

# Community Prevention and Wellness Initiative

## *Partners for Healthy Communities*

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### Coalition Mission

To promote healthy choices in Tekoa youth by working together to reduce substance abuse.



### HEALTHY

Helping Empower Action,  
Leadership, Teamwork and  
Health in our Youth.

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### Coalition Coordinator Diane Harp, Med, CPP



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### HEALTHY Tekoa Coalition



#### 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 and Schools Working Together

- Founded in 2012, HEALTHY Tekoa Coalition is a volunteer organization established to promote healthy choices. Our coalition consists of representatives in medical, religious, school, law, civic groups, youth organizations, citizens, youth, and parents.
- HEALTHY Tekoa's prevention goals include delay of age of initiation for drug use, decrease perceived availability of drugs, decrease intentions to use, strengthen social/emotional competence, increase community connectedness, and increase family opportunities for prosocial activities.
- HEALTHY Tekoa Coalition works to educate parents, youth, and the community about the risks to youth who use alcohol or other drugs, and the risks to adults who provide substances to youth. The coalition teaches classes about positive interpersonal communication skills and parenting skills. Programs focus on how to best reduce the risks and increase protective factors between family, student, school, and community.

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## Other Contacts

### Student Assistance Program Specialist

ESD 101

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### CPWI is funded by:



*Transforming lives*

For more information, visit  
[DSHS.wa.gov/CPWI](http://DSHS.wa.gov/CPWI)

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### About Our Community

- Tekoa has a rich heritage and history. This small farming community is surrounded by mountains and farms of wheat barley, lentils, bluegrass and cattle. It is in the heart of the Palouse, but still only a 45 minute drive to several metropolitan areas. Tekoa was incorporated in 1889, with fewer than 300 people. By 1910, partly due to the railroad industry, the population swelled to 1694. Over the next 60 years, Tekoa's population began to decline with the increase of mechanized farming equipment and the automobile age. Today, Tekoa is a small but thriving, tight knit community in the northeast corner of Whitman County.
- Population: 932, Median Income: 31,389, Zoning: Rural
- Ethnic Diversity: White - 876, Black - 3, Hispanic - 13, Asian - 7, Native American - 19

### About Prevention Programs in our Community

- Parenting Classes for Adults: Guiding Good Choices and Incredible Years Attentive Parenting. Trainings available: QPR
- Programs in the community: Mentoring Across Ages program, Sticker Shock underage alcohol access awareness campaign, Family Night Out monthly activities for families to have fun together
- Prevention Curriculum taught in School: Lifeskills curriculum taught to grades 6,7,8,9. Protecting You, Protecting Me taught to grades 1,2,3,4,5, SPORT prevention curriculum taught to grades 4,5,6, Incredible Years Dinosaur Classroom taught to preschool and kindergarten.
- Coalition tracks progress of its programs through pre and post surveys, annual community surveys, Coalition Assessment Tool, participant attendance at programs, number of programs, number of community partnerships and contributors, activity logs, and the Healthy Youth Survey.