

# YCCTPP NEWSLETTER

North Central YCCTPP Updates and Education



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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.

## LEGISLATIVE PROCESS OVERVIEW

The WA State Legislature is made up of two chambers (bicameral), the Senate and the House of Representatives.

WA State has 49 legislative districts, each one with one Senator and two Representatives.

Senators serve four-year terms and Representatives serve two-year terms.

The term for the Governor is four (4) years long.

The legislative cycle is two years long (also known as the biennium).

There are two kinds of legislative sessions: regular and special.

The Senate and House of Representatives meet in session each year to create new laws, modify existing law, and enact budgets for the state.

There are three levels of involvement within the legislature: educating, advocating, and lobbying.

**\*\*To expand on the ideas in this snapshot of the legislature, visit the YCCTPP toolkit featured to the right.**

## 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.

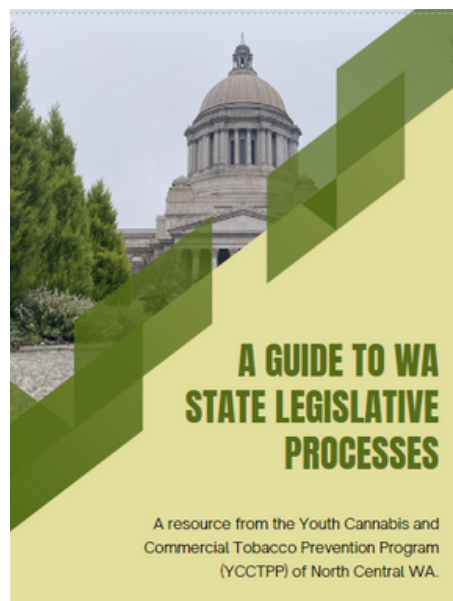
## 2024 Legislative Session

The 2024 legislative session began on Monday January 8, 2024. The 2024 session is a short session and is only 60 days long.

All of the cutoffs that would occur during a long session (odd numbered years) need to occur this year as well, but at an expedited pace.

The NCW YCCTPP created a guide to WA State legislative processes to help support those who wish to learn more about legislative processes. This toolkit was created in response to calls for support for YCCTPP network members and members of the communities served by the NCW YCCTPP.

The toolkit can be found online at [granthealth.org](https://granthealth.org) and also in this [Drive folder](#).



If you have any questions, comments, or concerns about the toolkit, please reach out to Kayla Isaacson at [kisaacson@granthealth.org](mailto:kisaacson@granthealth.org)

## CANNABIS: FACTS CAREGIVERS SHOULD KNOW

### Did You Know?

**Cannabis can be addictive** - Individuals who begin using cannabis products before the age of 18 are more likely to develop a cannabis use disorder than adults.

**Cannabis is unsafe if you are behind the wheel** - Use of cannabis products can lead to impaired judgment, alertness, concentration, coordination, and reaction time.

**Cannabis use is linked to some mental illnesses** - Use of high potency THC products can bring on a panic attack and in some cases, psychosis (thinking that is detached from reality).

Individuals who have conditions such as schizophrenia can experience worsened symptoms when using cannabis products.

## 2022 Tobacco and Cannabis Data

Both tobacco and cannabis are drugs that are legal for those 21 and older in WA State to use. It is important to highlight that legal does not always equate to health promoting.

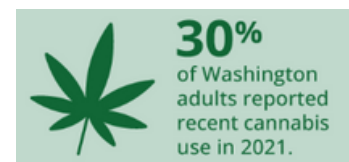
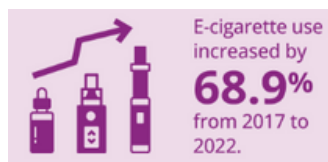
Data on tobacco and cannabis use is important as it helps promote an understanding of who is more impacted and harmed by the use of tobacco and cannabis.

Data sets can also shed light on positive steps being taken and steps that need to be taken.

The WA State Department of Health (DOH), in partnership with the Centers for Disease Control and Prevention (CDC), conducted the Behavioral Risk Factor Surveillance System (BRFSS) to measure changes in the health behaviors of individuals in WA State.

DOH has a Tobacco and Cannabis Use dashboard that shows the percentage of adults who use cannabis and tobacco in WA State.

Below is a snapshot of some of the data:



The data from the dashboard may be viewed here: [data](#)

### Additional Resources from DOH:

DOH Commercial Tobacco Prevention Program

DOH Cannabis Program

Behavioral Risk Factor Surveillance System

Cannabis Resources for Parents

## RURAL YOUTH AND VAPING PREVENTION

Youth who live in rural areas are more likely to use tobacco products than those who live in suburban and urban areas.

Tobacco prevention campaigns often fail to capture the attention of rural youth. Consequently, rural youth teen tobacco rates have not decreased as dramatically as other youth populations – creating a large health disparity.

Rescue – The Behavior Change Agency, recently developed a new Down and Dirty messaging package that states can implement in their communities Called Caught in a Mood.

Rescue's campaign shows rural teens how vaping nicotine can negatively impact their mood.

LEARN MORE



[Stanford Medicine](#)

## NCW YCCTPP Work Plan

The NCW YCCTPP is pleased to share that the majority of their 4 goal work plan is nearly complete.

Efforts are still occurring to go above and beyond what has been outlined in the regional work plan.

As the NCW YCCTPP begins to see the end of the current work plan coming to and end (June 30, 2024), calls for input about 2024-2025 programming priorities are out.

Program managers and partners are available and eager to support community and regional efforts to strengthen youth substance use prevention.

If you have any questions, comments, or concerns, reach out to your local contact.

## Contacts by county:

### Chelan and Douglas Counties

**Hailey Croci** – Deputy Director of TOGETHER! for Youth. [hailey@togethercd.org](mailto:hailey@togethercd.org)

### Grant County

**Reece Leavitt** – North Central Washington's Youth Cannabis Prevention Program Manager. [rleavitt@granthealth.org](mailto:rleavitt@granthealth.org)

**Kayla Isaacson** – North Central Washington's Youth Commercial Tobacco Prevention Program Manager. [kisaacson@granthealth.org](mailto:kisaacson@granthealth.org)

### Okanogan County

**Nicole Roach** – Executive Director of the Okanogan County Community Coalition. [occcnicole@gmail.com](mailto:occcnicole@gmail.com)



# TRENDS: E-CIGARETTES

Fast facts about national vaping trends



Resource(s): [CADCA](#)

## OTHER NAMES

E-cigarettes, sometimes called “e-cigs”, “vapes”, “vape pens”, “electronic nicotine delivery systems (ENDS)”, etc.

## WHAT THEY DO

Vapes are devices that heat a liquid to produce an aerosol – a mix of small particles. **It is not just water vapor!**

## WHAT THEY CAN CONTAIN

- Nicotine
- Diacetyl – linked to lung disease
- carcinogens – cancer causing
- Heavy metals (nickel, tin, lead, etc.)

\*\*this list is not all inclusive.

## APPEALING TO YOUTH

Big tobacco uses flavors, colors, shapes, and characters that appeal to youth.

Enticing and “yummy” flavors are used to mask the harshness and unappealing flavor of tobacco.

Among youth users, the most popular flavors are:



Fruit



Candy/Dessert



Mint



Menthol

## IN 2022

More than **2.5 million** middle and high school students reported current use of e-cigarettes.

**85%** of youth who vape report using **flavored** products.

## WHAT CAN YOUR COMMUNITY DO?

- Promote evidence-based strategies that are policy-based. Examples can include smoke-free air policies, increased taxes, local flavor bans, etc.
- Partner with local disposal/garbage sites to learn about vape disposal.
- Educate community members and YOUTH on the health impacts associated with using vapes.
- Support tobacco-free school campuses and prevention over punishment approaches.
- Hold big tobacco accountable and support youth who have become victims.

# Do's and Don'ts of Successful Legislative Advocacy

## Tips for Success

- **Be informed** and know the issue(s) to address. Be aware of data-driven solutions to address the issue(s). Be familiar with legislative processes and your legislators.
- **Be honest** and give both sides to the story. If you don't have an answer to a question, don't make one up – tell them you will research it more and follow-up.
- **Don't limit yourself** and only communicate with legislators. Send letters to the paper and garner support from local groups and folks.
- **Be informative** and educate your legislator about issues and how it impacts your community. Be prepared to follow-up.
- **Be appreciative** and remember to thank your legislator – regardless of the outcome. Give them the benefit of the doubt.
- **Be transparent** and practice what you preach.

## Partnering with Policymakers

Partnering with policymakers can be both rewarding and intimidating. The South Southwest PTTC has compiled a list of suggestions to support chances of success when working with decision makers.

Don't become discouraged if your first encounter with a legislator doesn't go exactly as planned or hoped for. Also, don't be discouraged if your efforts to communicate directly with your legislator are shot down or directed towards their legislative assistant. It can take multiple tries to accomplish a goal. Legislative assistants are just as great to work with as legislators as well. They often are more receptive and likely to move something on.

Every interaction with a policymaker and their staff is invaluable experience and offers opportunity to develop new skills, build relationships, and create change.

To read the entire publication by the PTTC you can visit this [link](#).



# DRUG DEBRIEF



## WHAT IS METHADONE?

Methadone is a synthetic (man-made) narcotic.

## COMMON NAMES

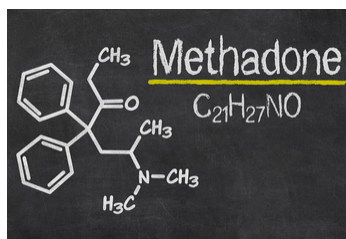
Amidone, Chocolate Chip Cookies, Fizzies with MDMA, and Wafer.

## What Does it Look Like?

Methadone is available as a tablet, oral solution, or injectable liquid.

## HOW IT IT ABUSED?

Methadone can be swallowed or injected.



## **Which Drugs Cause Similar Effects?**

Although chemically unlike morphine or heroin, methadone produces many of the same effects.

### **Effect on the Mind**

Abuse of methadone can lead to psychological dependence.

### **Effect on the Body**

Physical symptoms associated with methadone use can include sweaty, itchy skin, or sleepiness. Physical dependence is possible with substance abuse.

### **Withdrawal Symptoms**

Withdrawal symptoms associated with stopping use of methadone can include: anxiety, muscle tremors, nausea, diarrhea, vomiting, and abdominal cramps.

## OVERDOSE EFFECTS

The effects of methadone overdose can include: slow and shallow breathing, blue finger nails and lips, stomach spasms, clammy skin, convulsions, weak pulse, coma, and possibly death.

## Methadone's Legal Status

Methadone is a Schedule II narcotic under the 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.



# Rural Health & Wellness Resources

## Guides: Overdose Prevention 101 and Working with Rural Communities

Explore guides from the Public Health Institute's National Overdose Prevention Network, designed to support those looking to familiarize themselves with the basics of overdose prevention strategies, tools, and resources. The guides also serve as centralized resources that can be shared with colleagues and community members.

 [READ MORE](#)

## Rural Health Promotion and Disease Prevention Toolkit – RHlhub

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 – RHlhub

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](#)

## Substance Abuse in Rural Communities and Small Towns

This American Addiction Centers page covers risk factors and causes of substance misuse in rural areas, facts on substance use in rural communities, treatment options, etc.

 [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.

## Stanford Medicine 5th Annual Teaching Cannabis Awareness and Prevention Virtual Conference



**When:** April 17 – April 18, 2024

**Where:** Online

**Description:** The theme of the conference is the Triangulum: Cannabis, Tobacco, and Vaping.

**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

The Montana Institute



**When:** July 16–19, 2024

**Where:** In-person and virtual options

**Description:** Reshape the way you approach community health and well-being at the 2024 Montana Summer Institute. Join us onsite or online and learn how to foster hope, cultivate health, and strengthen connections to build healthier, safer, and more positive communities for all.

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

Deep Dive into Prevention Ethics: Competency and the SPF

**Free!**

**When:** Feb 1, 2024

**Where:** Virtual

**Description:** The second of six highly interactive sessions focused on taking a deep dive into principles of the code of ethics for substance misuse prevention specialists. The focus of this session will be on the principle of Competency and how to apply it to the Strategic Prevention Framework (SPF).

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

Advancing Health Equity Through the SPF: A Lunch and Learn Series

**Free!**

**When:** Feb 5, 2024

**Where:** Virtual

**Description:** This six week-long series offers professionals an opportunity to explore comprehensive prevention planning with a health equity lens.

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





# Resources & Opportunities

## Perceptions of Substance Use and Older Adults

**Free!**

**When:** Feb 22, 2024

**Where:** Virtual

**Description:** The webinar will explore how stigma of substance use with older adults underscores the lack of screening and tailored prevention. Content will further inform and educate on age-related challenges that increase substance misuse, medication adherence, etc.

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

## Alcohol, Equity, and Social Justice: Breaking the Silence

**Free!**

**When:** February 27, 2024

**Where:** Virtual

**Description:** This webinar will draw from both historical perspectives, recent events, and research findings, to unveil the alcohol industry's role in creating and perpetuating social, economic, and health inequities. Additionally, it will examine evidence-based alcohol policies aimed at alleviating inequities and addressing social justice issues.

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

## Alternatives to Suspension for Cannabis Vaping

**Free!**

**When:** February 6, 2024

**Where:** Virtual

**Description:** This webinar will describe the frameworks of alternatives to suspension programs, demonstrate their effectiveness, and display Stanford REACH's cannabis vaping alternatives to suspension program, [Healthy Futures](#).

**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.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

**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

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**  
GRANT COUNTY HEALTH DISTRICT

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

# 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)**