

# Breakout Sessions



## Keynote Descriptions

### **National and State Trends: What's Happening in the Marijuana Industry** Kevin Sabet

Dr. Sabet's talk will review national trends on drug use, specifically the growing number of adolescents using marijuana heavily. He will discuss the perils of Big Marijuana -- the "big tobacco" of our time - going through the latest developments over the battle to legalize marijuana, and reviewing the latest science about the drug. The presentation is based on his book "Reefer Sanity: Seven Great Myths About Marijuana" and he will provide an overview of the current drug policy trends in the United States, and debunk some of the most cited myths about marijuana use, for instance: marijuana is harmless and non-addictive.

### **Visioning Prevention Practice in an Era of Legalized Marijuana Use** Larry Cohen

Larry Cohen, Founder and Director of the Prevention Institute in Oakland CA, is dedicated to improving community health and well-being by building momentum for effective primary prevention. In his Keynote he will provide an overview of effective upstream prevention approaches that have been used successfully with multiple behavioral health policy issues, and entertain how they can be applied in our state as new norms are taking hold. Building on his Institute of Medicine paper: Closing the Loop, Larry will also have us consider funding innovation as applied to community empowered prevention in our State.

## Morning Session: 10:25-11:35am

### **Prevention Science: The Essentials** Liz Wilhelm Room: 316

Come one! Come All! The rallying cry for prevention. Join us for a speed course of the science of creating community change around substance abuse. Prevention is the process of creating population-level change to improve overall health through decreasing risks, building on local strengths, and addressing norms and perceptions. The goal of this workshop is describe substance abuse prevention essentials at work in communities in Washington State to help you align your professional practices with prevention principles.

### **Advanced Prevention Science Discussion**

#### **Larry Cohen, Cristal Connelly and Tutrecia Baker Room: Ballroom**

Larry Cohen will be joined by Cristal Connelly, DOH and Tutrecia Baker, TPCPD to examine how prevention principles are being applied in WA state as well as what is occurring at the State and County levels within the realm of prevention science.

### **Marijuana in WA State: Where We are and Where We are Going**

#### **Mary Segawa & Derek Franklin Room: 317**

Washington State consistently has been on the front line of the evolution of the medical and recreational use of marijuana. This reality has created many new challenges for law enforcement, government agencies, social service groups, businesses, citizens, and substance abuse prevention professionals to navigate this ever-changing landscape. We will look at where we are now with laws and policies in Washington, what lies ahead with the regulation of marijuana for medical use, and how we collectively attempt to create solutions for the challenges we face.

### **What Everyone Needs to Know about Marijuana and Adolescents**

#### **Dr. Bill James Room: 315**

Participants in this workshop will be introduced to some myths and facts about marijuana. This session will review the impact of marijuana use on the body, brain and behavior. The workshop will incorporate information from the National Institute on Drug Abuse (2016) and the Washington State Healthy Youth Survey (2014). We will examine the relationship between marijuana use and school performance. Mental health issues will be

explored along with the questions of marijuana being addictive and a gateway drug to other substances. This workshop will enhance professional skills and ability to address the legalization of marijuana for those age 21 or older in Washington State (2012) and the impact of the law on youth, adults, families and communities. We will examine the laws related to marijuana use and driving and review prevention, intervention and treatment efforts.

## **Marijuana: Trends, Trafficking, Commerce and Impacts**

**Steve Freng and Nick Hausner Room: 318**

This workshop will provide detailed information regarding recent trends involving marijuana trafficking and black market commerce in Washington State and the broader region. It will also provide a current update regarding the implementation and impacts of Initiative 502, with excerpts from the recent Northwest High-intensity Drug Trafficking Area "Washington State Marijuana Impact Report".

## **Afternoon Session: 1:15-2:15pm**

**Prevention Science: The Essentials Liz Wilhelm Room: 316**

Come one! Come All! The rallying cry for prevention. Join us for a speed course of the science of creating community change around substance abuse. Prevention is the process of creating population-level change to improve overall health through decreasing risks, building on local strengths, and addressing norms and perceptions. The goal of this workshop is describe substance abuse prevention essentials at work in communities in Washington State to help you align your professional practices with prevention principles.

## **Preventing Marijuana Use Among Young People: The Motivational Interviewing Approach to Dealing with Ambivalence and Resistance to the Prevention Message**

**David Haapala Room: 317**

The purpose of this session is to provide participants with a fundamental knowledge and a sample of specific skills that make up the Motivational Interviewing approach. The presentation will emphasize a practical application of Motivational Interviewing theory and methods to work towards effective Marijuana prevention with a target group of school age youths, particularly middle school and high school students. Special attention will be given to ways to deal with youth ambivalence and resistance to the message of Marijuana prevention.

## **Ask, Advise, & Refer (AAR): 30 Seconds to 3 Minute Brief Intervention**

**Heidi Henson Room: 318**

Learn how to perform effective tobacco, vape or marijuana interventions. The objectives are 1. Learn "best practices" for quick behavioral interventions. 2. Understand the power of your influence on quit attempts. 3. Build confidence and expertise through role play.

## **Promoting Healthy Youth Development: A Strategy to Prevent Youth**

**Marijuana Use Kevin Haggerty Room: Ballroom**

This session will focus not only on reducing known risk factors for adolescent marijuana use, but will examine strategies to promote healthy development. Using the social development strategy we will explore how to promote opportunities, skills, recognition, bonding and healthy beliefs and clear standards at home, school and in the community.

## **Screening, Brief, Intervention, and Referral to Treatment (SBIRT): Culturally Competent Way to Reach Diverse Communities**

**Suzanne Pak, Geoff Miller and Eric Osborne Room: 315**

Have you wondered how we can open up the dialogue with youth about marijuana? Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a person-centered approach that begins with screening questions on alcohol, drug, and marijuana use. Learn how to use Motivational Interviewing begin dialogue with patients and clients about their behavior and provide education in a primary care setting. SBIRT is the evidence-based intervention for alcohol use, and the States of Washington and Colorado are pioneers in including marijuana question in the screening survey. Korean Women's Association will provide insights on how SBIRT is being used to reach multi-lingual communities in a culturally competent approach.

# Priority Population Panelists

**Alma Zambrano**, YMPEP Prevention Staff Member

**Elaine Ishihara**, Director at the Asian Pacific Islander Coalition Advocating Together (APICAT) for Healthy Communities

**Fred Swanson**, Executive Director at the Gay City Health Project

**Rickylee Alip**, Youth Advocate for Health & Well-Being at Oasis Youth Center

**Me'Kyel Bailey**, Coordinator of Youth Marijuana Prevention at the Center for MultiCultural Health

## Priority Population Panel

### Location: Ballroom

The panel is an opportunity to hear well respected community advocates share their work and services; highlight strategies they have effectively used with different cultural communities; and share different insights they have about working with different populations within specific communities. Where possible, panelist will address how their ongoing work might help inform the work of youth marijuana prevention education.

## Prevention Youth Panel

### Location: Ballroom

The Youth Panel is comprised of youth who have contributed as youth leaders in prevention activities within their school/communities. As youth invested in prevention, they will share an important and unique understanding of what is working, what is not and what needs to change. Learn from youth voice on prevention practices and celebrate their role as critical stakeholders.