

Bright lives begin with prevention

When we say “prevention,” we mean the **prevention of substance use disorder (SUD)** and the **promotion of health and wellbeing** for people across the state. Prevention is proven and cost-effective.

Prevention strengthens communities, protects youth and young adults, and reduces costly care in the long run. It ensures every person in Washington has the chance at a bright life and future.

What to know

Prevention works

Prevention provides the building blocks young people need to thrive. It makes entire communities safer and healthier.



Prevention starts early

When we support families and kids early, outcomes improve. Investing in healthy early development prevents future crises.

People want prevention

Washingtonians support prevention efforts and expect leaders to invest in it. They want young people and the communities they grow up in to be healthy and safe.



\$18
saved for
every dollar
spent²

Prevention is a smart investment

Evidence-based prevention saves money long-term by reducing emergency response, treatment needs, and justice involvement.



Prevention is part of a whole system

Prevention is a key part of the continuum of care along with treatment and recovery. It works best when it's connected across education, health, and other support systems.

What to do

Invest in what works

Fund evidenced-based programs and create policies that help prevent substance use disorders and promote mental wellbeing.

73%
of CPWI* sites
saw results in
youths' heavy
drinking¹

Build health from the start

Prevention is the foundation for long-term health and wellness. Prioritize early, proven strategies.

Put prevention on the policy table

Prevention is a set of valuable services. As you make decisions that affect young people, families, or communities, ask yourself how prevention can help.

Be a prevention champion

Amplify hope. Use your platform to support approaches that build connections and reduce root causes of substance use disorders.

Balance prevention, treatment, and recovery

Support and fund prevention, treatment, and recovery as vital parts of the same continuum of care.

* The Community Prevention and Wellness Initiative (CPWI) is a local community and school-focused approach to preventing substance use disorder.

¹ Based on analysis of Washington State Healthy Youth Survey data

² Based on SAMHSA evaluation of school-based prevention programs