

# Community Prevention and Wellness Initiative

## *Partners for Healthy Communities*

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### My TOWN Coalition Mission:

To provide leadership and partnerships to implement strategies that promote a healthier community and improve student success.



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### Coalition Coordinator Wilma Weber

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Bio: Wilma has worked as a Health Educator for Grays Harbor Public Health & Social Services since 2005; took the role of Coalition Coordinator in 2013; and was credentialed as a Certified Prevention Professional in 2016.

“The heart of prevention is beating strong through the efforts of this awesome coalition.”

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### About the Community Prevention and Wellness Initiative (CPWI):

CPWI is a partnership of state agencies, counties, schools and local prevention coalitions supporting communities in preventing alcohol and other drug abuse and its negative consequences. CPWI priorities include reducing underage drinking, marijuana use and opioid misuse/abuse among middle and high school aged youth. By providing evidence-based practices and promoting the positive changes in communities, we can build healthier communities.

### About the Coalition: Communities and Schools Working Together

My TOWN coalition was founded in July of 2013 in response to an invitation from our state partner (DBHR) to focus prevention efforts in Hoquiam. Our community realized the benefits of working together to address the specific problem or underage substance use and is passionate about student achievement.

Members and partners include: Hoquiam School District; Capital Region ESD 113; City of Hoquiam; Immanuel Baptist Church/faith-based partners; YMCA of Grays Harbor; parents; students; business partners; and Public Health.

Some of our Key Accomplishments have been to establish a continuum of prevention education (LifeSkills Training) in grades 4-9, increase awareness of and training on ACES, incorporate best practices for social-emotional learning (Good Behavior Games), and foster relationships and trust with our many community partners.

We believe that the key to prevention is truly being able to tap into the resources of human capital that exist in the community. Every individual has the ability to impact protective factors – it is our job to help them realize that potential.

Although change doesn't happen as fast as we'd like it to, we continue to be encouraged by the fact that the needle is moving in a positive direction.

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## Other Contacts

### Student Assistance Program Specialist:

Capital Region ESD 113  
Contact: Katie Cutshaw  
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Email: [kcutshaw@esd113.org](mailto:kcutshaw@esd113.org)

### Hoquiam School Prevention/Intervention Specialist:

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CPWI is funded by:



For more information about  
CPWI visit [DSHS.wa.gov/CPWI](http://DSHS.wa.gov/CPWI)

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### About Our Community

**History** (excerpt taken from: <http://cityofhoquiam.com>):

Upon the Hoquiam River, in Grays Harbor County, where the fresh water empties into the sea, is the little town of Hoquiam, Washington. From its earliest history through the rough-and-tumble era of lumber barons and labor radicals, Hoquiam's history has been inextricably tied to the vast, dense woods that surround the town.

Hoquiam continues to hold onto the roots of the past and local leaders are enthusiastic about finding industry that will build and sustain the economic health of the community into the future.

Hoquiam is the second largest city in Grays Harbor County and has an estimated population of 8,700 people with the following demographic profile:

- 85% white; 4% American Indian or Alaskan Native; with the balance being composed of African American, Asian, Native Hawaiian/Other Pacific Islander, or other
- Approximately 9% of the population reports being of Hispanic or Latino ethnicity
- The median household income is \$31,329
- An estimated 27% of Hoquiam residents live at or below the poverty level

Some of the challenges our community faces related to substance use are ease of access, favorable attitudes toward substance use, poor family management, and low commitment to school. These are all influenced by socio-economic factors as well.

### About Prevention Programs in our Community

My TOWN will continue to focus on increasing the protective factors for youth in our community through supporting the following programs: LifeSkills Training; Good Behavior Games; Guiding Good Choices; Grizzly Prevention Squad; Project Success; Grizzly Fusion; Secure Medicine Take-back; SPORT+Wellness; Bring IT Up Campaign; Bottle Tag Campaign; along with increasing community involvement and partnerships.

Please help us measure our success by participating in our annual community survey and find us on Facebook:

<https://www.facebook.com/myTOWNcoalition/>