

# Community Prevention & Wellness Initiative

Partners for Healthy Communities

## Coalition Mission

Cascade Prevention Coalition is a sustaining community-based effort to promote substance abuse prevention, healthy activities, and safe environments for our youth.



Cascade Prevention Coalition

## Coalition Coordinator

McKenzie Knowlden

Community Coalition Coordinator

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McKenzie earned her B.S. in Public Health from Central Washington University in 2018 and is a Certified Community Health Education Specialist. She has experience with prevention programming and health and safety intervention in the university, county and non-profit sectors all within Kittitas County. She has begun her work implementing CPWI for Youth Services Mentor Program of Kittitas County, who has taken over the Upper County Coalition from KCPHD as of August 2020.

## Cascade Prevention Coalition

### Upper Kittitas County (UKC)



Photo credit: willhiteweb.com

### 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

The Cascade Prevention Coalition was founded in 2011. Since that time many UKC key leaders and volunteers have become members and work hard to make a difference in our community.

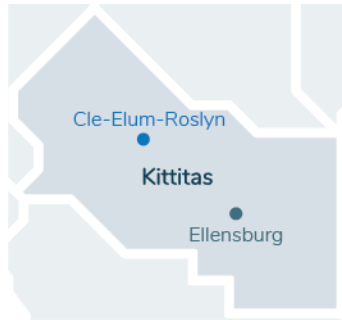
Over the past, year the coalition has supported our local mentoring program, provided parenting programs, and supported our local school district and their Intervention Specialist in the implementation of school-based prevention efforts.

The Cascade Prevention Coalition (CPC) represents schools, law enforcement, public health, youth-serving organizations, mental health providers, civic organizations, city and county government, parents, and youth from our community.

The communities of Cle Elum, Ronald, Roslyn and South Cle Elum are passionate about supporting youth, taking care of their community and upholding cultural traditions. CPC has the privilege of working with the people of these communities to develop protective factors and strengthen prevention for their youth.

The Coalition is in need of more representation from all sectors within our community. Contact the Coalition Coordinator for more information and to get involved today!





## About Our Community

The communities of Cle Elum, Ronald, Roslyn and South Cle Elum are located in rural Upper Kittitas County.

Cle Elum means “Swift Water” in the language of the Kittitas Indians. Coal was first noted in Roslyn in 1883. Many UKC residents are descendants of immigrants from Europe who settled here to work in the mines.

### General Statistics

- Population: 8,995
- Ethnic Diversity:
  - 95% Caucasian
  - 4% Hispanic
  - 3% Multi-racial
  - 1% Asian
  - 1% Indigenous American
- Median Income: \$51,139 (2019)

Underage drinking and a low perception of risk are a problem in Cle Elum and Roslyn where 34% of 8<sup>th</sup>-10<sup>th</sup> graders say that they do not think regular marijuana use is risky and 35% of 8<sup>th</sup>-10<sup>th</sup> graders say that they do not think regular alcohol use is risky. 49% of 8<sup>th</sup>-10<sup>th</sup> graders have friends that have tried alcohol and 42% of 8<sup>th</sup>-10<sup>th</sup> graders have friends that have tried marijuana. (Data utilized from Cle Elum-Roslyn Community Needs Assessment, April 2020)

## About Prevention Programs in our Community

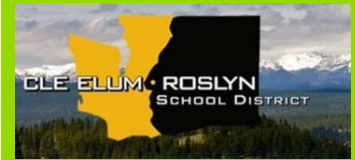
CPC’s goals are to increase prevention leadership in UKC, reduce alcohol and marijuana availability to youth, increase consistent enforcement of policies/regulations related to underage drinking and drug use, decrease the number of friends who use, and increase positive family management practices. CPC seeks to increase community collaboration and youth bonding.

CPC currently supports many programs such as Parenting Wisely, Starts With One & Start Talking Now, Samantha Skunk, Youth Services Mentor Program and more!

CPC also conducts an annual community survey in order to gather data about community change. It also supports the Healthy Youth Survey which provides a youth perspective on community problems and attitudes.



## Other Contacts



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For more information  
about CPWI visit

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