

# Community Prevention & Wellness Initiative

Partners for Healthy Communities

## Coalition Mission

The mission of the Mt. Baker Community Coalition is to strategically build a strong community that offers wellbeing to all by focusing on youth and families, through substance use/abuse prevention strategies and mental health promotion. We work together to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets.



## Coalition Coordinator

Wa'Lynn Klein, CPP

1 (360) 738-1196 ext. 7

2303 Moore St.  
Bellingham, WA 98229

[mbcoalition@wfcn.org](mailto:mbcoalition@wfcn.org)

Bio: Wa'Lynn Sheridan has been a member of the Mount Baker community for nearly 20 years. She studies leadership at Trinity Western University and received her Certificate of Prevention Professional from the Prevention Specialist Certification Board of Washington and IC&RC in April of 2019. A mother of 5, she invests in healthy youth development through volunteer work in her off time. Whatcom Family & Community Network proudly supervises her coordination work as they envision a thriving community built on equity, social connection, participation and opportunities.

## Mt. Baker Community Coalition East Whatcom County, WA



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

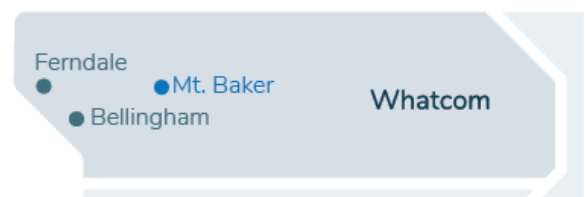
CPWI is a partnership of state agencies, counties, schools, and local prevention coalitions supporting communities in preventing alcohol, tobacco, and other drug (ATOD) use/abuse and its negative consequences. CPWI priorities include reducing underage drinking, marijuana use and opioid misuse/abuse among 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 September 2017, the Mt. Baker Community Coalition engages the East Whatcom community through events to increase awareness, completion of the Annual Community Survey to assess local community needs, implementation of evidence-based programs for youth and families through strategic partnerships, and building strong partnership based plans for prevention services in the community.

Coalition Members include individuals who live in and serve the Mount Baker community. They represent 12 sectors and such organizations as the local water board, AmeriCorps VISTA, Opportunity Council, Whatcom County Health Department, Whatcom County Sheriff, KAVZ Radio, YMCA, Nooksack Youth Programs, Parent-Teacher Organizations, Faith Communities, Mount Baker School District, Whatcom County Fire District #14, the Youth Advisory Board (#OneBakerVoice), Whatcom County Library, Boys & Girls Club, and the Domestic Violence Commission.

The strength of the Mt. Baker Community Coalition are the people who gather to think, hope, work and take action. We create a vision for a better future and believe we are better together. Each member brings individual talents and perspectives. We create a unified vision and an annual plan for collective action. Furthermore, we collaborate with the Whatcom Prevention Coalition and Ferndale Community Coalition to draw from the well-established community of prevention professionals in Whatcom County.



## About Our Community

- Mt. Baker Community is known for its industry of logging and farming. It is also popular for its parks and opportunities for recreation, including hiking, camping, and skiing, often resulting in a swelling of non-residents to the area on the weekends and winter seasons.
- While many families have lived in the area for many generations, influxes of new families continue to enrich the community with diversity. There are several generations of families who immigrated from Eastern Europe, including Russia and Ukraine, as well as from Mexico and South America. The Mt. Baker area is the traditional homelands to the Nooksack Tribe, part of the Coast Salish People, whose spirit imbues in the waterways, mountains and valleys since time immemorial. We gratefully acknowledge their land and ways of life.
- The region's total forecasted population for 2021 is 16,072, according to the Washington State Office of Financial Management. According to Mount Baker School District's School Enrollment Report, as of October 1<sup>st</sup>, 2020 of the total district enrolled (1739), 72% are White Non-Hispanic and 28% are any minority, a number that is growing each year. According to the OSPI Report Card 57.8% of students enrolled in the district on October 1st of the 2019-20 school year have been identified as Low-Income, at any point during the school year.
- The community strengths are rooted in the vast resources of people and land. The Coalition's service area covers a total of over 600 square miles, including: Acme, Kendall, Nugents Corner, Glenhaven, Van Zandt, Glacier, parts of East Bellingham, Maple Falls and what is known as the Columbia Valley Urban Growth Area. The vastness of this community contributes to many residents' experiencing isolation from services and poses a unique difficulty for community connections.

## About Prevention Programs in our Community

The MBCC utilizes a combination of direct services, environmental strategies (population-level), and school-based prevention/intervention services to serve youth and families in the community. Results are measured through tools designed for each strategy.

### Goals, objectives, and strategies include:

#### Goal 1 -- Increase Community Organization

- Mt. Baker Community Coalition
- Town Hall
- Hello Neighbor Newsletter
- Social Media Intern (Youth Stipend Position)

#### Goal 2 -- Reduce Availability of Opioid Drugs and ATOD

- Starts with One Media Campaign
- Medication Return Efforts including DEA Take Back Events

#### Goal 3 -- Reduce Favorable Attitudes Toward ATOD

- Student Assistance Program (Project SUCCESS)
- Positive Community Social Norms Campaign

#### Goal 4 -- Community Laws and Norms Preventive to ATOD Use Among Youth

- Discipline Check Up Consultation and Procedure Planning

#### Goal 5 -- Increase Family Management Success

- Strengthening Families 10-14
- Incredible Years for families with children 2-8 years of age

## Other Contacts



WHATCOM  
**Family & Community**  
NETWORK

Executive Director  
Whatcom Family &  
Community Network  
Kristi Slette  
Phone: 360-738-1196  
Email: [kristi.slette@wfcn.org](mailto:kristi.slette@wfcn.org)



Student Assistance  
Program Specialist  
ESD 189  
Position to be filled  
Phone:  
Email:



County Contact  
Joe Fuller  
Whatcom County  
Health Department  
360-778-6045  
[JFuller@whatcomcounty.us](mailto:JFuller@whatcomcounty.us)

## CPWI is funded by

Washington State  
**Health Care Authority**

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