

YCCTPP NEWSLETTER

North Central YCCTPP News and Updates



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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.

VETERANS AND SMOKING CESSATION

The Department of Veteran's Affairs, the WA State Department of Health, and 2morrowHealth announced the addition of a veteran option to the Tobacco and Vaping Cessation feature on the 2morrowHealth app.



LEARN MORE

SIGN UP



If you have specific questions about the 2morrowHealth app or would like to learn more about how you can support veterans in your community, please contact Paul Caseley at Paul.Caseley@DVA.WA.GOV.

Mission Statement

On September 19, 2023, members of the North Central YCCTPP gathered for an in-person meeting in Omak, WA. During the meeting, participants discussed work plan objectives and updates, as well as collaborated to create an updated mission statement.

To reach consensus on a network mission statement, the network first defined a few things:

1. The *WHY* of the NCW YCCTPP is to help youth be healthier and free of substances.
2. The *WHAT* of the NCW YCCTPP is to offer collaboration, support, empowerment, provide tools and protective factors to youth.

Mission Statement – The North Central Youth Cannabis and Commercial Tobacco Prevention Program (YCCTPP) strives to empower youth to lead healthier lives through prevention strategies, education, collaboration, advocacy, and support within the North Central region.

Regional Prevention Campaign(s)

The NCW YCCTPP and Thriving Together NCW will be collaborating to promote existing youth substance use prevention campaigns, and create a new innovative campaign.

The NCW YCCTPP is interested in partnering with youth from around the region to brainstorm campaign ideas. Please reach out to [Kayla Isaacson](#) or [Reece Leavitt](#) to learn more.

CANNABIS: FACTS CAREGIVERS SHOULD KNOW

Why do young individuals start using cannabis?

- Curiosity, peer pressure, and a desire to fit in with peers are common reasons that youth begin use.
- Individuals who already smoke cigarettes and/or consume alcohol are at increased risk for cannabis use as well.
- Those who have untreated mental health disorders or who have experienced trauma are at increased risk for using cannabis at an early age.
- For many, substance use starts as a way to cope, but being high is also seen as a way to simply avoid the problems and challenges of growing up.

****This list list NOT all inclusive.**



READ MORE

Red Ribbon Week

Red Ribbon Week (RRW) takes place every year from October 23 – October 31. The mission of Red Ribbon Week is to help keep kids drug-free.

Red Ribbon Week is the United State's largest and longest-running drug-use prevention campaign.

The National Family Partnership (NFP) is devoted to the well-being of youth. NFP is a national leader in drug prevention education and advocacy. RRW is one of the ways that NFP provides drug awareness.

RRW serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

LEARN MORE



The North Central YCCTPP has support to offer (educational materials, promotional items, staff). If you or someone you know works with youth and would like to seek collaboration with the NCW YCCTPP for Red Ribbon Week, please reach out to your nearest YCCTPP partner.

Contacts by county:

Chelan and Douglas Counties

TOGETER! for Youth – info@togethercd.org

Grant County

The Grant County Health District (Kayla Isaacson) – kisaacson@granthealth.org

Okanogan County

The Okanogan County Community Coalition – (509) 322-8436

YOUTH VAPING: CBD

According to the 2022 National Youth Tobacco Survey from the FDA and CDC, over 2.5 million middle and high school students are vaping.

The effects of vaping cannabidiol (CBD) don't tend to be common knowledge. When someone vapes CBD they are ingesting more than just CBD. CBD oil in vapes is almost always paired with other chemicals for flavor and often nicotine - both of which present danger. Vaping CBD (and other substances) primarily affects the lungs and heart and is linked to both lung and heart disease.

Regular vaping of CBD can lead to (but not limited to) popcorn lung, compromised immune health, lung disease, and even death.

[LEARN MORE](#)



[Stanford Medicine](#)

Locking Bags/Boxes

The North Central YCCTPP continues to partner with organizations in the region to provide lockboxes to locals.

The Grant County Health District (GCHD), TOGETHER! for Youth (TFY!), and the Okanogan County Community Coalition (OCCC) are available to answer questions related to safe storage and provide locking bags and boxes.



Contacts by county:

Chelan and Douglas Counties

Hailey Croci - Deputy Director of TOGETHER! for Youth. hailey@togethercd.org

Grant County

Reece Leavitt - North Central Washington's Youth Cannabis Prevention Program Coordinator. rleavitt@granthealth.org

Okanogan County

Nicole Roach - Executive Director of the Okanogan County Community Coalition. occcnicole@gmail.com

If you would like to learn more about cannabis safe storage, or obtain safe storage materials, please reach out to your nearest YCCTPP support.

E-CIGARETTE REGULATIONS - WA

This is a summary of WA state laws; cities, counties, and Tribes may have other measures in place.



PACKAGING REGULATIONS: LIQUID NICOTINE

Liquid nicotine containers *must* be child-resistant.

All liquid nicotine containers must be labeled with a warning regarding the harmful effects of nicotine, a warning to keep the vapor product away from children, a warning that vaping is illegal for minors, and for open systems, a disclosure of the amount of nicotine in milligrams per milliliter, along with the total volume of the container in milliliters.



ACCESS RESTRICTIONS

Sale/distribution of vapor products to persons under age 21 is prohibited. Wash. Rev. Code § 26.28.080(1) (2023).

Purchase/possession of vapor products by persons under age 18 prohibited. Wash. Rev. Code § 70.345.140(1) (2023).

Self-service displays of vapor products prohibited except in retailers inaccessible to persons under age 21. Wash. Rev. Code § 70.345.080 (2023).

VERBAGE

E-Cigarettes are **not** included in any section of Washington State's statutes in the definition of "Tobacco Products".

DEFINITIONS

Sales and Use Restrictions:

Vapor Products: Wash. Rev. Code § 70.345.010(18) (2023).

Closed System Nicotine Container: Wash. Rev. Code § 70.345.010(4) (2023).

Liquid nicotine container: Wash. Rev. Code § 70.345.010(8) (2023).

Tax:

Vapor product: Wash. Rev. Code § 82.25.005(15) (2023).

Accessible container: Wash. Rev. Code § 82.25.005(1) (2023).

TAX

Vapor Products

Taxed at a rate of \$0.27 per ML of solution. Wash. Rev. Code § 82.25.010(1)(a)(i) (2023).

Solution Greater than 5 ML

Subject to tax of \$0.09 per ML of solution. Wash. Rev. Code § 82.25.010(1)(a)(ii) (2023).

E-CIGARETTE REGULATIONS - WA

This is a summary of WA state laws; cities, counties, and Tribes may have other measures in place.



ACCESS RESTRICTIONS

Samples of vapor products must take place within licensed retail premises that is restricted to those over the age of 21 years, contain no nicotine (unless “customer explicitly consents”), and use a disposable mouthpiece. Wash. Rev. Code § 70.345.100 (2023).

Free vapor product distribution prohibited without contemporaneous purchase of vapor product. Wash. Rev. Code § 70.345.110 (2023).



Sale of vapor products containing vitamin E acetate prohibited. Wash. Admin. Code § 246-80-021 (2023).

Delivery sales of vapor products prohibited unless seller has a valid delivery sale license, verifies the age of the purchaser through a third-party database, and only accepts payment through a credit or debit card in the purchaser’s name. Wash. Rev. Code § 70.345.090(1)–(7) (2023).

SALES

A retail license or permit is required to sell e-cigarettes. Wash. Rev. Code § 70.345.030(1)(a) (2023).

RESTRICTIONS

E-Cigarettes

Use of vapor products in and on grounds of child care facilities, schools, playgrounds, school buses, elevators, and within 500 feet of schools is prohibited. code.

Vaping is prohibited in indoor early learning facilities, vehicles used to transport children, and outdoors on property during nonbusiness hours in a place that would not be considered a “public place” and at least 25 feet from entrances, windows and vents. code.

Use of electronic smoking devices on State veteran home campuses prohibited (except for residents authorized to smoke prior to the no smoking rule or in designated outdoor smoking areas). code.

DRUG DEBRIEF

WHAT IS XYLAZINE?

Xylazine is a non-opiate sedative (induces a state of sleepiness), analgesic (pain reliever), and muscle relaxant authorized for veterinary use in the U.S.

OTHER NAMES

Street Names: Tranq, tranq dope.
Trade Names: Rompun and AnaSed.

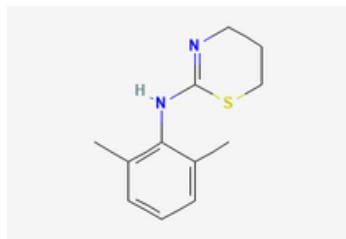
What is its Origin?

Xylazine was first synthesized in 1962 by Bayer. Xylazine was first noted as an adulterant (mixed with other substances) in Puerto Rico in the early 2000s.

OVERDOSE EFFECTS

Suspected xylazine-induced overdose may involve dry mouth, drowsiness, high BP, and increased HR – Followed by low BP, decreased HR, hypothermia, coma, respiratory depression, irregular heart beat, etc.

BP – Blood Pressure, HR– Heart Rate



Complications of Xylazine Use

Repeated injection of xylazine (alone or with other substances) can present skin abscesses that can lead to tissue death. Amputation rates are higher among those who inject drugs mixed with xylazine.

Physical Dependence

Users of xylazine may develop a physical dependence to the drug. Some users report withdrawal symptoms as, or more, severe than from heroin or methadone; symptoms can include sharp chest pains and seizures.

Treatment

When combined with fentanyl or other synthetic opioids, xylazine can increase the potential for fatal overdose. Xylazine has no approved antidote for human use.

Naloxone

If a xylazine overdose is suspected, naloxone is still recommended (even though it is a non-opioid), as xylazine is often mixed with opioids (fentanyl and heroin typically).

Xylazine Legal Status

Xylazine is not currently a controlled substance under the U.S. Controlled Substances Act.



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.

Rural Health & Wellness Resources

In Search of “Good” Rural Data – Urban Institute.

Data drives research, policy development, distribution of resources, and funding decisions. Many of the datasets that practitioners and policymakers rely on to guide resources to rural communities fall short in representing rural realities.

This report by the Urban Institute explores opportunities for using data to more accurately measure and understand rural areas.

 [READ MORE](#)

Debunking Three Myths about Rural America – Urban Institute

News media and reports often misrepresent and/or misunderstand rural America. Narrow and reductive depictions of rural America persist. Local perspectives on rural stories are told less and less, and most negative stories rise to the top of headlines. This piece by the Urban Institute seeks to improve the accuracy and relevance of rural reporting.

 [READ MORE](#)

Examining the Diversity of the Rural United States – Think Global Health

This piece by, Think Global Health, examines how rural health varies by racial and ethnic population.

 [READ MORE](#)

The State of Rural Public Health: Enduring Needs in a New Decade – AJPH

Public health in the U.S. is complex and underfunded. This article by the American Journal of Public Health explores the growth in urban-rural disparities over the past several decades.

 [READ MORE](#)

United States Census Bureau – QuickFacts

The QuickFacts provides statistics for all states and counties, and for cities and towns with a population of 5,000 or more.

[Explore The Tool](#)



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.

WA State Prevention Summit



When: 10/25 – 10/25, 2023

Where: Hybrid: In-person in Spokane, WA. OR Online

Description: The Prevention Summit is an enriching training and networking opportunity for professionals, youth and volunteers engaged in health promotion and the prevention of substance misuse, violence, and other high-risk behaviors, in a setting that promotes cultural humility. The summit provides high-quality workshops, forums, and hands-on learning opportunities designed to meet a variety of needs, including professional development for prevention professionals.

Registration: visit [here](#) to learn more and register.

PAVe Clear the Vapor Conference

Free!

When: October 24–25, 2023

Where: Virtual

Description: Clear the Vapor is an annual high-level and highly accessible youth vaping event. It is a unique, parent-powered and volunteer-led event intended to provide both an overview and a deep dive into all aspects of this ongoing adolescent public health crisis, with an emphasis on practical solutions.

Registration: Visit [here](#) to learn more and register.



Resources & Opportunities

Cannabis Education Online Training Suite Free!

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 Free!

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.

CADCA National Leadership Forum

When: January 29, 2023 – February 1, 2024.

Where: National Harbor, Maryland.

Description: CADCA National Leadership Forum provides training from top experts in the field, information, tools and strategies to take your prevention work to the next level, the latest science, news and trends on substance misuse issues, the opportunity to network with thousands of advocates passionate about prevention, and specialized youth leadership training.

Registration: Visit [here](#) to learn more and register.

Quitline:

Call: 1-800-QUIT-NOW

Text: 34191



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

2023 HIDTA Prevention Summit *Free!*

When: October 12, 2023

Where: Virtual

Registration: [Register here](#)

Description: The purpose of the 2023 High Intensity Drug Trafficking Area (HIDTA) Prevention Summit is to address complex prevention issues of today with a focus on integration of activities focused on current and emerging substances into a comprehensive strategy.

**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.

Whole Person Health
**NIH National Center for
 Complementary and Integrative
 Health**

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 (1-800-784-3669)

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 Quitting](#)

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

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).



Resources & Opportunities

2023 National Research Conference for the prevention of firearm-related harms 

When: November 1-3, 2023.

Where: Chicago, IL.

Description: The conference will highlight the current state of science and research on firearm injury prevention across the lifespan

Registration: Visit [here](#) to learn more and register.



SOCIAL SKILLS GROUP

ARE YOU HAVING TROUBLE CONNECTING WITH OTHERS? YOU ARE NOT ALONE.

Join us

- 6-WEEK CRASH COURSE
- COMBAT SOCIAL FEARS
- REDUCE NERVOUSNESS
- DEVELOP STRONGER SOCIAL SKILLS

**THURSDAYS AT 4:00PM
STARTING OCT 26 - DEC 7**

TO REGISTER, ASK YOUR PROVIDER OR BHC
CALL 509-765-0674
MUST BE IN MIDDLE SCHOOL TO ATTEND

The **Moses Lake** Community Health Center will be hosting a Social Skills Group for middle schoolers starting in October. This is a great opportunity for middle school students to connect with each other and learn some tools to deal with social fears and nervousness.

To register, ask your provider of BHC - Call 509-765-0674 for more information.



Resources & Opportunities

Virtual SPF Application for Prevention Success (SAPST)

Free!

When: October 16, 18, 24, 26, 2023.

When: 9:15 am – 3:30 PM

Where: Virtual

Description: A hybrid training that blends a pre-requisite, self-paced online course with four full days of virtual training. Grounded in current research and SAMHSA's Strategic Prevention Framework (SPF), the SAPST provides foundational knowledge and skills necessary to implement effective, data-driven prevention interventions that improve substance-related outcomes, reduce behavioral health disparities, and improve wellness.

Registration: Visit [here](#) to learn more and register.

Calming Videos Project – You Can Marijuana Prevention Campaign

Description: WA teens, ages 13 – 17, are encouraged to submit up to two vertical videos that are 15–30 seconds long of a place that brings them joy or helps them relax. Visit [here](#) for guidance and tips on video submissions. The deadline to submit is December 5, 2023. Teens will receive a \$20 Amazon gift card for each video.

Learn more about You Can [here](#).

C89.5 Podcast Series – You Can Marijuana Prevention Campaign

Description: You Can is working with [C89.5](#), a high school radio station based in Seattle, to do an episode for their [Coping 101: Mental Health Podcast series](#). Teens who are involved in the mental health promotion or substance use prevention space are encouraged to be part of the podcast and interviewed by a student host. The episode would focus on exploring how they got involved in their youth group, what activities the youth group does, insights the person has experienced from being a part of this group, and any tips they have on coping, mental health, etc. If interested, please reach out to Leslie Tunmore Leslie.Tunmore@gmmb.com.

WHO IS THE NORTH CENTRAL YCCTPP?



O K A N O G A N
COUNTY COMMUNITY
COALITION



**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)**