

Youth Substance Use Prevention 2023 Highlights

Dana Bierman, MHA
Program Manager
Chronic Disease & Injury Prevention



KITSAP PUBLIC HEALTH DISTRICT

Goals

- An overview of our Chronic Disease & Injury Prevention Program.
- An overview of the Youth Cannabis and Commercial Tobacco Prevention Program.
- An explanation of youth protective factors.
- Highlights of 2023 work.



Chronic Disease & Injury Prevention Program

*To make Kitsap County a safe and healthy place for all through **education and partnerships**. We support changes to policies, systems, and environments that make healthy living easier for everyone.*

Prevention. Collaboration. Quality. Equity. Innovation



Chronic Disease & Injury Prevention Program

- 7 Staff
- Focus Areas
 - Child Death Review/Injury Prevention (CDR/IP)
 - Healthy Eating & Active Living (HEAL)
 - Substance Use Prevention & Response Program (SUPR)



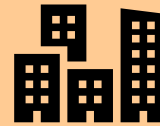
Youth Cannabis & Commercial Tobacco Prevention Program (YCCTPP)

- A DOH funded regional grant
- KPHD has been recipients since 2017
- Subcontract with Jefferson County Public Health, Clallam County WSU Extension, Kitsap County Health & Human Services



Youth Cannabis & Commercial Tobacco Prevention Program (YCCTPP)

The mission of YCCTPP is to prevent and reduce the onset of cannabis and commercial tobacco use in youth, ages 12-20.



We work at the policy, systems and environmental levels to prevent youth substance use.



Our prevention efforts are aimed at upstream social determinants of health.

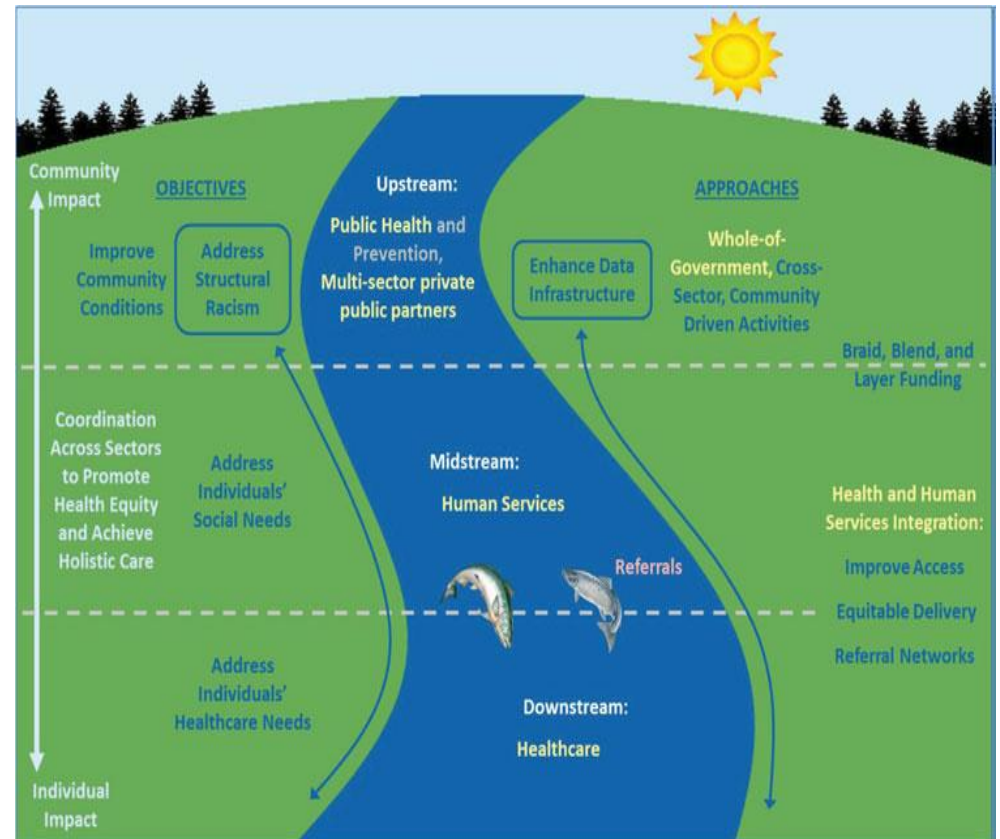


We focus our efforts on increasing protective factors in our youth and community.



Upstream Prevention

Upstream prevention refers to a set of factors that impact health beyond individual-level characteristics.



<https://jphmpdirect.com/cdcs-approach-to-social-determinants-of-health/>



Protective Factors & Risk Factors

Researchers at the University of Washington developed a public health model for the prevention of youth substance use and other behaviors, by identifying risk and protective factors.

- **Risk Factor** - something that may attribute to a problem.
- **Protective Factor** - something that helps to prevent a problem.

When protective factors outweigh risk factors



Child is more likely to be resilient.

[Risk and Protective Factor Framework \(healthyyouth.org\)](http://healthyyouth.org)



Community Protective Factors

Opportunities for pro-social involvement

- *When opportunities are available in a community for positive participation, children are less likely to engage in substance use and other problem behaviors.*

[Risk and Protective Factor Framework \(healthyyouth.org\)](http://healthyyouth.org)



Protective Factors

We focus on these protective factors to promote resilience in our youth:

- ➔ Pro-social Activities
- ➔ Leadership Opportunities
- ➔ Policymaker Engagement
- ➔ Community & School Engagement



Mini Grants

Goal to provide opportunities for youth to grow protective factors through a sense of belonging.

2023:

- Bainbridge Youth Services
- Way Finding Therapy/Cultivate Counseling Services/Yellow Chair Conversations
- Partnering for Youth Achievement
- Port Gamble S'Klallam Tribe
- Summit Avenue Presbyterian Church
- Native Horsemanship Youth Program
- Kitsap Immigrant Assistance Center
- Love Me for Me

[2024: 7 new mini grants](#)



Leadership Opportunities



Megan Moore, Kitsap Public Health
MEGAN.MOORE@KITSAPPUBLICHEALTH.ORG



Polycymaker Engagement

Kitsap 2023

Youth Forum

2nd Annual Event

An event for policymakers
to hear the voices of youth
in Kitsap County.



YOUTHFORUM@KITSAPPUBLICHEALTH.ORG



Policymaker Engagement

MY SHOES, MY STORY

Using shoes as a canvas, youth use art to communicate with community members, key leaders, and policymakers about what it is like to walk in their shoes.



Community Engagement

Olympic Prevention Partnership Meeting

A network of community organizations and individuals that recognize the importance of a collective impact for the prevention of commercial tobacco and youth cannabis use.



Community & School Engagement

- Prevention toolkits and curriculum
- Print, web, and social media resources
- Classroom education and technical assistance
- Trainings for educators, nurses, sports coaches, and administrators

KITSAP PUBLIC HEALTH DISTRICT PRESENTS

SCREENAGERS
Under the Influence
FILM DOCUMENTARY

We invite you to attend a FREE showing of the documentary film *Screenagers Under The Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age*

WEDNESDAY, NOV. 15, 2023

FROM 4-6:30 PM AT THE ROXY THEATRE
270 4th St, Bremerton

An informational Q & A and reception will follow the film. Parents and guardians aged 12-19 are encouraged to attend with anyone in the community.

Tickets are free, registration is required. Register at [screenagers_screening.com](https://www.kitsap.gov/screenagers_screening)

QUESTIONS? CONTACT US AT
EMAIL CDP@KITSAP.PH

2023
Community Connection Event

A Kitsap County Townhall to discuss youth mental health and substance use prevention.

May 16th 5 - 7 PM

Norm Dicks Government Center
345 6th St, Bremerton, WA 98337

To attend virtually, register at link in caption

Panelists include representatives from:

- Peninsula Community Health Services
- Kitsap Mental Health Services
- Olympic High School
- Drug Court Alumni Association
- Kitsap County Sheriff's Office

SPEAKER

Jason Kilmer
Associate Professor in Psychiatry and Behavioral Sciences at UW School of Medicine

Logos for Peninsula Community Health Services, Kitsap County Sheriff's Office, and Kitsap Health Care Authority are also present.



Healthy Youth Survey

Data will be available Spring, 2024

Two community protective factor questions from the Healthy Youth Survey:

- Are there adults in my neighborhood or community I could talk to about something important?
- Are there people in my neighborhood or community who encourage me to do my best?



Thank you

Dana Bierman

Chronic Disease & Injury Prevention

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Maternal and Infant Health Update

Jessica Guidry, MPH, CHES
Assistant Director, Community Health Division



KITSAP PUBLIC HEALTH DISTRICT

2023 Maternal & Infant Health Forum

- July 20, 2023
- 90 participants from 44 organizations

Goal: Foster collaboration, inspire knowledge exchange, and share innovative solutions for protecting and improving the health of people who give birth and their infants in Kitsap County.



Recommendations - Common Themes

- *Collaboration (N = 57, 19%)*
- *Holistic, Cultural, and Client-Centered Care (N = 50, 17%)*
- *Training (N = 34, 12%)*
- *Accessible Mental Health and Substance Use Disorder Services (N = 32, 11%)*
- *Cultural Competency (N = 27, 9%)*

Additional recommendations relate to supporting the health care workforce, enhanced care coordination, and addressing systemic challenges such as innovative payment and reimbursement structures within the healthcare delivery system.

Kitsap Infant and Mental Health Forum Summary Report, August 2023.

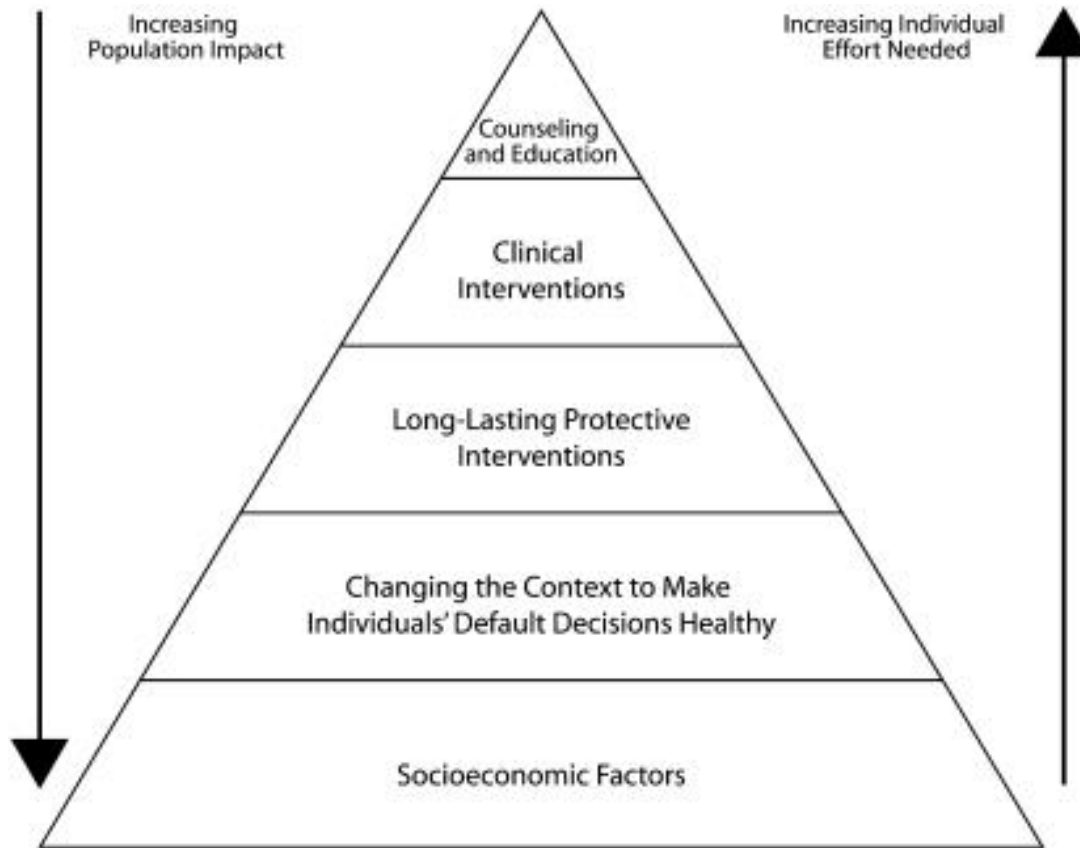


Identifying KPHD's Next Steps

- Reviewed **thematic analysis** of the MIH forum recommendations.
- **Set objectives and actions** based on our potential role (catalyst/contributor) and how they addressed “the Health Impact Pyramid”
- **Developed a plan** that lists our objectives and actions.



Health Impact Pyramid



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2836340/>



Our Objectives

1. Increase and improve maternal and infant health services impacting populations with the highest **health disparities** in Kitsap County.
2. Improve **service navigation** for pregnant and parenting families and increase **access** to home visiting programs.
3. Improve **funding and resources** that address maternal and infant health needs in Kitsap County.



Objective 1 Focus: Populations Experiencing Health Disparities

- Development of Black infant health program
- Collaboration with Suquamish Tribe
- Planning of a mental health forum



Objective 2 Focus: Service Navigation and Home Visiting Access

- Hiring of Care Coordinator to develop centralized referral system for early interventions.
- Collaboration with Virginia Mason Franciscan Health to convene perinatal providers.



Objective 3: Funding and resources

- Support of healthcare workforce development
- Promotion of funding for early childhood programs



Importance of Early Interventions / Prevention

"It's the first 1,000 days - from conception to age 2 - in which half of your adult health has been programmed."

- Stephen Bezruchka, MD
Associate Teaching Professor Emeritus
School of Public Health, University of Washington



Parent Child Health Team

**Children & Youth
With Special
Health Care
Needs**

**Lactation
Resources**

**Childcare
Consultation**

**Nurse Family
Partnership**

**Community
Health Worker
Support**

**Support for
Families with
Elevated Blood
Lead Levels**

**Work First
Assessments**

**Mama Moves
Kitsap**



Questions?

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