

YMPEP Regional Partners Meeting

Meeting Summary, 10/10/2018

Location: Mason County Public Works, 100 W Public Works Drive, Shelton, WA, 98584

Support and Backbone Staff: Matt Shellhart – *CHOICE*, Madi Tanbara – *CHOICE*

In Attendance: Ben Johnson – *Mason County Public Health*, Cristal Connelly – *DOH*, Jackie Smith – *Pacific County*, Dawn Maloney – *Youth & Family LINK*, Beth Mizushima – *Grays Harbor Public Health*, April Heikkila – *Grays Harbor Public Health*, Katie Strozyk – *Lewis County Public Health*, Ginger Hake – *Wahkiakum County Public Health*, Stacy Mueller – *ESD-113*

I. Welcome and Introductions

Matt welcomed the group and facilitated introductions before signing in to the webinar.

II. Webinar: “Students Who Smoke or Vape: A Red Flag for Supports”

The YMPEP group participated in “Students Who Smoke or Vape” webinar hosted by ESD-112 and OSPI. This webinar further explored student substance use policy violations and consideration of alternative practices to address them, using data to analyze the trends.

- Hosts: Deb Drandoff – *ESD-112*, Mandy Paradise – *OSPI*, Tina Johnson – *Vancouver SD*
- School office referrals in the beginning of the academic year can be a powerful indicator of future referral patterns and is a useful tool for targeted support.
- Three lenses for looking at smoking, tobacco, & vaping: public health issue, what it looks like in WA State, and what it looks like in the field
- Why? We care about kids living happy & healthy lives and becoming productive adults
- New concern with vaping & vaping devices for nicotine and marijuana use.

Background – Smoking & Vaping from a Health Lens

- Biological & genetic factors can play a role in predisposition to substance use.
- Accessibility: Social environment affects teen substance use patterns. This includes family life & social circles as well as cultural portrayal; used to earn “social capital.”
- If you do not perceive a behavior as harmful, you are more likely to do it.
- Youth often struggle to make meaning of themselves, facing mental health issues and adverse childhood experiences (ACEs).
 - Lack of support that could be a protective factor → use substance to cope.
- Among 10th graders in WA State, 6% use tobacco, 13% use e-cigarette, and 3% use smokeless tobacco, such as chew.

Tobacco Use & Behavioral Health

- 70% of substance abuse treatment clients are tobacco users, making nicotine dependence the most common substance use disorder
- Tobacco-related illness is the leading cause of death for those in recovery.
- CDC – on average, there is a 25-year gap in life expectancy between those battling mental illness and the general population.

- Individuals with mental health struggles tend to have a higher rate of tobacco use than the general population, and tend to smoke heavier.
- 480,000 – Average annual deaths in the U.S. due to tobacco-related causes, far outnumbering other causes of death.
- It can be difficult to spread the message of tobacco’s harms when consequences are usually experienced longer down the road vs. an immediate impact.
- ½ of the adults that use tobacco products will die from tobacco-related illness.
- 77% of current smokers are either actively dealing with or have dealt with mental health/addiction issues.
- Smoking rates have continually decreased over the years – who’s left? Generally, it is populations with co-occurring issues that conflict with their ability to quit.
 - Thus, tobacco can be a “red flag” for other issues that may be going on.
- Kaiser Permanente began following up with patients at primary care appointments who self-identified as a tobacco user with additional mental health screenings, providing the potential for intervention and treatment options.
- Are the same patterns seen in youth who use tobacco?
 - Healthy Youth Survey conducted, 2001 – funding for tobacco prevention began.
 - ESDs funded for youth tobacco prevention, specific curricula and groups created
 - Misconception among teens that e-cigarette use is “safer” than tobacco, when in reality there are similar risks.
 - Root causes include trauma (ACEs) and mental health issues.
 - Strong co-occurrence of drinking and smoking.
 - Percentage of youth reporting marijuana use – 76% of tobacco users, 65% of e-cigarette users, 64% of smokeless tobacco users, and 13% of non-users.

Physical Effects of Tobacco

- Effects of nicotine include release of stimulating neurotransmitters, while also providing an inhibitory, calming feeling.
- Strong withdrawal symptoms once user stops, including anxiety, feeling sluggish, inattentiveness, fatigue, worsened cognitive function, etc.
- User may resort back to the substance because of physical dependence and to reduce harsh withdrawal symptoms.

Smoking & Substances in Schools

- Include vaping device in policies, instead of attempting to regulate the substance inside.
- Youth that have experienced ACEs and trauma have twice the substance use rates compared to youth who have not.
- Instead of seeing a violation just as a kid who broke the rules, consider that it may be a red flag for concern and need for further support.
- Possible future studies of youth energy drink consumption as it relates to substance use.
- Build a solid system around the processes.
- Tina Johnson – *Vancouver School District: My Past Experiences*
 - Recommendations for Schools:
 1. Reframe thinking of tobacco/vape violations from a discipline standpoint to a student of concern
 2. Combine tobacco and alcohol/other drug policy & add vape devices

3. Minimize time outside of school.
 4. Screen all youth caught using tobacco or vape products for substance use or mental health assessment or referral needs, such as an intervention group or treatment program.
- Other district high schools are now exploring implementing these approaches, help administrators better understand the link between tobacco & other substance use and mental health issues, and written policies will sustain these changes.
 - Advice to people starting this work?
 - Educate administrators, student support teams to provide assistance for mental health, academics.
 - Update policies & procedures
 - Implement screening processes and referral protocol
 - Improve early intervention and provide students options for recovery.

III. Small Group Discussions/Report-Outs

Matt asked the YMPEP team to split into small groups to share thoughts & questions that came up during the webinar. Matt also challenged partners to consider the applicability in their own districts. Then, Matt facilitated a share out of what points came up during group discussion.

- Inefficient policies: Cowlitz school district practices extended suspension for marijuana and vaping infractions, even if it is a first offense.
 - Some suspensions have lasted 45 days, while the student waits to be assessed.
 - Cowlitz only has 2 intervention specialists to serve all of the county's schools, and this lack of staff has led to unbalanced policies.
- YMPEP partners appreciated more attention being brought to the overlap between co-occurring smoking and mental health issues.
- Partners expressed that this link is not well known, and more community focus has gone to opioid prevention when data shows that tobacco use is still a large concern.
- WA State DOH has put forward a decision package to restore full funding of tobacco services, including provision of school & health educators, empowering student activists.
 - Package will go to the legislature this year, \$4-5 million dollar budget set.
- Guidelines set by DOH will be mandated for schools by next year, as well as continued work w/YMPEP for policy enhancement.
- Partners have seen a noticeable transition from kids smoking to vaping.
- Some schools separate tobacco from other substance infractions, to where there is no screening or follow up.
- Partners recommend creating more uniformity in school policies, implement screening and conversation for any substance use violation.
- OSPI looking at restorative justice, tackling substance use in schools while reducing suspensions.
- ESD-113 – SAPs working in schools, in-house professional meeting with students the same day for screening to make a treatment recommendation and perform follow-up.
- If there is no SAP, schools often contract with outside agencies, which face a large backlog of cases.
- School health teacher could perform the screening following a substance violation, but they usually do not.

- YMPEP to create “one-pager” of best practices to submit to district superintendents and school officials.
- Reach out to OSPI and WASDA to see if there is overlap in any areas, provide more guidance and make sure all parties are on the same page to reduce duplicate efforts or barriers down the road.
- Address gap between a student being screened and referral to services.
- Seattle Public Schools have started implementing a model this academic year, starting in-house suspensions where students download a “check yourself” app on their phones.
 - The app is an overall substance self-assessment screening tool, where recommendations are made at the end, reducing the staffing need.

IV. Reporting Examples

Matt overviewed the new reporting interface for partners to complete each month, as there were some questions following the reveal.

- The reporting system will launch next Monday, October 15th, run through each individual agency.
- Same reimbursement form, expenses are charged to driving campaign dollar source.
- Matt will provide further clarification and instruction as needed.
- For the particular reporting month, provide additional information about what you did and the feedback received.
- Key questions: “Who, what, when, where, how much, and how long?”
- Reference “Implementation Guide” in YMPEP book.
- Partners requested more clarity and guidance regarding the Strategic Plan and what implementation piece is being worked on.
- Proposed call with Dave from WA DOH to provide brief rundown of reporting.
- Matt to put together a “cheat sheet” of what to enter in the system for basic duties, keep it simple. Partners can duplicate example and tailor details section to their district.

V. Questions/Next Steps/Reminders

- YMPEP Regional Partners call will be November 14th, 2018 from 1:00-3:00 pm
 - Call-in number: (712) 770-4010, Access Code: 130242
- Matt will send out data to assess, will re-visit and discuss during next month’s call.
- What surprised you? What considerations should be made when looking at the data?
- Matt to send out “cheat sheet” for making entries in the YMPEP reporting system.