

Washington partners for healthy communities

Substance use disorder prevention & mental health promotion



Investing in prevention for a healthier Washington

A healthy and thriving community has safe places to learn, work and raise a family. The people who live there enjoy equal access to quality education and health care, living wage jobs and affordable housing. Overall, there is a high quality of life for everyone.

Substance misuse can present emotional and financial burdens on individuals, families and communities. These costs include increased rates of child abuse, violence, crime, poverty and avoidable medical care. This is why effective prevention services are vital for every community.

As part of our mission to provide high quality health care through innovative health policies and purchasing strategies, the Health Care Authority (HCA) works with our partners to leverage limited resources to help high-need communities. By investing in best practices and our state's prevention workforce, we support communities in creating sustainable, healthy changes.

How do alcohol and other drugs harm children and teens?

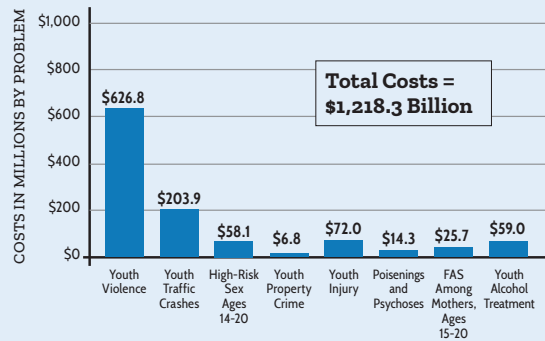
Young people who drink alcohol or use other drugs are at a higher risk than adults for developing physical and behavioral problems. This is because their brains are still developing and are more sensitive than adults to the effects of alcohol and other drug use. Risks include:

- Developing a substance use disorder
- Failing in school
- Engaging in risky sexual behavior
- Being seriously or fatally injured
- Having depressive feelings or thoughts of suicide

How are prevention services planned and coordinated in Washington?

HCA and 25 other state agencies developed the Prevention Policy Consortium in 2011. The Consortium works to strengthen and support an integrated statewide system of community-driven strategies to prevent substance misuse and promote mental health. The Consortium implements the five-year Washington State Prevention Strategic Plan, through five active workgroups. For Washington's Prevention Plan, visit TheAthenaForum.org/spe.

Underage drinking cost the residents of Washington more than \$1.2 billion in 2013.



SOURCE: Pacific Institute for Research and Evaluation. *Underage Drinking in Washington – The Facts*. Berkeley, CA: November 2010.



In the 2018 Washington Healthy Youth Survey, 10th grade students responded that:

- One in five used alcohol in the past month.
- One in four used marijuana and/or e-cigarettes.
- One in five seriously considered suicide in the past year.
- One in 10 attempted suicide in the past year.
- About 40% don't have an adult to turn to when they feel sad or hopeless.

State prevention goals and services

HCA's mission is to build the health and wellness of individuals, families and communities by increasing their mental wellness and preventing substance use disorders related to alcohol, marijuana, tobacco, prescription drugs/opioids and other drugs. HCA prevention services include funding for tribal, community and school-based prevention programs and strategies and statewide public education, policy efforts, technical assistance and training.

Supporting best practices

HCA is dedicated to supporting prevention efforts that are grounded in science. Community organizations can ensure that their efforts have positive outcomes by providing relevant and culturally competent evidence-based, research-based and promising programs.

To ensure publicly funded services are effective, HCA collaborates with researchers and prevention scientists at the University of Washington, Washington State University, Department of Social and Health Services Research and Data Analysis Division and the Washington State Institute for Public Policy. These partners help us determine criteria and review current information on program outcomes.

HCA maintains the Excellence in Prevention Strategy List, which is a searchable database of substance use prevention and mental health promotion programs and environmental strategies. To view the searchable list, visit TheAthenaForum.org/EBP.

From 2016-2020, HCA-funded youth prevention programs showed that 81% of participants age 10-18 had positive outcomes in improved refusal skills, increased bonding, reduction in favorable attitudes toward drug use and increased life skills (source: Minerva). Parents and caregivers participating in programs have reported significant improvement in communication skills, family management skills and family cohesion.

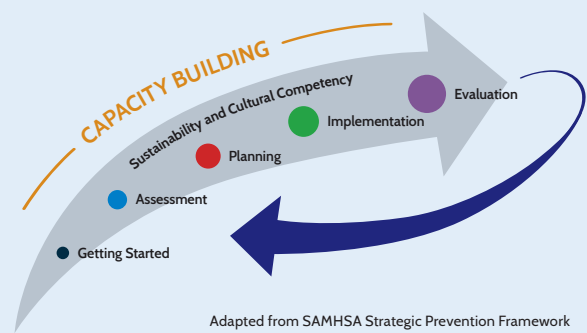
Local prevention programs supported by HCA

> Tribal prevention and wellness programs

HCA provides funding, technical assistance and training to 29 federally recognized tribes. Tribal communities implement programs that are specific to each tribe's needs, culture and traditions. Tribes develop prevention programs, or select evidence-based programs, based on key prevention research in order to best serve their members and surrounding community members. Most tribes use funding for prevention services for community-wide and direct service programs.

As a result of the prevention programs implemented by tribes, tribes are able to increase protective factors and reduce risk factors within their tribal communities. Programs implemented by tribes in state fiscal year 2020 focused on goals including mentoring, LifeSkills Training, Healing of the Canoe, Canoe Journey and Positive Indian Parenting.

DBHR Community Prevention and Wellness Initiative Planning Framework



How do we know prevention works?

The Washington State Healthy Youth Survey (HYS) allows us to monitor the health of students, evaluate the impact of our prevention efforts and improve academic performance by demonstrating the links between substance use and education outcomes. Every two years, over 230,000 students in 1,000 schools in Washington take the survey. Prevention strategies and programs in Washington State have contributed to the following positive trends:

- **Decreased drinking alcohol in the past month:** Since 1998, drinking among 8th and 10th graders dropped by half
- **Decreased binge drinking:** The percentage of 10th graders who binge drink (five or more drinks in a row) dropped from 28% in 1998 to 10% in 2018
- **Decreased cigarettes:** 10th grade use of cigarettes dropped from 15% in 2006 to 5% in 2018



"Gwedzadad" (teaching of our ancestors) is a mural carving by Squaxin Island artists Taylor Krise, John Ackerman and the Squaxin Island Youth Council.

> Community Prevention and Wellness Initiative

The Community Prevention and Wellness Initiative (CPWI) is a community-led effort to prevent young people from drinking alcohol or using other drugs. Backed by science and supported by state resources, CPWI brings communities together to build healthy environments where Washingtonians of all ages can be safe and thrive.

Currently working in over 80 high-need communities in all 39 counties across Washington State, CPWI is committed to supporting historically underserved populations. This model has proven successful, with significant decreases in alcohol, marijuana and cigarette use among youth since it began in 2011. For more information, visit TheAthenaForum.org/CPWI.

> Community Based Organizations

Funding is provided to Community Based Organizations (CBOs) to serve more high-need communities in Washington. These programs include mentoring, parenting education and youth skill-building. CBOs are encouraged to partner with existing community coalitions.



> Student Assistance Prevention and Intervention Services Program

The Student Assistance Prevention and Intervention Services Program (SAPISP), operated by the Office of the Superintendent of Public Instruction (OSPI), places intervention specialists in schools to address problems with substance use. Program funds are distributed to all nine Educational Service Districts (ESDs) in Washington, who partner with the CPWI coalitions in their region. Student Assistance Professionals (SAPs) provide:

- Early alcohol and other drug education and prevention in classrooms and for school-wide activities
- Screening and early intervention services to students and their families
- Referrals to behavioral health treatment providers
- Help with transitioning back to school for students who have had alcohol or other drug problems
- Coordination with community coalitions

Results: An independent statewide evaluation suggests that SAPISP has resulted in positive outcomes in each of these areas as measured by a self-report instrument administered to students before and after participation in program services. Significantly fewer students reported using alcohol and marijuana in the 30 days after participation in the program. For example, in the 2018-2019 school year, students who completed the program reported:

- Students' marijuana use decreased by 19%
- Students' binge drinking decreased by 28%
- Students using alcohol decreased by 21%

For more information, visit k12.wa.us/PreventionIntervention.

> LifeSkills Training

Dedicated Marijuana Account funding is allocated to HCA to work with the OSPI for implementation of LifeSkills Training (LST) in schools. LST is an evidence-based program delivered in classrooms that addresses multiple risk and protective factors. Students learn social skills that build resilience and help them navigate developmental tasks and resist pro-drug influences. For more information, visit www.k12.wa.us/policy-funding/student-health/lifeskills-training-lst-substance-abuse-prevention-grant.



> Suicide prevention and mental health promotion

As part of Washington's Suicide Prevention Plan, some Community Based Organizations and CPWI coalitions receive support for mental health promotion and suicide prevention projects. These coalitions also provide Youth Mental Health First Aid training which includes recognizing the signs of those at risk for suicide and how to get someone help.

Evidence-based programs train community members and students in middle and high schools to recognize signs that may lead to suicide. Additionally, these programs help people work to change elements of their community and school that may contribute to risks of suicide. For more information, visit TheAthenaForum.org/EBP.

> College Coalition for Substance Abuse Prevention

The College Coalition for Substance Abuse Prevention is a collaboration of wellness program coordinators at 37 universities, colleges and community colleges in Washington. The group meets regularly to discuss common issues and problems as well as host webinars and an annual conference focused on preventing and reducing use among young adults. For more information, visit ccsap.wsu.edu.

> Washington Healthy Youth Coalition

The Washington Healthy Youth (WHY) Coalition provides state-level leadership to reduce underage drinking and marijuana use by leveraging resources from federal and state partners. Membership includes over two dozen state agencies and statewide organizations. Coalition work includes:

- Creating, maintaining and promoting the StartTalkingNow.org website for parents, caregivers, educators and other adult influencers
- Planning and implementing statewide education campaigns and providing educational materials to Community Based Organizations and schools
- Supporting policy changes at the state and community level to reduce youth access and exposure to alcohol and marijuana
- Supporting policies and law enforcement efforts that help to prevent underage alcohol and marijuana use

For more information, visit TheAthenaForum.org/WHY.



HCA leads the following statewide programs and partnerships

> Statewide public awareness and education campaigns

HCA maintains several statewide substance use disorder prevention and mental health promotion campaigns that target different audiences, including teens, young adults and parents. For more information, visit TheAthenaForum.org.

> Washington State Healthy Youth Survey and Young Adult Health Survey

The Washington State Healthy Youth Survey (HYS) is administered in schools statewide every two years to collect data from students about their alcohol and other drug use and other behaviors that impact their health, safety and success. This data is analyzed and used to track trends and prioritize prevention resources. State, county and school-level data is provided to state and community partners for assessment and planning.

One of the many positive outcomes we are able to track through HYS shows that since 1998, alcohol use among 8th and 10th grade students has decreased by half. For news releases and fact sheets of all county and state level data, visit askhys.net.

The Young Adult Health Survey (YAHS) is administered by the University of Washington. YAHS is an online survey that measures marijuana use, risk factors and consequences among young adults between the age of 18 and 25 living in Washington State. For more information, visit blogs.uw.edu/uwwyahs.

> Home visiting

HCA contracts with the Washington State Department of Children, Youth and Families home visiting services provided in the Dedicated Marijuana Account (DMA). Home visiting supports the child and family by buffering the effects of risk factors and stress in the family. For more information, visit www.dcyf.wa.gov.

> Preventing opioid misuse

Opioid and prescription drug misuse has become an important health issue, particularly the danger of abusing prescription pain medications. According to the National Institute on Drug Abuse, young adults ages 18-25 are the largest group misusing opioid pain relievers and other medications. Opioid misuse can lead to substance use disorders and even death from overdose. Most teens who misuse prescription drugs get them from friends and relatives, sometimes without the person knowing.

To address the opioid crisis in Washington and across our country, HCA works closely with the state Department of Health, Labor and Industries, Department of Social and Health Services, University of Washington and other agencies supporting the goals of the Washington State Opioid Response Plan. Prevention efforts include supporting strategies that promote safe storage at home, disposing of medications at local secure take-back sites, promoting the Washington State Prescription Drug Monitoring Program, preventing overdose deaths and educating healthcare providers about prescribing guidelines. For more information, visit TheAthenaForum.org/rx.

The following communities and tribes receive HCA support for prevention services

