

YCCTPP NEWSLETTER

North Central YCCTPP News and Updates



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What is YCCTPP?

Washington's 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 subcontractors and community partners regarding community, county, and regional prevention efforts.

MENTHOL

The chemical compound menthol makes cigarettes easier to smoke and harder to quit

Menthol creates a cooling effect, reduces the harshness of cigarette smoke, and suppresses coughing.

27%

of high school students who used flavored e-cigarettes vaped menthol in 2022

37%

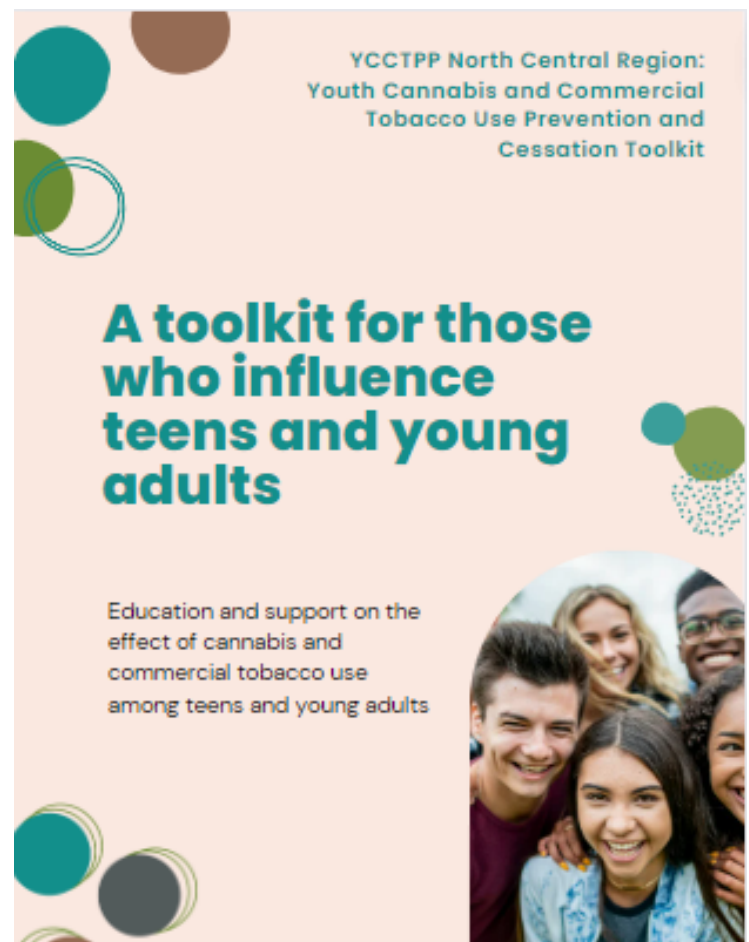
37% of the cigarette market in 2020 was mentol

YCCTPP Toolkit

The North Central Region YCCTPP toolkit is complete! The toolkit was created with caregivers and those who influence young adults in mind. The toolkit strives to provide education and raise awareness about the effects of cannabis and commercial tobacco use among teens and young adults.

The toolkit is currently available in both English and Spanish.

If you have questions or comments regarding the toolkit please reach out to Kayla Isaacson at kisaacson@granthealth.org OR Reece Leavitt at rleavitt@granthealth.org



Thank you to everyone who offered support, input, and guidance as GHCD worked to put this resource together. Your efforts are greatly valued.

UPDATES & ACCOMPLISHMENTS



Mental Health and Substance Use - Okanogan County, WA.

On January 9th, 2023, the Okanogan County Community Coalition in partnership with Omak High School hosted Dr. Jason Kilmer from the University of WA.

Dr. Kilmer presented to Omak High School teachers and staff and 35 community members.

A copy of Dr. Kilmer's Presentation can be found on OCCC's [page](#)


To learn more about Dr. Kilmer, his knowledge, and his availability, please visit his page [www](#)

To learn more about the event that took place in Omak, please reach out to Stacey Okland at stacey@okcommunity.org

Okanogan County Community Coalition in partnership with Omak High School presents Dr. Jason Kilmer

January 9, 2023
2:30 - 3:30 p.m.

VIA ZOOM
MEETING ID: 219 557 1494
PASSCODE: 010923





Dr. Jason Kilmer, Ph.D.
Associate Professor,
Psychiatry & Behavioral Sciences
University of WA School of Medicine
Adjunct Associate Professor, Psychology
University of WA

**Mental Health & Substance Use:
Lessons from Psychology Research**

- Does alcohol really make people more talkative?
- Does the ability to "hold your liquor" disappear in a new setting?
- How does alcohol and cannabis affect sleep?
- How can substance use increase risk for suicide?

Hear about the answers to these questions as we look at lessons learned from psychology research (from Pavlov to placebos!) plus implications for teachers and parents.



O K A N O G A N
COUNTY COMMUNITY
COALITION

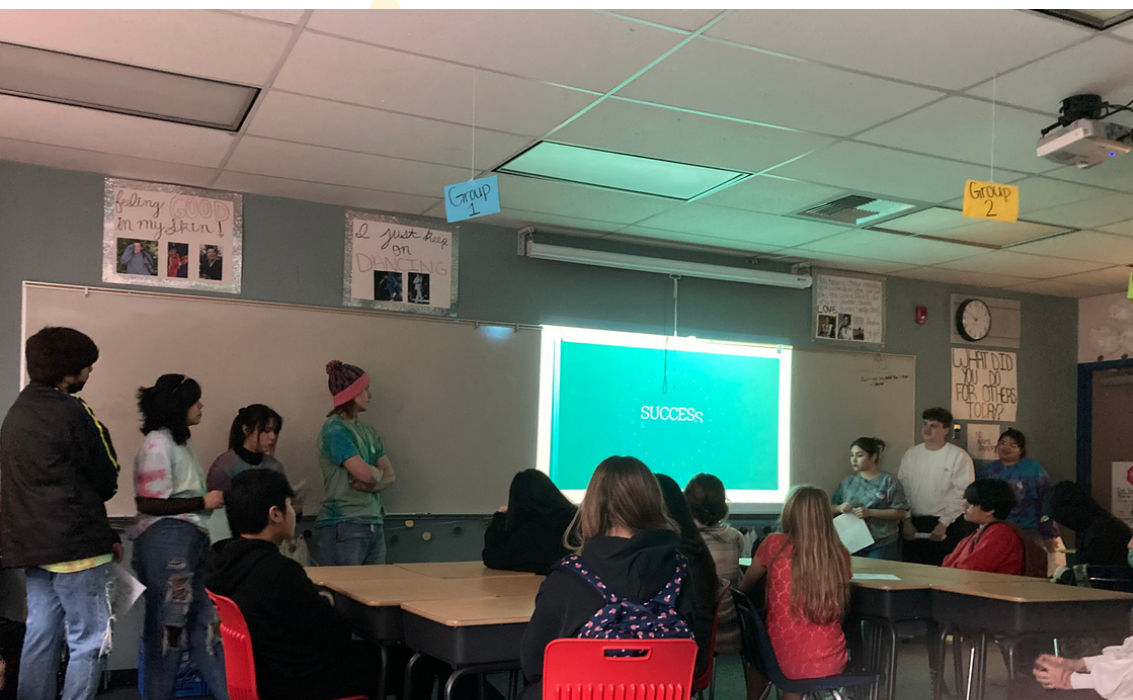
Washington State Department of
Health

For more information contact
Stacey Okland occcstacey@yahoo.com 509-322-8431



Vaping Prevention in Omak

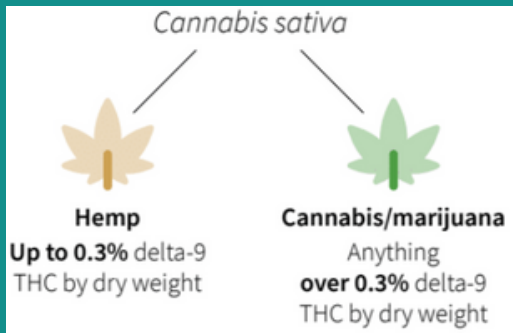
On January 18, 2023, the Teaching Everyone Awareness (TEA) Club, an Omak High School Prevention Club, shared an anti-vaping message with Omak Middle School 7th grade classes. This is the fourth year that the youth in Omak have presented the health concerns of vaping to the middle school. TEA Club youth will be submitting their vaping presentation at the 2023 Spring Youth Forum (SYF).



For more information regarding the TEA Club - please reach out to Stacey Okland of the Okanogan County Community Coalition at stacey@okcommunity.org

HEMP-DERIVED SYNTHETIC CANNABINOIDS

"Hemp" refers to certain types of cannabis and cannabis-derived products. Both cannabis and hemp refer to the same plant - *Cannabis sativa*. The difference between cannabis and hemp is the amount of THC they contain by weight.



Intoxicating hemp products are currently being sold at places such as convenience stores and online retailers - often in packaging that is not required to indicate their intoxicating effects.

In 2021, approximately 40% of reported exposure cases to hemp-derived synthetic cannabinoid delta-8 THC involved pediatric patients.



Stanford Medicine

Locking Bags/Boxes

100 + locking medication bags and boxes have been distributed throughout the North Central Region.

Locking storage bags and boxes are a great way to safely store cannabis, nicotine, etc. Safe storage means keeping potentially dangerous items and substances out of the wrong hands.

If you need or want locking bags/boxes and/or safe storage tips, please reach out to your local YCCTPP contact.



How are these products regulated?

	🌿 Hemp and hemp products	🌿 Cannabis and cannabis products
Description	Products containing hemp-derived synthetic cannabinoids. Contain less than 0.3% delta-9 THC.	Found in licensed retail stores. Contain greater than 0.3% delta-9 THC.
State regulatory authority	Department of Agriculture (WSDA)	Liquor and Cannabis Board (LCB); WSDA and Department of Health for food processing establishment and retail food code, respectively
Age of sale restriction	None	Limited to 21+
Concentration and serving size	No concentration limit for serving size or container	Infused edibles limited to 10 mg/serving, 100 mg container
Packaging and labeling	Minimum labeling standards	Packaging and labeling rules; approval required
Taxation	Subject to sales tax	37% excise tax plus sales tax

WA State HCA

GOING SMOKE-FREE MATTERS

There is no safe amount of secondhand smoke exposure. The home is the main place many children and adults breathe in secondhand smoke.

In the United States, about 58 million (1 in 4) nonsmokers are exposed to secondhand smoke.



About 2 in 5 children are exposed to secondhand smoke.

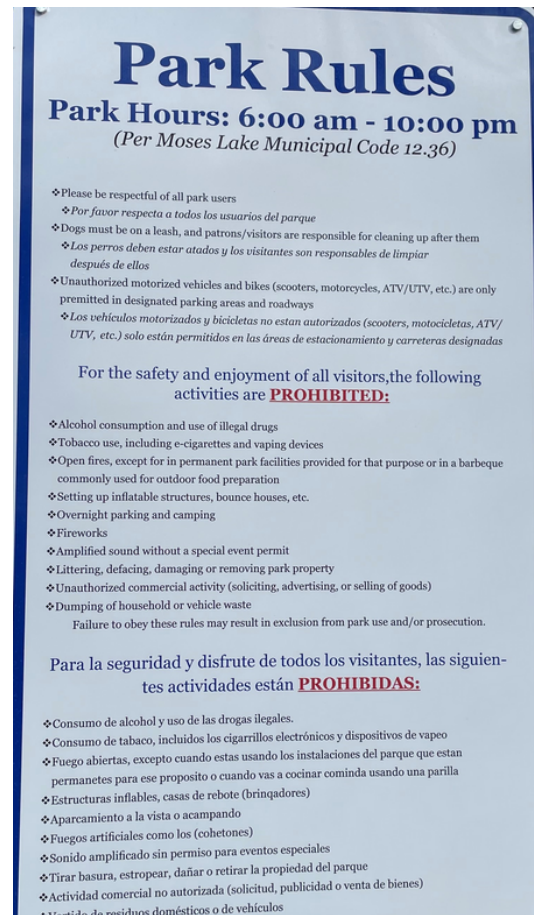


Secondhand smoke can travel through doorways, cracks in walls, electrical lines, ventilation systems, and plumbing.

Only 100% smokefree indoor air fully protects from secondhand smoke exposure.

Park Surveys

Park surveys related to current and needed signage are underway around Grant County. The YCCTPP program intends to identify parks that currently have signage related to smoke and vape-free spaces, and those that need new or enhanced signage. Health educators in the YCCTPP program at GCHD have completed 20 park surveys across the county and have found that the majority of parks, 85%, lack clear signage regarding not smoking or vaping in the parks. Having clear and easy to understand signage reinforces positive social norms for youth.



If you know of a park in your community that you believe needs new or enhanced signage, please reach out to the Kayla Isaacson at kisaacson@granthealth.org OR Reece Leavitt at rleavitt@granthealth.org



QUITTING TOBACCO

CURRENT PARTNERS IN WA STATE

RVO Health

- Provides phone Quitline services
- Nicotine Replacement Therapy (NRT)
- Needs-based programming

2Morrow Health - Smartphone App

- Coaching via smartphone app
- Vaping program (13+)
- Smoking & tobacco program (18+) (also offered in Spanish)
- Pregnancy program

Cigarette smoking remains the leading cause of preventable death and disability in the United States. While Washington State has made progress in reducing the number of youth and adults who smoke, there are still opportunities to reach individuals who wish to quit (CDC, 2022).

WA State Quitline

Call

- 1-800-Quit-Now (1-800-784-8669)

Text

- Text READY to 34191

Online

- Chat, text, or group session option

Learn More

- quitnow.com

WA State Quitline: what to expect

- Welcome Kit
- Coaching Calls
- Chat with a coach
- Ongoing support
- Emails

Throughout:

- Web coach
- Unlimited inbound phone support
- Email support
- Quit guide
- Nicotine Replacement Therapy
- Text to Quit

2Morrow Health

- Free and anonymous
- Tailored programming
- Self-guided
- Spanish versions
- Support with dealing with unhelpful thoughts and urges caused by nicotine
- Access up to 14 core lessons
- [Find out more](#)

Other Resources

- [Create my Quit Plan](#)
- [Guide for Quitting Smoking](#)
- [Live Vape Free](#)
- [Nicotine Anonymous](#)
- [Smoke Free](#)
- [This is Quitting](#)

type in or scan to access online
resources.granthealth.org/tobacco/



DRUG DEBRIEF



WHAT IS FENTANYL ?

Fentanyl is a potent synthetic opioid drug approved by the FDA for use as a pain reliever and anesthetic.

OTHER NAMES

Apache, China Girl, China Town, Dance Fever, Friend, Goodfellas, Great Bear, He-Man, Jackpot, King Ivory, Murder 8, and Tango and Cash.

Effects on the Body

Relaxation, euphoria, pain relief, sedation, confusion, dizziness, nausea, vomiting, respiratory depression, etc.

OVERDOSE EFFECTS

Effects can include; stupor, changes in pupillary size, cold and clammy skin, cyanosis, coma, and respiratory failure.

The presence of a triad of symptoms are strongly suggestive of opioid poisoning.

Resource(s): [DEA](#)



How Is Fentanyl Misused?

Fentanyl can be injected, snorted, smoked, taken orally, and spiked onto blotter paper.

Illicitly produced fentanyl is sold alone or in combination with heroin and other substances, mimicking pharmaceutical drugs such as oxycodone.

Fentanyl patches are abused by removing its gel contents and then injecting or ingesting the contents. Patches have also been frozen, cut into pieces, and placed under the tongue or in the cheek cavity.

Fentanyl is about 100 times more potent than morphine and 50 times more potent than heroin as a pain reliever.

Fentanyl's Legal Status

Fentanyl is a schedule II narcotic under the US Controlled Substances Act of 1970.

Schedule II drugs:

- have a high potential for abuse
- have a currently accepted medical use in the US with restrictions
- Have high risk for severe psychological or physical dependence when used



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

ELEVATE Youth Prevention Forum

Hosted by: Prevent Coalition

When: April 11, 2023

When: 10 AM – 3 PM

Where: ESD 112 Conference Center

Contact: logan.morrow@esd.112 – for questions and registration

Description: This event, hosted by Prevent Coalition, seeks to elevate youth and help them feel empowered to engage in prevention work in their communities. CADCA trainers will present tools and key essentials for youth doing prevention work.

Youth and Adult Partnerships for Positive Community Change

When: April 19, 2023

When: 9 AM – 12:00 PM

Hosted by: Rede Group

Where: Webinar [Register](#)

Description: Learn about the fundamentals of youth development and building equitable youth and adult partnerships. This webinar has a cannabis focus.

Tribal Public Health Conference 2023

When: April 11, 2023 – April 13, 2023

Hosted by: the Choctaw Casino and Resort

Where: Durant, OK [Register](#)

Description: Track topics include: cultural/traditional knowledge and practices, mental wellness, youth wellness, general health and wellness, epidemiology, COVID-19, prevention, policy and advocacy, oral health, behavioral health, etc.



Resources & Opportunities

Engaging Young Adults in Prevention Planning and Implementation

Hosted by: Great Lakes PTTC

When: April 12, 2023

When: 8:00 AM PST

Where: Virtual – [Register](#)

National Indian Health Board 2023 National Tribal Health Conference and Public Health Summit

When: May 1, 2023 – May 5, 2023

Where: Anchorage, Alaska [Register](#)

Description: This event will showcase the interconnectedness of policy, advocacy, and Indian health best practices while still offering great content and educational networking opportunities

Tobacco Prevention: The Future of Best and Promising Practices

When: May 8, 2023 – May 10, 2023

Where: Virtual [Register](#)

Description: This national conference features emerging topics in commercial tobacco prevention.

2023 WA Mentoring Conference

When: May 10, 2023 – May 11, 2023

Where: Virtual [Register](#)

Description: Hope Science and Wellness specifically aimed at mentoring and youth development professionals across WA State.



Resources & Opportunities

Youth Mental Health First Aid

When: April 11, 2023

When: 8:00 AM (CT)

Where: Virtual - [Register](#)

Hosted by: South
Southwest MHTTC

Description: Youth Mental Health First Aid is an evidence-based training program that teaches you how to identify, understand, and respond to signs of mental health and substance use challenges.

Cannabis Pharmacology for Substance Misuse Prevention Professionals

When: Self-Paced

Where: Online [Register](#)

Hosted by: PTTC

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

Where: Online [Register](#)

Hosted by: PTTC

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.

Youth Mental Health First Aid with Michelle Brode

When: May 16, 2023 – May 23, 2023

When: 9 AM – 12PM PST

Where: Virtual [Register Here](#)

Description: This 2-day course equips adults with the skills to recognize and respond to an adolescent who may be experiencing a mental health problem or crisis situation.

What Does and Does Not Work in Prevention

When: May 17, 2023

When: 1:00 PM PST

Where: Virtual [Register Here](#)

Quitline:

Call: 1-800-QUIT-NOW

Text: 34191

WHO IS THE NORTH CENTRAL YCCTPP?

