

MT. RAINIER

Washington State
Prevention
summit

ADVANCING PREVENTION:

CONNECTION

AND

HOPE

VIRTUAL

NOVEMBER 8-9, 2022



STATE OF WASHINGTON
HEALTH CARE AUTHORITY

626 8th Avenue, SE • P.O. Box 45502 • Olympia, Washington 98504-5502

November 8, 2022

Dear Prevention Professionals:

Thank you for joining us for the 2022 Washington State Prevention Summit, “Advancing Prevention: Connection and Hope.” Here we are again convening in a virtual setting! Although this was not our initial plan, and making this pivot was a difficult decision to make, we chose to gather in this virtual setting once again to ensure the continued health and safety of all attendees. We appreciate you all choosing to be present and showing your continued commitment to increasing and sharing your prevention skills and knowledge.

Over this last year, there has continued to be an abundance of change in our lives, and we are in a very different spot as a state since the last time we gathered. The new school year is underway, and we see youth forming important connections with their peers and adults in a variety of ways including through different platforms both virtually and in-person. Prevention professionals continue to discover and implement the most efficient ways to support children, youth, and families by breaking down barriers and utilizing tools learned throughout the pandemic to engage community members. While communities may still face obstacles ahead, the spirit and unity I have seen from you all has brought me hope, and I thank you for that.

As we look ahead, we are reminded of how important it is that health equity remain a top priority. I can tell you this: we remain committed to supporting your efforts as you create positive change and promote the health and wellbeing of Washington State communities. We recognize your efforts as you strive to make this a reality and as you overcome any obstacles that stand in your way. We hope that this year’s summit provides you with further opportunities to learn and advance prevention within your community.

This year, we have some exciting sessions lined up! With speakers native to Washington State to others joining us from states such as New Jersey, these presenters bring a wealth of knowledge in their respective area(s) of prevention expertise, and we are grateful to have them join us for this year’s Summit so we may learn from them. We are also welcoming the youth track back this year and continue to see youth registration numbers grow right up until the onset of the conference.

The conference would not be possible without the efforts of the amazing Prevention Summit Co-Leads and the Prevention Summit Planning Committee who have worked throughout the year to create a program that celebrates prevention efforts, provides knowledge and skill building, and identifies current and upcoming priorities, while also providing an opportunity to stay connected and advance the field of prevention. I also want to give a special thanks to all of you as leaders in our state that continue to be a part of Washington State’s prevention services; you make up the backbone of this important work!

Prevention Professionals
November 8, 2022
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Before starting the Summit, I want to leave you with a couple questions to reflect on as you participate in this year's programming. If you are a veteran to the Summit, how will you use the information learned to advance your approach to prevention? If you are relatively new to the field of prevention, how will you apply what you learn here to create and build connections within your community?

We hope you enjoy the 2022 Prevention Summit, and we hope to see you in-person for the 2023 Summit!

Should you have any questions, please contact the Prevention Summit staff via email at contactus@preventionsummit.org or by telephone at 775-682-8545.

Sincerely,



Keri L. Waterland, PhD, MAOB, MAC
Division Director
Division of Behavioral Health and Recovery

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Texas A&M Transportation Institute / Teens in the Driver Seat -
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COMMITTEE MEMBERS

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Eveth Padilla

Margaret McCarthy

Isaac Derline (Conference Chair)

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Mary Segawa

Breanna Zavicar

Jennifer Dorsett

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Courtney Fuller

Joe Neigel

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Kristi Sharpe

Tony Edwards-Lenton

Dayana Ruiz

Lauri Johnson

Vanessa McCollum

Erika Wassom

2022 PREVENTION AWARDS OF EXCELLENCE

Tribal Organization:

Lummi Counseling Services

Youth Leadership:

Althea Patterson

Prevention Professional:

Julie Peterson

Prevention Professional:

Lindsey Worley

Prevention Professional:

Jose Ochoa

Community Coalition:

West Spokane Wellness Partnership

Contributions to Prevention by a Community, Organization, Business, or Agency:

MHA Speakout Speakup

Contributions to Prevention by a Community, Organization, Business, or Agency:

West Central Community Center

Early Career Prevent Professional:

Gitanjali Shrestha

Lifetime Achievement:

Deb Drandoff

Lifetime Achievement:

Scott Waller

Lifetime Achievement:

Peggy Needham

2022 AGENDA AT A GLANCE

Tuesday, November 8, 2022

DBHR Provider Meeting

8:30 AM - 12:00 PM

DBHR Provider Meeting

12:00 PM - 12:30 PM

Lunch Break

Prevention Summit Day 1 Schedule

12:30 PM - 1:15 PM

Welcome Address with Eric Johnson

1:15 PM - 1:20 PM

Break/Transition

1:20 PM - 2:20 PM

Adult Workshop 1, Youth Workshop 1

2:20 PM - 2:40 PM

Break/Transition

2:40 PM - 4:00 PM

Combined Keynote 1

4:00 PM - 4:30 PM

Closing & Adjourn

Wednesday, November 9, 2022

Prevention Summit Day 2 Schedule

8:30 AM - 8:50 AM

Welcome Address & tribal blessing by Eric Johnson

8:50 AM - 9:30 AM

Awards Ceremony

9:40 AM - 10:40 AM

Adult Keynote 2, Youth Keynote 2

10:40 AM - 11:00 AM

Break/Transition

11:00 AM - 12:00 PM

Adult Workshop 2, Youth Workshop 2

12:00 PM - 12:30 PM

Lunch Break

12:30 PM - 1:30 PM

Adult Power Session, Youth Power Session

1:30 PM - 1:35 PM

Break/Transition

1:35 PM - 2:40 PM

Keynote 3

2:40 PM - 3:00 PM

Closing & Adjourn

3:05 PM - 4:30 PM

Optional Post Summit Trainings/Meetings

FEATURED SPEAKERS

YOUTH KEYNOTE 1

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



GETTING IT DONE: THE STRATEGIC PREVENTION FRAMEWORK

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

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

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

COMBINED KEYNOTE 1



FOUNDATIONS OF THE ICELANDIC PREVENTION MODEL

Dr. Alfgeir Kristjansson, PhD, West Virginia University

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

YOUTH KEYNOTE 2

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



POWER U.P. (UNDERSTANDING PREVENTION)

Albert Gay, MS

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

**ADULT
KEYNOTE 2**

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



CANNABIS MARKET TRENDS AND IMPLICATIONS FOR PREVENTION

Jonathan Caulkins, PhD, Carnegie Mellon University

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

**ADULT POWER
SESSION**

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



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

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

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

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

**CLOSING
KEYNOTE 3**

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



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

Jenny Moore, MS, School Psychologist, Inland Northwest Therapy

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

ADULT WORKSHOPS

TUESDAY, NOVEMBER 8TH

WORKSHOP
SESSION 1

1:20 PM - 2:20 PM

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

Dr. Brittany Cooper, PhD, Washington State University

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

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

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

Nicole Augustine, MPH, MCHES, PS, RIZE Consultants

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

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

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

Jessica Deutsch, CPP, TALK 2 Healthy Choices Coalition

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

1D: AN EXPLORATION OF WITHDRAWAL

Jared O'Conner, MS, MPH Washington Poison Center

Marlo Murry, PharmD, CSPI, Washington Poison Center

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

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

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

Lynae Hoover

Jill Douglas

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

ADULT WORKSHOPS

WEDNESDAY, NOVEMBER 9TH

WORKSHOP
SESSION 2

11:00 AM - 12:00 PM

2A: HELPING YOUTH MAKE HEALTHY CHOICES ABOUT GAMING

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

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

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

Max Roberts, PhD, Washington Traffic Safety Commission

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

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

Deb Drandoff, Educational Service District 112

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

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

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

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

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

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

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

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

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

YOUTH WORKSHOPS

WEDNESDAY, NOVEMBER 9TH

WORKSHOP SESSION 1

11:00 AM - 12:00 PM

STRESS, ANXIETY, AND COPING

Lorena Rios

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

WORKSHOP SESSION 2

12:30 PM - 1:30 PM

PLAY SMART AND STAY IN CONTROL

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

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

POST-SUMMIT OPTIONAL MEETINGS

WEDNESDAY, NOVEMBER 9TH

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

Trillium Swanson, MA, Coalition for Orcas Youth Project Manager

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

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

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

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

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

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

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



We develop rules to implement many of the state laws for alcohol, cannabis, tobacco, and vapor products.

Your Voice Counts

Get involved in the process. Make your voice heard.

**Sign up for
noti cations at**
lcb.wa.gov



**Attend LCB Board
meetings or watch
the recordings at**
lcb.wa.gov/boardmeetings



**Provide comments
during the rulemaking
process (in writing or at
public hearings).
Send comments to**
rules@lcb.wa.gov



**Build relationships
with sta . Get on the
prevention mailing list.
Contact**
mar.y.segawa@lcb.wa.gov



We're Looking for the Best – We're Looking for **YOU!**

NOW HIRING: Prevention and Community Engagement Specialist

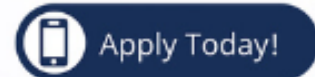
Develop and present prevention, responsible gambling/gaming, and community engagement programs.

Evergreen Council on Problem Gambling is located in Olympia, WA. The Prevention and Community Engagement Specialist will provide programs and services throughout Washington State.

We welcome qualified candidates NOW – until position is filled.

FOR MORE DETAILS AND APPLICATION INFORMATION:

evergreencpg.org/now-hiring



ATHENA

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

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!

Substance use disorder prevention public awareness resources

You can access many of the campaign assets, resources and information on communication strategies by visiting [The Athena Forum](#).



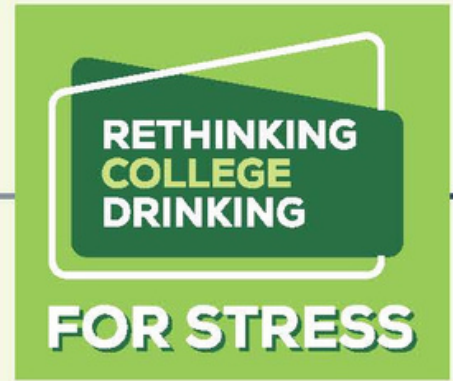
Focus On

Underage drinking prevention campaign for teens.



Not A Moment Wasted

Substance use disorder prevention and wellness messages for young adults.



Rethinking College Drinking

Underage drinking prevention campaign for college students.



Start Talking Now

Substance use disorder prevention and wellness messages for parents of teens and young adults.



Starts with One

Opioid and prescription drug prevention campaign for young adults, parents and older adults.



Tribal Opioid Solutions

Opioid and prescription drug prevention campaign for tribal communities.

Focus on⁺ staying in touch

Every day is different. Sometimes, it's new and exciting. Other times, it's exhausting and overwhelming. Check in with yourself. And take time to connect with the family and friends who make you feel supported.

Keeping alcohol out of the picture—like 9 out of 10 WA teens do—can also help your mental health.

FocusOnYouWA.org⁺

Washington State
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The College of Business
AT THE UNIVERSITY OF NEVADA, RENO

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For more information, contact us at conferenceteam@unr.edu or call 775-682-8545.