

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.

CHEMICALS IN TOBACCO SMOKE

Tobacco smoke contains a deadly mix of more than 7,000 chemicals. Hundreds are toxic, and about 70 are known to be cancer-causing.

Cancer-Causing Chemicals

- **Formaldehyde:** used to embalm dead bodies
- **Benzene:** found in gasoline
- **Polonium 210:** radioactive and very toxic

Toxic Metals

- **Chromium**
- **Arsenic**
- **Lead**
- **Cadmium**

Poisonous Gases

- **Carbon Monoxide**
- **Hydrogen Cyanide**
- **Ammonia**
- **Butane**
- **Toluene**

Program Spotlight: Hidden in Plain Sight

Hidden in Plain Sight has been a popular workshop and training around the North Central Region.

Background: Hidden in Plain Sight (HIPS) is a workshop and training for adults who are at least 21 years of age. The event begins with a walkthrough of a mock teenage bedroom that contains many indicators of problematic and risky behaviors. Participants are able to walk through and see what they are able to identify and ask questions as needed. Many items look like everyday "normal" safe things, and they are designed that way to be discreet. The walkthrough of the bedroom is followed up with a presentation related to what was seen the room, substances most used by youth locally, local data, risk and protective factors that often contribute to youth use of or refusal of substances, and how to start conversations with youth that often feel scary as a parent or caregiver, and much more.



HIDDEN IN PLAIN SIGHT

Some of the facts and stats shared at a HIPs workshop in Quincy, WA. included:

Nicotine is the number one drug violation in schools across WA state. Why? Vapor products.

Withdrawal can set in only 20 minutes after the stopping of nicotine use.

About 75% of DUIs in WA State are polysubstance (the individual has more than one substance in their body), about 50% of them involve cannabis.

Pipes, flasks, and items with messaging related to substance use can be found in stores like Claire's, Icing, Ross Dress for Less, etc. These items are extremely available to youth.

Program Spotlight: Hidden in Plain Sight



Some items are obvious, some items contain pro substance use messaging, some items are used to conceal cans, bongs, etc. (the teddy bear opens in the bottom to fit over a can), the flower looking mug is a pipe, the lotion is hemp and may contain some THC, the chip container contains a can, there is a tube from a beer bong. **03**

EFFECTS OF CANNABIS USE

There is no safe level of drug use. Use of any drug always comes with some risk.

Cannabis affects every individual differently. Even the same person may have different experiences on separate occasions or over their lifetime.

Some cannabis users report feelings of relaxation and euphoria while others report anxiety and paranoia.

Effects of cannabis use may include:

- Feelings of relaxation
- Feelings of euphoria
- Spontaneous laughter
- Increased sociability
- Increased appetite
- Dry mouth
- Memory impairment
- Slower reflexes
- Bloodshot eyes
- Increased heart rate
- Dependence on cannabis
- Bronchitis

This list is NOT all-inclusive



Stanford Medicine

Locking Bags/Boxes

Hundreds of locking medication bags and boxes have been distributed throughout the North Central Region.

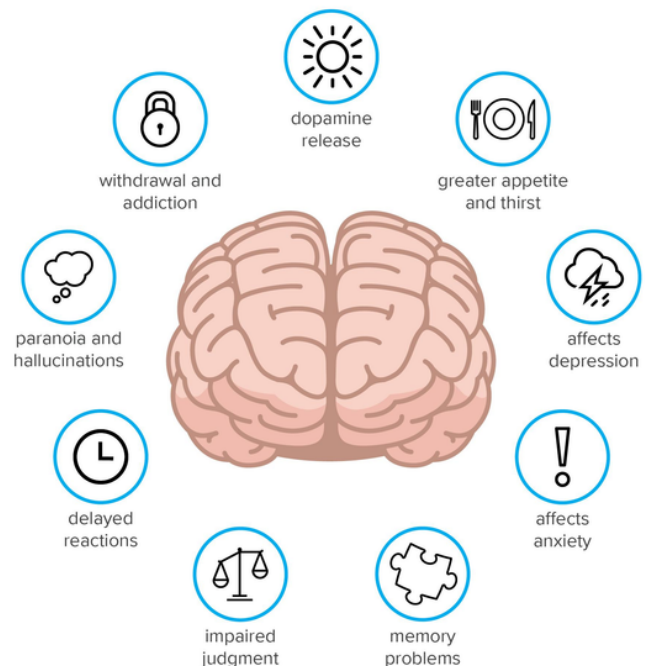
Locking storage bags and boxes are a great way to safely store cannabis, nicotine, etc. Safe storage means keeping potentially dangerous items and substances out of the wrong hands.

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



MEDICALNEWS TODAY

Effects on the Brain Marijuana



PARK SIGNAGE IN GRANT COUNTY

OVERVIEW

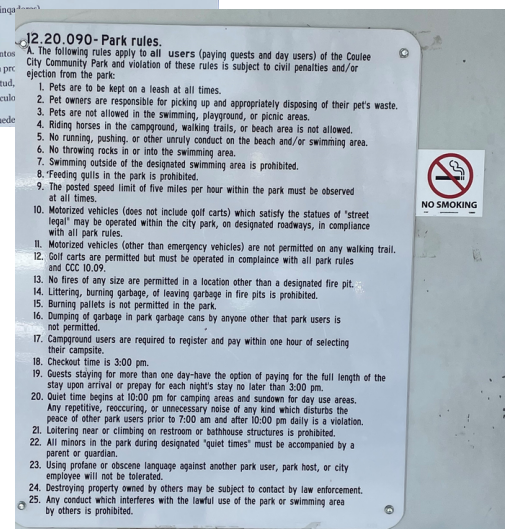
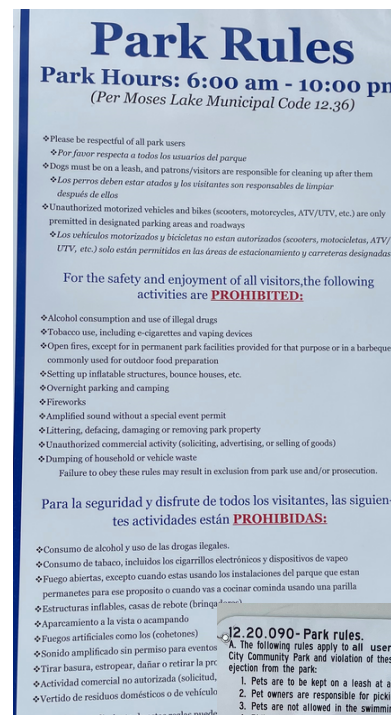
Part of the NCW YCCTPP work plan is working to identify parks that do not have signage related to smoke and vape-free spaces and need new or enhanced signage. Many parks have inadequate signage or none at all.

RESULTS FROM THE SURVEY

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. Some of the parks had signs with all listed rules which included no smoking or vaping but can be easily missed by the public.

WHY DOES IT MATTER?

Along with lowering the risk of secondhand smoke for both youth and adults, having clear and easy to understand signage reinforces the positive social norm that it is not acceptable to smoke/vape in public parks.



UPDATES & ACCOMPLISHMENTS



Campaign Promotion - Okanogan County, WA.



The Okanogan County Community Coalition has been promoting the WA State Quitline and Under the Influence of You campaign around Omak, WA.

If you are in Omak, WA. and looking to see them in person, visit Okoma and Riverside Drives.

To learn more about OCCC's process of promotion via billboard, please reach out.





Vaping Prevention in Quincy

On April 27th Grant County Health District (GCHD) Health Educators traveled to Quincy Middle School to support the Youth Action Interact (YAI) team in their efforts to educate their peers on the dangers of vapor product use.

In total, the group presented to six 7th grade health classes.

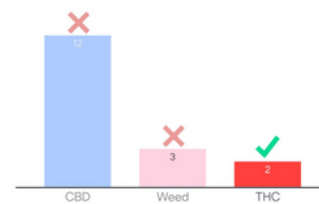


What Vapor Products Can Look Like

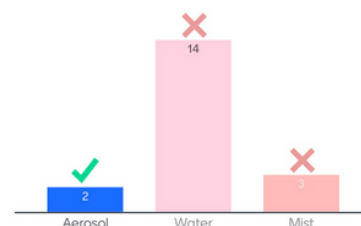


Data collected indicated that efforts need to be increased to educate youth about substances, vaping, and associated health impacts.

Which is the psychoactive (mind altering) chemical in cannabis?



Vapes produce ____ by heating a liquid solution



Health Effects of Vaping



Policy, Systems, and Environmental Change

Health is about more than the individual, and the choices that they do or don't make. Interpersonal dynamics as well as organizational, community, and public policies are very important in determining the behaviors of individuals and their exposures to risk (IOM, 2002).

WHAT IS PSE?

Policy, Systems, and Environmental Change is a way of making sustainable changes within a community and empowering individuals to make low-risk choices by making healthy choices, practical choices.

WE CAN'T MAKE HEALTHY CHOICES IF THOSE HEALTHY CHOICES AREN'T AVAILABLE TO US.

A Programs Approach



Hosting a community bike ride



Having an "open gym night" at a local school



Working with a corner store to become a designated Healthy Market



Opening and maintaining a community garden

VS.

A PSE Change Approach



Implementing a Complete Streets policy to ensure community roads are designed to be safe and accessible for all users



Implementing a town-wide Joint Use Agreement enabling community members to have access to the school's gym and fields when school is not in session



Creating a city-wide healthy retail program that supports food retailers to offer a variety of products and fresh, affordable healthy foods



Passing a municipal urban agriculture ordinance or policy which allows residents to use space for community gardens

About PSE



POLICY CHANGE

Passing laws, ordinances, resolutions, regulations, rules, etc. Government bodies, healthcare organizations, worksites, schools, jails, and more, all make policies. Policies greatly influence daily decisions we make about our health.

SYSTEMS CHANGE

Changes made to the policies, processes, and power structures that determine how resources and services are to be distributed. Systems change and policy change often work hand-in-hand.



ENVIRONMENTAL CHANGE

The physical transformation of the environment. Can be as simple as installing bike path signage or as complex as sidewalk installation. Environmental change creates the most lasting and positively impactful change when paired with sustainable systems and policy improvements.

DRUG DEBRIEF



WHAT IS HEROIN ?

Heroin is a highly addictive drug and it is a rapidly acting opioid.

OTHER NAMES

Big H, Black Tar, Chiva, Hell Dust, Horse, Negra, Smack, and Thunder

What is its Origin?

Heroin is processed from morphine, a naturally occurring substance extracted from the seed pod of some poppy plants.

Heroin is available in the US in several forms, primarily white powder from Mexico, and to a lesser extent, "black tar".



How Is Heroin Misused?

Heroin can be injected, smoked, or sniffed/snorted. High purity heroin is usually snorted or smoked.

Heroin's Effect on the Body

Heroin is highly addictive and has an initial surge of euphoria or, "rush", followed by a twilight state of sleep and wakefulness. Physical symptoms of use can include: drowsiness, respiratory depression, constricted pupils, nausea, a warm flushing of the skin, dry mouth, and heavy extremities.

Which Drugs Cause Similar Effects?

Other opioids such as OxyContin, Vicodin, codeine, morphine, methadone, and fentanyl.

OVERDOSE EFFECTS

Because heroin users do not know the actual strength of the drug or its true contents, they are at a high risk of overdose or death.

Slow and shallow breathing, blue lips and fingernails, clammy skin, convulsions, coma, and possible death.

Heroin's Legal Status

Heroin is a schedule I narcotic under the US Controlled Substances Act of 1970.

Schedule I drugs:

- have a high potential for abuse
- have no currently accepted medical use in treatment in the US
- 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

A Beginner's Guide to Qualitative Data

Where: On-Demand Visit [here](#) to see videos, handouts, worksheets, and much more!

Description: Get answers to questions like: what is qualitative data? how do I use qualitative data? What are the benefits of qualitative data? How do I collect qualitative data? This event was hosted by the Prevent Coalition and Clark County Public Health.

Become a Trusted Adult

When: June 20th

When: 9 AM – 5 PM

Where: ESD 112 Conference Center, Vancouver, WA.

Registration: Registration is currently still being developed – reach out to Joy Lyons at ESD 112 for more information – joy.lyons@esd112.org

Description: "Become a Trusted Adult" is a training that prepares adults to understand their roles as models of social and emotional health, anticipate the mental health needs of youth and understand how to engage with youth skillfully. This training will be valuable for professionals who work with youth, but also parents and caregivers.

Resource(s): [Calm and Connected Toolkit](#)

Guiding Good Choices Training

When: June 26, 2023 – June 30, 2023

Hosted by: [WSU Extension](#)

Where: Virtual [Register](#)

Contact: Kayla Wells-Yoakum – kayla.wells@wsu.edu

Description: FREE. Limited to the first 16 participants. Training participants MUST purchase a Membership Subscription to the Guiding Good Choices Workshop Leader Guide License prior to the training. Visit [here](#) for more information on purchasing materials.



Resources & Opportunities

The 2023 Montana Summer Institute

When: June 20–23, 2023

Where: In-person at the Big Sky Resort in Big Sky, MT, OR virtually.

Register: [Register](#)

Description: The Paradox of the Positive: preventing harm by promoting health.

CADCA Mid-Year

When: July 16, 2023 – July 20, 2023

Where: Dallas, Texas and virtually [Register](#)

Description: Training from experts on new information, prevention tools, and strategies. There are also youth tracts available as well. Network with thousands working in and passionate about the field of prevention.

National Prevention Network (NPN)

When: August 15, 2023 – August 17, 2023

Where: Birmingham, Alabama [Register](#)

Description: Learn about the latest research in the substance use prevention field. This forum is for prevention professionals, coalition leaders and members, researchers, legislators, etc.

PAVe Clear the Vapor Conference

When: October 24, 2023 – October 25, 2023

Where: Virtual [Register](#)

Description: This FREE webinar is PAVe's annual high-level and highly accessible youth vaping prevention and cessation event. Intended to provide an overview and a deep dive into all aspects of the vaping public health crisis.



Resources & Opportunities

Implementing Trauma-Informed Care in Primary Care- Settings

When: June 12, 2023

When: 11 AM – 12:30 PM (pst)

Where: Virtual – [Register](#)

Description: This session is offered as part of the community-based change through leadership initiatives series for providers serving AI and AN communities. This series discusses on-the-ground initiatives focusing on improving important aspects of Indigenous communities' well-being.

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

Modoc Ancestral Run: Transcending Trauma Through Connection

When: June 19, 2023

When: 11 AM (pst)

Where: Virtual [Register Here](#)

Investigating Monitoring the Future, What is Going on With the Data?

When: June 20, 2023

When: 12 PM – 1 PM PST

Where: Virtual [Register Here](#)

Description: The Northwest PTTC is offering an on-the-spot conversation about some state and national data trends and what they are and are not telling us about teen substance use.

Region 10 Opioid Summit

When: July 19, 2023 – July 20, 2023

When: 1:00 PM PST

Where: Hybrid – Vancouver WA (virtual options available) [Register Here](#)

Description: The Region 10 Opioid Summit is an educational and networking event in the Pacific Northwest focusing on workforce development for those delivering Opioid Use Disorder prevention, intervention, treatment, and recovery services.

NAADAC NW Regional Conference on Indigenous Peoples

When: July 27, 2023 – July 29, 2023

Where: Seattle, WA. [Register Here](#)

Description: Visit the event site for information related to registration and pricing.



Resources & Opportunities

Icelandic Prevention Model (IPM) Training

When: June 13, 2023

When: 9 AM – 4 PM PST

Where: Moses Lake, WA [Register Here](#)

Description: The Grant County Health District (GCHD) is pleased to announce an in-person event at the Lasron Rec Center in Moses Lake, WA. focused on the Icelandic Prevention Model. The IPM is a multisectorial, community-based, collaborative system where researchers, policy makers, administrative leaders, and practitioners join forces to reduce the odds of adolescent substance use over time.

YCCTPP North Central Region:
Youth Cannabis and Commercial
Tobacco Use Prevention and
Cessation Toolkit

**A toolkit for those who
influence teens and
young adults**

Education, support, and resources about the
effects of cannabis and commercial tobacco
use among teens and young adults

Access and Download
the **free** resource online

[www.granthealth.org/
substance-prevention](http://www.granthealth.org/substance-prevention)

Scan the QR code with your smartphone's
camera and click the link that appears OR enter
the provided link into your internet browser.

Quitline:
Call: 1-800-QUIT-NOW
Text: 34191

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

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.net

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 Quitline](#)

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).

GCHD
509-766-7960 | Updated 2/28/2023

WHO IS THE NORTH CENTRAL YCCTPP?

