



# Northwest PTTC State Listening Session Summary

Between April 1, 2020 and April 3, 2020, the Northwest PTTC convened one-hour listening sessions with each of the four states in HHS Region 10: Alaska, Idaho, Oregon, and Washington. Sixty-one state and community-level prevention practitioners participated in the listening sessions. Each listening session included 5 open-ended questions: 1) What is a concern and hope that you bring with you today?; 2) What are you doing to keep prevention moving forward?; 3) What is working right now?; 4) How can the Northwest PTTC support you?; and 5) What training would be useful? The emerging themes from the state responses are summarized below.

## WHAT IS A CONCERN AND HOPE THAT YOU BRING WITH YOU TODAY?

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Emerging themes of concern included parents trying to balance work, home schooling, and childcare; meeting the basic needs of the most vulnerable populations; at-home delivery of alcohol, as well as the intersection of social isolation on increased risks for suicidality, interpersonal violence, and substance misuse.

Listening session participants conveyed a universal hope that prevention professionals seize the crisis as an opportunity to promote the science of prevention and reinforce its critical role in public health.

## WHAT ARE YOU DOING TO KEEP PREVENTION MOVING FORWARD?

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Across the region, prevention practitioners are spreading messages of hope through positive social media posts, check-ins with community partners, and written *thinking of you letters* in school packets. Listening session participants are also convening online meetings to support parents engaging youth to construct positive social media campaigns.

## WHAT IS WORKING RIGHT NOW?

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Having self-paced and moderated online learning opportunities to stay connected with one another has helped in keeping in communication with co-workers, families, and stakeholders. Members of the region's workforce shared a number of communication strategies to stay connected to youth and parents as well as initial efforts to adapt prevention programs to a web-based format.

## HOW CAN THE NORTHWEST PTTC SUPPORT YOU?

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Listening session participants requested that the Northwest continue delivering monthly webinars and online learning opportunities to support individuals' continuing education goals. The workforce needs support in order to adapt and implement online prevention programs as well as strategies to keep community coalitions active in an online environment. Practitioners need support to engage in

self-care as they are also experiencing the impact of stress while seeking to ways to be respond to communities' needs, leverage limited resources, and anticipate needs post COVID19.

### **WHAT TRAINING WOULD BE USEFUL?**

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Prevention practitioners are seeking training and technical assistance via webinars, small group consultation, peer sharing, and individualized assistance to shift programs and practices to web-based formats. .

In response to the listening sessions, the Northwest PTTC integrated the science of positive messaging into webinars and small group consultations. The Northwest is facilitating brief virtual gatherings that will provide a variety of tips to build resilience and connection, and is convening consultations to explore how to activate youth, families, coalition members, and broader community members in prevention efforts using web-based technologies.