

Community Prevention & Wellness Initiative (CPWI)

Local solutions to promote community health & well-being

Local Coalition Approach Can Improve Youth Wellness

Adolescent brains and bodies are still developing rapidly – and they are especially sensitive to harmful substances like tobacco, alcohol, marijuana and other drugs. The 2018 Healthy Youth Survey found that among Washington State 10th graders, 21% use e-cigarette or vapor products, 19% drink alcohol, and 18% use marijuana.

These rates translate into tens of thousands of teens using addictive substances at a time when their brains are being wired with behaviors that can last a lifetime. This helps explain why people who start using substances early in life are more likely to have higher levels of substance use and abuse later in life. Taking steps to prevent or delay substance use among young people is a way to lower their risk of substance use disorders, and to improve the social, civic, and economic wellbeing of our communities.

Washington State's Community Prevention and Wellness Initiative (CPWI)

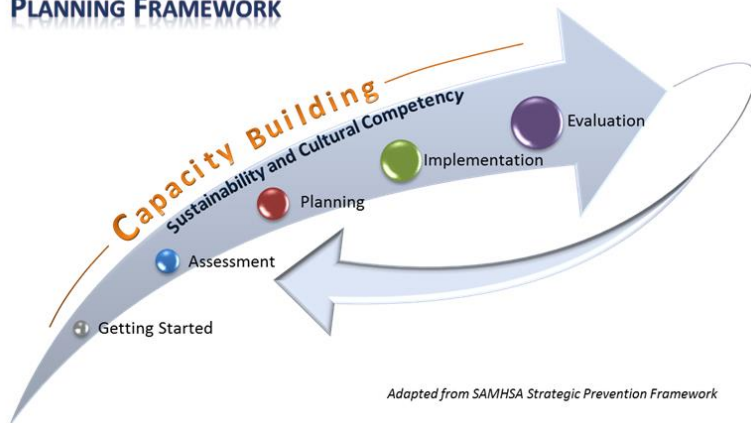
What is CPWI?

Since 2011, the Washington State Health Care Authority Division of Behavioral Health and Recovery (DBHR) has led a ground-breaking approach aimed at bringing schools and communities together to protect youth from the harm that substance use can cause at this life stage.

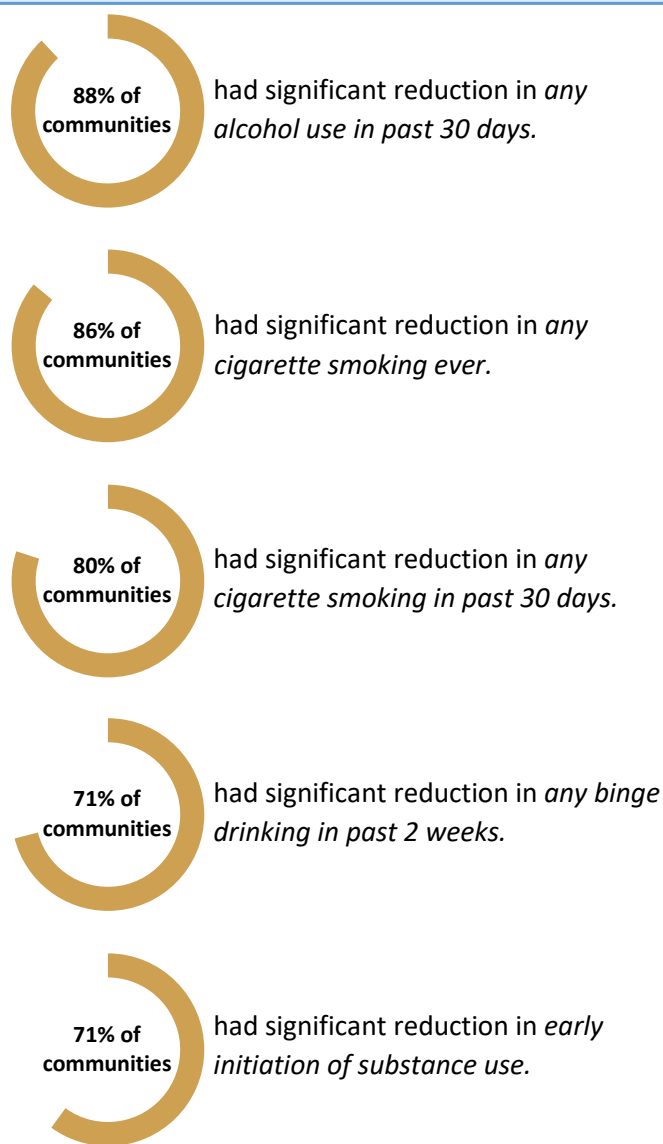
- ✓ It is a comprehensive approach that reduces the negative risk factors that make adolescents more likely to use substances, and increases the positive, protective factors.
- ✓ It is a proven model for local decision-making.
- ✓ It brings together key local stakeholders to coordinate, assess, plan, implement, and evaluate youth substance use prevention services needed in their community.
- ✓ It uses a community coalition approach to increase community ownership of prevention efforts.

CPWI coalitions receive funding, training, and technical assistance to plan and implement prevention programs. For more information on CPWI, visit www.theAthenaForum.org.

DBHR COMMUNITY PREVENTION AND WELLNESS INITIATIVE PLANNING FRAMEWORK



CPWI communities* had statistically significant reductions in adolescent substance use and risk factors after CPWI implementation (2018) compared to before CPWI (2010).



*Group 3 communities began implementation in 2013

East Valley (Spokane)

Building a Stronger Community

Youth substance use can hurt the health and safety of our communities. Prevention services and strategies are essential. When we prevent early use of alcohol, prescription drugs, marijuana, etc. we can also prevent the costs of substance abuse and addiction, family violence, poverty and crime.

Bias-free Support for Underserved Populations

Working within the many contexts of our community, we strive to offer services that are free of barriers and stigma. Our coalition also seeks to leverage the work of other available resources in our community, addressing any gaps where and when we can.

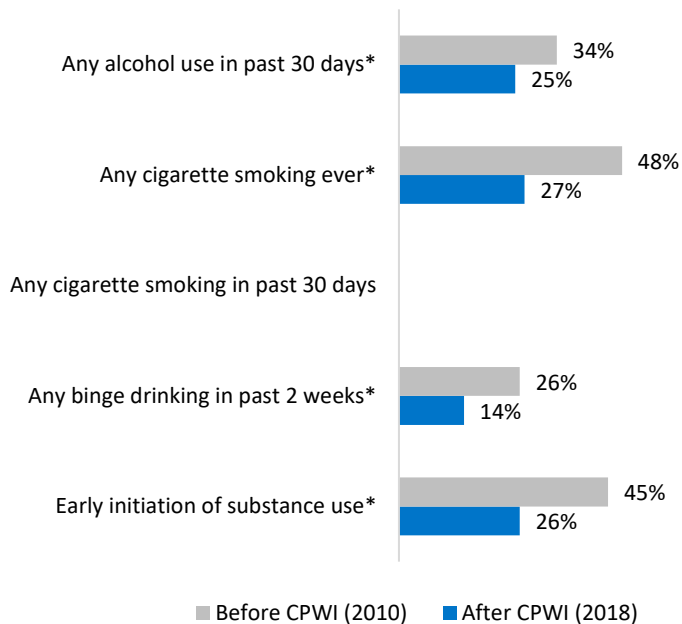
Interrupting Cycles of Trauma and Poverty

As a coalition we work to identify factors that exist within our community that have strong correlations to substance abuse, trauma, violence, etc. By identifying these "risk" factors, we can help amplify or introduce more prevention strategies that will buffer and help reduce negative effects and impact.

Promoting Resiliency and Wellness

As a coalition, we strive to help create foundations for resilient communities that can work together to survive the hard stuff and come out better on the other side. Working together to promote prevention and health in our community only makes it better!

Before & After CPWI: 10th Grade Substance Use Outcomes



In the graph, * represents statistically significant change from 2010 to 2018 at $p < .10$.
No bar graph = result suppressed because of low sample size.

In East Valley (Spokane), fewer students are using substances since the implementation of CPWI.

- ↓ 26% decrease in any alcohol use in past 30 days.
- ↓ 44% decrease in any cigarette smoking ever.
- ↓ 46% decrease in any binge drinking in past 2 weeks.
- ↓ 42% decrease in early initiation of substance use.

Direction of change for suppressed outcome:

- Any cigarette smoking in past 30 days decreased.

The East Valley Community Coalition (EVCC) empowers our community through education and substance abuse prevention to promote safe and healthy individuals in all families and neighborhoods.

EVCC is a group of people living and working in the East Valley school district who are concerned about youth substance use. Coalition members include adults and youth who attend East Valley schools and work in a variety of East Valley and Spokane Valley businesses, agencies and community organizations who are interested in promoting health and wellness locally.