



## BUSINESS OF THE CITY COUNCIL CITY OF MERCER ISLAND

**AB 5808**  
**February 2, 2021**  
**Regular Business**

### AGENDA BILL INFORMATION

<b>TITLE:</b>	AB 5808: Healthy Youth Initiative Program Update	<input checked="" type="checkbox"/> Discussion Only
<b>RECOMMENDED ACTION:</b>	Receive report. No action necessary.	<input type="checkbox"/> Action Needed: <input type="checkbox"/> Motion <input type="checkbox"/> Ordinance <input type="checkbox"/> Resolution

<b>DEPARTMENT:</b>	Youth and Family Services
<b>STAFF:</b>	Tambi Cork, YFS Administrator
<b>COUNCIL LIAISON:</b>	n/a
<b>EXHIBITS:</b>	1. Healthy Youth Initiative Guide
<b>CITY COUNCIL PRIORITY:</b>	n/a

<b>AMOUNT OF EXPENDITURE</b>	\$ n/a
<b>AMOUNT BUDGETED</b>	\$ n/a
<b>APPROPRIATION REQUIRED</b>	\$ n/a

### SUMMARY

The purpose of this agenda bill is to update the City Council on the grant-funded Healthy Youth Initiative program. In November 2019, the City Council authorized the City Manager to accept two grant awards from the federal Substance Abuse and Mental Health Services Administration ("SAMHSA") to enhance substance abuse prevention and mental health promotion efforts for the Mercer Island community (see [AB 5615](#)). Since the authorization of grant funds, the MIYFS Healthy Youth Initiative has expanded grant-funded services while adapting to new challenges presented by the COVID-19 pandemic.

### HISTORY

The Healthy Youth Initiative (HYI) program is a grant-funded initiative staffed by the Department of Youth and Family Services (YFS) that uses a community mobilization model (Strategic Prevention Framework) to reduce youth and young adult substance use and promote mental health. HYI focuses on long term *prevention*, which complements existing YFS programs that provide *intervention* and *treatment* for youth facing more imminent risks from substance use and mental health challenges.

The Healthy Youth Initiative is the evolution and expansion of the grant-funded Communities that Care Coalition (CTC), which was launched in 2005 to address youth alcohol use on Mercer Island after the tragic death of a youth in a substance-use related automobile crash. This initial coalition was funded by a King County grant award from 2005-2007. From 2007-2017, CTC efforts were expanded to include tobacco and

marijuana use prevention with funding from a SAMHSA Drug Free Communities (DFC) grant. When DFC funding expired in 2017, a full-time staff position was eliminated and YFS scaled back the program to maintain it at a nominal level leveraging existing staff time with a small operating budget. The Healthy Youth Initiative project continued prevention work from 2017-2019 while continually looking for new funding opportunities to scale back up to meet demand.

## **2019 SAMHSA GRANT AWARDS**

In 2019, YFS was awarded two federal SAMHSA grants to continue and expand the prevention efforts by the Healthy Youth Initiative. The Sober Truth on Preventing Underage Drinking Act (“STOP”) grant award is \$48,600 annually for four years (\$194,400 total) and is aimed specifically at preventing and reducing underage drinking. The Partnership for Success, Strategic Prevention Framework (“PFS”) grant award is \$300,000 annually for five years (\$1.5 million total) and is for broader drug and alcohol prevention and mental health promotion efforts. The scale and scope of the PFS grant award is larger because, in addition to providing additional capacity for underage alcohol prevention, it also funds prevention of vaping, marijuana, opiates, prescription drug, nicotine/vape use, as well as direct mental health services and strategies for youth as well as young adults.

Grant-related substance use prevention outcomes include:

- Reduce rates of drug and alcohol use among youth and young adults,
- Increase perception of risk/harm of substance use, and
- Increase perception of parent and peer disapproval of substance use.

Mental health outcomes include:

- Reduce help-seeking stigma.
- Decrease rates of anxiety and depression indicators among youth and young adults, and
- Increase identification and linkages for youth with mental health precursors.

## **HEALTHY YOUTH INITIATIVE IMPACT 2020-2021**

The Healthy Youth Initiative fills a gap in the YFS services portfolio by targeting community-level health risk factors. Focusing data-driven substance use prevention and mental health promotion efforts “upstream,” reduces the frequency and severity of problems that would otherwise involve more costly and intensive “downstream” intervention by YFS mental health counselors and social workers. Substance use prevention and mental health promotion continue to be important under the COVID-19 pandemic as public health projections include significantly elevated risks in these areas for the next two years and beyond.

YFS staff worked with federal funders to modify the HYI strategic plan to adapt to pandemic realities, including using non-traditional data sources, adopting new virtual messaging strategies, and expanding the scope of targeted risk behaviors to align with COVID-19 health indicators. For example, by conducting key informant interviews and extrapolating from county and state data, the HYI modified education and awareness efforts to better focus on building connection and resiliency among youth and parents—a strategy specific to mental health disaster recovery.

Current HYI efforts include working partnerships with:

- Jewish Family Service Seattle
- University of Washington’s Department of Psychiatry and Behavioral Science
- University of Washington’s Center for Child and Family Well-Being

- Mercer Island PTA's Parent EDGE
- Northwest Prevention Technology Transfer Center.

HYI outcome data is reported to SAMHSA annually based on a strategic plan and in grant-funded consultation with epidemiologists and public health strategists at the Montana State University Center for Health and Safety Culture.

## **RECOMMENDATION**

Receive report. No action necessary.