

# Community Prevention & Wellness Initiative

Partners for Healthy Communities

## COALITION MISSION

To promote healthy, positive choices in Tekoa youth by working together to reduce substance abuse.



## HEALTHY

Helping **E**mpower **A**ction,  
**L**eadership, **T**eamwork  
and **H**ealth in our **Y**outh.

## COALITION COORDINATOR

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## HEALTHY Tekoa Coalition

### Tekoa, WA



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

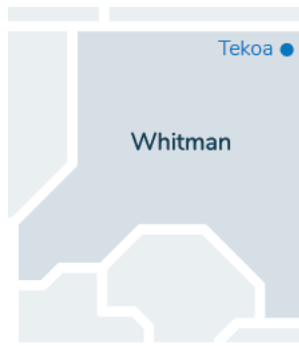
CPWI is a partnership of state agencies, counties, schools and local prevention coalitions supporting communities in preventing alcohol and other drug abuse and its negative consequences. CPWI priorities include reducing underage drinking, marijuana use and opioid misuse/abuse among middle and high school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

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

Founded in 2012, HEALTHY Tekoa Coalition is a volunteer organization established to promote healthy choices. Our coalition consists of representatives in medical, religious, school, law, civic groups, youth organizations, citizens, youth, and parents.

HEALTHY Tekoa's prevention goals include delay of age of initiation for drug use, decrease perceived availability of drugs, decrease intentions to use, strengthen social/emotional competence, increase community connectedness, and increase family opportunities for prosocial activities.

HEALTHY Tekoa Coalition works to educate parents, youth, and the community about the risks to youth who use alcohol or other drugs, and the risks to adults who provide substances to youth. The coalition teaches classes about positive interpersonal communication skills and parenting skills. Programs focus on how to best reduce the risks and increase protective factors between family, student, school, and community.



## About Our Community

Tekoa has a rich heritage and history. This small farming community is surrounded by mountains and farms of wheat barley, lentils, bluegrass and cattle. It is in the heart of the Palouse, but still only a 45 minute drive to several metropolitan areas. Tekoa was incorporated in 1889, with fewer than 300 people. By 1910, partly due to the railroad industry, the population swelled to 1,694. Over the next 60 years, Tekoa's population began to decline with the increase of mechanized farming equipment and the automobile age. Today, Tekoa is a small but thriving, tight knit community in the northeast corner of Whitman County.

- Population: 945\*, Zoning: Rural
- Median Income for Whitman County: 41,574\*\*
- Ethnic Diversity: White - 883, Native American – 33, Multi-racial – 22, Asian - 5, Black - 1, Hawaiian/PI – 1; Hispanic – 67, Non-Hispanic – 878 \*

\*Source: Washington State Office of Financial Management, Forecasting & Research Division, Population estimate April 1 by age, sex, race, Hispanic origin by School district (2010-2019)

\*\*Source: US Census Bureau, 2013-2017 American Community Survey 5-year estimates

## About Prevention Programs in our Community

**Parenting Classes for Adults:** Incredible Years Attentive Parenting. Trainings available: QPR\*

**Programs in the community:** Mentoring Across Ages program, Sticker Shock underage alcohol access awareness campaign, Youth Curriculum Based Support Group, and Family Night Out monthly activities for families to have fun together.

**Prevention Curriculum taught in School:** Too Good For Drugs curriculum taught to grades 6,7,8; Keepin' it REAL curriculum taught to grade 5; Protecting You, Protecting Me curriculum taught to grades 1,2,3,4; SPORT prevention curriculum taught to grades 4,5,6; Incredible Years Dinosaur Classroom taught to preschool and kindergarten.

HEALTHY Tekoa Coalition tracks progress of its programs through pre and post surveys, annual community survey, Coalition Assessment Tool, participant attendance at programs, number of programs, number of community partnerships and contributors, activity logs, and the Healthy Youth Survey.

\*Not funded through HCA/DBHR

## OTHER CONTACTS

Tekoa School District

## STUDENT ASSISTANCE PROGRAM SPECIALIST

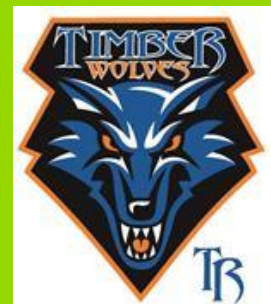
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## CPWI IS FUNDED BY

Washington State  
Health Care Authority

For more information  
about CPWI visit

[www.TheAthenaForum.org](http://www.TheAthenaForum.org)