

Substance use disorder prevention programs funded by cannabis excise tax revenues

House Commerce & Gaming Committee

March 18, 2021

Keri Waterland, Director
Division of Behavioral Health and Recovery

Sarah Mariani, Section Manager
Division of Behavioral Health and Recovery

Promotion and prevention

Our main goal is to:

- ▶ Reduce youth substance use and misuse, reduce prevalence of substance use disorder, and promote mental health.
- ▶ Prevent problems from “boiling over.”

▶ We do this through our commitment to:

- ▶ High-need communities.
- ▶ State, Tribal, and local partners.
- ▶ Research and evidence-based practices.
- ▶ Outcomes.



Prevention and wellness key values

- ▶ Protect vulnerable populations
- ▶ Protect youth and young adults
- ▶ Build healthy communities and families

HCA's behavioral health DMA allocations-Prevention

- ▶ Healthy Youth Survey and Young Adult Health Survey
- ▶ Tribal prevention services
- ▶ Youth prevention services
- ▶ Evidence based/research based program trainings

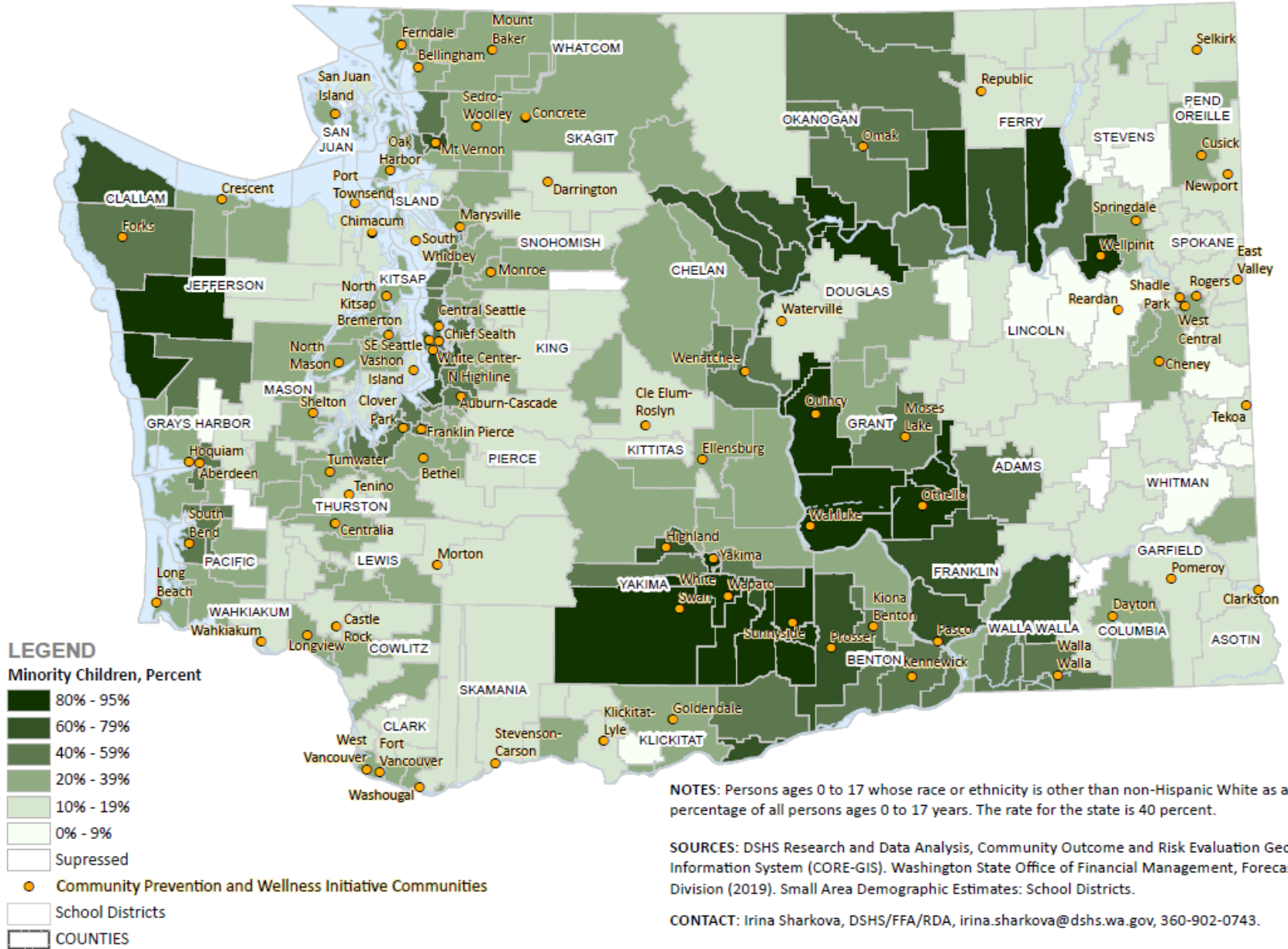
- ▶ Benefit Cost Analysis (*WSIPP*)
- ▶ Life Skills Training (*OSPI*)
- ▶ Home Visiting *Services (DCYF)*

Direct prevention services

- ▶ **Tribal prevention programming:**
 - ▶ 27 Tribes implementing prevention programming.
- ▶ **The Community Prevention and Wellness Initiative (CPWI):**
 - ▶ Over 80 high-need communities across the state.
 - ▶ Two-pronged approach: community coalitions and school-based prevention/intervention services.
- ▶ **Community-Based Organizations (CBOs):**
 - ▶ SUD prevention and MH promotion/suicide prevention.
 - ▶ Over 30 CBOs in over 59 high-need communities

Racial or Ethnic Minority Children

as a Percentage of All Children Ages 0 to 17 by School District, 2019



Best practice program list results



EBP/RBP

19 Evidence-based Programs (EBP) and Research Based Programs (RBP)



Promising Programs

5 Promising Programs (PP)
5 Promising Environmental Strategies



We found more programs!

We identified a total of 29 programs

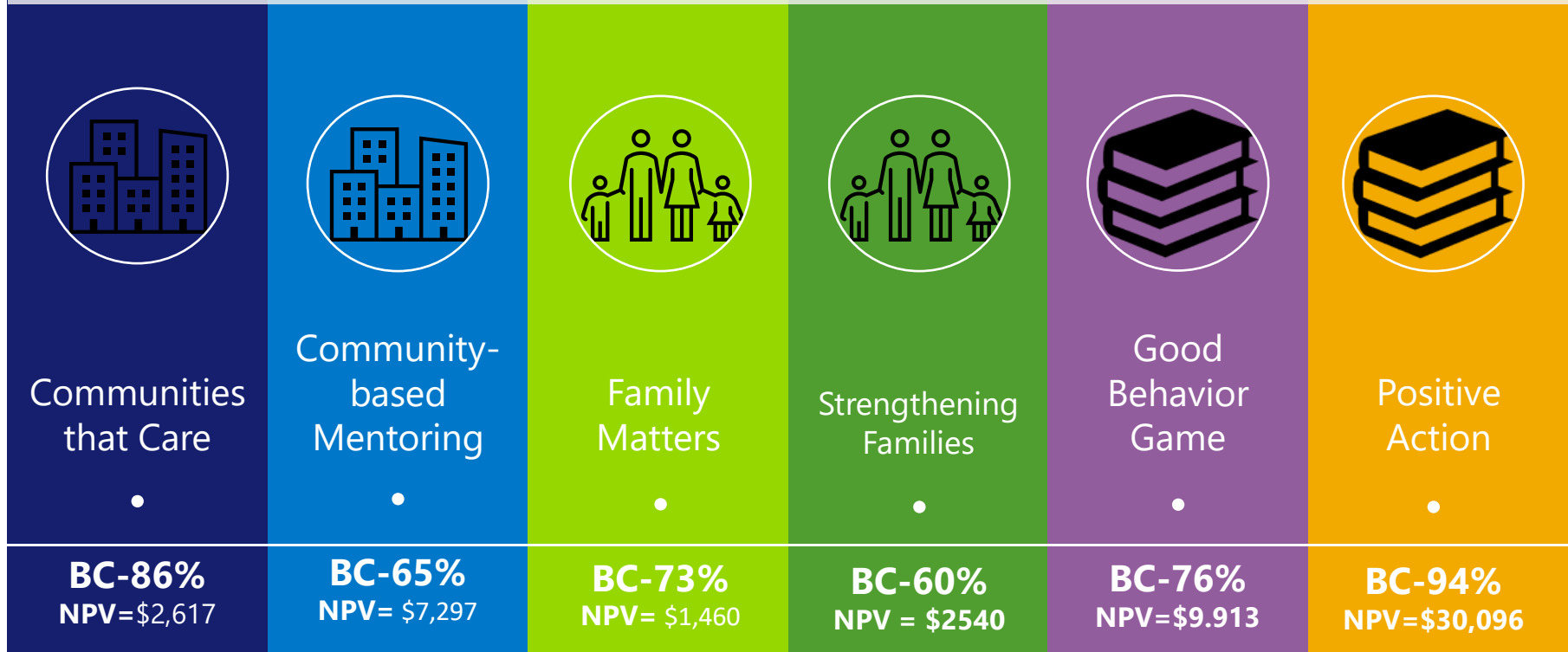
List is available at: www.theathenaforum.org/1502PreventionPlanImplementation

Evidenced-based prevention services

- ▶ Community/coalition development
 - ▶ Communities that Care®
 - ▶ Strategic prevention Framework planning
- ▶ Policy/environmental/media strategies
 - ▶ Advertising restrictions
 - ▶ Public education, social norms
- ▶ Mentoring
 - ▶ Big Brothers Big Sisters
 - ▶ Seventh Generation National Tribal Mentoring Program
- ▶ Parenting education
 - ▶ Strengthening families
 - ▶ Strengthening African American families
 - ▶ Guiding good choices
 - ▶ Family matters
- ▶ Tribal traditional teaching
 - ▶ Healing of the canoe
 - ▶ White Bison
- ▶ Youth education/skill building
 - ▶ Good Behavior game
 - ▶ Life skills training
 - ▶ Positive action
- ▶ Youth leadership

Evidenced-based programs & benefit cost

In SFY 18 and SFY 19, we estimate that our investments in these EBPs led to over \$124 million in benefits to society



Source: Washington State Institute for Public Policy – Cost Benefit
<https://www.wsipp.wa.gov/BenefitCost?topicId=9>

Success stories

Healing of the Canoe-Cowlitz Indian Tribe

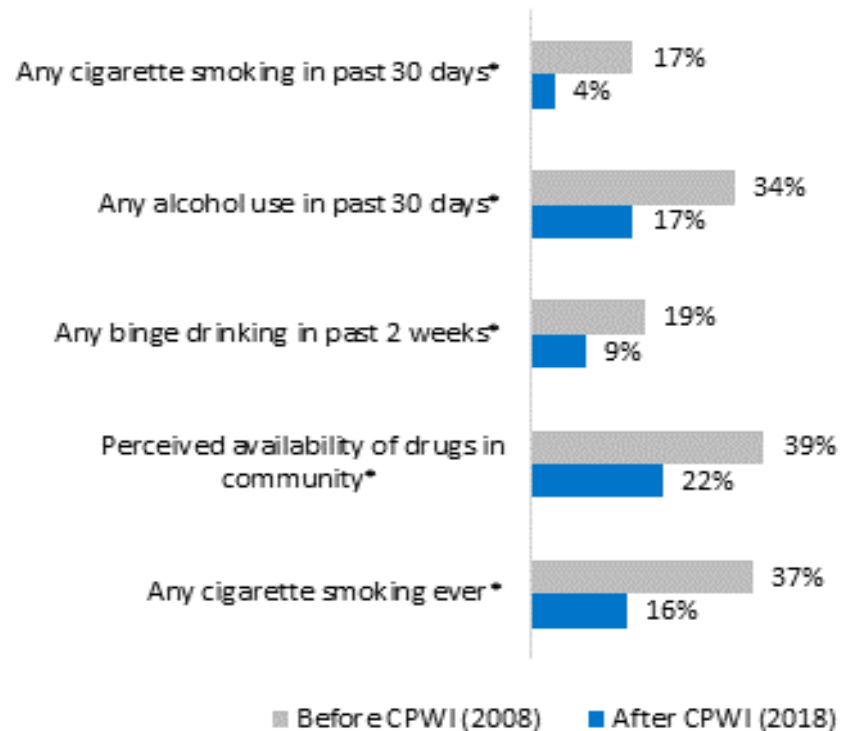


CPWI evaluations & outcomes

- ▶ Decreased substance use indicators:
 - ▶ alcohol use
 - ▶ binge drinking
 - ▶ cigarette use
 - ▶ marijuana use
 - ▶ prescription drug misuse



Before & After CPWI: 10th Grade substance use outcomes from a cohort 1 CPWI community



CPWI evaluation

- ▶ Improved school outcomes:

- ▶ Improved graduation rate
- ▶ Decreased dropout out rate
- ▶ Improved grades



- ▶ **..and Community Prevention and Wellness Initiative (CPWI) communities were at higher risk, but they closed the gap.**



Questions?

For more information Health Care Authority

Sarah Mariani

Supervisor, Substance Use Disorder
Prevention and Mental Health Promotion
Division of Behavioral Health and
Recovery

360-725-9401

sarah.mariani@hca.wa.gov

Keri Waterland

Director

Division of Behavioral Health and
Recovery

360-725-5252

keri.waterland@hca.wa.gov