



Washington State
Health Care Authority



LEADING PREVENTION *Together*

October
24-25, 2023



Spokane, WA



Welcome!

October 24, 2023

Dear Prevention Professionals:

Thank you for joining us for the 2023 Washington State Prevention Summit, Leading Prevention Together. For the first time since 2019, we are excited to be gathering in person for this year's event! After three virtual Prevention Summits, I am so grateful we can be here together in person to strengthen existing relationships and form new connections. We are also thrilled to be meeting together here in Spokane, on the East side of the state, because we know that many of you call this region your home.

I want to take a moment to highlight this year's theme, Leading Prevention Together. Throughout the past year, there have been moments, situations, or experiences that have tested each of us – including workforce challenges. We know all of you are passionate about the work you lead. We also want to support your health in life. Budgets are continuing to be stretched and many of you are working hard to balance financial needs while also ensuring critical primary prevention services are prioritized in your community. If we can continue to come together like we have been over these next couple of days, supporting each other in this impactful work, then together we can take action to address these pressures. Together, we can continue to be champions for the health and wellbeing of youth and all individuals across Washington State.

There are many key strategies being implemented at the Washington State Health Care Authority (HCA) in the Division of Behavioral Health and Recovery (DBHR) to address these challenges. To date, DBHR has welcomed 28 undergraduate and graduate fellows, as well as 20 high school prevention interns. Many of you have worked with these individuals. These fellows have gone on to graduate school or pursued employment in behavioral health or other related sectors, including within DBHR and the prevention field. In fact, the two co-leads for this year's Prevention Summit are former fellows! To further address workforce shortages, the HCA Behavioral Health Recruiting Campaign, Start Your Path, has been enhanced to include prevention voices and creatives. Toolkits developed by the campaign can be used by hiring organizations to recruit new prevention professionals; these resources are available to each of you. Additionally, we continue to apply for funding opportunities and are being strategic about the funding we have available to continue to prioritize prevention efforts – especially local services. Those are just a few ways our leaders here at HCA/DBHR are taking action.

As you enter these next two days, I encourage you to be fully immersed in this conference. Sit in a workshop or power session on a topic you are less familiar with. Don't be afraid to ask questions. Take the time to meet someone new and reconnect with leaders from other communities you may have not seen in years; these connections are the how we lead prevention successfully together.

I want to take a moment to thank the Prevention Summit Planning Committee and our partners at the University of Nevada-Reno for their hard work to put together this year's event. I hope you enjoy the next two days and have fun!

Sincerely,



Keri L. Waterland, PhD, MAOB, MAC
Division Director
Division of Behavioral Health and Recovery
Washington State Health Care Authority



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Monday, October 23

8:00 AM - 9:00 AM	Washington Prevention Provider Meeting Check-in
9:00 AM - 12:00 PM	WA Prevention Provider Meeting for DBHR Providers
9:00 AM - 12:00 PM	WA Prevention Provider Meeting for DOH Providers
12:00 PM - 1:00 PM	Lunch
1:00 PM - 4:30 PM	WA Prevention Provider Meeting for State Agencies, State Prevention Enhancement (SPE) Policy Consortium Members, and Providers
3:00 PM - 5:00 PM	Prevention Summit Early Check-in & Registration - Dinner on your own, enjoy Spokane!
4:30 PM - 5:00 PM	Prevention Summit Volunteer Meeting
5:00 PM - 5:30 PM	Prevention Summit Chaperone Meeting
5:00 PM - 6:00 PM	Drug-Free Communities (DFC) Meeting
6:00 PM - 7:00 PM	Prevention Leads Together - an informal gathering

Tuesday, October 24

7:30 AM - 8:30 AM	Check-in and Registration
8:00 AM - 8:30 AM	Open Networking & Continental Breakfast
8:30 AM - 9:30 AM	Welcome (combined)
9:30 AM - 10:30 AM	Opening Keynote (combined)
10:30 AM - 10:45 AM	Break
10:45 AM - 11:45 AM	Adult: Keynote Youth: Workshop Session I
11:45 AM - 12:00 PM	Break
12:00 PM - 12:45 PM	Lunch (provided)
12:45 PM - 1:30 PM	Power Session I (combined)
1:30 PM - 1:45 PM	Break
1:45 PM - 2:45 PM	Adult: Workshop Session I Youth: Workshop Session II
2:45 PM - 3:00 PM	Break
3:00 PM - 4:00 PM	Adult: Workshop Session II Youth: Keynote I
4:00 PM - 4:15 PM	Break
4:15 PM - 5:00 PM	Adult: Breakout Power Sessions Youth: Power Session
5:00 PM - 5:15 PM:	Break
5:15 PM - 5:45 PM	Banquet Dinner (provided, combined)
5:45 PM - 6:15 PM	Prevention Awards of Excellence Ceremony (combined)
6:15 PM - 8:00 PM	Evening Activities

Wednesday, October 25

7:30 AM - 8:30 AM	Check-in and Registration
8:00 AM - 8:30 AM	Open Networking & Continental Breakfast
8:30 AM - 9:00 AM	Welcome (combined)
9:00 AM - 9:15 AM	Break
9:15 AM - 10:15 AM	Adult: Workshop Session III Youth: Keynote II
10:15 AM - 10:30 AM	Break
10:30 AM - 11:30 AM	Adult: Workshop Session IV Youth: Workshop Session III
11:30 AM - 12:30 PM	Lunch (Provided)
12:30 PM - 1:30 PM	Keynote (combined)
1:30 PM - 2:15 PM	Closing Power Session (combined)
2:15 PM - 2:30 PM	Closing (combined)

KEEP YOUR WELL-BEING SAFE FROM VAPES.



Informed by teens across Washington State, the new Choose You campaign breaks down how the nicotine in vapes impacts your mental and physical health, offers healthy ways to cope with stress, and provides resources that are proven to help teens quit vapes.



Scan the QR code or visit

ChooseYouWA.org

to learn more.

**CHOOSE
YOU**

Sponsors

We extend our gratitude to the Liquor and Cannabis Board, the Department of Health, HCA/DBHR State Problem Gambling Program and Safe-RX for their sponsorship!



Washington State
Liquor and Cannabis Board



Washington State Department of
HEALTH



Exhibitors

We extend our gratitude to the following exhibitors:

- Rede Group
- National Alliance on Mental Illness Washington
- Greater Spokane Substance Abuse Council
- University of Washington Forefront Suicide Prevention
- Washington State Traffic Safety Commission
- Department of Commerce
- Washington State University



Washington State Prevention Summit Planning Committee

Kersten Tano (co-lead)

Courtney Fuller

Kristi Sharpe

Isaac Derline (co-lead)

Danielle Watkins

Margaret McCarthy

Rachel Oliver (conference support)

Dayana Ruiz

Sarah Meyers

Alaina Green

Eveth Padilla

Tony Edwards-Lenton

Breanna Zavicar

Jennifer Dorsett

Vanessa McCollum

Meet Our Emcee!

De'Marco Fomby

Over the past decade, De'Marco Fomby has been working to live out his passion — inspiring and motivating young people to become the absolute best they can be. He travels the country as a youth motivational speaker, using his background in music, sports, and mentoring. Reaching thousands of schools and student organizations nationwide, he encourages teenagers to use their passion as their power, and through those passions, they can change the world with their influence.

In addition to motivational speaking, De'Marco utilizes his degree in Psychology by working as a consultant – coordinating conferences and implementing programs and prevention strategies ranging from Alcohol, Tobacco and other drug prevention, to Youth Highway Safety, Juvenile Justice, bullying, and leadership development. With his greatest passion as his motivation – his 9-year old daughter, Lailah, De'Marco firmly believes that the youth of today can change the temperature of the world around them; and not only with music, sports, and dance, but things such as compassion, integrity, humility, honesty, and an uncompromising spirit are all passions that should be utilized to their full potential.



Youth Activities

Tuesday, October 24 | 6:15 pm - 8:00 pm | Meeting Room 1

Creating a Healthy Environment for All

This session will explore the intersection of the risk and prevention model with the implementation of the Healthy Environment for All Act. Come share your thoughts about and experiences with environmental justice in your work and communities.

Tuesday, October 24 | 6:30 pm - 7:15 pm | Cedar Ballroom

Find What Moves You

A youth activity designed to empower you to explore, appreciate and embody your most authentic self through movement, social connection, and self-reflection. Participants will get to move in ways that feel good in their body, engage in a relaxation practice, reflect on their experience, learn new skills, and connect with other youth.

Tuesday, October 24 | 6:30 pm - 8:00 pm | Birch Ballroom

Arts and Crafts

Come enjoy a variety of different arts and crafts activities! There will be options to paint, create beaded bracelets, and more!

Adult Activities

Tuesday, October 24 | 6:30 pm - 8:00 pm | Terrace Room West

Guided Painting

Join us for a guided painting session! You will receive step-by-step instructions and tips to recreate an image or to paint a creation of your own. This activity is a great way to be creative after a day of learning and network with other prevention professionals within our state!



Local Spokane Artist, Howie King



Your Voice Counts

We develop rules to implement many of the state laws for alcohol, cannabis, tobacco, and vapor products. Get involved in the process. Make your voice heard.

Sign up for notifications at lcb.wa.gov



Attend Board meetings (virtual/in-person) or watch the recordings. Sign up to speak. Info 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 staff. Get on the prevention mailing list. Contact mary.segawa@lcb.wa.gov



It's not all about gaming and screen time.



This is actually what I'm doing.

*Outside
for a*

Spin



Have fun in your free time. What activities do you enjoy?

If you or a friend are struggling with gambling, contact the Washington State Problem Gambling Helpline.

Call, text, or chat **1-800-547-6133** Available 24/7

Washington State
Health Care Authority
BEHAVIORAL HEALTH AND RECOVERY

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Lifetime Achievement

Mary Segawa

Mary has been working in various prevention capacities for over 20 years. Mary is passionate about prevention and public health. A true prevention champion who is a strong advocate for youth and children in our state and keeping them safe and healthy. She is not afraid to take on a challenge and is always eliciting feedback from different groups of people including working to engage youth in decision-making processes/feedback opportunities at the Liquor and Cannabis Board.

She is an effective leader and public presenter on topics related to marijuana, alcohol, and other key prevention topics. She is also very well versed in public policy and laws associated with these topics.

Washington has become a healthier place for our youth because of Mary's advocacy!



Lifetime Achievement

Leanne Reid

Leanne has provided leadership and support in the realm of prevention and youth-service for over 20 years. She has a gift in recognizing others' talents, skills, and values. She is always willing to listen and accept the knowledge others may have to contribute. Throughout her career, Leanne has built a cohesive and collaborative environment with an emphasis on cultural competency.

Although she has retired, Leanne's prevention efforts continue as she becomes a national level Community Anti-Drug Coalitions of America (CADCA) trainer.

Congrats to Leanne in all of her successes!



Lifetime Achievement

Laura Griner Hill

Dr. Hill has made numerous advancements to the field of prevention science throughout her career. Her passion and dedication to the field of prevention science and the promotion of healthy development of youth and families is unparalleled—and has always involved strong partnerships. Her research and evaluation work focuses on risk and protective factors related to substance use, evidence-based prevention programs, and parent-child relationships in early adulthood. Rather than remaining siloed in academia though, Dr. Hill's work has always prioritized integrating prevention research and real-world practice. Dr. Hill was one of the key leaders in establishing the IMPACT Lab at Washington State University and she was also instrumental in creating the first interdisciplinary Prevention Science PhD program in the United States at the University to include contributing to the next generation of prevention scientists by teaching graduate courses as well as mentoring dozens of undergraduate/graduate students in their research on prevention.

What an honor it is to recognize Laura as she retires at the end of this year. Thank you, Laura for your important contributions!



Youth Leadership

Eliel Galicia

Eliel has been involved in prevention work for two years and has shown exceptional dedication to prevention efforts by participating in both community and school prevention efforts. Eliel always takes the initiative to help start a project and follows through on his commitments. To demonstrate this, Eliel has played a huge part in helping strengthen the collaboration and partnership between Quincy Partnership for Youth and Youth Action Interact.



Prevention Professional - Less than two years

Audrey Curtis

Audrey served as a student intern for the coalition, West Spokane Wellness Partnership, this past fiscal year. Since then, Audrey became the Chair of our community coalition and has been very active in her role, most recently meeting with city council leaders to raise awareness of youth mental health disparities in our local community and advocate for increased community level funding and resources.



Prevention Professional - Less than two years

Samantha Stormont

Sam is a former commercial banker who started community organizing with a local civic club out of passion for her community and helping youth. She now uses her background in business and strategic planning to navigate the complex social and economic factors that keep communities from working together. The Sedro-Woolley RISE coalition that she helps lead is engaged and active with all key community leaders and partners in regular attendance.



Prevention Professional- Less than two years

Danielle Watkins

Danielle began working in prevention as a Student Assistance Professional and has worked in the prevention field for over 15 years. Danielle is now overseeing the Student Assistance Professionals (SAP) program as a supervisor at ESD105. Danielle is a pillar of prevention in Washington State and champions community wellbeing in all settings. Prior to becoming the ESD105 SAP supervisor, Danielle served as a CPWI coalition coordinator in Cowiche/Tiето (Highland) and Student Assistance Professional in White Swan.



Prevention Professional- More than two years

Michelle Dower

Michelle has worked tirelessly to help educate youth about how easy it is to misperceive substance use among their peers and how to change the social norms and perceptions. Michelle adapted the Social Norms model from "Most of Us", a best practice social norms campaign model for schools. She has worked across the region to create school slogans, design awareness logos using social norms messaging, and host a week of awareness activities designed to engage students to learn about the myths and misperceptions. She is seen as a leader across the state and is viewed as a significant role model, mentor, and coach by her peers.



Community Organization, Business, or Agency

Washington State Liquor & Cannabis Board

The Washington State Liquor and Cannabis Board (LCB) is being recognized because of the agency's longstanding active commitment to public safety, public health, and prevention. The agency introduced agency request legislation that required all THC products be sold through state licensed retailers and banned synthetic THC products from sale, manufacture, or distribution in the state. The agency worked to redefine alcohol delivery so that third party vendors were prohibited from delivering alcohol, required a meal to be purchased with each alcohol delivery order, and eliminated the practice of curbside delivery of alcohol. Curbside delivery has been anecdotally linked to increased incidences of DUI and third-party delivery was primarily responsible for increases in youth access to alcohol in some areas of the state.



Implementation of a Prevention Program

Strengthening Families Program 10-14 implemented by Blanka Hernandez

The Strengthening Families Program for Parents & Youth ages 10-14 program is offered in English and Spanish at least twice a year. During the 2019-2020 school year, 30 families registered for our program. During COVID, the program was adapted to deliver informational packets and materials to homes over seven weeks. The "sessions" were done on families' own time and with a weekly phone appointment with the facilitator to review the materials. 63 families out of the 78 families registered that year were served and graduated. Other strategies were utilized to impart program information such as pre-recording Spanish Sessions for public radio talk shows. Similar successes were achieved during the 2021-2022 and 2022-2023 school years.



Early Career Prevention Professional

Sara Bumgardner

Sara is a current student in the Master of Public Health Program at the University of Washington (UW) and is focusing on learning how to better serve her community. Sara moved to Centralia specifically to work in public health and prevention several years ago. In that time she has impacted the entire community in an incredibly positive way. Her welcoming and warm smile is something that speaks to her generosity of time and her love for the community she serves. Now, in her studies in the Public Health Program at the UW, she will have even more tools in her toolbox to better serve her community!

Joe Neigel

COMBINED OPENING KEYNOTE | TUESDAY OCTOBER 24 | 9:30 am - 10:30 am | Grand Ballroom

Tools for Change: Balancing our Best Intentions with Best Prevention Practices

Tools for Change will assist new and veteran coalition coordinators to balance their community's positive intentions with best prevention practices. Together, we'll review CADCA's seven strategies, and what they look like in action in coalitions across Washington State! Then, we'll explore prevention strategies that work and historic prevention strategies to avoid at all costs!



Page (she/they)

ADULT KEYNOTE | TUESDAY, OCTOBER 24 | 10:45 am - 11:45 am | Grand Ballroom

Safety & Belonging for LGBTQ+ Youth

I will begin with a discussion of our current context, including why we are seeing more young people identifying as LGBTQ+. We will briefly review the 2021 Healthy Youth Survey Data including behavioral health outcomes, for example, anxiety and marijuana use. The bulk of the workshop will focus on learning the basics of LGBTQ+ identity and building confidence using language for the LGBTQ+ community. Once this shared language is established, we will focus on a few proven protective factors for LGBTQ+ youth.



De'Marco Fomby

YOUTH KEYNOTE I | TUESDAY OCTOBER 24 | 3:00 pm - 4:00 pm | Cedar Ballroom

The Power of Passion

Teenagers are the most influential and powerful entity on the planet. The source of that power comes in the shape of their passion. This keynote will provide students with practical applications of how to use their passion as their power to change the world around them. #PASS-I-ON



De'Marco Fomby

YOUTH KEYNOTE II | WEDNESDAY OCTOBER 25 | 9:15 am - 10:15 am | Birch Ballroom

Ignite Passion/Conquer Fear

This workshop is an extension of "The Power of Passion" keynote where students will have the opportunity to identify their passions, learn how they can be used to inspire others, and most importantly how to apply them in real life situations. De'Marco opens up and goes over his passions and fears with a simple exercise that will leave an everlasting impression on all participants. Students have the opportunity to really connect with each other and realize that our passions might not rank in the same order, but collectively we are able to empathize and get behind what our peers are passionate about. Once that happens, we realize our fears don't scare us... Not living out our passion does.



Kristi Sharpe, CPP

COMBINED KEYNOTE | WEDNESDAY OCTOBER 25 | 12:30 pm- 1:30 pm | Grand Ballroom

HOPE 101

This presentation will focus on how weaving the science of hope into all we do is transformative. Yes, there is struggle, Adverse Childhood Experience's, and trauma... but there are solutions and specifications we can take to mitigate those and change the trajectory. It just takes forethought and intention.



Scott Waller, M.Ed, CPP

COMBINED POWER SESSION I | TUESDAY OCTOBER 24 | 12:45 pm - 1:30 pm | Grand Ballroom

Unite Prevention Voices! Good Policy is Prevention Work

This highly interactive workshop will feature members of the Prevention Voices Steering Committee, leading small group discussions about policy work at the local, regional, and state level. Participants will learn what kinds of policy work coalitions can do. Remember: good policy is prevention work.



De'Marco Fomby

COMBINED CLOSING POWER SESSION | WEDNESDAY OCTOBER 25 | 1:30 pm- 2:15 pm | Grand Ballroom

The "iNfluence" Formula

By applying the principles of a simple algebraic equation, participants learn how to combine their own unique passions and skills to create a strategy that will help them positively impact their surroundings. After all, De'Marco defines LEADERSHIP as: the ability to influence. In this workshop students will develop a personal strategy of impact and iNfluence.



Adult Workshops

Workshop Session I: 1:45 PM - 2:45 PM

Mentoring as a Prevention Strategy | *Meeting Room 1*

Jolynn Kenney, M. Ed.

"Mentoring as a Prevention Strategy" will briefly outline the evidence of mentoring's impact and then dive into mentoring best practices. Access to additional resources will be provided to build effective mentoring strategies and programs within communities.

Becoming a Certified Prevention Professional (CPP) | *Meeting Room 2*

Kirsten Fuchs, M.Ed, CPP, Liz Wilhelm, Sigrid Gauger, Lizbet Maceda, Gunthild Sondhi, Janine Koffel & Sarah Meyers

The Prevention Specialist Certification Board of Washington (PSCBW) has recently updated the CPP application process. This presentation will help attendees understand the new process for application and engage in opportunity to ask questions of PSCBW Directors.

Understanding and Meeting the Needs of Young Adults in Washington: Lessons Learned from the Young Adult Health Survey and Check-In With Yourself Program | *Birch Ballroom*

Jason Kilmer, Ph.D

We will review findings from the Washington Young Adult Health Survey of substance use trends among young adults and the Check-In With Yourself program, a web-based personalized feedback program addressing mood, coping, and substance use. Lessons learned and opportunities for prevention will be discussed.

Building Protection: A Recruitment and Engagement Strategy | *Maple Ballroom*

Jennifer Hogge, MS, LMFT

This workshop will demonstrate how the Social Development Strategy (SDS) can help recruitment and engagement of coalition members, engage community members, all while building protection and positive youth development. Learn about tools available to help in implementing SDS in your community.

Workshop Session II: 3:00 PM - 4:00 PM

Find What Moves You: A Program to Build Resilience Skills in Adolescents | *Meeting Room 1*

Anne Cox, Ph.D, Sarah French-Ulrich, Ph.D., and Amanda McMahon, Ph.D.

We will describe a new program designed to support mental, social, and physical health through building core resilience skills in female and non-binary adolescents. The purpose is to educate, energize, partner with, and provide tools for professionals in prevention efforts targeting the unique needs of this population.

Examining How Communities Achieved Long-Term Outcomes Through the Implementation of Environmental Strategies in South Carolina | *Meeting Room 2*

Michelle Nienhus, MPH

The purpose of the presentation is to highlight the environmental strategies implemented in South Carolina and the importance of the 4 Cs to achieving outcomes that were examined through a longitudinal study that was published in 2021 in the peer-reviewed journal *Alcoholism: Clinical and Experimental Research*.

Here's a Great Way to Answer the Question, "Is Prevention Working in My Community?" | *Birch Ballroom*

Scott Waller, M.Ed, CPP

This highly interactive workshop will demonstrate how Ripple Effects Mapping (REM) provides information about the effects of prevention and public health efforts. REM events provide insights about coalition functioning, effectiveness of prevention efforts, and reach of communication campaigns.

"ComeUnity" How to Effectively Engage in Communities that are Different Than You" | *Maple Ballroom*

Donna Kelly

Provide prevention practitioners with skills to effectively engage diverse populations and build coalitions that are inclusive and culturally aware. Utilizing the center of the Strategic Prevention Framework (SPF) we work together to identify strengths in our own culture and the cultures we serve.

Power Session II: 4:15 PM - 5:00 PM

Opportunities to Integrate Harm Reduction into Prevention Strategies for Young Adult Substance Use | *Terrace Room East*

Jason Kilmer, Ph.D

The first harm reduction prevention efforts for use with college students were developed right here in Washington! Now, 35 years later, there can be concern about potential "mixed messages." Today, we will explore harm reduction messaging, managing misperceptions, and suggestions for implementation.

Centering Community Voices to Advance Behavioral Health Equity: Findings from the Evaluation of the Community Prevention and Wellness Initiative | *Cedar Ballroom*

Gitanjali Shrestha, Ph.D., Konul Karimova, and Heather Terral, Ph.D.

We will share findings from the health equity evaluation of the Community Prevention and Wellness Initiative. Prevention professionals will learn about the current state of behavioral health in Washington through an equity lens, and gain knowledge on advancing equity work in their own communities.

Prevention Pizzazz: Fun Thought Provoking Activities to Enliven Your Class Presentations | *Maple Ballroom*

Margaret Rubens-Ellis, M.Ed

Are you looking to win over a class of skeptical middle schoolers? My goal in teaching prevention is to become a trusted adult, use evidence-based concepts, and to surprise students with dynamic activities. Come prepared to play and take home 5-6 new activities to integrate with any curriculum.

Adult Workshops

Workshop Session III: 9:15 AM - 10:15 AM

Incorporating Suicide Prevention into Existing Training Schedules | *Meeting Room 1* **Ashley Hall, BSW, MSW, Ph.D.**

This workshop is designed for professionals currently providing training opportunities for staff and volunteers at their organization. Participants will learn how WSU Extension 4-H successfully incorporated Question, Persuade, Refer into an existing training structure, and how to successfully replicate those efforts.

What the Heck is a DFC? | *Meeting Room 2* **Ray Horodowicz and Margaret McCarthy**

Join this engaging workshop to learn how to prepare to apply for a Drug-Fee Communities grant and a discussion of the benefits of securing a DFC. All Preventionists, regardless of current funding, should be aware of the DFC grant.

Amplifying Our Voices for Commercial Tobacco Prevention | *Terrace Room East* **Margaret Shield, Ph.D.**

For every \$13 the tobacco industry spends in WA to market its addictive products, only \$1 is spent on preventing nicotine use. This hands-on workshop will explore tools and strategies to make the case for policy, system, and environmental changes that support healthy, nicotine-free communities.

Translating Prevention Research into Policy and Practice: Using Research to Educate and Inform Decisionmakers and Practitioners to Promote Community Health and Wellbeing | *Maple Ballroom*

Brittany Cooper, Ph.D. and Kevin Haggerty, Ph.D.

Translation of prevention research for practitioners and decision makers is critical for achieving health promotion and risk reduction across communities. Researchers from the Washington State Prevention Research Subcommittee (PRSC) and the Northwest Prevention Technology Transfer Center (PTTC) have developed two sets of research briefs aimed at this goal. The set of research briefs developed by the PRSC are policy-focused and can be used to educate decision-makers and advocate for the use of prevention science to inform policy decisions. Examples of topics include addressing health disparities and pricing and taxation of cannabis. The set of briefs developed by the Northwest PTTC are practice-focused and aim to educate prevention practitioners and integrate research into practice. Examples of topics include developing community profiles and trends in youth substance use. After an overview of the key findings across the two sets of briefs, participants will discuss how they can use these research briefs to support their own work.

Workshop Session IV: 10:30 AM - 11:30 AM

Advancing Community Prevention Efforts in an Era of Scientific Distrust | *Birch Ballroom*

Joe Neigel

Communities across Washington State have experienced a decline in readiness as we have emerged from the Covid-19 pandemic. Together, we'll examine the emerging culture of scientific distrust, consider approaches for determining community readiness for our prevention efforts, and review evidence-based communication strategies, and strategies to avoid, in order to build active community support for your efforts.

Letting Go and Staying Connected: Expanding Access to an Evidence-Based Handbook Supporting Parents of Young Adults to Reduce College Student Substance Use | *Maple Ballroom*

Clara Hill, MPH, Kimberly Klein, Brittany Cooper, Ph.D., Laura Hill, Ph.D., Sarah Mariani, CPP

Learn about the dissemination of a low-cost, self-directed intervention for caregivers of incoming first-year college students. The handbook provides tools for caregivers that increase family protective factors, thereby decreasing student alcohol and cannabis use at this high-risk transition time.

Purposefully Engaging Youth Using a Research-Based Resource Guide for Adults | *Meeting Room 3*

Elizabeth Weybright, Ph.D. and Cassandra Watters

We will provide information and research on decision-making for adults working with youth. This will include an overview of levels of youth engagement and how to best match different levels to the context in which adults are working.

Friends for Life Media Campaign: Connecting with Youth to Prevent Fentanyl Use | *Meeting Room 2*

Stacie Jones and Corie Bales

This presentation shares new materials developed as part of the Friends for Life campaign to help educate youth, their parents and other caregivers about fentanyl with evidence-based prevention strategies. We will share research that informed this campaign and ways communities can use materials.

Youth Workshops

Workshop Session I: 10:45 AM - 11:45 AM

Social Media and Mental Health: Strategies for Healthier Use | Terrace Room East

Xander Cook

We will discuss how much time we spend on social media and explore what research says about how it impacts mental health and the different ways that we can make social media use healthier. Social Media as a default negatively affects mental health and we average almost 3 hours a day as American youth. It is an important part of prevention to understand this part of our lives.

SPF in ACTION | Meeting Room 10

Jennifer Dorsett, SUDP, CPP

This workshop will highlight the strategic prevention framework in a relatable way for youth. This workshop was developed with different levels of prevention in mind (beginner, intermediate and advanced). All youth will engage in interactive activities applying the framework and sharing out as a group.

Discovering Your Leadership | Meeting Room 11

Bridgette McCarthy

What makes a good leader? Why do some leadership styles work better than others? How are we all leaders in our daily lives? Answer all these questions and more through the power of dance, colors, and music. Join us to discover your leadership style and how you can use this to help you in your everyday life!

Next Level Friendship Skills: Communication and Boundary Setting for Friendship Success | Meeting Room 12

Ashley Hall, BSW, MSW, Ph.D.

Youth who attend this workshop will get some hands-on experience learning about how to be a good friend while also respecting their own boundaries. Youth will learn about active listening, what empathy is and how to express it, and how to set physical, school/work, and emotional/mental boundaries.

Workshop Session II: 1:45 PM - 2:45 PM

The Do's and Don'ts of Effective Prevention Messaging | Terrace Room East

Nikki Meline & Kristen Haley

This workshop will equip youth with the knowledge and skills necessary to craft effective prevention messaging, setting them up for success to develop and disseminate prevention messages in their community. Attendees will walk away being more thoughtful and critical consumers of messages.

Youth Engagement and Opportunities in Workforce Development Through Career Pathways to Prevention | Meeting Room 10

Endalkachew Abebaw, MSW & Tsion Beshah

Discover dynamic career pathways and workforce development opportunities championed by the Washington State Health Care Authority, Division of Behavioral Health and Recovery's Substance Use Disorder Prevention and Mental Health Promotion Section. Join us to learn more about transformative opportunities such as the DBHR Prevention Fellowship, High School Prevention Internship, and the Start Your Path Campaign which pave the way for rewarding careers while fostering healthier communities. Through this workshop, participants will learn about how they can impact workforce development and hear from Fellows participating in the DBHR Prevention Fellowship Program.

How to Talk to Anyone: Tips to Feel More Confident in Conversation | Meeting Room 11

Xander Cook

Talking to people is a skill central to many of life's successes. We will practice talking to new people and identify a list of simple tricks and strategies that we can add to our toolbox to feel confident talking to anyone.

SPF in ACTION | Meeting Room 12

Jennifer Dorsett, SUDP, CPP

This workshop will highlight the strategic prevention framework in a relatable way for youth. This workshop was developed with different levels of prevention in mind (beginner, intermediate and advanced). All youth will engage in interactive activities applying the framework and sharing out as a group.

Power Session II: 4:15 PM - 5:00 PM

Youth engaging in public policy: A discussion with the Liquor and Cannabis Board | Birch Ballroom

Jim Vollendroff, MPA and Mary Segawa, MS

Are you interested in learning more about how you, as a youth, can have a voice in policymaking? What do you need to know about how the process works and what you can do to be more effective? What do you want policymakers to know? This is an opportunity to engage with members of the Liquor and Cannabis Board, learn from them, and share what is important to you.



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!

Washington State
Health Care Authority

Workshop Session III: 10:30 AM - 11:30 AM

Teen Target Zero | Meeting Room 1

Jennifer Dorsett, SUDP, CPP

Workshop will discuss prevention including the Strategic Prevention Framework, risk protective factors for driving safety, while introducing a peer-led program (Teen in the Driver's Seat) that youth can implement in their school to create change using evidence-based strategies, as well as provide resources and funding for programming.

Media Literacy: How the Alcohol & Tobacco Industries Target YOUTH with their Advertising & Marketing Strategies | Meeting Room 10

Bridgette McCarthy

What makes you want to buy a product? Many things influence our decision to buy things from groceries to video games. But what tactics do alcohol, tobacco, and cannabis companies/corporations target their products towards youth to increase sales without adequately addressing the risks?

Youth Violence Prevention Strategies in Spokane | Meeting Room 11

Kami LaMoreaux

In this workshop, participants will learn about youth violence prevention strategies being employed by a multisector coalition in Spokane, Washington. Using positive community norms messaging, bystander intervention training, and healthy relationships instruction, we are working to End the Violence.

Peer Protective Factors: Why Youth Are Vital to Prevention | Meeting Room 12

Xander Cook

This will introduce students to the science of Protective Factors and how they can be applied in the Peer and Individual Domains. We will look at ways that we can augment the Protective Factors of those around us without needing to collaborate as a whole group.

