

# BUILDING A HEALTHY COMMUNITY

*For children to grow up and make HEALTHY choices, the community needs to expect each child to succeed, families to make healthy choices, adults to set clear standards, and the community to provide opportunities for growth, learning, and recognition.*

*HEALTHY Tekoa Coalition forms partnerships, collaborations, and communications aimed at increasing Tekoa's success.*



## HEALTHY Tekoa Coalition

*Our mission is to promote healthy, positive choices in Tekoa youth by working together to reduce substance abuse.*



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## HEALTHY Tekoa Coalition



## SUBSTANCE ABUSE PREVENTION



**HELPING EMPOWER  
ACTION, LEADERSHIP,  
TEAMWORK AND HEALTH  
IN OUR YOUTH**

# HEALTHY Tekoa Coalition

## EDUCATE

WE WORK TO INCREASE KNOWLEDGE AND AWARENESS OF SUBSTANCE ABUSE ISSUES AND TO ENCOURAGE HEALTHY DECISION-MAKING.



- Youth Coalition Representatives active involvement in prevention strategies
- Media projects: posters, pamphlets, billboards, flyers
- Free adult workshop to improve communication skills in parenting: **Attentive Parenting**
- School based instruction at *Tekoa Jr/Sr High School* and *Tekoa Grade School* with Counselor and Student Assistance Professional
- Coalition website: **[www.healthYTEKOA.org](http://www.healthYTEKOA.org)**
- Monthly Community Calendar
- Annual Community Survey
- Biennial Youth Survey
- Community prevention projects and compliance projects at local retailers

## ADVOCATE

WE PROMOTE POLICIES AND SYSTEMS THAT SUPPORT YOUTH DEVELOPMENT.

- Monitor laws and policies that affect youth. Collaborate with local schools and officials to strengthen these policies.
- Whitman County Sheriff representative serves on coalition
- Public Speakers
- Monthly social norms posters and billboards
- Red Ribbon Week
- Project Sticker Shock
- Appropriate Prescription Drug use, storage and disposal
- Prescription Drop Box at Tekoa Pharmacy



## ENGAGE

WE CULTIVATE YOUTH AND ADULT LEADERSHIP AND COLLABORATION WITH OTHERS TO CREATE A VIBRANT COMMUNITY.



- Monthly Family Night activities to increase family opportunities for pro-social activities
- Youth/adult coalition meetings
- Share coalition activities at community meetings
- Healthy Youth Survey data used to see prevention goals:
  - 1) Delay age of initiation of drug use
  - 2) Decrease perceived availability of drugs
  - 3) Decrease intentions to use
  - 4) Increase pro-social opportunities for families