

WA State's Community Prevention & Wellness Initiative (CPWI)

Local solutions to promote community health & well-being



CPWI State-Level Outcomes Summary

What is CPWI?

CPWI is a two-pronged, data-informed approach that focuses prevention efforts in a collaborative community and school model in communities with higher risk and greater need. Through CPWI, evidence-based substance use disorder prevention programs and strategies are implemented from the community level and within schools to help reduce local risk factors for youth and adults and to promote mental health within the selected community.

CPWI began in 2011 with 18 communities and has grown to nearly 100 communities and is administered through federal grants from the Substance Abuse and Mental Health Services Administration (SAMHSA) as well as from other Washington State funding.

CPWI communities after CPWI implementation compared to before CPWI.

94% of communities had significant decreases or remained neutral across most ($\geq 80\%$) substance use

76% of communities had significant decrease in *youth access to cigarettes*.

73% of communities had significant decrease in *heavy drinking by youth*.*

53% of communities had significant decrease in *youth access to alcohol*.

*Heavy drinking is defined as 3+ days of drinking in past 30 days and/or binge drinking in past 2 weeks.

CPWI communities compared to non-CPWI communities.

Closing the Gaps

- **Conclusion: high-need CPWI communities are catching up with lower-need communities.**
- CPWI communities are selected based on several factors that indicate they have a higher risk for substance use than other communities in Washington State.
- Over time, CPWI communities have been able to “close the gap” for many substance use outcomes including alcohol use (past-month use, frequency of past-month use, and binge drinking).

Less use over time

- **Conclusion: CPWI is slowing the trajectory of increase in adolescent substance use and related risk factors.**
- Consistent with typical adolescent development, alcohol, cigarette, and marijuana use increased significantly with age in both CPWI and non-CPWI communities.
- The increase in substance use was *significantly less* in CPWI communities compared to non-CPWI communities.

Selected evaluation results (WSU, 2018)

- **Citation:** Shrestha, G., Weybright, E., & Cooper, B. 2021. *Community Prevention and Wellness Initiative: Community Report*. IMPACT Research Lab, Washington State University.
- **Website:** www.theathenaforum.org/community_prevention_and_wellness_initiative_cpwi
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