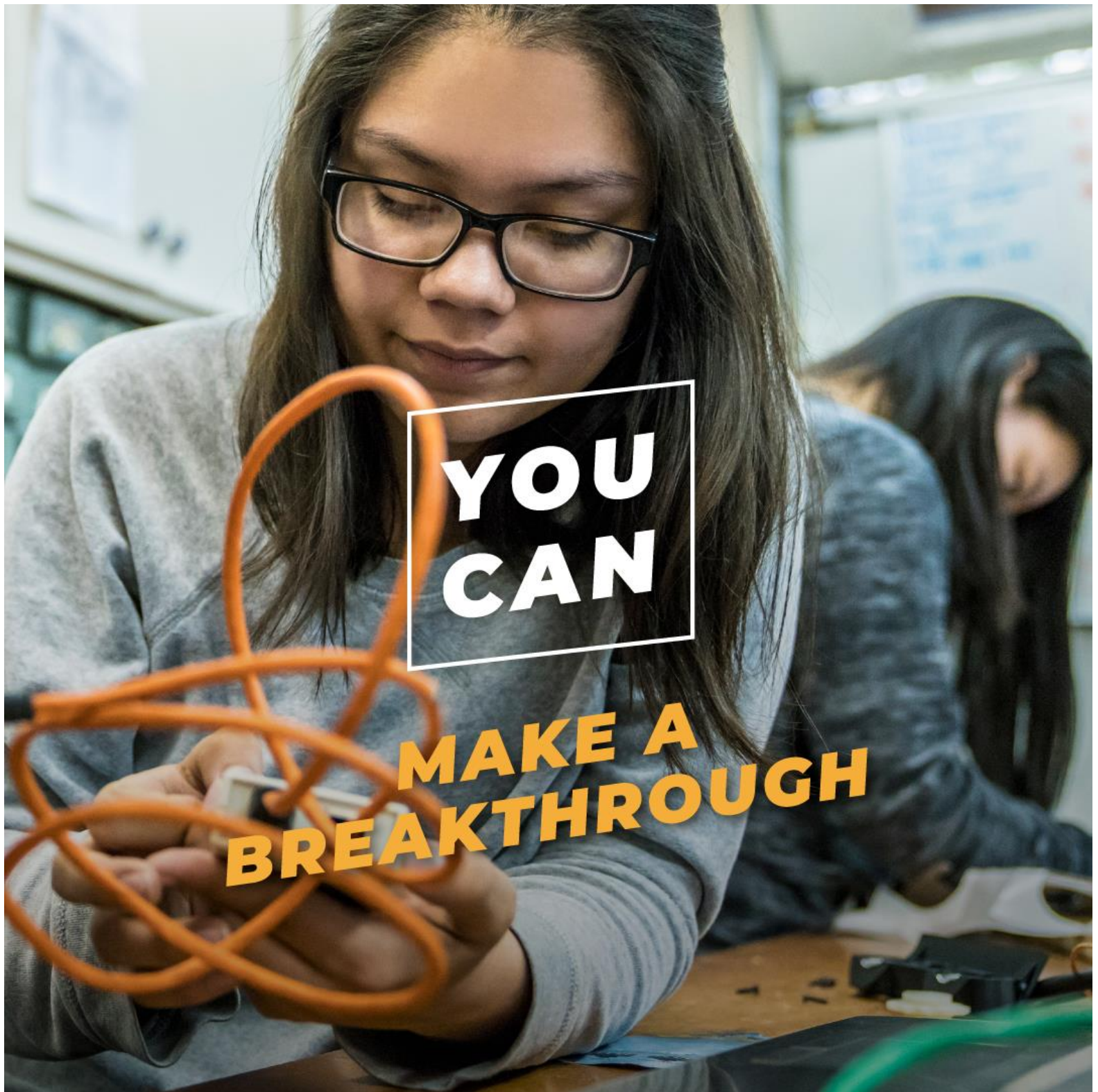
During this workshop, participants will deepen their understanding of the shared risk and protective factor approach and its utility to community-based substance misuse prevention efforts. Participants will explore the degree to which they are currently using a shared risk and protective factor framework and ways to enhance efforts for greater prevention outcomes. The workshop will culminate with a discussion on health equity and the role that it plays in reducing risks, enhancing protection and promoting well-being for all community members.

### Fighting back against the youth vaping epidemic

#### Ballroom 600

*Jennifer Dorsett, CDP, CPP; Vanessa McCollum, Public Health Educator, Benton-Franklin Health District*

In this interactive session, participants will receive updates on vaping data and trends from the most recent Healthy Youth Survey, and learn how to recognize a variety of vaping devices through hands-on visual aids. Each participant will receive training on conducting vSTARS (Vape Shops: Standardized Tobacco Assessments in Retail Settings) in their community, and will have the opportunity to practice by walking through a mock convenience store. Participants will also learn techniques for interacting with retailer leadership and requesting change based on findings.



**YOU  
CAN**

**MAKE A  
BREAKTHROUGH**

Marijuana can affect your ability to think clearly. Don't let it affect your goals. Learn more @ <https://www.youcanwa.org>

## Workshop Session 4

Wednesday, November 6 | 2:20 PM - 3:20 PM

### Culture as a forethought: A conversation about the role of culture in intervention development

#### Ballroom A

*Phillip W. Graham, DrPH, MPH, Senior Director, Center on Social Determinants, Risk Behaviors, and Prevention Science, RTI International*

Concepts of culture and diversity are necessary considerations in the scientific application of theory generation and developmental processes of preventive interventions; yet, culture and/or diversity are often overlooked until later stages (e.g., adaptation) when policymakers and researchers want to test interventions in different communities. This workshop will present a conceptual framework focused on the seamless incorporation of culture and diversity throughout the various stages of the developmental process. Informed by a community-engaged research approach, this framework guides the integration of cultural and diversity considerations with emphasis on the importance and value of citizen scientists being research partners to ensure cultural relevance. The integrated partnership covers the first phase of intervention development through final phases that ultimately facilitate more global, universal translation of changes in attitudes, norms and systems. This workshop is intended to generate audience participation and feedback to inform the further development of the proposed framework which emphasizes the importance of culture and cultural practices.

### Building a strong foundation for collaborative sustainability

#### Ballroom B

*Timothy LaPier, MA, Consultant, Coalitions Work*

This session will provide an overview of the definition and elements of collaborative sustainability based on a literature review, community based input, and subject matter expert opinion. It will also provide examples of how some of these principles can be applied at the community level to successfully maintain core operations and leverage community resources to achieve program goals. The presentation will also examine elements of an effective sustainability plan.

### What can the northwest prevention technology transfer center do for you and your organization? An orientation to resources available to prevention professionals in Washington State

#### Ballroom 400

*Brittany Cooper, PhD, Associate Professor, Washington State University*

In 2018, the Substance Abuse and Mental Health Services Administration (SAMHSA) funded ten regional centers, two national focus areas (National Hispanic and Latino, National American Indian and Alaska Native), and a national coordinating office to form the Prevention Technology and Transfer Center (PTTC) Network. The goal of the PTTC Network is to improve implementation and delivery of effective substance abuse prevention interventions, and provide training and technical assistance services to the substance abuse prevention field. This workshop will introduce and orient Washington State prevention professionals to the myriad of free resources available to them from the Northwest PTTC.

## Certification of Prevention Professionals

### Ballroom 500

*Jennifer Dorsett, CDP, CPP, Prevention Specialist Certification Board of Washington; Kristi Sharpe, CPP, Prevention Specialist Certification Board of Washington; Gunthild Sondhi, M Ed, CPP, Prevention Specialist Certification Board of Washington; Liz Wilhelm, MS, CPP, Prevention Specialist Certification Board of Washington*

Professionals working in the field of prevention will be introduced to the Prevention Specialist Certification Board of Washington (PSCBW), its vision and mission. Presenters will then explain and outline the process of how to become a Certified Prevention Professional, including specific application requirements, such as prevention work experience and prevention education/training. The process of registering for the International Certification and Reciprocity Consortium (IC&RC) prevention specialist examination will be reviewed. Several PSCBW board members will be present to answer any questions you may have.

## Suicide prevention: How do we unleash the power of youth voice in a safe and meaningful way?

### Ballroom 600

*Phoebe Terhaar, CDP, Suicide Prevention Schools Coordinator, Forefront Suicide Prevention*

Forefront Suicide Prevention is a Center of Excellence at the University of Washington focused on reducing suicide by empowering individuals and communities to take sustainable action, championing systemic change, and restoring hope. This workshop will discuss suicide prevention essentials, guidelines for coordinating student-led initiatives and showcase some of the amazing student efforts happening in schools across our Washington State.



# ATHENA

*The site for substance abuse prevention and mental health promotion professionals and volunteers.*

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

- Funding opportunities
- Online trainings
- Job postings
- Prevention news
- Prevention science resources
- Excellence in Prevention Strategy List
- Training and events calendar
- And much more!

Washington State  
Health Care Authority



# Youth Workshop Sessions 1 & 2

Tuesday, November 5 | 9:20 AM - 10:20 AM Repeated at 10:30 AM - 11:30 AM

## Make an IMPACT using SPF

### Ballroom F

*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.

## Make an IMPACT using SPF

### Ballroom H

*Kristi Sharpe, CPP, Coalition Coordinator, Kennewick Key Connection*

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.

## Moods, emotions & conflict resolution

### Ballroom 100

*Sonya Packard, BS, SUDP/T, Healing of the Canoe Instructor, Cowlitz Indian Tribe*

Participants learn to recognize different emotions along with positive and negative self-talk. We discuss happiness, sadness, anger, and how to express their emotions in difficult situations. The goal is to help participants recognize different emotions and practice positive ways to resolve conflict and to express feelings. Prevention methods and information about depressants, stimulants, and recognizing how some drugs can look like candy to attract young people will also be included.

## Safe & healthy life journey without drugs & alcohol: Leadership in my community

### Ballroom 200

*Vashti Langford, BS, Healing of the Canoe Program Coordinator, Cowlitz Indian Tribe*

This session focuses on finding leaders within your community to serve as role models, learning about leadership and how to make healthy life choices in your community. We will discuss individual coping skills, personal strengths, healthy life choices (including foods, exercise, and social media), choosing positive role models, and how they can be involved in your local community. Prevention methods and information about steroids, caffeine, sugar, and healthy eating are also included. The goal for this session is to recognize how our choices affect what our life journey looks like.

## Be the OP on opioids and prescription drugs: Understanding opioids and being the original you

### Ballroom 300

*Garrett Hebel, MSW, LSWAIC, CDP, Mental Health Practitioner & Clinical Specialist, Harborview Mental Health & Addiction Services*

Our nation and our state is in the grip of a struggle with opioids that has reached epidemic levels. Our generation deserves to be equipped with an understanding of how opioids work in our bodies and how to prevent problems related to opioid and prescription drug use. Participants will learn about new and original information on what happens in the brain when you use drugs, how opioids specifically work in the body, how you can stamp out stress, and how to promote individuality in a world full of pressure and messages that can seek to distract and/or change who we are.

# Youth Workshop Session 3

Tuesday, November 5 | 1:10 PM - 2:10 PM

## Getting to the truth about marijuana

### Ballroom F

*David Boblitt, Youth Counselor, Sundown M Ranch Youth Facility*

Despite what the public may perceive, marijuana is still as dangerous of a substance as it was prior to legalization in Washington. During this interactive workshop, we will discuss the stages of brain development and how marijuana can hinder the developing brain while practicing refusal skills. You will learn how to effectively use the S.T.O.P. skill that will help you in peer pressure situations.

## Using community assessments to advocate for policy change

### Ballroom H

*Vanessa McCollum, Public Health Educator, Benton-Franklin Health District*

This workshop will train youth leaders how to conduct STARS (Standardized Tobacco Assessments for Retail Settings). Youth will learn to recognize internal/external advertisements, product placement, and deceptive strategies the tobacco companies use to promote products marketed to youth and discourage quit attempts. Youth will have the opportunity to practice using their knowledge by walking through a mock retail store and completing an assessment. During the final segment of the workshop, youth leaders will have the opportunity to share what they found, what stood out to them, and be provided additional information to take this activity and training back to their communities.

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## Prevention Message Dissemination Panel

Tuesday, November 5 | 2:20 PM - 3:20 PM

### Prevention message dissemination panel

#### Ballroom C/D

During this two-part segment, you will learn communication tools that have been effective in creating prevention messages using various media formats. During the first hour, teams will hear from a panel of experts that represent various media formats as they share best practices in applying media to communicate and disseminate messages in your community. Teams will then transition to a media workshop and begin developing a plan for an effective message using an assigned media format and a prevention scenario provided by adult attendees.

## Media Workshops

Tuesday, November 5 | 3:30 PM - 4:30 PM

### Photovoice: An effective storytelling tool for prevention messaging in our communities

#### Ballroom A

*Antoinette Angulo, MPH, Public Health Consultant*

Because of the power of storytelling and visual imagery, visual media are often instrumental in breaking down complex concepts into simple, personal, and relatable terms encouraging others to make changes in their lives and communities. This interactive session will feature photovoice, a photographic community-building process that can be used to identify, represent and enhance your community. The use of photovoice as a strategy and communication tool can be effective in amplifying your own voice as a change agent to achieve social and behavior change.

### Creating a message that sticks!

#### Ballroom B

*Hoan Do, Student Success Coach, Author, American Ninja Warrior*

Whether it's checking your feed on social media, seeing an ad while streaming a video, or receiving a text message or call, every day we are bombarded with messages. Learning how to cut through the clutter and capture someone's attention is a skill. In this workshop, you'll learn practical tools used for digital storytelling to help you create an effective message that is meaningful and memorable.

### Creating stories to remember

#### Ballroom F

*Isaac Wulff, Coalition Coordinator, MortonUP! Coalition, Centralia Coalition, Lewis County Public Health & Social Services*

The world is full of information, coming at us from all sides and trying to stay relevant at all costs. The truth is that most of it doesn't stick and is forgotten before it hits the back of our retinas. If we are designing a prevention message that needs to be remembered, we must tell a story. Stories stick...but what are they?

### Say it with comics

#### Ballroom H

*David Lasky, Graphic Novelist*

Though we are flooded with all kinds of media these days, graphic novels (good old words and pictures on a page) remain very popular. Whether presenting historical fiction, fantasy, drama, or a potentially lifesaving message, comics and graphics novels engage the reader using drawings, writing, and imagination. Using his own work as examples, graphic novelist David Lasky will explain how this medium can create a visceral experience, often putting the reader in another person's shoes. Participants will be given tips for creating their own comics, including basic character creation, storytelling shortcuts, and presentation formats. This workshop will involve drawing (of course), but drawing ability is not as important as coming up with good ideas and a willingness to try something new.



# Prevention Activity Stations

Wednesday, November 6 | 9:10 AM - 10:25 AM & 10:35 AM - 11:50 AM

## How to SPF your life!

### Ballroom 100

*Endalkachew Abebaw, DBHR Prevention Fellow, Washington State Health Care Authority*

This interactive station is designed to introduce and help you further your understanding of the Strategic Prevention Framework (SPF) by teaching concepts on how you can apply the phases to accomplish a goal. SPF is an on-going strategic planning framework developed to help coalitions assess, build capacity, plan, implement, and evaluate - all while ensuring sustainability in the process and cultural competence to support prevention efforts in communities.

## Levels of learning: Using a growth mindset to succeed

### Ballroom 200

*Destiny Eversull, DBHR Prevention Fellow, Washington State Health Care Authority*

Learning new things can be challenging and it can become easy to feel overwhelmed, but with the right tools and the right mindset, goals can be readily achieved. Come and learn about the levels of learning model and growth mindset through a group matching activity, and walk away with a confidence for new learning opportunities!

## Namaste de-stressed

### Ballroom 300

*Mariel Irvan, DBHR Prevention Fellow, Washington State Health Care Authority*

Feeling stressed? How do you know? And, what can you do to help? During this interactive workshop you will discover how to recognize forms of stress and determine what coping strategies are healthy or unhealthy. Then you will get to practice a popular coping method that is scientifically proven to decrease stress: meditation.

## Taco-bout-it

### Ballroom 400

*Victoria McDermott-Hale, DBHR Prevention Fellow, Washington State Health Care Authority*

Join us for an interactive "taco building" activity! Take a walk down the production line gathering ingredients and answering vaping questions. Learn the facts about vaping and start the discussion on how to prevent vape use.

## M&M® sorting game

### Ballroom 500

*Sonya Packard, BS, SUDP/T, Healing of the Canoe Instructor, Cowlitz Indian Tribe*

During this interactive game, you will learn how to identify stereotypes and discuss your own understanding on how we are affected by them in our communities. Be prepared to collect all the M&Ms® that come in a rainbow!

## Recognizing emotions with emojis

### Ballroom 600

*Vashti Langford, BS, Healing of the Canoe Program Coordinator, Cowlitz Indian Tribe*

It is important that we understand our emotions and feelings, accept them and be able to talk about it. During this interactive activity, you will learn to recognize your own emotions and feelings and of those around you. You will also learn how to be supportive to others by asking simple questions.

## Youth Workshop Sessions 4 & 5

Wednesday, November 6 | 1:10 PM - 2:10 PM Repeated at 2:20 PM - 3:20 PM

### Infinity stones

#### Ballroom F

*Khiree T. Smith, Esq., JD, Attorney, Human Rights Advocate, Economic Activist*

An interactive workshop, demonstrating the effects of cultural competence in prevention. We will explore what Marvel teaches us about cultural competence and why it matters in prevention.

### Vaping exposed

#### Ballroom H

*Gabriela Mendez, MSW, Public Health Educator, NCW Regional TVPPCP Coordinator;  
Ben Glosenger, MPH, Public Health Educator, NCW Regional YMPEP Coordinator*

In this interactive workshop, you will learn about the epidemic that is targeting youth. We will discuss the many misconceptions, peer pressures and marketing tactics that are contributing to the staggering rise in the use of vaping devices.

### Cool story, bro: Up your prevention storytelling game

#### Ballroom 100

*Isaac Wulff, Coalition Coordinator, MortonUP! Coalition, Centralia Coalition, Lewis County Public Health & Social Services*

Tired of sitting? This workshop is an interactive, on-your-feet chance to sharpen your storytelling skills and learn about what makes a story memorable. Shy and outgoing people are both welcome and can contribute in equal ways. Where informing and performing meet!

### Using community assessments to advocate for policy change

#### Ballroom 200

*Vanessa McCollum, Public Health Educator, Benton-Franklin Health District*

This interactive workshop will train youth leaders how to conduct STARS (Standardized Tobacco Assessments for Retail Settings). Youth will learn to recognize internal/external advertisements, product placement, and deceptive strategies the tobacco companies use to promote products marketed to youth and discourage quit attempts. Youth will have the opportunity to practice using their knowledge by walking through a mock retail store and completing an assessment. During the final segment of the workshop, youth leaders will have the opportunity to share what they found, what stood out to them, and be provided additional information to take this activity and training back to their communities.

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# BACK TO SCHOOL WITHOUT VAPOR PRODUCTS

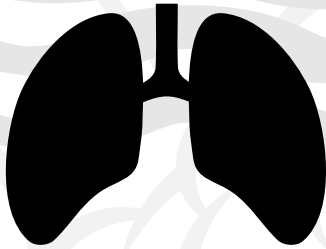
Although most young people do not use vapor products, health professionals are concerned about the increase in youth use.

***Use of vapor products by youth is not safe and has been associated with severe lung injury in Washington and nationwide.***

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.

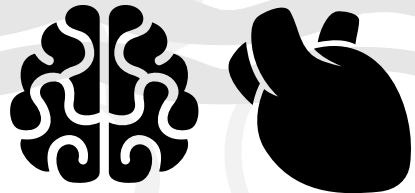
***(JUUL is one such device that delivers a high dose of nicotine.)***

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.



# YAKIMA CONVENTION CENTER MAP

