

Community Prevention & Wellness Initiative

Partners for Healthy Communities



Coalition Mission

The Concrete Resource Coalition will develop and implement ways to respectfully support youth, families and individuals through collaboration, networking and building community relationships.



Coalition Coordinator

Marlena White
United General District 304
2031 Hospital Drive
Sedro-Woolley, WA 98284
360-854-7179
marlena.white@unitedgeneral.org

Marlena has a Master of Science in Public Health, which she undertook to better address health disparities and health access issues among rural communities. She has lived in Concrete since 2018.

Concrete Resource Coalition

East Skagit County



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 positive changes in communities, we can build healthier communities.

About the Coalition: Communities & Schools Working Together

The Concrete Resource Coalition (CRC) began as the Concrete Resource Group in 2006. The goal of the group was to bring partners together to share and expand resources available to residents of East Skagit County and plan the annual Concrete Youth Activity Day. This event promotes community resources and positive activities for youth and families. In 2013, CRC became a CPWI coalition. Our biggest success was working with community partners to secure the grant funding for a Concrete Boys and Girls Club that opened its doors in October 2018, serving nearly half of the community's youth every day. We are equally proud of helping to pass a no smoking or vaping ordinance at local parks in Concrete in 2017.

Even with our success, we know challenges remain. As our teens increase their use of vaping and marijuana, we want to work collectively to change this trend, to help protect their health and future. Please be part of the solution. Our coalition meetings are open to the public. We meet the third Thursday of each month from 2:00-3:30pm at the Concrete High School Library.



About Our Community

Concrete is a rural community surrounded by amazing scenery, wildlife, and recreational opportunities. Concrete is located along Washington State Highway 20, about 40 minutes east of the I-5 corridor and about 30 minutes west of North Cascades National Park. Concrete and the surrounding East County communities are home to just over 4000 people. According to the Washington State Office of Financial Management, 91% identify as white, 5% Hispanic, 3% Native American, 1% Asian, and 1% Black. Median household income in 2018 for Concrete was \$31,677, compared to \$73,294 for Washington State.

As of Feb 2021, 504 students are enrolled in the Concrete School District (OSPI Report Card 2020-21). Among the students who are enrolled in Concrete School District, 82% are considered low-income.

About Prevention Programs in our Community

Our coalition aims to improve school performance, reduce youth delinquency and address mental health through implementation of appropriate research-based substance abuse prevention strategies. Our current strategies include:

- **Parenting Programs for improving family communication and family harmony.** We offer Strengthening Families for parents with children between 10 and 14 and Incredible Years for parents with at least one child between 1 and 4.
- **School Based Programs for increasing self-regulation and social skills among students K-12.** Programs included Project TND, Project Success and Positive Action for our middle and high school students. PAX Good Behavior Game is implemented at the elementary school.
- **Pro-Social Opportunities for Youth include:** Concrete Youth Activity Day, Concrete Prevention Posse and Youth Leadership Conferences and Trainings

In addition, the coalition coordinates professional development trainings and community education events, as well as implements local environmental and media strategies aimed to support our mission. We measure outcomes of our programs and strategies with healthy youth survey results, community survey results and data from pre and post-test from participants in our youth and family programs. The data is shared at coalition meetings and at our annual key leader event. For more information on our strategies, programs and upcoming events please visit our Facebook page. <https://www.facebook.com/concreteresourcecoalition/>

Other Contacts



Student Assistance Program
Specialist
ESD 189
Mitch Metcalf
360-853-4041
mmetcalf@nwsd.org



Fiscal Contact
Carol Hawk
Chief Operating Officer
United General District 304
360-854-7170
Carol.hawk@unitedgeneral.org

CPWI is funded by

Washington State
Health Care Authority

For more information
about CPWI visit
www.TheAthenaForum.org