

Health Care Authority Substance Use Disorder Prevention and Mental Health Promotion Section

Sarah Mariani, Section Manager

January 28, 2025

Behavioral Health Services



Substance use disorder prevention and mental health promotion services



Prenatal through age 25 behavioral health treatment services



Mental health and substance use treatment services



Problem gambling services



Recovery support services

Meet our supervisor team



Sarah Mariani

Section Manager



Kasey Kates

Section Supervisor,
CPWI and School-Based
Services



Codie Garza

Section Supervisor,
Development & Strategic
Initiatives



Sonja Pipek

Section Supervisor,
Tribal and CBO Services

Meet the section



WA State Prevention System Goal

- ▶ Build the **health and wellness of individuals, families, and communities** by delaying the onset of youth use, reducing youth substance use, preventing substance use disorder, and promoting mental health and wellbeing.
- ▶ Accomplished through **our shared commitment** to:
 - ▶ Engage State, Tribal, and local partners
 - ▶ Identify and serve communities with higher risk and need
 - ▶ Adhere to research and evidence-based services
 - ▶ Measure outcomes
- ▶ Utilize the IOM Continuum of Care (CoC), SAMHSA Strategic Prevention Framework (SPF), and CPWI Planning Framework (CPWI-PF) frameworks

IOM Continuum of Care (CoC)

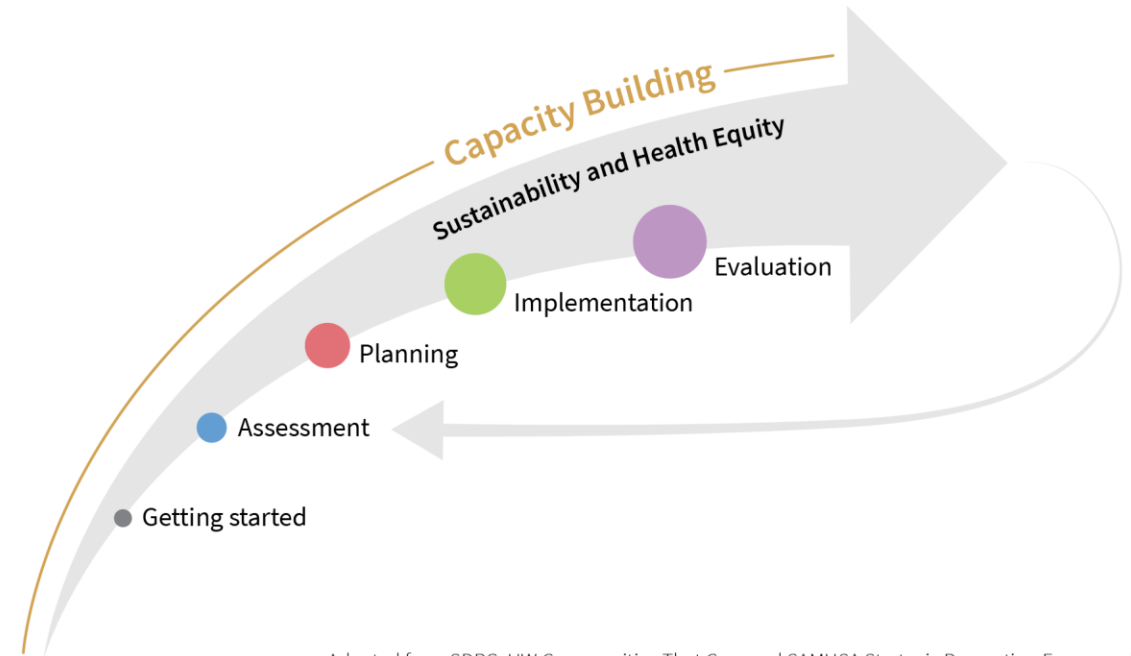


Strategic Prevention Framework (SPF)

WA Planning Framework



Washington State Prevention Planning Framework



Adapted from SDRG, UW Communities That Care and SAMHSA Strategic Prevention Framework

Funding

- ▶ Coordinate **multiple funding streams (aka “braided funding)** to support services, each funding source maintains its own requirements and accountability but is managed collaboratively to achieve shared goals.
- ▶ Systems **supports federal grantees** from the Center for Disease Control and Prevention (CDC) Drug-Free Communities (DFC) and Substance Abuse and Mental Health Services Administration (SAMHSA) STOP Act (Sober Truth on Preventing Underage Drinking) and PFS (Partnerships For Success)

WA State Prevention System

Partnerships,
Collaboration,
& Workforce

Data
Collection,
Research &
Evaluation

**Systems
Development**

Health Equity

Community &
School based
Prevention
Services

Laws, Policies
& Norms

**Workforce
Development**

Our services

▶ Tribal Prevention Programming:

- ▶ 27 Tribes implementing prevention programming.
- ▶ 2 Urban Indian Organizations

▶ The Community Prevention and Wellness Initiative:

- ▶ Nearly 100 communities and schools identified as high risk across the state.
- ▶ Two-pronged approach: community coalitions and school-based prevention/intervention services.

▶ Community-Based Organizations:

- ▶ 21 organization serving 32 high-need communities
- ▶ SUD prevention and/or MH promotion/suicide prevention.

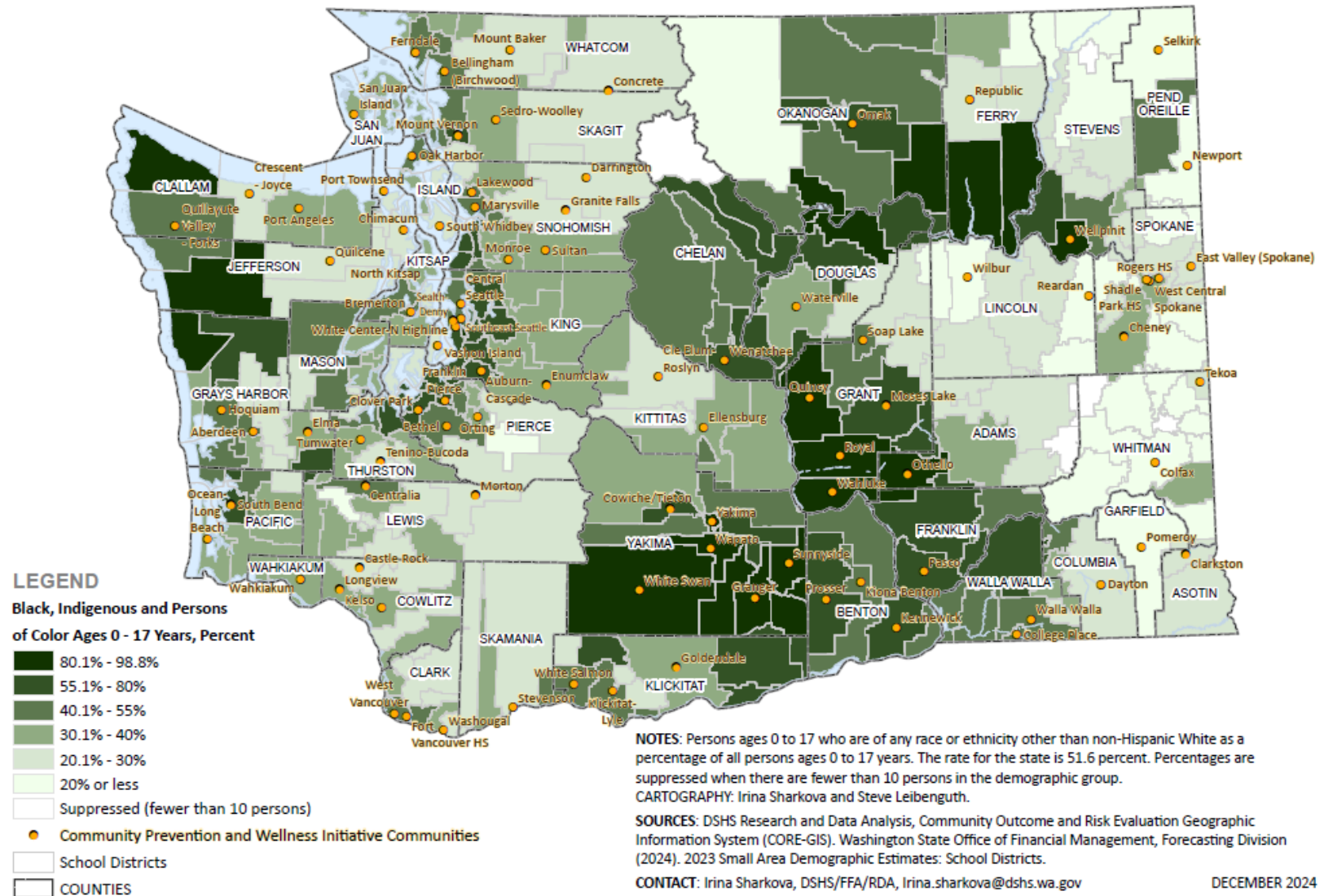
▶ Young Adults Services:

- ▶ First Year's Away from Home in 8 Universities
- ▶ Check-in with Yourself statewide online app
- ▶ E-Checkup program

Our services

45 of 95 sites
have over
40% BIPOC
children and
adolescence

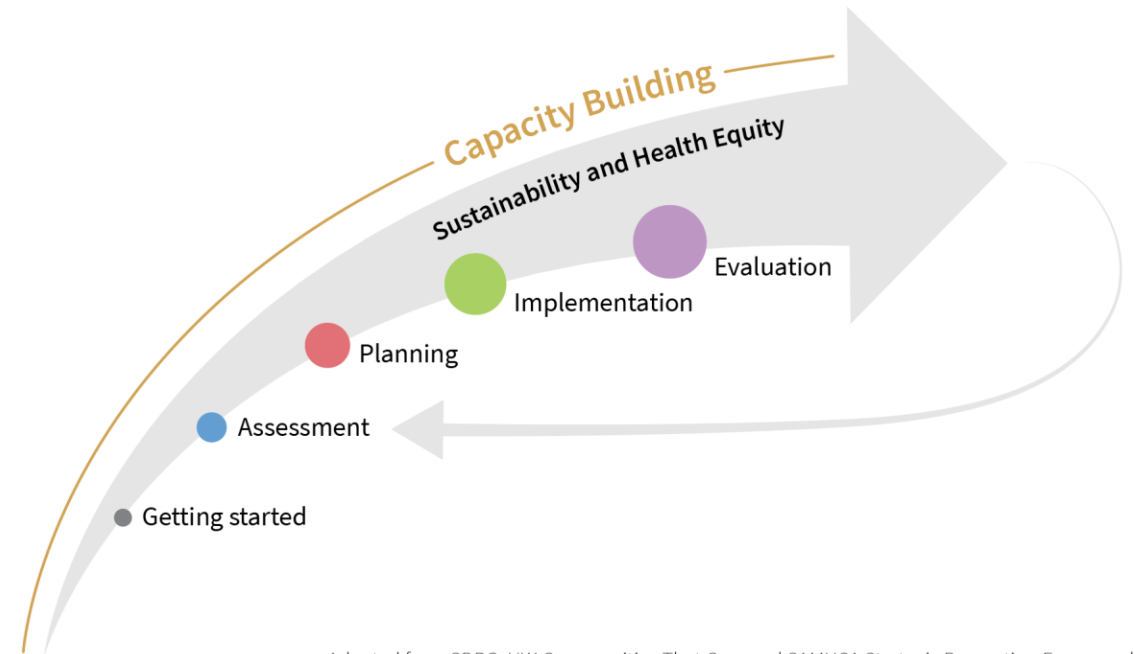
Black, Indigenous and Persons of Color, Ages 0 - 17 Years as a Percentage of All Persons Ages 0 to 17 by School District, 2023



Community Prevention & Wellness Initiative (CPWI)

- ▶ A health equity approach to behavioral health services.
- ▶ Provides *locally-driven* solutions to *local* issues.
- ▶ Leverages limited public resources.
- ▶ Rooted in evidence-based practices and informed by local data.
- ▶ CPWI distributes prevention services to highest need communities across Washington State.

Washington State Prevention Planning Framework



Adapted from SDRG, UW Communities That Care and SAMHSA Strategic Prevention Framework

CPWI is a multi-tiered approach

Community-based services

- ▶ Local decision-making to address needs
- ▶ Community involvement
- ▶ Community awareness building
- ▶ Public education campaigns
- ▶ Direct services (i.e. parenting/caregiver education and support; mentoring; youth groups)
- ▶ Policy and environmental efforts

School-based services

- ▶ Schoolwide universal prevention
- ▶ Classroom education
- ▶ Problem identification and referral
- ▶ Early intervention and support groups to selected/indicated students
- ▶ Parent/guardian engagement
- ▶ Training and education to school staff
- ▶ Focuses on secondary grade levels (6–12).

SPE Policy Consortium

- ▶ SPE representatives from **26 state and tribal agencies and organizations**, forming a State Policy consortium and **six workgroups** to address state priorities.
- ▶ Responsible for the **state-level planning and implementation** of collaborative strategies to address substance use disorder prevention and mental health promotion.



[The Athena Forum - SPE Consortium](#)

Key Partners

- ▶ American Indian Health Commission
- ▶ Attorney General Office
- ▶ Commission on Asian American Affairs
- ▶ College Coalition on Substance Misuse, Advocacy, and Prevention
- ▶ Department of Children, Youth, and Families
- ▶ Department of Health
- ▶ Department of Labor & Industries
- ▶ Department of Social and Health Services
- ▶ Drug Enforcement Agency
- ▶ Foundations for Healthy Generations
- ▶ Indian Policy Advisory Committee
- ▶ Health Care Authority
- ▶ Liquor and Cannabis Board
- ▶ Northwest High Intensity Drug Trafficking Area
- ▶ Office of Superintendent of Public Instruction
- ▶ Prevention Specialists Certification Board of WA
- ▶ Prevention Voices of Washington
- ▶ State Board of Health
- ▶ State Epidemiological Outcomes Workgroup
- ▶ Society for Prevention Research
- ▶ WA Association of Substance Use Disorder and Violence Prevention
- ▶ WA Healthy Youth Coalition
- ▶ WA Poison Center
- ▶ WA State Commission on Hispanic Affairs
- ▶ WA State Hospital Association
- ▶ WA State Institute for Public Policy
- ▶ WA State Patrol
- ▶ WA State Prevention Research Sub-Committee
- ▶ Washington State University
- ▶ WA Traffic Safety Commission

Statewide Campaigns

Now that marijuana is legal for adults in Washington...



A parent's guide to preventing underage marijuana use



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION



SD Social Development
RG Research Group

HOW TO REFUSE DRUGS

Teaching teens refusal skills can help them respond to pressures they may face to try drugs.

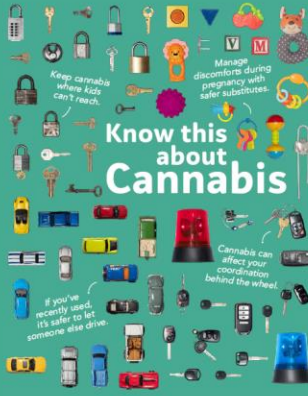
- **Be assertive**
Agree to do the request now and call back tomorrow (Plan-Go)
- **Pass the item**
"I'm supposed to bring you some homework."
- **Offer an alternative**
"I would get into trouble."
- **Make an excuse**
"I have to go to class tomorrow."
- **Be honest**
"I don't drink, I don't smoke."
- **Avoid the situation**
Avoiding places where drugs are sold is important.

The talk is most useful when it's repeated with pills of fun that are fun to do with friends. Friends for life, not for one another and don't pressure each other to take substances.

LEARN MORE AT
WAFriendsForLife.com

Washington State Health Care Authority

KNOW THIS ABOUT CANNABIS



Manage discomfort during pregnancy with safer substitutes.

Cannabis can affect your coordination behind the wheel.

If you've recently used, it's safer to let someone else drive.

KNOWING ABOUT CANNABIS IN WA STATE, THERE'S A LOT TO KNOW.

Learn more about safe practices at [WAHealthCareAuthority.com](http://www.WAHealthCareAuthority.com)

From toxic to dangerous and health effects, cannabis safety is important for everyone. And safer choices like not using cannabis while pregnant or driving and pointing to risk of death of children and young adults have everyone out of risk.

Washington State Health Care Authority

culture is prevention



Opioid misuse is preventable
We all play a part

Connecting to our culture and each other makes us stronger, especially when times are challenging.

Washington State Health Care Authority

STARTS WITH ONE
a guide to responsible opioid use

Do your part to prevent opioid misuse.
Lock up your opioid medication at home. It can be a cabinet or drawer that has a lock. You can also use a medication locking bag. They can be ordered online or purchased from some pharmacies. Safely dispose of unused, expired, or unwanted medications to prevent misuse by a friend or family member. You can return your medications to a participating pharmacy or visit MED-Project.org to find a safe disposal kiosk nearby.

Know the risk of taking opioids.
Any opioid can negatively affect the reward center in the brain over time, making these drugs highly addictive.¹ Opioid medication might not be a viable option for you, depending on your medical condition and overall health. Talk to your doctor about alternative ways to manage the pain.

Sources: 1. U.S. Department of Health & Human Services, Division of Drug Abuse for "Pain."

Washington State Health Care Authority Washington State Hospital Association

YOU CAN
ACHIEVE YOUR DREAMS



act of courage

STOP OPIOID MISUSE
Your choices matter

- If you are prescribed an opioid, talk with your doctor about other options.
- Nearly half of people missing pain relievers, including prescription opioids, get them from a friend or family member. Please share no opioid prescriptions with someone else.¹
- Treatment works. If you think you need help, call Washington Recovery Help Line at 1 (800) 745-6464.

Opioids negatively affect the reward center in the brain. This makes them highly addictive.¹

You can make a difference. Help a friend. Share the facts.

Learn more at GetTheFactsRx.com

YOU CAN
HIT THAT THREE



Data, Evaluation, and Research

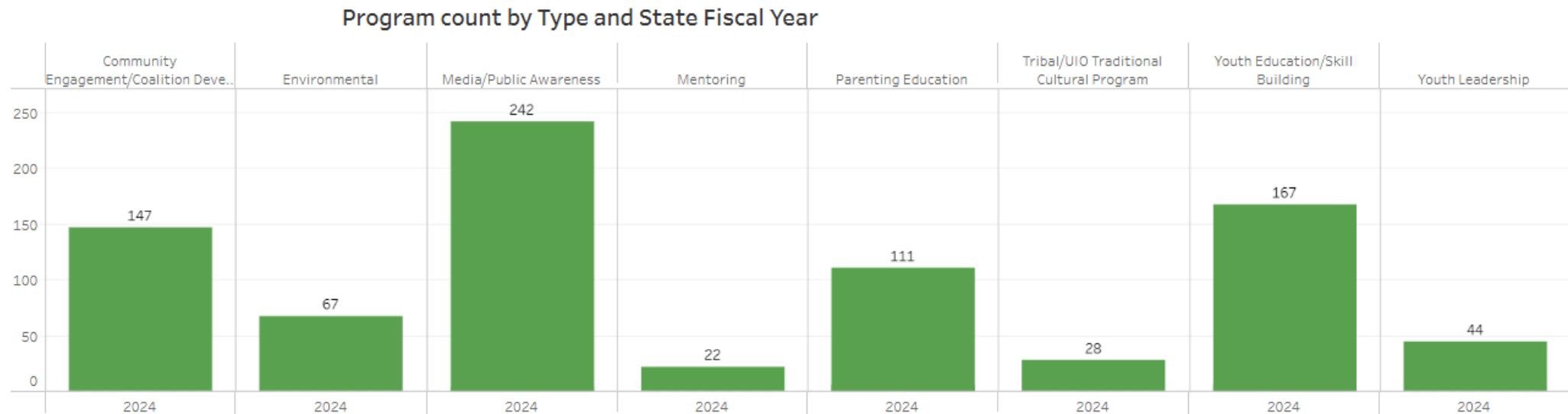
- ▶ WA State Healthy Youth Survey (HYS) and Young Adult Health Survey (YAHS)
- ▶ Community Outcome and Risk Evaluation Information System (CORE)
- ▶ Community Survey
- ▶ Research Briefs
- ▶ Program Evaluation
- ▶ Performance compliance, service delivery, online reporting systems (Minerva and LGAN)

Prevention Research Briefs



Total Services by Program Type

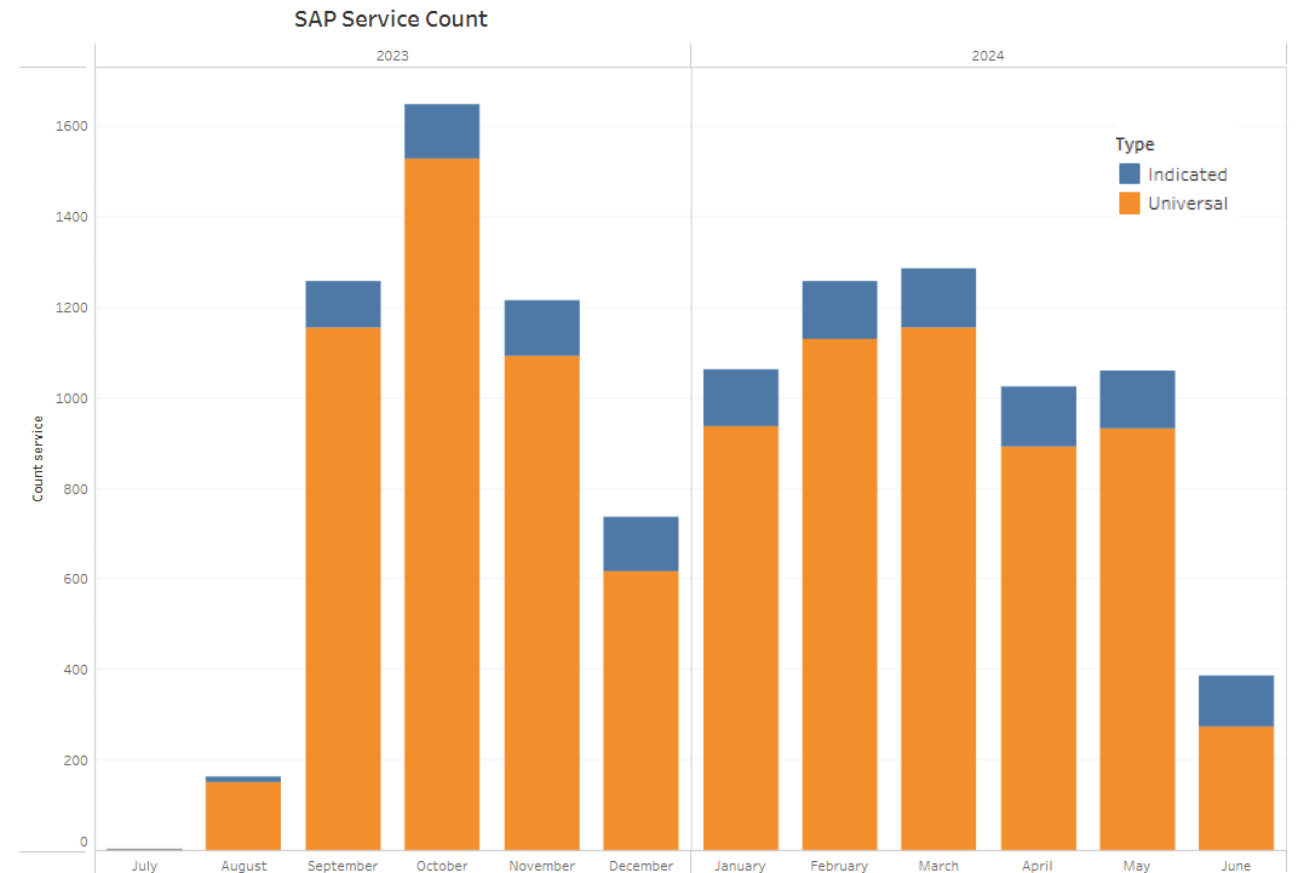
- ▶ In State Fiscal Year 2024,
 - ▶ **28,834 points of service delivery**
 - ▶ **87.3% participants** are in evidence-based programs



SAP Services by IOM

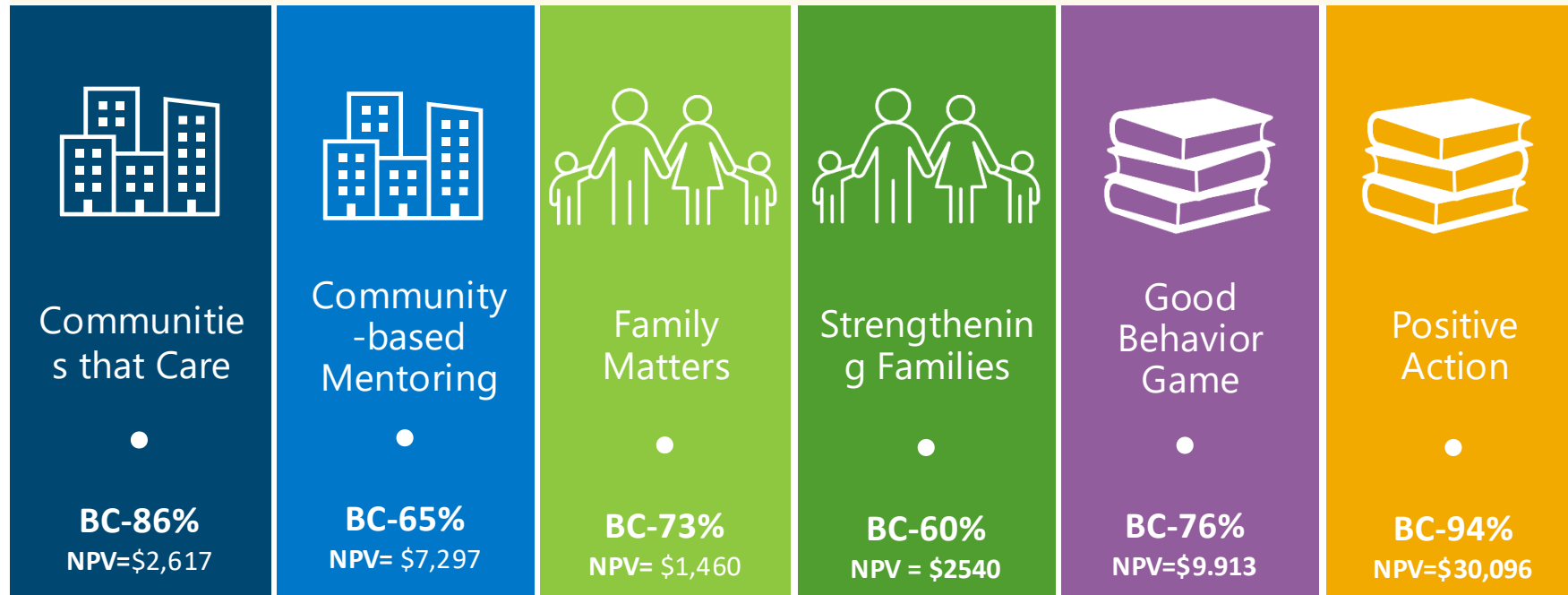
▶ In State Fiscal Year 2024,

- ▶ Student Assistance Professionals **served 7,118 students**
- ▶ **11,096** prevention and early intervention **services were delivered** to students across WA State



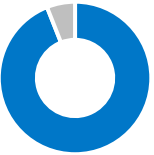
Prevention works!

In State Fiscal Year 2018, and 2019, we estimate our investments in evidence-based programming led to **over \$124 million** in benefits to society,



Prevention works!

▶ Decreased substance use indicators:

94%  of CPWI sites had **significant decreases or remained neutral** across most substance use outcomes (>80%)

73%  of CPWI sites showed reductions in **heavy drinking** among youth

53%  of CPWI sites showed reductions in youth **access to alcohol**

76%  of CPWI sites showed reductions in youth **access to cigarettes**

Improved School Outcomes

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

Effectively Delay the Onset of Substance Use Between 6th Grade and 12th Grade

Proven **EBP delivery**- **93% participants** are in evidence-based programs (SFY 2023)

Questions?

Thank you

Sarah Mariani, Section Manager

January 28, 2025