

YCCTPP QUARTERLY NEWSLETTER

Grant County YCCTPP News and Updates



CONTENTS

01 What is YCCTPP?

02 2022 WA State
Prevention Summit

02 Lock Boxes

02 Coordinator
Updates

03 Upcoming

04 Safe Storage

05 Resources

What is YCCTPP?

The North Central Region Youth Cannabis and Commercial Tobacco Prevention Program (YCCTPP) of the Washington State Department of Health (DOH) strives to prevent and reduce the onset of cannabis and commercial tobacco use in youth, ages 12-20, by funding, leading organization, and facilitating further development and sustainability of prevention efforts.

The Grant County Health District (GCHD) serves as the North Central Region's lead organization for the YCCTPP program and strives to facilitate regular and effective communication between contractors and community partners regarding community, county, and regional prevention efforts.

CANNABIS USE AND TEENS

Cannabis and the teen brain:

The teen brain is actively developing and continues to develop until around age 25. Cannabis use during adolescence and young adulthood may harm the developing brain.

Negative effects of teen cannabis use:

- Difficulty thinking and problem-solving
- Problems with memory and learning
- Reduced coordination
- Difficulty paying attention
- problems with school and social life

CDC, October 2021

2022 WA State Prevention Summit

Grant County: Youth from the Moses Lake, Quincy, Royal City, and Mattawa CPWI community coalitions gathered at the Moses Lake Civic Center to watch the Prevention Summit on November 8th and 9th. Many thanks to the Grant County Health District, Renew, and the Grant County Suicide Prevention Taskforce for supplying food, beverages, swag items, activities, volunteers, and support.

Lock Boxes

The Grant County Health District (GCHD) purchased both locking bags and boxes that are available for distribution throughout regional communities. These locking bags/boxes are meant to provide adults with a way to secure their cannabis products and medications while reducing youth social access to cannabis and medication misuse. If you are interested in partnering with the GCHD to distribute these locking boxes/bags, please feel free to reach out to Reece Leavitt at rleavitt@granthealth.org

Coordinator Updates

Commercial Tobacco Prevention Programming: Former coordinator, Mariah Deleon, has transitioned into a new role, and Kayla Isaacson will be serving as the new coordinator.

SMOKE-FREE POLICIES

- The primary purpose of smoke-free laws/policies is to provide protection against secondhand smoke.
- Smoke-free policies and laws can motivate and help tobacco users quit.

CDC, November 2021

Upcoming

- Safe storage
 - Usage survey creation and/or adoption
 - Identify partners to aid in distribution
 - Compile and distribute locking bags and boxes
- Quit Kits
 - Create quit kits and distribute to community groups and partners

Upcoming

- Toolkit: effects of cannabis and commercial tobacco use on youth
 - identify what needs to be included in a toolkit
 - identify who should be involved in toolkit creation
 - complete toolkit

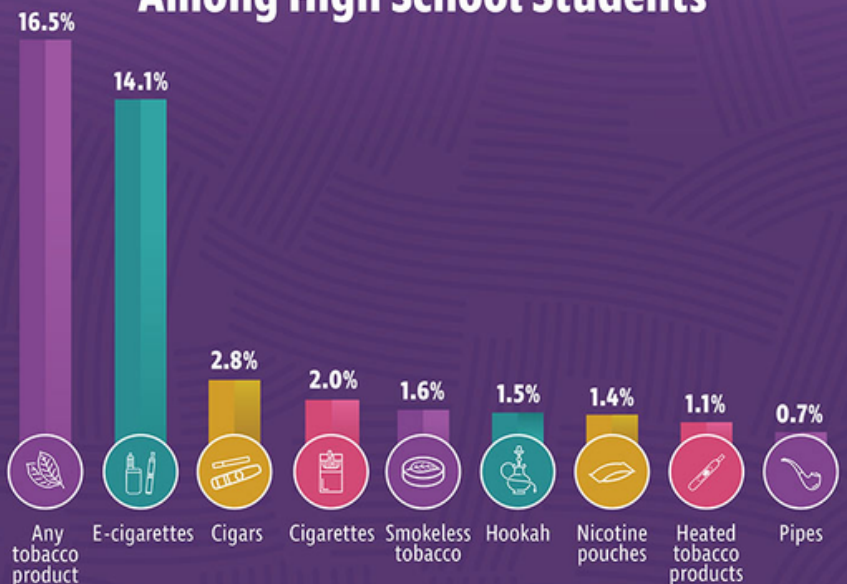
Find your **FREEDOM**
Smoking and vaping are expensive,
but you can quit for free.

WASHINGTON STATE QUITLINE



Text READY to 200-400 or
Call 1-800-QUIT-NOW
1-800-784-8449

Current Tobacco Product Use Among High School Students



Learn more: bit.ly/3FZ8mU9

Source: National Youth Tobacco Survey, 2022



CDC.gov/quit

In 2022, any tobacco product includes electronic cigarettes, cigarettes, cigars, smokeless tobacco (including chewing tobacco, snuff, dip, snus, and dissolvable tobacco), pipe tobacco, bidis, hookah, heated tobacco products, and nicotine pouches.



OUT OF HARM'S WAY

Safe Storage Tips For Everyone



Families and individuals may take medicines and vitamins to feel and stay well. However, any medicine, including those you get without a prescription, can cause harm if taken the wrong way or by someone whom the medicine was not intended for (misuse).

Practicing safe medicine and drug storage can help keep children, families, and communities safe.

SAFE STORAGE TIPS AND IDEAS

- Keep medicines/drugs out of sight and reach
- Make sure safety caps/storage locks are used correctly
- Keep medicines in their original child-resistant packaging
- Avoid keeping medicines close by as a reminder to take them – instead consider using timers, reminders, or combining daily medicine taking with other daily tasks (brushing your teeth)
- Talk to your family, friends, and guests about safety when it comes to medicines and drugs
- Be prepared in case of an emergency – **Poison Control: 800-222-1222**



Resources & Opportunities

Youth Advocacy Training

A two-night training that is open to youth groups and individuals to learn skills and gain confidence in using their voice to make and impact change. Learn how to create impactful messages and how the state legislative process works.

When: December 7th and 8th, 2022, from 5:30-8:00 PM.

Where: ESD 112, 2500 NE 65th Ave, Vancouver, WA. 98661. OR virtually.

Cost: FREE

Cannabis Pharmacology for Substance Misuse Prevention Practitioners

A 4.5 hour self-paced course that provides important information on what prevention professionals need to know about cannabis.

When: At your convenience

Where: Virtually ([PTTC site](#))

Cost: FREE

Care & Share for Prevention, Treatment, and Recovery

An expanded version of the TOR Care and Share Sessions. Open to all prevention, treatment, and recovery professionals working with Native populations. A guided discussion where participants can share expertise, unique tribal and community practices, and offer peer-to-peer support.

When: Every 3rd Wednesday of the month Dec. 21, 2022 - March 15, 2023, at 11:00 AM (PST).

Where: Virtually

Cost: FREE

North Central YCCTPP Regional Meetings

Gather with regional YCCTPP leaders, contractors, sub-contractors, and partners to discuss action planning and regional prevention efforts (Grant, Okanogan, and Chelan/Douglas Counties)

When: 2nd Tuesday of the month from 1:30-2:30 PM

Where: Virtual (Occasional in-person)

Find out more: Contact Reece Leavitt at rleavitt@granthealth.org OR Kayla Isaacson at kisaacson@granthealth.org

CATCH My Breath In-Service

An evidence-based youth vaping prevention program that leverages a peer-led approach to empower youth with skills to make informed decisions surrounding vaping. Participants who complete webinar will be trained to conduct the CATCH My Breath program within their community.

When: Tuesday, December 6, 2022 1:30-2:30 PST.

Where: Virtual

Cost: Registration packages start at \$60.00.