How do we know that prevention works?

Our DBHR prevention programs and policies have been shown through rigorous research to prevent substance use problems.

An evaluation by Washington State University showed that CPW is meeting its goals: 95% of programs implemented between July 2015 and June 2016 had positive results in delaying the first use of alcohol or other drugs, reducing use, decreasing risk factors and/or increasing protective factors. Between 2008 and 2016, communities in Cohort 1 showed improvements in all family and community risk factors. Evaluation results also showed significant decreases in 10th grade substance use outcomes:

- Alcohol use and binge drinking - down 42%
- Cigarette use - down 49%
- Marijuana use - down 11%

On a statewide level, the Washington State Healthy Youth Survey (HYS) monitors the health of students, evaluates the impact of our prevention efforts, and shows the links between substance use and education outcomes. Since 2008, past-month use of alcohol among 10th graders has dropped from 33 percent to 20 percent, and binge-drinking has been reduced by half - from 20 percent to 11 percent.

Partners for Healthy Communities

Community prevention and wellness initiative

DBHR supports prevention services in the following communities and tribes:

<table>
<thead>
<tr>
<th>Community Prevention and Wellness Initiative Communities</th>
<th>Tribal prevention and wellness programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal coalitions must have or provide the following:</td>
<td></td>
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<tr>
<td>- Members who represent at least eight sectors of the</td>
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<tr>
<td>community, such as youth-serving organizations, law</td>
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<tr>
<td>enforcement, parent, school, healthcare professionals,</td>
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<tr>
<td>business, faith-based organizations, and youth</td>
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<tr>
<td>- One school-based prevention education series for</td>
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<tr>
<td>students in the middle or high school</td>
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<tr>
<td>- A prevention group facilitated at school</td>
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<tr>
<td>- Identification and referral services at the middle</td>
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<tr>
<td>or high school</td>
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<tr>
<td>- At least one additional direct service prevention</td>
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<tr>
<td>program</td>
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<tr>
<td>- For contracts under SAM IIA Block Grant funds</td>
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<tr>
<td>(SARF), 50% of programs must be Evidence-Based</td>
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<tr>
<td>Programs found on the Excellence in Prevention</td>
<td></td>
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<tr>
<td>Strategy list [<a href="https://www.theathenaforum.org/">https://www.theathenaforum.org/</a></td>
<td></td>
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<tr>
<td>Programs/Prevention.htm], 40% of programs must be</td>
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<tr>
<td>Evidence-Based or Research Based Programs and</td>
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<tr>
<td>12% of funds can be used for Promoting Programs</td>
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<tr>
<td>from the CBW CPW Enhancement and Expansion list</td>
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<tr>
<td>[<a href="https://www.theathenaforum.org/">https://www.theathenaforum.org/</a></td>
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<tr>
<td>Programs/Prevention.htm]</td>
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<tr>
<td>- At least one environmental strategy, such as policy</td>
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<tr>
<td>development or activities to reduce access and</td>
<td></td>
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<tr>
<td>availability of alcohol and marijuana</td>
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<tr>
<td>- A public awareness campaign</td>
<td></td>
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<tr>
<td>- Local decision making by the coalition for</td>
<td></td>
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<tr>
<td>assessment and strategic planning</td>
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<tr>
<td>- Participation in local and state evaluation (the</td>
<td></td>
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<tr>
<td>Washington State Healthy Youth Survey)</td>
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</tbody>
</table>
Empowering communities to create healthy changes

Alcohol and other drug abuse can erode the health and safety of communities. This is why effective prevention services are vital for every community. When we prevent early use of alcohol and other drugs, we also prevent the far reaching and high costs of substance abuse and addiction. These costs include:

- Child abuse and neglect
- Other forms of violence
- Unemployment and poverty
- Crime
- Avoidable medical care

Through the Community Prevention and Wellness Initiative (CPWI), we support communities in creating sustainable, healthy changes by investing in prevention planning and practices that lead to the best possible outcomes.

What are the risks of underage use of alcohol, marijuana and other drugs?

Children and teens who use alcohol and marijuana are at higher risk than adults for developing short and long-term physical, developmental, and emotional problems. This is because their brains are still developing and are more sensitive than adults to the effects of drug abuse.

Children and teens who use alcohol and marijuana are at higher risk than adults for developing:
- Avoidable medical care
- Crime
- Unemployment and poverty
- Other forms of violence
- Child abuse and neglect

Prevention programs and strategies seek to change beliefs, attitudes, and behaviors in order to delay initiation and reduce use of alcohol, tobacco, marijuana, and other drugs.

CPWI is committed to supporting high-need, traditionally underserved priority populations to address health disparities throughout the state. By focusing resources on the highest-need populations, we will see a greater decrease in problem behaviors state-wide.

CPWI provides community coalitions with funding and technical assistance for coordination, assessment, strategic planning, implementation, and evaluation of prevention services needed in their communities. This support helps communities build on their past successes and better measure how well prevention programs are meeting goals.

Some of the ways CPWI is already making a difference in communities include:

- Providing education to youth, parents, community members, and policy makers about the power of prevention.
- Local ordinances have been passed that reduce youth access and exposure to alcohol.
- Coalitions are working to raise awareness in their communities about the consequences of alcohol and other drug abuse.
- Students are learning how alcohol advertising can influence their decisions, and how to make healthy choices.
- Parents are learning skills to increase family bonding.
- There is more collaboration among school and community groups.
- Young people have more opportunities to be involved in positive activities.

How are communities funded and chosen?

CPWI is funded by a federal block grant, discretionary grant, and the State Dedicated Marijuana Account. Funds are provided to the Office of Superintendent of Public Instruction to place Prevention/Intervention Specialists in schools to support community coalitions. As more funding becomes available, CPWI will expand to additional communities.

Funding is focused in communities experiencing high levels of underage drinking, marijuana and opioid use, crime, unemployment, and school failure. Communities are chosen based on their needs and their readiness to successfully address them.

How are coalitions formed and what is their role?

What is the Community Prevention and Wellness Initiative?

CPWI provides community coalitions with funding and training, as well as technical assistance for coordination, assessment, strategic planning, implementation, and evaluation of prevention services needed in their communities. This support helps communities build on their past successes and better measure how well prevention programs are meeting goals.

The goal of CPWI is to support proven prevention strategies and sustainable funding that will have long-term, positive impacts on families and communities. Prevention programs and strategies seek to change beliefs, attitudes, and behaviors in order to delay initiation and reduce use of alcohol, tobacco, marijuana, and other drugs.

CPWI is a community-based model for delivering prevention programs and strategies to reduce underage use of alcohol, marijuana, tobacco, and other drugs. This model uses a data-informed, community-level decision-making process to determine root social and emotional causes that predispose problem behaviors. CPWI aligns with the Federal Department of Health and Human Services’ National Prevention Strategy to increase the health and safety of individuals and communities.

What are our goals and priorities?

What is our perspective?

A coalition is a formal arrangement for cooperation and collaboration between groups or sectors of a community or a local jurisdiction. A coalition will agree to work together toward a common goal of building a safe, healthy, and drug-free community.

Community members bring the perspective of the group of people or organization they represent to the coalition and function on behalf of those they represent to carry out strategies for the local community. Members act within their own sphere of influence, enabling the coalition’s ability to create needed change and implement multiple strategies.

Coalition members engage in planning and implementing the coalition’s Strategic Plan by participating in workshops, reviewing plan drafts, developing strategies, leading facilitation of the implementation of strategies and activities in the plan, and determining the functioning of the coalition.

How do CPWI ensure healthy communities?

CPWI provides community coalitions with funding and technical assistance for coordination, assessment, strategic planning, implementation, and evaluation of prevention services needed in their communities. This support helps communities build on their past successes and better measure how well prevention programs are meeting goals.

CPWI communities receive funding to:

- Implement evidence-based programs for youth and families
- Change community norms to reduce risk factors (such as early first use of drugs)
- Increase protective factors (such as youth who feel connected to their families, school and peers)
- Build healthy and safe community environments
- Empower people to make healthy choices
- Eliminate root causes of health disparities
- Eliminate health disparities
- Empower communities to create healthy changes
- Eliminate health disparities throughout the state
- Federally funded block grants
- Discretionary grants
- State Dedicated Marijuana Account

Through the Community Prevention and Wellness Initiative, we support communities in creating sustainable, healthy changes by investing in prevention planning and practices that lead to the best possible outcomes.

CPWI aligns with the Federal Department of Health and Human Services’ National Prevention Strategy to increase the health and safety of individuals and communities. The strategy focuses on:

- Building healthy and safe community environments
- Expanding quality preventive services in clinical and community settings
- Empowering people to make healthy choices
- Eliminating root causes of health disparities

The CPWI model allows us to better target and leverage limited public resources, increasing our ability to gain the best possible outcomes for communities. This more collaborative approach is expected to provide the long-term support needed for positive community change.

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CPWI is committed to supporting high-need, traditionally underserved priority populations to address health disparities throughout the state. By focusing resources on the highest-need populations, we will see a greater decrease in problem behaviors state-wide.

CPWI’s highest priorities are to prevent and reduce alcohol and marijuana use among 8th and 10th grade students, improve academic performance, and reduce juvenile crime.

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