

Partners for Healthy Communities



Tumwater HOPES' mission is to collaboratively prevent youth substance use and self-harm, as an inclusive, engaged community, where everyone belongs.

Tumwater HOPES envisions a community where all youth belong and are empowered to live healthy, substance-free lives.

Coalition Coordinator

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Healthy Opportunities for Prevention, Empowerment & Success

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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 promoting health and well-being by 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 positive changes in communities, we can build healthier communities.

About the Coalition: Communities & Schools Working Together

Established in January of 2019, Tumwater HOPES is one of 100 community prevention and wellness coalitions in Washington State. Tumwater HOPES is a local, community-based coalition that uses proven prevention programs and strategies to promote youth health, strengthen families, and contribute to community well-being. Tumwater HOPES practices a comprehensive, collaborative approach to leverage resources and efforts to solve community challenges and achieve outcomes.

Tumwater HOPES is a diverse group. Volunteers come from different generations, cultures, and life experiences. Their common ground is a shared value for healthy, empowered youth. Members continually strive to bring different voices to the table. The coalition believes every single

person in the community has value, purpose and something to offer Tumwater HOPES.

The Coalition promotes a comprehensive approach to promotion of youth well-being and the prevention of youth substance use that includes, but is not limited to, public education, policy level change, environmental strategies, individual and community programs, and alternative strategies.



About Our Community

About Prevention Programs in our Community

Tumwater is located along the lower stretch of the Deschutes River and is the southern gateway to the Puget Sound region, neighbor to the state's capital, Olympia, located between Seattle and Portland. Residents of the Tumwater area, including several rural places in the school district, work in government, service (accommodation, food, etc.) and retail sectors, and enjoy ready access to abundant recreational opportunities.

Tumwater School District has an enrollment of over 6,700 students and covers a total of 117 square miles. Students attend classes at one of six elementary schools, two middle schools or four high schools (with two comprehensive, two alternative learning programs). The school district is a valued partner in prevention.

The Coalition targets all forms of substance use among youth in Tumwater. Additionally, Tumwater HOPES recognizes an increase in youth anxiety, depression, and suicidal ideation. Families are struggling. The pandemic has had lasting effects for many people.

Youth substance use is often a symptom of a larger problem. By promoting health and well-being, through education and skills building at all levels, Tumwater HOPES ambitiously works to reduce risk and harm from high-risk decisions about drugs and alcohol. Our youth coalition, Thurston Hopes 4 Everyone Everywhere (THEE) club, tackles critical concerns through advocacy and youth participatory research.

Tumwater HOPES fosters key relationships in the community to implement innovative and evidence-based programs and support youth engagement. Schools, community organizations, law enforcement, parents, and youth are working to influence identified factors. Today's youth are tomorrow's future. Join us and learn how you can help bring about change. Find Tumwater HOPES on Facebook or visit www.tumwaterhopes.org to find out more!

**Community
volunteer
leadership,
membership
&
Tumwater
School District
partners**



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CPWI is funded by

Washington State
Health Care Authority

For more information about
CPWI visit

www.TheAthenaForum.org