

Meeting Minutes of the Governor's Council on Substance Abuse Prevention and Treatment Prevention Subcommittee Thursday November 21, 2024, Approved

Attendees:

Subcommittee Members Attending: Michele Bowles, Christina Chill, Tammy Collins, Lori Garrett-Bumba, Stephanie Hayes (co-chair), Jenny Lancaster, Amy Saunders (co-chair), Elizabeth Shahan

Invited, Not Attending: Tahnee Bryant, Nancy Hoffman, Jostin Holmes, Greg Puckett, Gig Robinson

Guest Speaker: Dan Doyle

ODCP Staff: Jessica Smith

Marshall University Staff: Bradley McCoy

Opening:

Amy Saunders (co-chair) provided welcome and opening remarks of this meeting of the Governor's Council on Substance Abuse Prevention and Treatment, Prevention Subcommittee. The meeting was called to order on Thursday November 21, 2024, and was conducted by Zoom conference. A quorum was present; however, minutes were tabled to work on the 2025 State Plan and listen to the guest speaker's presentation. The purpose of this meeting was to finalize the 2025 State Plan and listen to the guest speaker, Dan Doyle's presentation on youth nicotine interventions.

Agenda Items:

Guest Speaker – Dan Doyle

- Dan Doyle provided a presentation on youth vaping prevention with an emphasis on prevalence and interventions. The focus was the CATCH My Breath intervention for e-cigarette prevention. CATCH My Breath started as a controlled trial in Texas with a 45% reduction in kids starting to vape at intervention schools. Many partners have come together in West Virginia to implement it such as schools, the Division of Tobacco Prevention, Department of Education, West Virginia Lung Association, Appalachian Pulmonary Health Project, and more.
- CATCH My Breath was piloted in nine West Virginia counties from 2019-2023 and trained 6, 217 middle and high school students. It was funded by the Pallotine Foundation.
- The Department of Tobacco Prevention has expanded the CATCH My Breath intervention as a three-year project from 2023-2026 to engage all 55 counties statewide.
- The CATCH My Breath intervention involves a student pre-test, 4 weekly educational sessions, and a student post-test with additional feedback on the sessions. Teachers also provide a brief classroom evaluation. Schools are given their local county data.
- An article was successfully published in September 2024 in the Journal of Primary Care and Community Health about the work of CATCH My Breath in West Virginia.
- A team meets weekly with an updated dashboard and reports around numbers of teachers trained in CATCH My Breath and counties/students reached with a breakdown by demographics. 51 counties have one teacher trained.

- Training events have occurred to train as many school counselors in CATCH My Breath as possible.
- Schools that train 10-100 students receive \$1,000. Larger schools receive \$2,000. Teachers receive a \$250 stipend. So, most schools receive \$2,250 in funding.
- Christina Chill is sharing a spreadsheet of participating schools.

2025 State Plan

- The group discussed the requirements of their State Plan according to the code set by the legislature. Their Goal 2 already addressed vaping, but they were willing to include more specific language to address nicotine/tobacco and cannabis. The Strategic Prevention Framework already addresses opioids, and this group does not want to duplicate that work but if it is a requirement they are willing to add a goal around tracking and monitoring those efforts.

Additional Discussion

- None

Adjournment:

Amy closed the meeting by thanking all subcommittee members for their attendance and participation. The subcommittee will meet again on December 19, 2024.