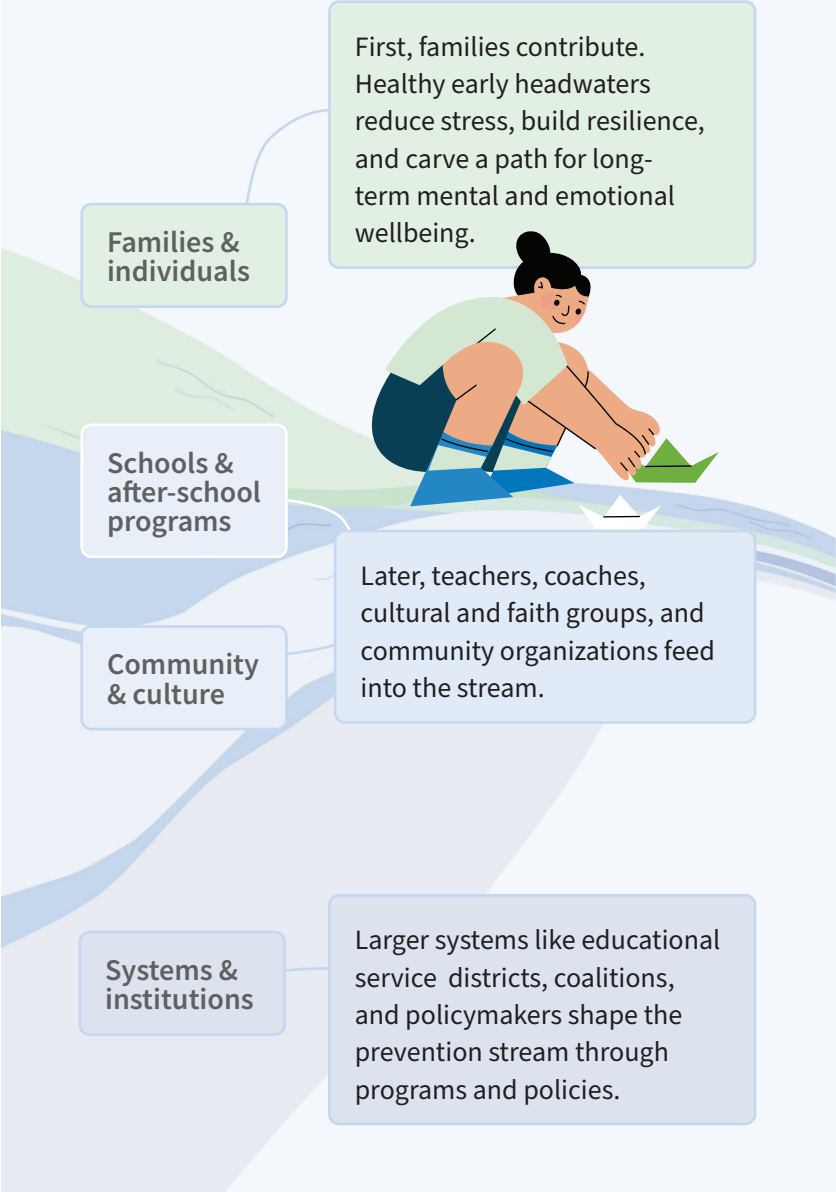


Prevention works best when we work together

Imagine prevention as a wide, flowing stream fed by many small but vital sources.



Get involved.
Connect with your local
prevention coalition:

theathenaforum.org/cpwi

Washington State
Health Care Authority

Bright lives begin with prevention

Families, schools, communities,
and decision makers share a
responsibility to equip young
people with the knowledge,
skills, and resilience to thrive.

We call that responsibility
prevention.



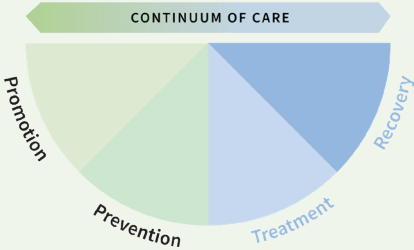
A two-part approach to prevention

When we say “prevention,” we mean:

- 1. Promoting health and wellbeing for young Washingtonians
- 2. Preventing substance use disorder (SUD)

When we do both, we create thriving communities where children and young people feel safe and healthy in their bodies, minds, and surroundings.

With proven practices, community programs, and smart policies, prevention gets to the root cause of a problem before it becomes a crisis.



What it is:



Nurturing care
Parent education & support

Nutrition

Stable housing

Why it matters:

INFANCY & TODDLERHOOD

- Fosters healthy brain development
- Improves emotional regulation
- Promotes appropriate coping skills
- Supports secure attachments
- Reduces stress and trauma from challenging situations

Prevention paves a lifelong protective path

Prevention is collective.

Prevention works best when families, schools, communities, policymakers, and systems clear the path and provide support along the way.

Prevention is community based.

Prevention is about the world people walk through. It’s about safer schools, healthier families and neighborhoods, and more equitable systems, so young people stay on track.

Prevention is culturally relevant.

Everyone’s path is different. Culture, language, and identity shape people’s norms, attitudes, and behaviors.



Consistent expectations & routines

Role models

Social-emotional learning

Healthy friendships

Relationships with trusted adults

Mental health support

School & community engagement

Refusal skills



ADOLESCENCE & YOUNG ADULthood

- Delays onset of substance use
- Increases resilience to stress and peer pressure
- Supports mental health and life transitions
- Strengthens connection to school, work, and community
- Builds healthy independence