

# YCCTPP NEWSLETTER

North Central YCCTPP News and Updates



## CONTENTS

02 YCCTPP 2023-2024

03 Tobacco/Vape-Free  
Colleges and Universities

03 Parental Monitoring

04 Locking bags/boxes

05 PSE

07 Drug Debrief:  
Hydromorphone

08 Safety, Storage, and  
Disposal

09 Resources and  
Opportunities

13 Who is the North Central  
YCCTPP?

## What is The NCW 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 and strives to facilitate regular and effective communication between subcontractors and community partners regarding community, county, and regional prevention efforts.

## THIRDHAND SMOKE

**What is thirdhand smoke?** Thirdhand smoke is made up of the pollutants that settle indoors when tobacco is smoked.

**What are the chemicals in thirdhand smoke?** Nicotine, as well as cancer-causing substances such as formaldehyde and naphthalene are some of the chemicals found in thirdhand smoke.

**Thirdhand smoke poses a potential health hazard to nonsmokers – especially infants and young children.**

Thirdhand smoke can't be eliminated by airing out rooms, using fans, or confining smoke to certain areas.

**The only way to protect others from thirdhand smoke is to remove all forms of smoking from indoor areas, including inside vehicles.**

## NCW YCCTPP's 2023-2024 Fiscal Year: What to Expect

On July 1, 2023, Washington's YCCTPP commenced the new fiscal year. The fiscal year runs from July 1, 2023 – June 30, 2024.

### Network Priorities:

1. Increase access to safe storage resources and materials for cannabis and commercial tobacco products and paraphernalia.
2. Provide education, skills, and opportunities to prepare youth for peer-to-peer education and decision maker engagement.
3. Provide education and raise awareness on the effects of cannabis and commercial tobacco use.
4. Improve and increase the number of no smoking/vaping in public spaces signage.

### Network Strategies:

1. Promote education campaigns
2. Table at community and resource fairs
3. Increase professional development
4. Provide trainings
5. Deliver presentations
6. Promote youth substance use prevention toolkit
7. Collaborate with local, county, regional, and state organizations and key leaders
8. Data collection

## TOBACCO/VAPE-FREE COLLEGE CAMPUSES

With 99% of smokers starting before the age of 26, college campuses are critical to preventing young adults from starting tobacco use, aiding current smokers in quitting, and reducing secondhand smoke exposure for all.

Tobacco/vape-free policies are especially important for institutions that serve populations that are disproportionately affected by tobacco - including people in low-income communities, racial and ethnic minorities, LGBTQ+ individuals, military members, and those with mental illness.

Scientific evidence shows that nicotine in any form can worsen anxiety symptoms and amplify feelings of depression - as mental health becomes a more critical issue on college campuses.

## Accepting Applications: Truth Initiative Tobacco/Vape-Free College Program

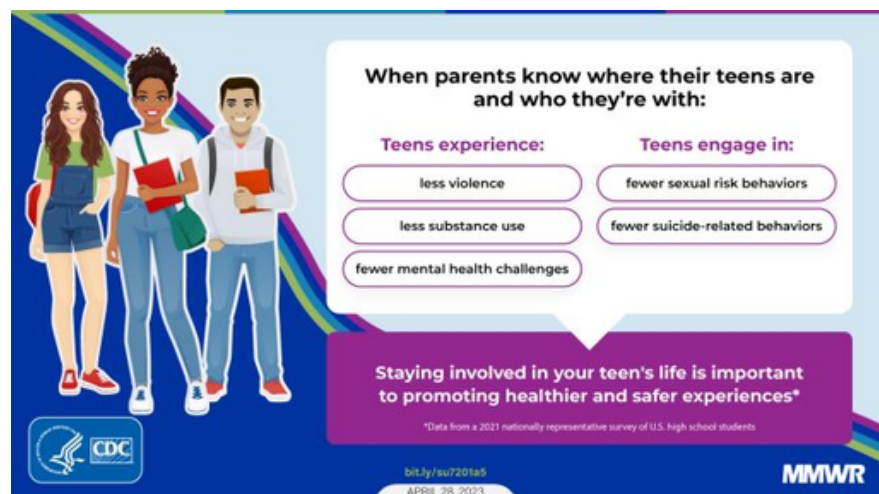
The Truth Initiative Tobacco/Vape-Free College Program is offering grants of up to \$20,000 to colleges and universities to support the adoption and implementation of a 100% tobacco/vape-free policy. To learn more visit [here](#). Please direct questions to Vera Kuma at [vkuma@truthinitiative.org](mailto:vkuma@truthinitiative.org).

## Parental Monitoring

Parents and caregivers play an important role in the promotion of healthy adolescent behaviors that can and do influence developmental trajectories and health outcomes.

Parental monitoring is an active, multidimensional process that includes setting boundaries and establishing an open exchange of information or knowledge related to a child's whereabouts, companions, and activities.

Read more about parental monitoring [here](#).



## CAN YOU OVERDOSE ON MARIJUANA?

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

The signs of using too much marijuana are similar to the typical effects of using marijuana, but more severe.

**These signs may include:**

- Extreme confusion
- Anxiety
- Paranoia
- Panic
- Fast heart rate
- Delusions or hallucinations
- Increased blood pressure
- Severe nausea or vomiting

**In some cases, the effects of marijuana use can lead to unintentional injury, such as a motor vehicle crash, fall, or poisoning.**

Using marijuana in combination with other substances may result in greater impairment and may increase risk of overdose.

## Locking Bags/Boxes

The North Central YCCTPP network continues to partner with organizations in our region to provide lockboxes to locals. Okanogan county Community Coalition provided 299 lockboxes to 19 different organizations.

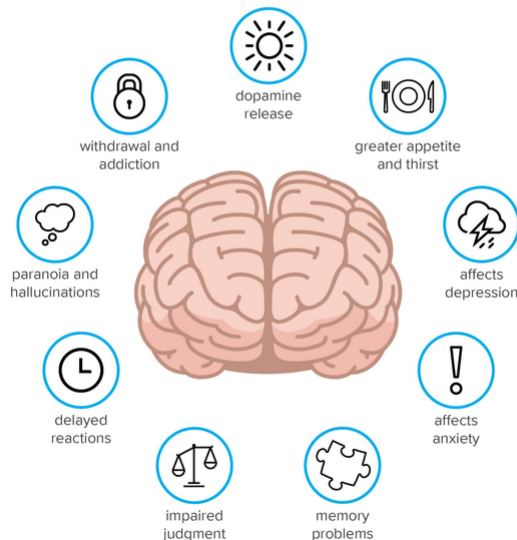
Together For Youth has had success in Chelan and Douglas counties providing lockboxes at retailers and is working to distribute lockboxes and locking bags at local WIC offices

The Grant County Health District is partnering with Moses Lake Community Health Center to distribute lock boxes to patients there.



MEDICALNewsTODAY

### Effects on the Brain Marijuana



Stanford Medicine



# Policy, Systems, and Environmental Change

Systematic intervention can produce long-term and sustainable improvements in population health. PSE change supports the improved health and well-being of individuals and families through a comprehensive and practical approach. PSE change can be used as a way to leverage community, legislative, and organizational action to bring about positive change in the physical environment. Resource: [PSE Resource Guide](#)

## 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 ACCESSIBLE TO US.**

PSE change involves identifying existing policies and other systems that have the need and potential to be changed in an attempt to improve the health of a community. Individual behavior often plays an important role in making PSE change, as individuals must be made aware of the changes and encouraged and supported to do things differently.

Successful PSE strategies are evidence-based, multi-sectoral collaborations that create easy and realistic options for every member of the community.

To achieve faster change and create healthier communities and individuals we must:

- Strengthen capacity and develop local leadership and ownership
- Increase collaboration between sectors, partners, and stakeholders to facilitate community-wide approaches to health, focusing on communities' needs and values
- Develop and strengthen partnerships with government, businesses, and other organizations
- Address the social impacts on health and work to reduce the underlying causes of negative health outcomes
- Create measures to monitor progress in improving health outcomes while holding public and private actors accountable for results
- Empower communities and neighborhoods
- Educate partners and stakeholders
- Build on cultural assets
- Share data

# BENEFITS OF THE PSE APPROACH



Research has shown that community involvement affects not only the incidence of illness, but long-term health improvements as well. Systematic changes that occur at multiple levels in a community support more consistent long-term health improvements. (Association of Ontario Health Centres, 2006; Morgan & Lifshay, 2006).

Community engagement can also help to identify community leaders who can offer a hand in successful PSE implementation.

On July 12, 2023, Health Educators from the Grant County Health District had the opportunity to attend an in-person town hall for Washington's 13th Legislative District. This was a great chance to gain insight into the priorities of local legislators. Moreover, the Health Educators supplied information, resources, and support concerning public health, YCCTPP, prevention science, and youth substance abuse prevention to the local leaders in attendance.

## Advantages

Unlike behavioral health programs targeting individual change, PSE takes a longer-term approach that seeks to generate sustained improvements in community health by targeting entire populations.

## Community Engagement

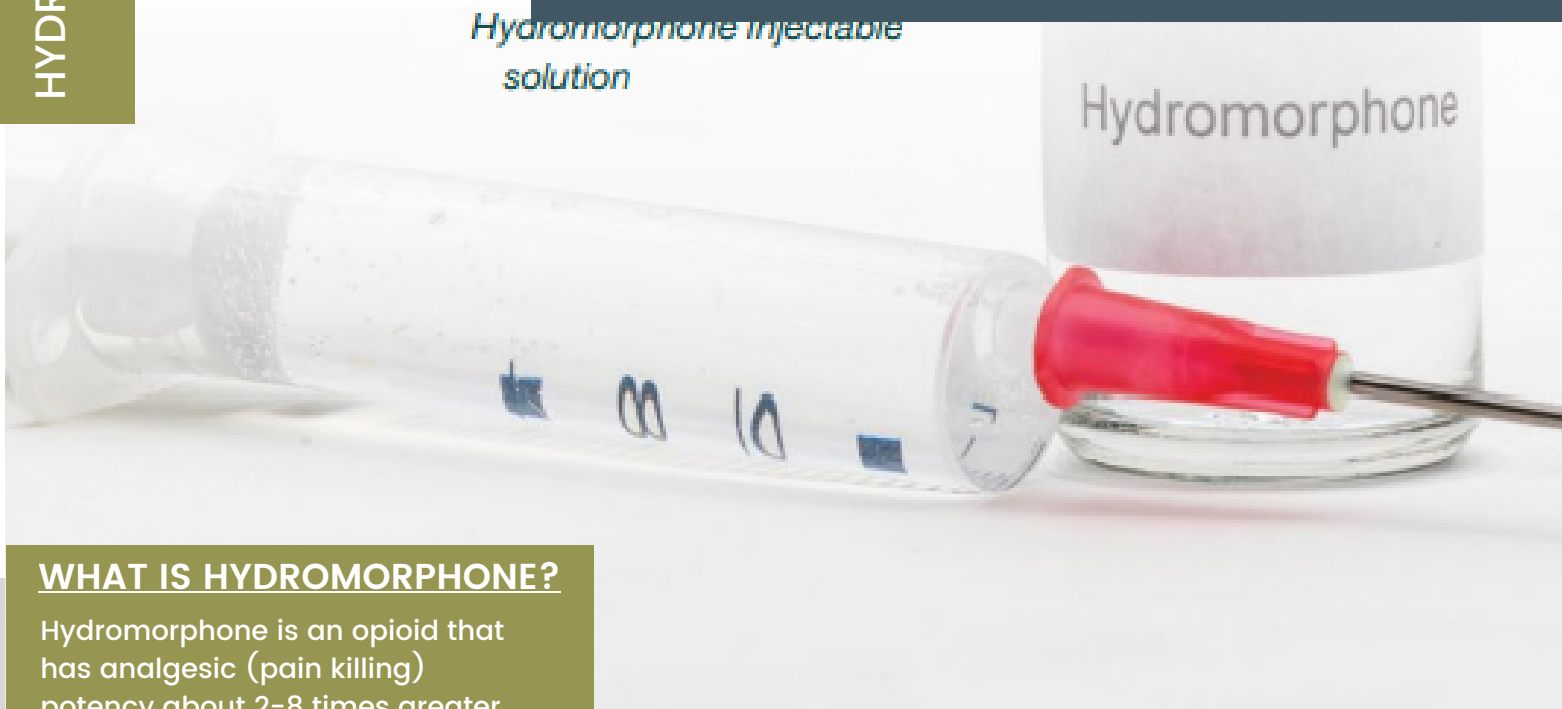
Community engagement means working collaboratively with and through other groups and organizations that are united in some way. This unity may look like geographic proximity, special interests, or similar situations.

Community engagement is ESSENTIAL. Engagement in turn, empowers communities to take part in the PSE process and become advocates of and for their own health.

Resource: [PSE Resource Guide](#)

# DRUG DEBRIEF

*Hydromorphone injectable solution*



## WHAT IS HYDROMORPHONE?

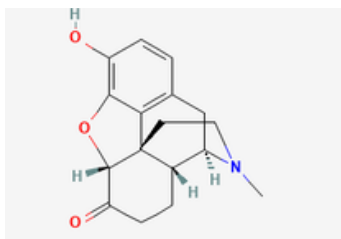
Hydromorphone is an opioid that has analgesic (pain killing) potency about 2-8 times greater than morphine and has a rapid onset of action.

## OTHER NAMES

D, Dillies, Dust, Footballs, Juice, and Smack.

## What is its Origin?

Hydromorphone is legally manufactured and distributed in the U.S.. However, users can and do obtain it from forged prescriptions, "doctor-shopping", theft, and from friends and acquaintances.



## How Is Hydromorphone Misused?

Tablets can be ingested, and injectable solutions, as well as tablets that have been crushed and dissolved may be injected as a substitute for heroin.

## Hydromorphone's Effect on the Body

Use and misuse may cause: constipation, urinary retention, vomiting, dizziness, rash, mental clouding, nervousness, restlessness, sedation, relaxation, impaired coordination, and loss of appetite.

Hydromorphone use has been associated with both physiological and psychological dependence.

## Which Drugs Cause Similar Effects?

Heroin, morphine, hydrocodone, fentanyl, and oxycodone.

## OVERDOSE EFFECTS

Acute overdose of hydromorphone can produce: severe respiratory depression, drowsiness progressing to stupor or coma, lack of skeletal muscle tone, cold & clammy skin, constricted pupils, and reduction in BP and HR.

*Severe overdose may result in death due to respiratory depression.*

## Hydromorphone's Legal Status

Hydromorphone is a schedule II narcotic under the US Controlled Substances Act.

Schedule II drugs:

- have a high potential for abuse
- have a currently accepted medical use in treatment in the US or an accepted medical use with severe 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

## A Beginner's Guide to Qualitative Data

**Free!**

**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.

## Designing Effective Meetings



**When:** 8/8/2023

**When:** 10:30 AM – 12:30 PM

**Where:** Virtual

**Registration:** This virtual workshop is FREE for participants in the RMPHTC region (CO, MT, ND, SD, UT, WY). **\$45** for participants outside of the region. Wait listing is *free* and if a spot becomes available, you will be contacted for payment. [Register here.](#)

**Description:** Ideal for: Meeting Facilitators, Coalition Leaders, Committee Leaders, Workgroup Leaders. This workshop focuses on the key leadership skill of how to plan and structure a meeting to achieve your desired outcomes.

## Evidence-Based Public Health



**When:** 8/24/2023 – 10/26/2023 *\*Includes required live sessions on Thursdays from 8:00–9:00 AM.*

**Registration:** This virtual workshop is FREE for participants in the RMPHTC region (CO, MT, ND, SD, UT, WY). \$160 for participants outside of the region. Wait listing is free and if a spot becomes available, you will be contacted for payment. [Register here.](#)

**Description:** Take your evidence-based decision-making skills to the next level! Through this course, you'll learn to develop a concise written statement of a public or community health problem, issue, or policy—and how to measure it.



# Resources & Opportunities

## Cannabis Education Online Training Suite

**When and Where:** On demand suite – [found here](#).

**Description:** The content available within this training suite also covers cannabis paraphernalia, methods of use, and common products. Participants will also find additional resources and training that have been curated for use in cannabis prevention work.

## Prevention Course Catalog

**When and Where:** On demand suite – [found here](#).

**Description:** The trainings listed in this course catalog is updated on an ongoing basis, so check back for new additions.

Trainings in this catalog have been mapped to the [Prevention Specialist Domains](#) and the [Strategic Skills for Public Health Professionals](#), and grouped by common themes.

## 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

## Health Equity Guide Online Module *Free!*

**When and Where:** Online module – [found here](#).

**Description:** This course is based on a guidebook developed by the Metro Denver Partnership for Health. The guidebook and this course are intended as tools for public health practitioners who are serious about walking their health equity talk but aren't quite sure how to get started.

## Cannabis Pharmacology for Substance Misuse Prevention Professionals *Free!*

**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 *Free!*

**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

## Strengthening Families New Facilitator Training Free!

**When:** September 6–8, 2023  
**Where:** In-person – Yakima, WA.  
**Registration:** [Register here](#) – More information can be found [here](#)

## Cannabidiol (CBD): Potential Harms, Side Effects, and Unknowns Free!

**When:** Aug 8, 2023, at 11:30 AM  
**Where:** Virtual – [Register Here](#)  
**About:** This webinar will highlight Cannabidiol (CBD) – Potential Harms, Side Effects, and Unknowns, which introduces readers to CBD, how it is derived, and how it differs from other cannabinoids and cannabis products.

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.

### 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](http://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

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).

**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](#)

**GCHD**  
GRAND COUNTY HEALTH DEPARTMENT

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

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



# WHO IS THE NORTH CENTRAL YCCTPP?



**DO YOU HAVE QUESTIONS,  
COMMENTS, OR  
REQUESTS?**

**REACH OUT TO US VIA  
GOOGLE FORMS BY USING  
THE LINK OR QR CODE  
BELOW.**



**[HTTPS://FORMS.GLE/93PB  
PUJUF2HCPYST7](https://forms.gle/93PBPUJUF2HCPYST7)**