

Community Prevention and Wellness Initiative (CPWI) Cohort 5-6

Substance use prevention programs and strategies guidance

Community Prevention and Wellness Initiative (CPWI) Cohort 5 and 6 Community Coalitions should use the following guidance during the strategic planning process. Coalitions are required to:

- ❑ Implement at least one program/strategy from Table A per year.
- ❑ Ensure 60% of programs and strategies implemented are replications or adaptations of Evidence-based Programs (EBPs) found on Table A or included on the Excellence in Prevention list on www.AthenaForum.org/ebp.
 - Programs and strategies implemented that are not found on Table A or on the Excellence in Prevention list will count as innovative and may not exceed 40% of the planned number of programs per year.
- ❑ Implement one environmental strategy. Environmental strategies included on the Excellence in Prevention list on www.AthenaForum.org/ebp implemented to fidelity, can count toward meeting the 60% EBP requirement.
- ❑ Implement either a **Prescription Drug Take-Back Day** or develop a dissemination plan for the **Starts with One Campaign**. These strategies will not count toward or against the 60% EBP requirement/40% innovative program allowance. Additional public awareness strategies may be implemented.

Table A. Evidence-based programs and strategies (1 required)

<ul style="list-style-type: none"> • Alcohol Literacy Challenge (ALC) • Athletes Training & Learning to Avoid Steroids (ATLAS) • Community-based Mentoring* (Big Brothers Big Sisters, Across Ages, Sponsor-a-Scholar, Career Beginnings, the Buddy System, or innovative design must be approved by MENTOR Washington)¹ • Communities That Care (CTC) • Familias Unidas • Family Matters • Good Behavior Game (GBG)* • Guiding Good Choices* • Incredible Years* • Keep Safe • Keepin it REAL* • LifeSkills Training – Botvin Middle School Version • Lions Quest for Adolescence* 	<ul style="list-style-type: none"> • Nurse Family Partnership (NFP)* • Parent Management Training* • Positive Action* • Protecting You/Protecting Me • Project Northland (Class Action may be done as booster) • Project Star • Project Towards No Drug Abuse • Project Towards No Tobacco Use (including adaptations for marijuana) • PROSPER • Raising Healthy Children • SPORT Prevention Plus Wellness • Strengthening Families Program: For Parents and Youth 10-14 (Iowa Version) (SFP 10-14)* • Strong African American Families Program • Strong African American Families – Teen
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**These programs are also programs with Mental Health Promotion areas of interest and outcomes.*

¹ All community-based mentoring program applicants must complete a MENTOR Washington program survey with application submission. The survey is available at: <https://www.surveymonkey.com/r/WTNTMSC>