

HEALTHY Tekoa Coalition



HEALTHY Tekoa is a volunteer & community lead youth substance use prevention & mental health promotion coalition.

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

COMMUNITY OUTREACH STRATEGIES

Coalition Meetings

2nd Tuesday each month

Community Calendar

Keeping families and residents connected to events and opportunities to be involved

Annual Key Leader Event

Inform community leaders on prevention topics and programs

Annual Community Survey

Adult attitudes & behaviors related to substance use

Youth Prevention Club

Youth participant in prevention activities, support peers, promote hope to increase school bonding (grades 6-12)

COMMUNITY EVENTS & TRAININGS

Family Night/Day Out

Free monthly event for families and neighbors to promote bonding

National Night Out

Summer event to enhance relationships between neighbors, law enforcement & emergency services to increase community bonding

Training

For youth, volunteers & professionals working toward prevention of youth substance use.

*WA Prevention Summit,
CADCA Mid-Year Inst.,
CADCA National Forum,
Montana Institute and
more*

ENVIRONMENTAL STRATEGIES

Sticker Shock

Decal on alcohol products at local retailer to inform patrons the consequences of providing alcohol to minors—
\$5000 fine & 1yr in jail.

Educate retail staff about coalition and consequences.

Coalition Members & Youth put stickers out 3 times a year before traditional celebration times:

October
(Homecoming)
December
(Christmas/New Year's)
May
(Memorial Day/Graduation)

PUBLIC AWARENESS

Positive Community Norms

Billboards, posters, and radio using local survey data to highlight positive choices teens and parents make

Information Dissemination

Activities and presentations at school and in community to educate on risks and trends of underage substance use

Rx Safe Store & Dispose

Advertising and events on safe, prepaid disposal of Rx medication. Utilize WA State media campaign "Starts With One"

EDUCATION

*ALL PROGRAMS ARE
EVIDENCE BASED*

SPORT

Promotes physical activity and increased reliance on healthy habits to help avoid substance use initiation.
(grade 4)

Too Good For Drugs & Keepin' it REAL

Lessons to build students' social competence and substance abuse knowledge. KiR is the updated DARE curriculum taught by a Whitman County Sheriff deputy.
(grades 5-8)

Youth Group (CBSG)

Skills building program for small groups to build resiliency and reduce risk factors. (grades 7-8)