

YCCTPP NEWSLETTER

North Central YCCTPP Updates and Education



CONTENTS

- 02 Mission Statement
- 02 The Cost of Smoking
- 02 Youth and Cannabis Use
- 03 Protecting Youth From Tobacco
- 03 Cannabis Facts That Caregivers Should Know
- 04 Locking Bags/Boxes
- 04 Youth Mental Health and Nicotine Use
- 05 Network Spotlight: Quincy, WA.
- 06 WA State Cannabis Laws
- 07 Drug Debrief: Dextromethorphan
- 08 Substance Safety, Storage, and Disposal
- 09 Rural Health and Wellness
- 10 Resources and Opportunities
- 17 Who is the NCW YCCTPP?
- 18 Contact and Feedback

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.

YOUTH CANNABIS USE: FAQS

Isn't cannabis safer than alcohol and tobacco?

Cannabis, alcohol, and tobacco are all potentially harmful drugs, and each can affect youth differently.

Isn't it better for youth to consume cannabis at home under adult supervision?

Research shows that youth who use alcohol at home are more likely to misuse alcohol when not at home. The same holds true for cannabis.

If a parent/caregiver smoked as a child, why deny their child the rite of passage?

Most youth do not use cannabis, so it is not really a rite of passage. Today's cannabis products are more potent than past products.

Isn't cannabis natural? Therefore ok for youth to use?

Many things that are natural are not safe for the body. Natural does not equate to safe. Cannabis can and does harm youth health and wellness.

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.

The Cost of Smoking

Smoking has the potential to harm nearly every organ in the human body. From increased risk of cancer, heart disease, and blindness (and everything in between), smoking is also expensive.

[Smokefree.gov](https://smokefree.gov) has created a [cost calculator](https://smokefree.gov/cost-calculator) that allows you to see *roughly* how much is spent on smoking, and most importantly, how much could potentially be saved by quitting.

According to the cost calculator, if one smokes 20 cigarettes (or one pack) per day, and they pay \$9.00 per pack (this is an example), their savings could look like:

After 1 day	\$9.00
After 1 week	\$63.00
After 1 month	\$270.00
After 1 year	\$3,285.00
After 10 years	\$49,182.00
After 20 years	\$131,376.00

CANNABIS: FACTS CAREGIVERS SHOULD KNOW

How can I prevent the youth in my life from using cannabis?

There is no simple solution for preventing youth use of substances, but research shows that parents and caregivers have a large influence on the youth in their life.

One of the best things parents and caregivers can do is talk openly with youth about cannabis and share the facts while staying engaged in their lives. Share things like:

- Marijuana can be addictive
- Marijuana can impair judgment and impact alertness, concentration, coordination, reaction time, etc.
- Marijuana use is linked to some mental illnesses.

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



READ MORE

Protect Youth From Tobacco

The [Tobacco Control Act](#) and related regulations give the U.S. Food and Drug Administration (FDA) tools to keep tobacco out the hands of America's youth.

While the FDA plays a crucial role in protecting youth from the tobacco industry, YOU also have the opportunity to support such efforts. The public plays a major role in supporting the FDA in enforcing tobacco regulations put in place to protect youth.

There are many potential tobacco product violations. The following list includes just a few (to read more visit [here](#)):

1. Sales to underage purchasers.
2. The manufacturing or sale of unauthorized tobacco products.
3. Illegal marketing and advertisements:
 - a. Selling a tobacco product as "light", "mild", "low", "safer", or "less harmful" without an FDA order.
 - b. Sponsoring events using the brand name of a tobacco product.

The public can report potential violations [here](#).

Reports can be made online, via email, by phone, or by mail.

Visit [this page](#) to learn about who can report and what to include in your report. [This page](#) shares information related to the privacy and anonymity of reporters.

Reports can also be made to the WA State Liquor and Cannabis Board (LCB) regarding an alcohol, tobacco, or cannabis law/regulation violation. To learn more visit [this page](#).

YOUTH MENTAL HEALTH AND NICOTINE USE

It is well known that nicotine can harm the developing brain, including making young people more susceptible to addiction, but what is lesser known are the connections between nicotine and mental health.

Nicotine as not been found to directly cause mental health conditions, but it has been found to worsen symptoms associated with mental health conditions.

[LEARN MORE](#)

There is support for those experiencing mental health concerns:

Mental Health America offers online mental health screening.

24/7 Crisis Text Line: Text "HOME" to 741741 to connect with a volunteer crisis counselor by text.

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 upon request.



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.





RAISING AWARENESS AND
MAKING A POSITIVE IMPACT



Participants were able to walk through a mock teenage bedroom and try to identify 70+ items that may indicate problematic or risky behavior. The event reached 72 individuals.



HIDDEN IN PLAIN SIGHT

On November 16, 2023, The Quincy School District and Quincy Partnership for Youth (QPY) hosted a Hidden in Plain Sight (HIPS) at Quincy Middle School.

Jennifer Dorsett of Hidden in Plain Sight Tri Cities provided a presentation to parents and caregivers of youth in grades 5-12 where they learned about current youth use trends and how to start difficult, but necessary conversations around prevention.



To learn more about this event, or the Quincy Partnership for Youth, please visit [here](#).

WA STATE CANNABIS LAWS 2023

A snapshot of cannabis in WA State.



Resources: [Visit Spokane](#), [WA State LCB](#), [Know this about Cannabis](#)

I-502

Approved by majority vote in 2012, I-502 legalized the sale, purchase, and use of cannabis in WA State for individuals 21 years of age or older.

I-502 established a system in which cannabis is regulated, taxed, and distributed in WA State.

LEGALLY OBTAINING CANNABIS PRODUCTS

There are many ways to legally purchase recreational cannabis products in WA State. There are many different stores, strains, types, brands, and ways to consume cannabis products.

***Minors are not allowed** (those under 21 years old) to enter a building that sells cannabis. Purchasers will be asked to present a valid ID to enter the store and purchase.

DRIVING AND CANNABIS

It is illegal to drive under the influence of cannabis if the user has more than 5 nanograms of active THC per milliliter of blood. Doing so may result in legal penalties.

Over 21? Here's how much you can have on you at one time:



1 oz. of useable cannabis
Like harvested flowers or "bud."



16 oz. of cannabis-infused, solid edibles
Think candy, brownies, crackers, mints, and more.



72 oz. of cannabis-infused, liquid products
That's your teas and juices.



7 grams of cannabis concentrate.
Including things like dabs and oil.

OVERSIGHT

Recreational and medical cannabis industries are overseen by the [WA State Liquor and Cannabis Board](#).

QUICK FACTS

Must be 21+ to purchase, consume, or be in possession of cannabis.

Possession is limited to 1 ounce of cannabis, 16 ounces of marijuana-infused product in solid form, or 72 ounces in liquid form.

It is illegal to open or consume cannabis products in view of the general public.

Cannabis products must be used on private property.

It is illegal to drive under the influence of cannabis products.

Growing cannabis plants without permissions is illegal.

Users do not have to be WA State residents to legally purchase cannabis products, but all products must be consumed within WA State and cannot be taken across state or international borders.

DRUG DEBRIEF



WHAT IS DEXTROMETHORPHAN?

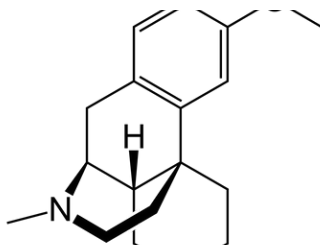
Dextromethorphan (DXM) is a cough suppressor found in more than 120 over-the-counter (OTC) cold medications.

COMMON NAMES

DXM, CCC, Dex, Poor Man's PCP, Robo, Rojo, Skittles, Tripple C, and Velvet.

What is its Origin?

DXM can be obtained at almost any pharmacy or supermarket. DXM products and powder can also be purchased on the internet.



Which Drugs Cause Similar Effects?

Depending on the dose taken, DXM can have effects similar to cannabis or ecstasy. In moderate to high doses, effects can be similar to ketamine or PCP.

How is it Abused?

DXM is typically abused in high doses to experience euphoria and visual and auditory hallucinations.

100-200 MG - Mild Stimulation

200-400 MG - Euphoria & Hallucinations

300-1500 MG - Loss of motor coordination, Distorted visual perceptions

Effects of Use

Confusion, agitation, paranoia, euphoria, hallucinations, feelings of floating, changes to hearing and touch, lethargy, slurred speech, vomiting, sweating, seizure, etc.

OVERDOSE EFFECTS

DXM overdose can typically be treated in an emergency room setting and does not usually result in severe medical consequences or death. Most DXM-related deaths are caused by ingesting the drug in combination with other drugs.

Legal Status

DXM is a legally marketed cough suppressant that is neither a controlled substance nor a regulated chemical under the Controlled Substances Act.

What Does it Look Like?

Cough syrup, tablets, capsules, or powder.



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](#)

Rural Health Promotion and Disease Prevention Toolkit – RHIhub

The toolkit is designed to help organizations identify and implement a health promotion program. It also provides resources and best practices for rural communities. The toolkit is made up of several modules that each concentration on different aspects of health promotion, disease prevention, and resources that can be used in developing rural programs.

 [READ MORE](#)

Rural Tribal Health – RHIhub

Resources in this guide provide specific information on tribal health, including disparities, healthcare, services, wellness, and workforce needs, as well as funding sources and tools that can be used to help improve healthcare for AI/AN people.

 [READ MORE](#)

Rural Health Association

The National Rural Health Association (NRHA) is a national nonprofit membership organization. The association’s mission is to provide leadership on rural health issues through advocacy, communications, education and research.

 [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.

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.

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.



Resources & Opportunities

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.

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.



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

Building protective factors using the Social Development Strategy

Free!

When: December 5, 2023 8:00am to 9:30am

Where: Virtual

Description: To prevent substance misuse among our youth, we must enhance protective factors and reduce risk factors. Join this webinar to learn how to build protective factors in the youth in a straight-forward, easy to implement way using the Social Development Strategy

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

Empowering prevention professionals

Free!

When: December 7, 2023 - 9:30am to 11:00am

Where: Virtual

Description: This transformative 1.5-hour webinar that unravels the pivotal role of certification for prevention professionals. In this session, the stark realities of pay equity and the hurdles many face in the path to certification will be addressed.

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

Cannabis Action Conference



When: January 30, 2024 (All day) to January 31, 2024 (All day)

Where: Virtual

Description: The sixth annual Cannabis Action Conference, or CannAct Conference (formerly Public Health-Marijuana Summit), brings public health professionals, prevention specialists, equity advocates, public safety professionals, tobacco prevention professionals, partners, and other advocates together virtually to discuss the new and changing legalized cannabis landscape in our communities. The conference focus is policy, system and environmental change, and youth prevention.

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



Resources & Opportunities

The Connection Between ACEs, Substance Use & Misuse: Deactivating Stigma to Supporting Healing Communities

Free!

When: December 4, 2023 – 8:00 AM

Where: Virtual

Description: This training provides an overview of the science of positive experiences, how ACEs and stigma greatly increase the risk for isolation and loneliness. This approach reduces barriers to improve health equity, resilience, and connection to support well-being.

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

Building Protective Factors Using the Social Development Strategy

Free!

When: December 5, 2023 – 8:00 AM

Where: Virtual

Description: To prevent substance misuse among our youth, we must enhance protective factors and reduce risk factors. Join this webinar to learn how to build protective factors in the youth in a straight-forward, easy to implement way using the Social Development Strategy.

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

Women & Alcohol: When Equal is Not Better

Free!

When: December 6, 2023 – 10:00 AM

Where: Virtual

Description: This presentation will focus on environmental factors and opportunities for population-level responses to the specific issues facing women and alcohol use.

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



Resources & Opportunities

Social Norms Approach: Overview and Tips for Success

Free!

When: December 6, 2023 – 10:00 AM

Where: Virtual

Description: This webinar will provide a brief overview of what the social norms approach is, how it can be used, and considerations for successfully implementing a social norms campaign. This webinar will consist of approximately 1 hour presentation followed by 30 minute Q&A and discussion.

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

Implicit Bias, Understanding the Impact of What We Don't See

Free!

When: December 11, 2023 – 7:00 AM

Where: Virtual

Description: This interactive two-hour training will discuss how cognitive bias develops, contributes to inequitable outcomes for persons of color, and inform on bias reducing techniques for enhancing the provider-client interactions and outcomes for marginalized communities.

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

Deep Dive into Prevention Ethics: Non-discrimination and the SPF

Free!

When: January 4, 2024 – 7:30 AM

Where: Virtual

Description: Heighten understanding and daily implementation of the code of ethics for prevention specialists. Better understand how the prevention code of ethics applies to the SPF.

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



Resources & Opportunities

Risk Factors for Youth Substance Misuse

Free!

When: January 9, 2024 – 8:00 AM

Where: Virtual

Description: Describe the importance of focusing on both increasing protective factors and decreasing risk factors.

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

Substance Use and Other Risk Factors for Gun Violence: Prevention and Intervention Strategies

Free!

When: March 12, 2024 – 8:00 AM

Where: Virtual

Description: This presentation focuses on the intersection of adolescent substance use and gun violence in metropolitan, suburban, and rural communities. Along with substance use, 15 additional risk factors for gun violence will be discussed. Emphasis will be placed upon protective factors which help buffer the impact of risk factors. We will also discuss prevention and intervention strategies.

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

Applying Continuous Quality Improvement to Your Prevention Work

Free!

When: December 12, 2023 – 8:00 AM

Where: Virtual

Description: In this 90-minute interactive webinar, participants will learn how the principles, tools, and approaches to continuous quality improvement (CQI) can optimize their prevention work.

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



Resources & Opportunities

**washington
teen link**
866-833-6546
a help line for teens by teens

A SERVICE OF
crisis connections

**Partnership
to End Addiction**

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

**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.granhealth.org/
substance-prevention](http://www.granhealth.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.

GCHD
GRANT COUNTY HEALTH DISTRICT

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 guide
- 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

GCHD
GRANT COUNTY HEALTH DISTRICT

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).

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)**