

Web-Based Screening and Prevention Tools for Your Community

Washington State Prevention Summit
October 31, 2024

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CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

Thanks to our partners!



Goals

Participants will:

- Learn about two new web-based screening and prevention tools for parents and youth
- Understand how these tools can be used in your own community prevention efforts
- Explore ideas to share these tools more widely



Mercer Island Youth & Family Services

- Department of the City of Mercer Island
- Community-Based Behavioral Health Provider
- Facilitate Mercer Island Healthy Youth Coalition
- Fiscal agent for SAMHSA and other grants
- Local conditions: unique risks/protective factors of affluence, changing racial demographic, hidden marginalized communities



Mercer Island Healthy Youth Initiative Coalition

- King County funded (Communities that Care) coalition (2005-2007)
- Drug Free Community funded coalition (2007-2017)
- Sober Truth on Prevention Underage Drinking (STOP Act) (2019-2023)
- Partnership for Success - Strategic Prevention Framework (PFS-SPF) Grant (2019-2024)
- Best Starts for Kids - Positive Family Connections (2025-2027)



Mercer Island Data Snapshot

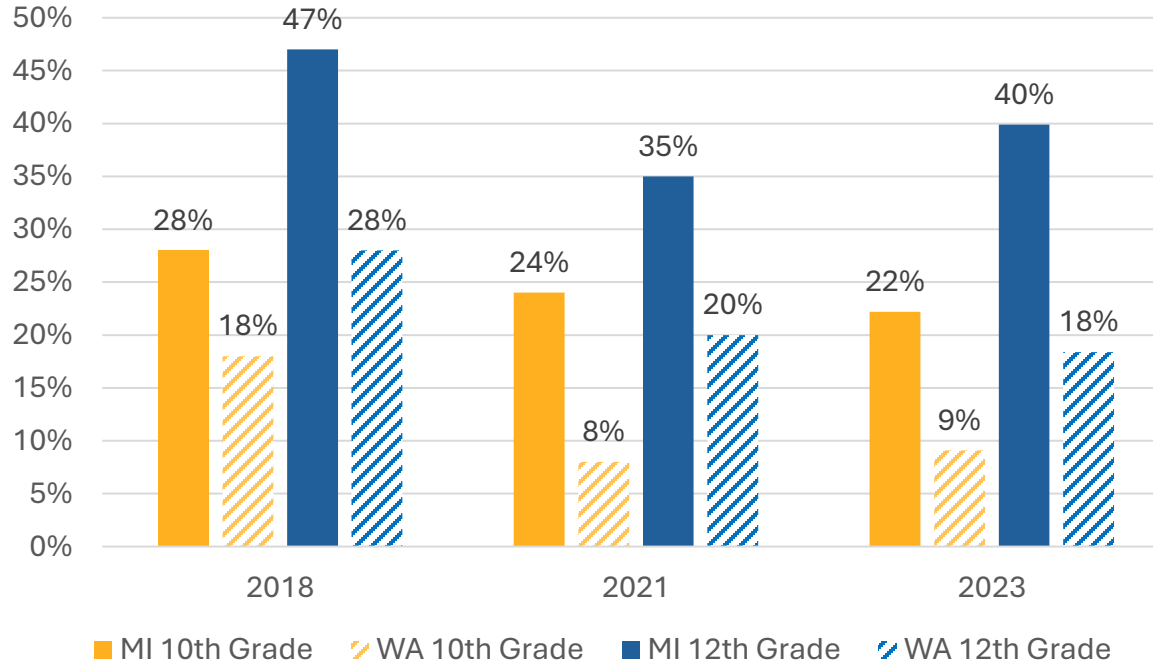
Alcohol 30-Day Use and Binge Drinking rates are higher than WA State rates



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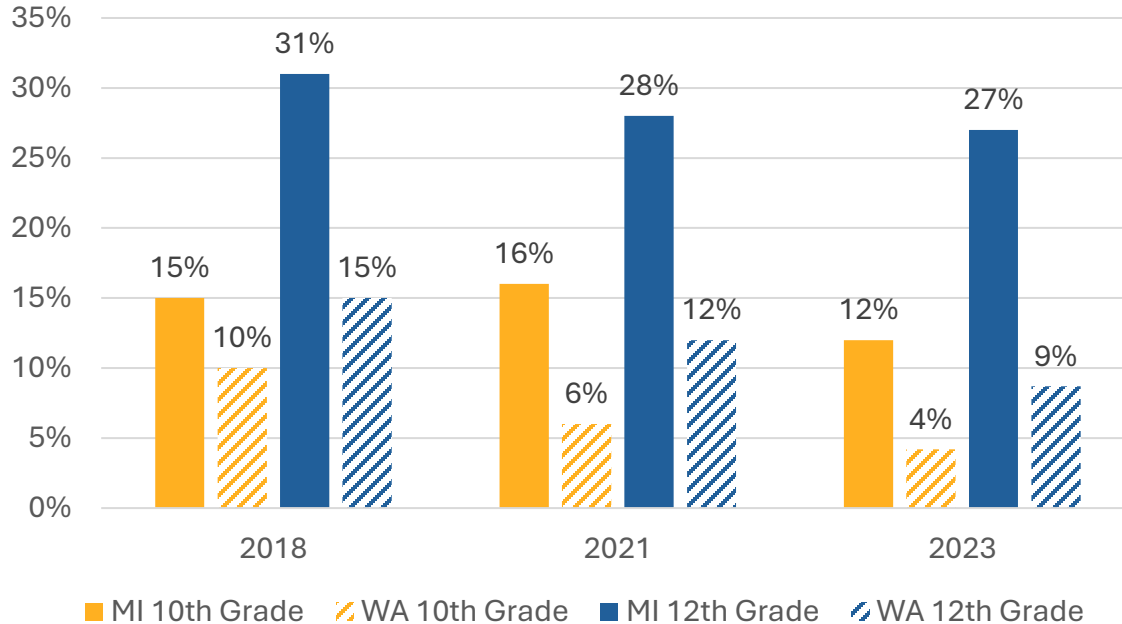
Mercer Island Trends

Alcohol – 30 Day Use



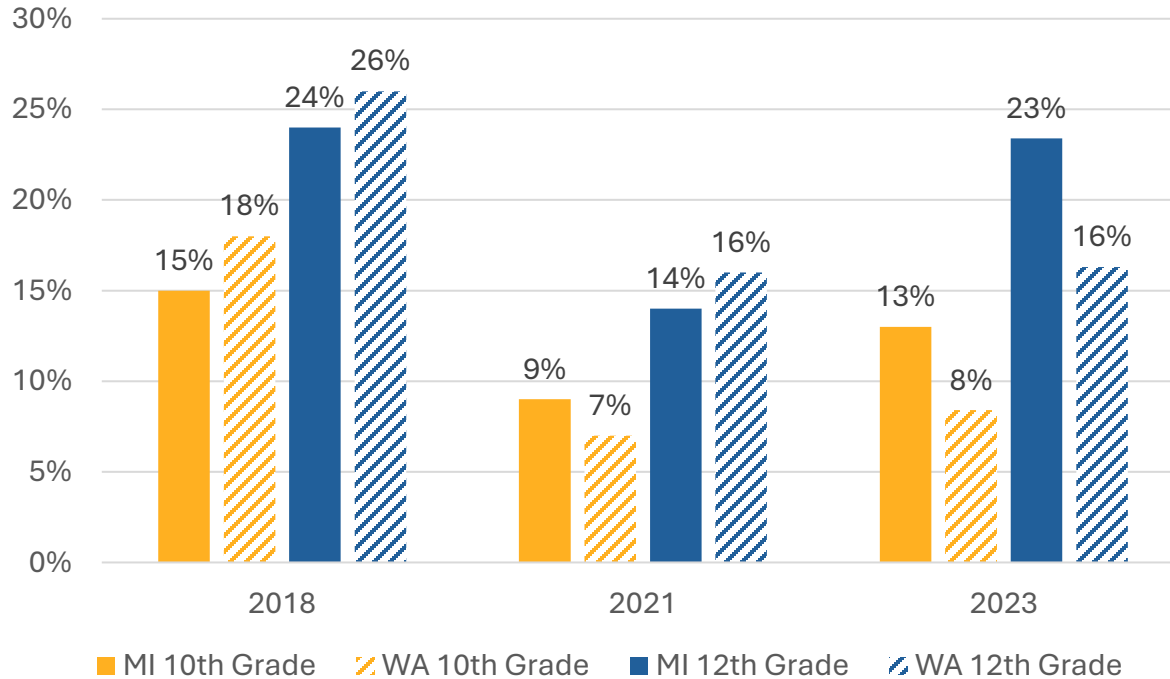
Mercer Island Trends

Alcohol – Binge Drinking



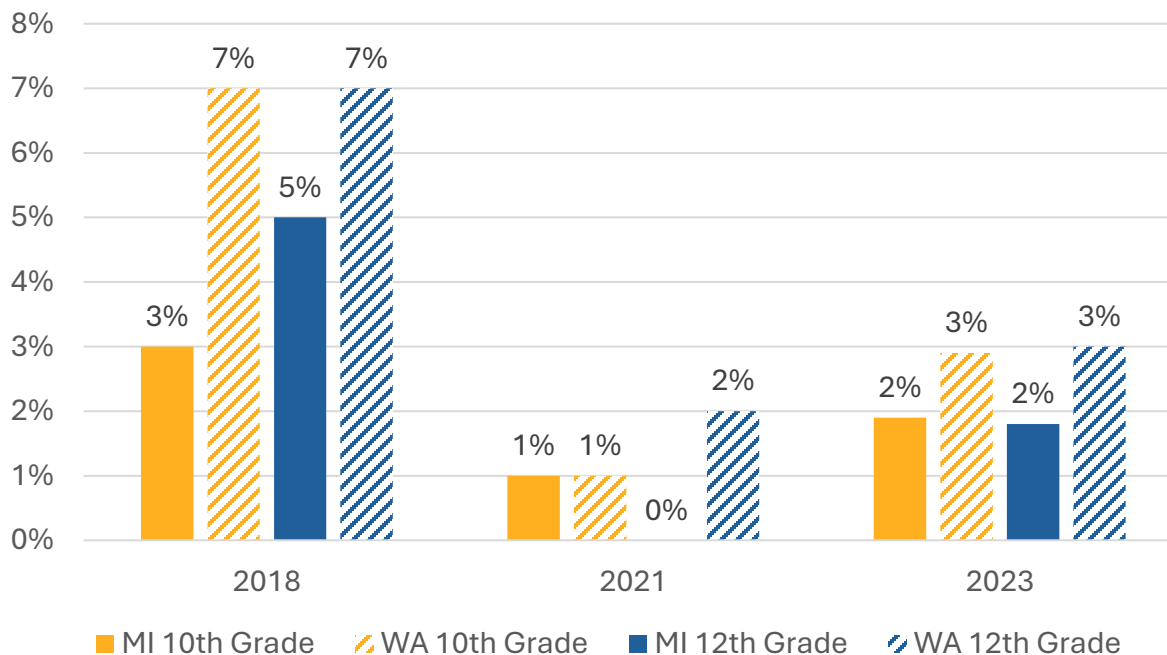
Mercer Island Trends

Marijuana – 30 Day Use

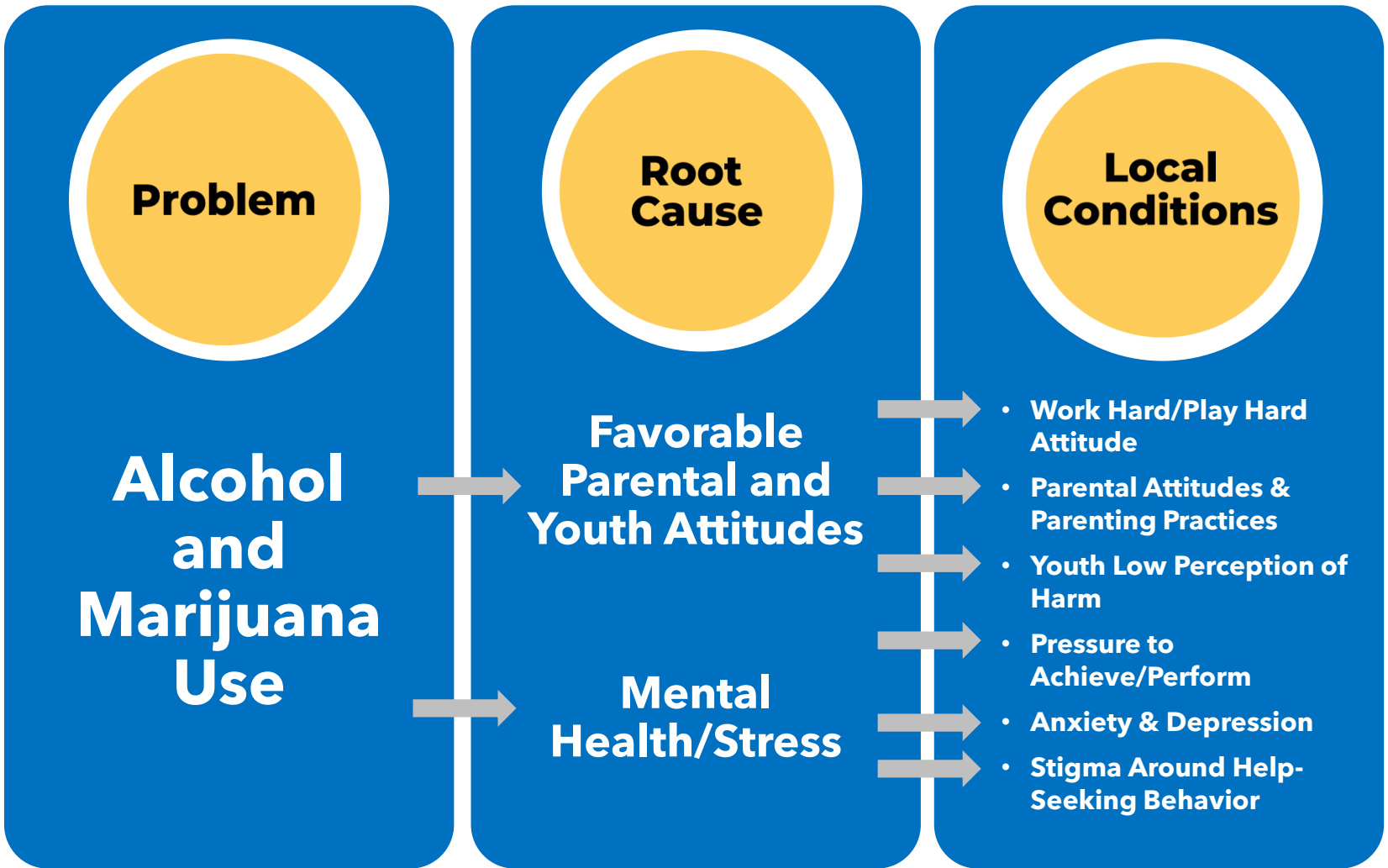


Mercer Island Trends

Prescription Drug – 30 Day Use



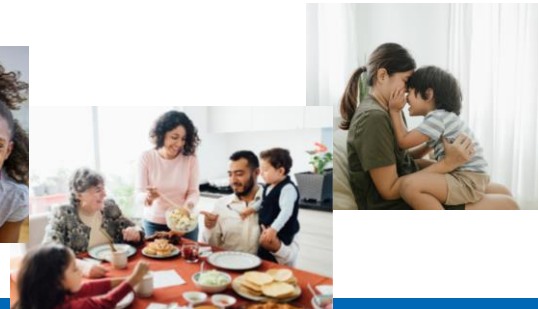
Mercer Island Logic Model



Mercer Island Healthy Youth Coalition: Strategic Planning Considerations



- Reworked strategic plan due to pandemic limitations/ restrictions
- Ongoing disaster response suggested health metrics and norms in flux
- Redirected grant budget allocation for development of universal, web-based prevention tools (designed to be shared/generalized)
- Developed "*ParentingMercerIsland.org*" with the Center Health and Safety Culture (CHSC), Montana State University
- Developed "*Take Five*" youth self-assessment and normative feedback tool with Center for the Study of Health and Risk Behaviors (CSHRB), University of Washington.



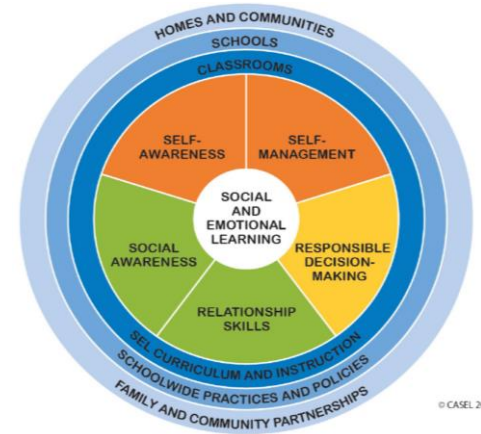
Two Web-Based Tools to Share



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

Parenting Mercer Island: What, How & Why

- Universal prevention/health promotion strategy
- Goal is to grow social-emotional skills of children and parents
- Skill building increases protective factors and decreases risk factors
- Core content by child development experts (Center for Health and Safety Culture/Jennifer Miller); local consultation with mental health professionals, educators, Incredible Years facilitators, parent coaches, cultural development experts
- Utilized directly by parents and shared as a resource by community partners such as mental health counselors, pediatricians, schools & preschools





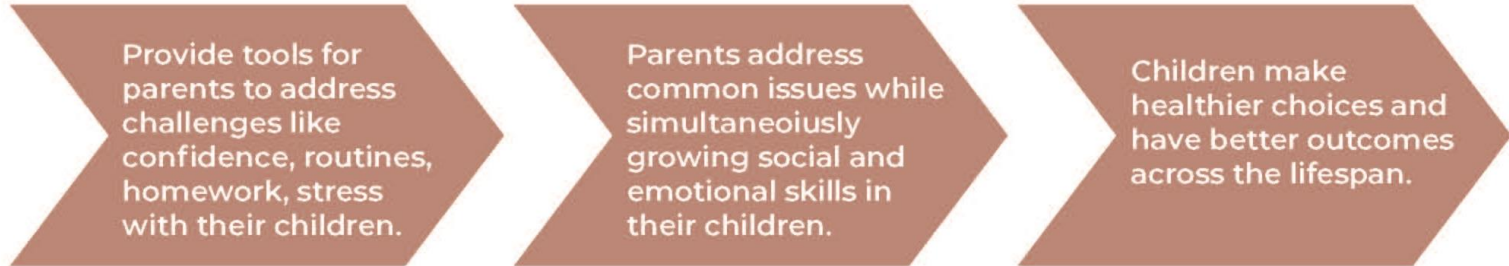
Introducing
**PARENTING
MERCER ISLAND**



www.ParentingMercerIsland.org

How does Parenting Mercer Island work?

As parents and those in a parenting role use the ParentingMercerIsland.org tools with their children, both the children and the parents develop their social and emotional skills – thus bolstering the parents' abilities while strengthening protection for the child.






5-Step Parenting Process

- All tools are based on an easy to follow 5-step parenting process that support intentional parenting
- The “Getting Started” video helps parents understand the process and gives tips on how to use the site

Parenting Process for Your Child’s Success

A step-by-step process for dealing with simple and challenging parenting topics to build critical life skills and improve your relationship with your child.

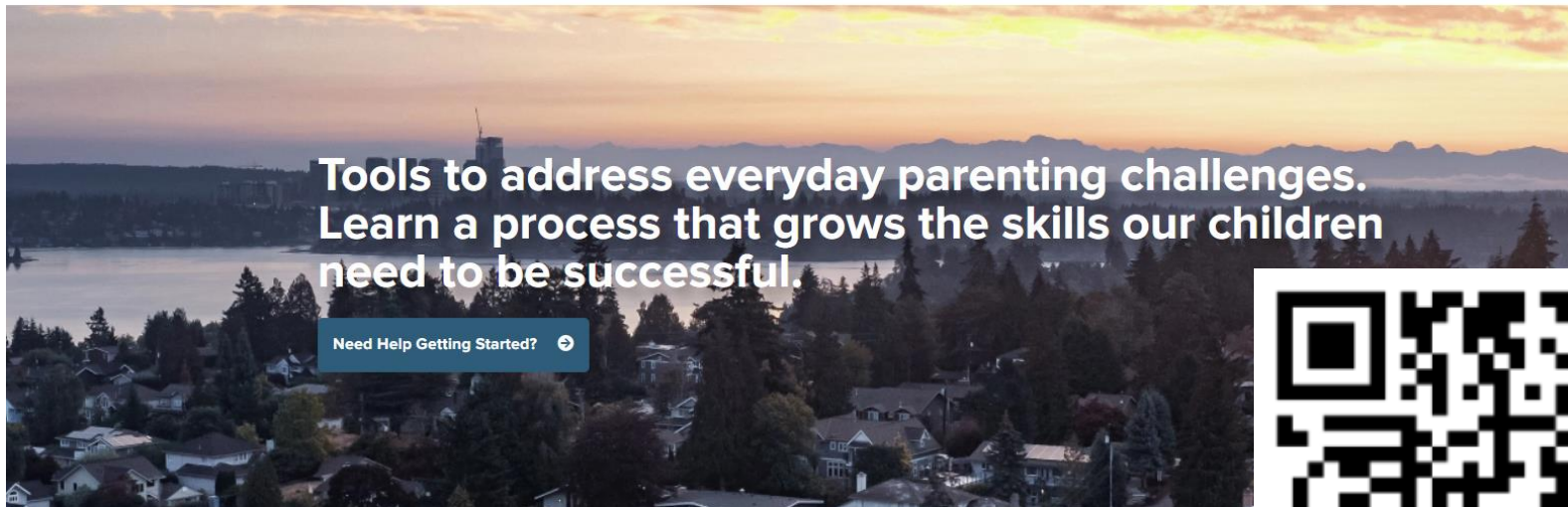
STEP 1	 GET INPUT	Create opportunities for your child to interact and engage with you.
STEP 2	 TEACH	Demonstrate how to do a skill successfully.
STEP 3	 PRACTICE	Create opportunities to try what they are learning.
STEP 4	 SUPPORT	Provide feedback, reteach, and apply logical consequences as needed.
STEP 5	 RECOGNIZE	Provide positive reinforcement and encouragement.

POWERED BY Tools for Your Child's SUCCESS

Follow us on Instagram at Parenting Mercer Island for parenting tips and resources!



[Getting Started?](#) [Tools for the Age of Your Child](#) [I Want To Know More](#) [Find Support](#) [Media](#) [About](#) [Q](#)



www.ParentingMercerIsland.org



Tools for the Age of Your Child

NEED HELP GETTING STARTED? →

0 years old →	1 years old →	2 years old →	3 years old →	4 years old →
5 years old →	6 years old →	7 years old →	8 years old →	9 years old →
10 years old →	11 years old →	12 years old →	13 years old →	14 years old →
15 years old →	16 years old →	17 years old →	18 years old →	19 years old →

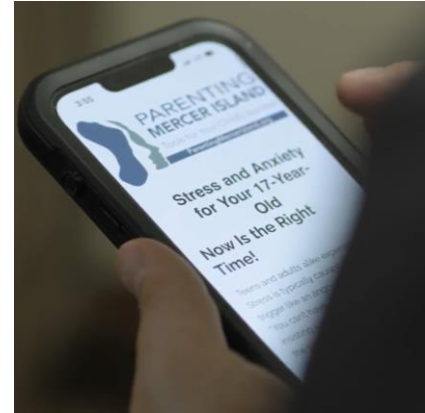
After selecting the age of the child, a list of tools covering everyday parenting challenges is presented.

16

years old



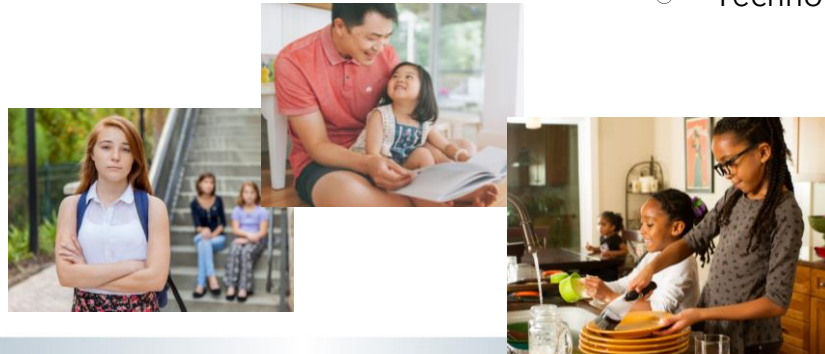
- | | | | |
|-----------------------------------|---|----------------------------------|---|
| Anger | ↕ | Back Talk | ↕ |
| Bullying | ↕ | Chores | ↕ |
| Confidence | ↕ | Conflict | ↕ |
| Discipline | ↕ | Disrespect | ↕ |
| Empathy | ↕ | Establishing Rules About Alcohol | ↕ |
| Establishing Rules About Cannabis | ↕ | Following Directions | ↕ |
| Friends | ↕ | Homework | ↕ |
| Listening | ↕ | Lying | ↕ |
| Mixed Messages About Alcohol | ↕ | Mixed Messages About Cannabis | ↕ |
| Not Seeing Your Issue? | ↕ | Peer Pressure | ↕ |
| Reading | ↕ | Repairing Harm | ↕ |
| Responsibility | ↕ | Routines | ↕ |
| Stress and Anxiety | ↕ | Talking About Differences | ↕ |
| Technology Use | ↕ | | |



Tool Topics

The website includes practical topics to support parents and those in parenting roles. Users can search by age and issue to find tools addressing a variety of topics like:

- ⊖ Anger
- ⊖ Back Talk
- ⊖ Bullying
- ⊖ Chores
- ⊖ Confidence
- ⊖ Conflict
- ⊖ Defiance & Power Struggles
- ⊖ Discipline
- ⊖ Disrespect
- ⊖ Empathy
- ⊖ Establishing Rules about Alcohol
- ⊖ Establishing Rules about Cannabis
- ⊖ Following Directions
- ⊖ Friends
- ⊖ Homework
- ⊖ Kindness
- ⊖ Listening
- ⊖ Lying
- ⊖ Mixed Messages about Alcohol
- ⊖ Mixed Messages about Cannabis
- ⊖ Peer Pressure
- ⊖ Reading
- ⊖ Repairing Harm
- ⊖ Resilience
- ⊖ Responsibility
- ⊖ Routines
- ⊖ Sharing
- ⊖ Stress and Anxiety
- ⊖ Talking About Differences
- ⊖ Tantrums
- ⊖ Technology Use



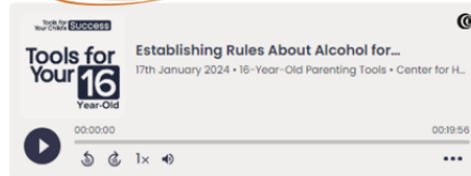
Example of a tool



Establishing Rules About Alcohol for Your 16-Year-Old

listen

download



Download Tool Summary

Share Link

Printer-Friendly Version

PDF Download

Now Is the Right Time!

read

As a parent or those in a parenting role, you play a vital role in your teen's health and success. There are intentional ways to nurture a healthy parent-teen relationship, and establishing rules about alcohol helps create the supportive conditions needed for your teen to handle risk.

Although data shows that the majority of teens do not regularly consume alcohol, alcohol is the most commonly used and abused substance among youth. Underage drinking contributes to problems at schools, violence, and sexual assaults and may

NOTE: The tools and resources are not currently available in other languages, however; users can utilize the translation option in Google Chrome.

“I Want to Know More” Topics

Parents can also find additional background information and resources on topics such as:

- ⊖ Parenting Process for Your Child’s Success
- ⊖ Calm Down Strategies for Parents and Children
- ⊖ Feelings Chart
- ⊖ Intentional Communication
- ⊖ Navigating High Conflict with Important People in Your Child’s Life
- ⊖ Teaching Your Child to Identify & Name Their Feelings
- ⊖ Intentional Ways to Grow a Healthy Parenting Relationship
- ⊖ **Prevent Substance Use at Every Age**
- ⊖ Social and Emotional Development
- ⊖ Guidance and Discipline for Skill Building
- ⊖ Logical Consequences
- ⊖ **Alcohol and the Teenage Brain**
- ⊖ **Cannabis and the Teenage Brain**
- ⊖ **Cannabis: What Does the Law Say in Washington?**
- ⊖ **Underage Drinking: What Does the Law Say in Washington?**
- ⊖ **Healthy Risk Taking**
- ⊖ **Is My Child Drinking? What Do I Do?**
- ⊖ **Is My Child Using Drugs? What Do I Do?**
- ⊖ **Is My Child Vaping? What Do I Do?**
- ⊖ **Prescription Pain Medication**
- ⊖ **Refusal Skills for Teens**
- ⊖ **Why Teens Shouldn’t Drink Alcohol**
- ⊖ **Why Teens Shouldn’t Use Cannabis**
- ⊖ Child Trauma



**How can
MY community
use this tool**



<https://ToolsForYourChildsSuccess.org>

Tools for
Your Child's **Success**

[Tools for the Age of Your Child](#) | [I Want To Know More](#) | [Find Support](#) | [Media](#) | [About](#) | [Go To Your Community](#) 



Tools to address everyday parenting challenges using a process that grows the skills children need to be successful.

[Become A Community](#) 



Same content, but accessible to all communities!

Q&A with the Developers

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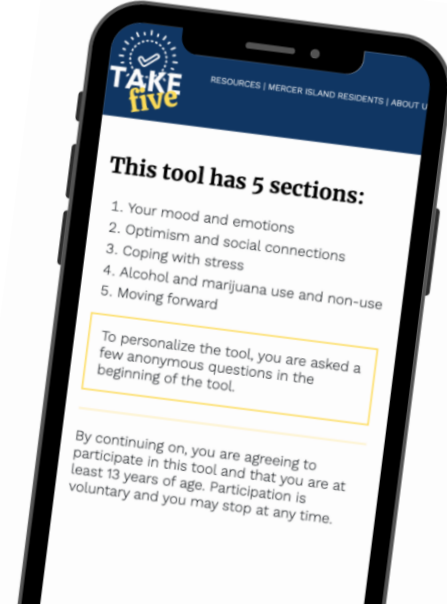
jayotto@banyancollaborative.com





TAKE Five

Youth Self-Assessment Tool





Take Five Details

- Free, anonymous online self-assessment tool available to Washington youth (age 13+).
- Accessed online via phone, tablet, or computer at <https://takefivemi.org>
- Supports youth substance abuse prevention, mental health and wellbeing.
- Provides a personal, private, self-check-in for youth about their substance use status, emotional state and coping strategies that includes normative feedback based on WA youth state data.
- “Youth version” of CSHRB’s *Check-in With Yourself* for young adults.





Background

- Project funded by 5-year SAMHSA SPF-PFS Grant
- In collaboration with University of Washington Center for the Study of Health and Risk Behaviors (CSHRB) – *Special thanks to SAMHSA and Dr. Mary Larimer, Dr. Christine Lee, Dr. Jason Kilmer, Dr. Jennifer Cadigan, Dr. Michael Gilson*
- Stakeholders – MI Healthy Youth Coalition, City of Mercer Island, MI School District, local health care providers, representatives from communities of focus
- Based on “Check-In With Yourself” tool that was created for young adults by UW CSHRB

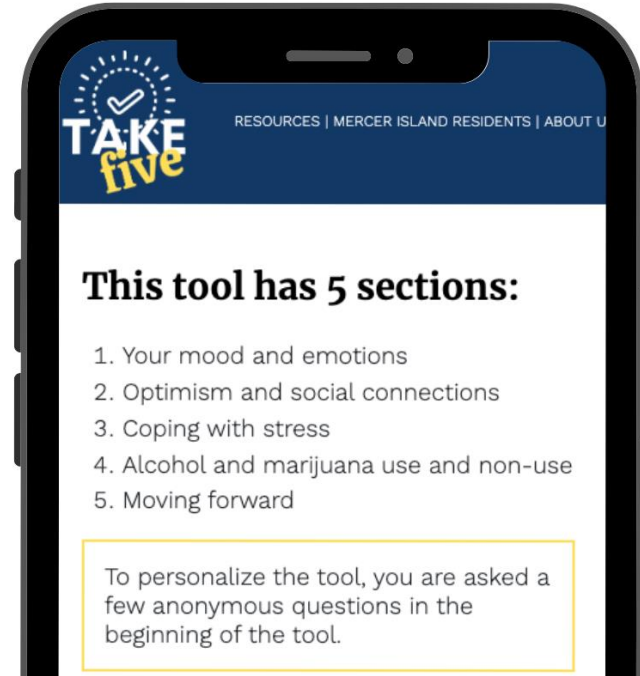




How Take Five Works

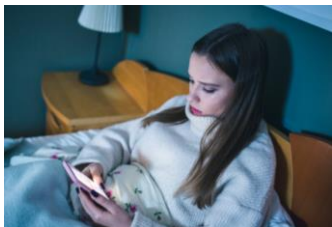
takefivemi.org

*NOTE: To test the tool as an adult,
please enter zip code as "00000"*



● ● ● ● ●

Sample Questions: Alcohol Use



During the **past 30 days**, on how many days did you drink a glass, can, or bottle of alcohol?

- 0 days- I have drunk alcohol in the past year, but not in the past 30 days
- 1 - 2 days
- 3 - 5 days
- 6 - 9 days
- 10 or more

What percentage of **your classmates** do you think have **drank alcohol** in the **past 30 days**?

In the **past year**, on how many days have you had more than a few sips of beer, wine, or any drink containing alcohol?

- I did not drink alcohol in the past year.
- 1-5 days
- 6-11 days
- 12-23 days
- 24-51 days
- 52+ days

If **your friends drink**, how many drinks do they usually drink on an occasion?

A standard drink is:

- 12 oz. of regular beer
- 10 oz. of craft beer or microbrew
- 8-9 oz. of malt liquor
- 5 oz. of table wine
- 1.5 oz. shot of 80-proof distilled spirits

● ● ● ● ●

Sample Feedback: Alcohol Use



We asked you about your alcohol use in the past month, as well as your estimates about classmates.

You indicated that you drank alcohol in the past year.

We asked you what percentage of your classmates you thought drank alcohol in the past 30 days.

You guessed: 72%

Actual answer: 12.2% ⓘ

88% ⓘ of 11th grade students did not drink alcohol in the past 30 days.

Looking at an even bigger time frame,

77% ⓘ have not had any alcohol in the past year.

If your prediction was far from the actual rate, that's pretty common! Research since the 1980s shows that people often misperceive rates of substance use and mistakenly think that "everyone" or "most" people drink. The data tell a very different story.

If on any given night you choose to not drink, or even want to do what "most" people are doing, know that not drinking is the most common choice. If you choose to keep a cup in your hand where the contents are alcohol-free, know that really is the choice most people your age make.

Sample Feedback: Alcohol Use



Staying alcohol-free is the best option for avoiding alcohol-related consequences. Here are some reasons other high school students have given for choosing not to drink alcohol:

- It is not legal (legal drinking age in the US is 21)
- It can interfere with relationships with family or friends
- It interferes with getting good grades
- There are unwanted effects associated with drinking (e.g., throwing up, hangover, doing something embarrassing)
- There is a risk of addiction (that could be increased depending on a person's family history)

If you would like to know more about alcohol and potential risks, please check out the section in the resources.

We asked high school students what they like to do on weekend evenings that doesn't involve alcohol or marijuana. Here's what they said:

- Bowling
- Mini-golf
- Escape rooms
- Ice or roller skating
- Night skiing
- Laser tag
- Paintball
- Movie nights / binge watching shows
- Going on walks with friends
- Sporting events
- Shopping/Thrift-store shopping

What are some things you like to do or would add to this list?



How can MY
community use
this tool?



- 1) Explore creating a customized tool for your community.
- 2) Share and promote the TakeFiveMI.org tool – currently available to ALL Washington youth (ages 13+)





Q&A with the Developers

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Special thanks to...

Parenting Mercer Island Contributors

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Questions?

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Thank you!



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