

# Community Prevention & Wellness Initiative (CPWI)

Local solutions to promote community health & well-being

## Local Coalition Approach Can Improve Youth Wellness

Adolescent brains and bodies are still developing rapidly – and they are especially sensitive to harmful substances like tobacco, alcohol, marijuana and other drugs. The 2018 Healthy Youth Survey found that among Washington State 10<sup>th</sup> graders, 21% use e-cigarette or vapor products, 19% drink alcohol, and 18% use marijuana.

These rates translate into tens of thousands of teens using addictive substances at a time when their brains are being wired with behaviors that can last a lifetime. This helps explain why people who start using substances early in life are more likely to have higher levels of substance use and abuse later in life. Taking steps to prevent or delay substance use among young people is a way to lower their risk of substance use disorders, and to improve the social, civic, and economic wellbeing of our communities.

## Washington State’s Community Prevention and Wellness Initiative (CPWI)

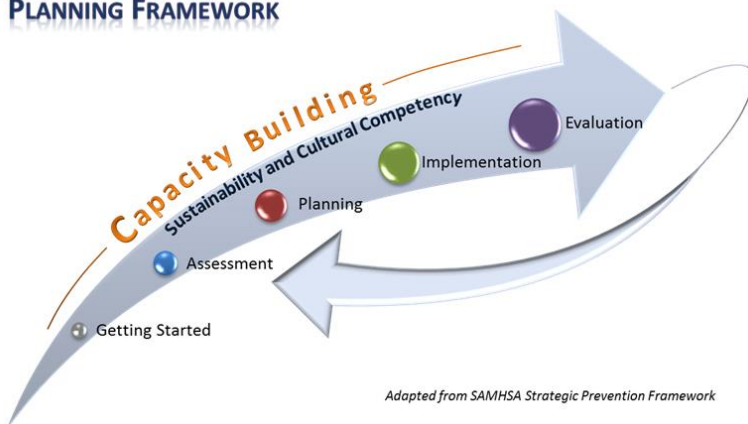
### What is CPWI?

Since 2011, the Washington State Health Care Authority Division of Behavioral Health and Recovery (DBHR) has led a ground-breaking approach aimed at bringing schools and communities together to protect youth from the harm that substance use can cause at this life stage.

- ✓ It is a comprehensive approach that reduces the negative risk factors that make adolescents more likely to use substances, and increases the positive, protective factors.
- ✓ It is a proven model for local decision-making.
- ✓ It brings together key local stakeholders to coordinate, assess, plan, implement, and evaluate youth substance use prevention services needed in their community.
- ✓ It uses a community coalition approach to increase community ownership of prevention efforts.

CPWI coalitions receive funding, training, and technical assistance to plan and implement prevention programs. For more information on CPWI, visit [www.theAthenaForum.org](http://www.theAthenaForum.org).

### DBHR COMMUNITY PREVENTION AND WELLNESS INITIATIVE PLANNING FRAMEWORK



### Selected evaluation results (2018): CPWI communities after CPWI implementation compared to before CPWI.

**94%**

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

**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.

- **Citation:** Shrestha, G., Weybright, E., & Cooper, B. 2021. *Community Prevention and Wellness Initiative: Community Report*. IMPACT Research Lab, Washington State University.
- **Questions:** [tyler.watson@hca.wa.gov](mailto:tyler.watson@hca.wa.gov).