

YCCTPP NEWSLETTER

North Central YCCTPP News and Updates



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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.

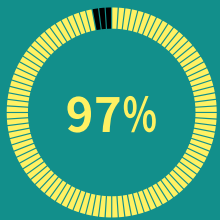
The Grant County Health District (GCHD) serves as the North Central Region's lead organization for the YCCTPP program and strives to facilitate regular and effective communication between contractors and community partners regarding community, county, and regional prevention efforts.

WHO IS THE NORTH CENTRAL YCCTPP?



FLAVORED TOBACCO PRODUCTS

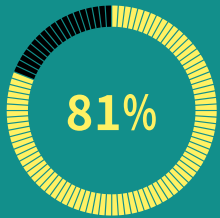
Flavors play a significant role in drawing youth to tobacco products



of youth who vape use flavored products

1.95 M

U.S. middle and high school students used flavored tobacco products in 2021



of youth who ever tried tobacco chose flavored tobacco as their first tobacco product

Truth Initiative

YCCTPP Toolkit

The Grant County Health District is working on a regional toolkit for caregivers and those who influence young adults. The toolkit strives to provide education and raise awareness about the effects of cannabis and commercial tobacco use among teens and young adults.

GCHD is seeking input from the YCCTPP network and the region. If you would like to see a draft of the toolkit and provide feedback please reach out to Kayla Isaacson at kisaacson@granthealth.org OR Reece Leavitt at rleavitt@granthealth.org



Smoke-Free Zones

The North Central YCCTPP has created and been distributing "smoke-free" messaging for locations and facilities throughout the region.

**SMOKE-FREE
GRANT COUNTY**



NO FUMAR



**NO FUMAR O
VAPEAR EN ESTE
ESTABLECIMIENTO**

PRO-CANNABIS USE AND YOUTH USE

Despite the fact that there are laws in place that restrict companies from advertising cannabis to youth, young people are still reporting that they are seeing a lot of pro-cannabis messaging via social media.

The Washington State University (Pullman, WA.) has found that pro-cannabis messaging directed at youth is related to intentions to consume cannabis.

While young people have reported still seeing pro-cannabis messaging, they have also been seeing some anti-cannabis messages.

Among youth who already held beliefs that cannabis use could cause negative outcomes, seeing anti-cannabis messages appeared to strengthen beliefs and lower intention to use.

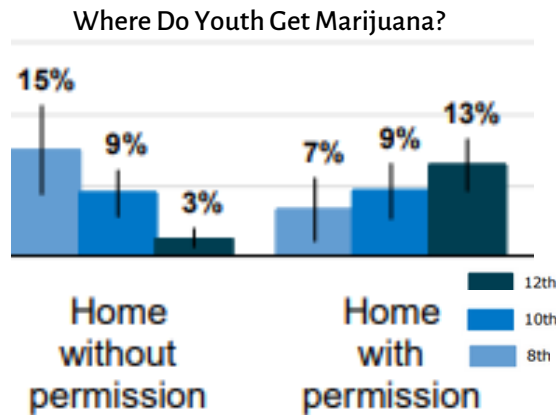


Stanford Medicine

Locking Bags/Boxes

The Grant County Health District has distributed nearly 70 locking medication bags and boxes throughout Grant County. If you need or want locking bags/boxes and/or safe storage tips, please reach out to Reece Leavitt at rleavitt@granthealth.org

2021 WA State Healthy Youth Survey



HYS data shows that many youth in WA State report obtaining cannabis in the home. By taking steps to keep legalized cannabis secure we can help prevent youth exposure and misuse of cannabis.

According to a publication in the New England Journal of Medicine, hospitalizations due to child cannabis poisoning increased following the legalization of cannabis. The utilization of locking boxes and/or bags can help reduce the chances of a young person accessing cannabis within the home and reduce the risk of accidental ingestion.

[READ MORE](#) »

YOU'RE THEIR HEROES

You keep kids safe.

Kids can't tell when food or drinks include THC. You can protect them from accidental ingestion.

SECURE YOUR CANNABIS

Learn more at bit.ly/secureyourcannabis

SECONDHAND SMOKE

Secondhand smoke exposure occurs when someone breathes in smoke breathed out by those who smoke or from burning tobacco products

Most individuals are exposed to secondhand smoke in their homes or places of work.

The only way to fully protect people from secondhand smoke exposure is to eliminate smoke.

There is NO safe level of exposure to secondhand smoke (SHS). SHS can cause stroke, lung cancer, and coronary heart disease in adults who do not smoke. Children exposed to SHS are at increased risk of sudden infant death syndrome (SIDS), pneumonia, middle ear disease, asthma, slowed lung growth, bronchitis, etc.

Quitline:

1-800-QUIT-NOW

Hidden in Plain Sight

The Okanogan County Community Coalition hosted a Hidden in Plain Sight (HIPS) event in Brewster, WA. The event was presented in Spanish and drew in 103 attendees.

Chemicals and Toxins in Commercial Tobacco Smoke



Toluene

Used in paint thinners



Cadmium

Used in making batteries



Hydrogen Cyanide

Used in chemical weapons



Benzene

Found in gasoline



Butane

Used in lighter fluid



Ammonia

Used in household cleaner

There are more than 7,000 chemicals in commercial tobacco smoke.

DRUG DEBRIEF

WHAT IS KRATOM?

Kratom is a tropical tree native to Southeast Asia. Ingestion of its leaves can produce both stimulant-like effects (in low doses) and sedative-like effects (in higher doses), and may lead to psychotic symptoms, and psychological and physiological dependence.

Kratom leaves contain two psychoactive ingredients (mitragynine and 7-hydroxymitragynine). There is concern that these components may activate the same receptors in the brain that drugs with known addictive properties act.

Other Concerns

Kratom products have been shown to contain high levels of heavy metals, bacteria, and other contaminants.



How Is Kratom Misused?

Kratom is mostly misused by oral ingestion in the form of a tablet, capsule, or extract.



What Does Kratom Do To The Body?

Kratom's effects on the body can include nausea, itching, sweating, dry mouth, constipation, increased urination, increased heart rate, vomiting, drowsiness, weight loss, seizures, hallucinations, etc.

Is Kratom Legal?

Kratom is NOT controlled under the Controlled Substances Act, but some states may have regulations and/or prohibitions against the possession and use of kratom.

Kratom has NOT been approved by the FDA for any medical use, and has been listed by the DEA as a Drug and Chemical of Concern.



PREVENT MISUSE

Safety, Storage, and Disposal Tips For Everyone



Prescription and over the counter medications can be both helpful and harmful. By keeping medications out of the wrong hands and ensuring that they are used correctly, we can help keep everyone safe from accidental ingestion and medication misuse.

What is Medication Misuse?

- Taking someone else's medication
- Taking too much of a medication
- Not taking prescribed medication
- Using medication any other way that how it is intended to be used

WHAT YOU CAN DO

- Talk - Talk to the youth in your life about the dangers of medication misuse.
- Lock Meds Up - The safest medications are secured medications.
- Take Note - Monitor the number of pills or doses remaining of the medications in your home.
- Dispose - Safely dispose of expired , unneeded, or unwanted medications at drug take back days, mail-back programs, disposal sites, etc.
- Be prepared in case of an emergency - **Poison Control: 800-222-1222**

For more information regarding safe medication storage and disposal please reach out. Local coalitions, police departments, health departments, and pharmacies are great resources who are ready to help.



Resources & Opportunities

Teens Care Too Summit

When: April 11, 2023

When: 10 AM – 3 PM

Where: ESD 112 – 2500 NE 65th AVE. Vancouver, WA.

Contact: Christopher Belisle – christopher.belisle@esd112.org

Description: Prevent Coalition has hired the CADCA Youth Leadership Program to go to Vancouver and deliver a youth-led and youth-focused youth summit. This summit will provide an opportunity to learn more about advocacy, policy change, mental health, prevention science, peer education, and more.

Hosted by: [Prevent Coalition](#)

Language Matters: Challenging Stigmatization Language About Addiction

When: February 14, 2023

When: 10 AM – 11:30 AM

Where: Webinar [Register](#)

Description: Research has shown that the words that are used to describe SUDs and recovery have a significant impact on those struggling and how they are treated. Attend this webinar to learn more about addiction as a medical condition, the importance of person-first language, and how stigma can play a role in keeping individuals from seeking support.

Hosted by: [Central East PTTC](#)

How to Facilitate the "Perfect" Presentation

When: February 15, 2023

When: 10 AM – 1 PM

Where: Webinar [Register](#)

Description: Discuss the importance of setting group norms and expectations to create presentations that will benefit all learning styles, identify instructional design theories, etc.

Hosted by: [Southeast PTTC](#)



Resources & Opportunities

Considering Diversity, Equity, and Inclusion in Preventing Substance Use and Misuse

When: February 15, 2023

Hosted by: DEA

When: 11 AM – 12:15 PM

Where: Virtual – Registration not required, to access, visit [here](#) at the time of the event

Description: Join the DEA for an engaging discussion about the importance of cultural competence and humility in preventing substance use and misuse. This webinar will feature panelists from state government, higher education, community-based prevention, and the DEA.

Cannabis Pharmacology for Substance Misuse Prevention Professionals

When: Self-Paced

Hosted by: PTTC

Where: Online [Register](#)

Description: A 4.5 hour self-paced course that provides information related to the effects of cannabis use, impact of cannabis use on the adolescent brain, and cannabis pharmacology.

The Social Determinants of Health

When: Self-Paced

Hosted by: PTTC

Where: Online [Register](#)

Description: The Social Determinants of Health (SDOH) are the aspects of life that influence a person's health and risk of engaging in problematic behaviors. This 3 hour self-paced course will provide an overview of the SDOH and examine the influence they have on substance use.



Click logo to access resource

Find support in assessing community needs and resources, addressing social determinants of health, engaging stakeholders, action planning, building leadership, improving cultural competency, planning, evaluation, and sustainability.



Resources & Opportunities

Vaping and Marijuana: What Caregivers Must Know

When: April 25, 2023

When: 10 AM–11:30 AM

Hosted by: [Operation Parent](#)

Where: Virtual [Register Here](#)

Description: Explore vaping, flavor restrictions, federal regulations, and THC products sold at gas stations. Learn how caregivers can help keep teens and young adults safe and healthy.



Operation Parent

Check out some FREE past and upcoming webinars from Operation Parent. OP is an online resource for parents and caregivers to learn more about issues such as vaping, anxiety, opioids, social media, etc.

[Click logo to access resource](#)



A Call for Support

The Grant County Health District is looking for support as efforts to provide education, skills, and opportunities to strengthen youth empowerment in our region begin. We are in search of schools, youth-led groups, and peer-to-peer programs that are seeking training on decision-maker engagement and peer-to-peer education related to cannabis and commercial tobacco use.

If you would like to be involved, or simply offer insight, please reach out to Kayla Isaacson at kisaacson@granthealth.org and Reece Leavitt at rlavitt@granthealth.org