

Community Prevention and Wellness Initiative | CPWI

Paths to Youth Substance Use Prevention and Mental Health Promotion Across Washington State

In every community there are youth at risk for substance misuse or mental health challenges. By linking science with community engagement, we can prevent these outcomes.

Over 90 CPWI coalitions are dedicated to substance misuse prevention across Washington. Almost every county has at least one CPWI!

Diverse communities with higher risk factors

using multi-sector coalitions and an evidence-based prevention framework

CPWI coalitions use a data-driven approach. They tailor efforts to their community's unique risk and protective factors. Risk factors negatively influence our health.

informed by community data

Protective factors buffer risks and positively influence our health.

implementing prevention programs, policies, and services in schools and communities that include...

environmental & media strategies

community engagement, coalition development

youth & parent education

youth leadership, mentoring

to improve community health and wellness by preventing and reducing youth substance use and related risk factors, and increasing protective factors

CPWI raises awareness, delivers programs, and influences policies for healthier communities by engaging schools and communities.

Outcomes of CPWI are monitored with data like the Healthy Youth Survey and tools like the Coalition Progress Questionnaire. Over twenty evaluation reports have influenced planning since 2016! Here we highlight results from 2023 through 2025.



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A Wide Reach:

Over 3 million people have been reached by CPWI.



CPWI Delivers Evidence-Based Programs:

the most common are **Guiding Good Choices**, **SPORT Prevention Plus Wellness**, and **Strengthening Families Program for Parents and Youth 10-14**.



Reduced Substance Use:

The longer a school was part of CPWI, the **lower its rates of youth alcohol use**. CPWI schools also showed a **steeper decline in youth cannabis** use over time compared to non-CPWI schools.



Mental Health Protection:

While mental health outcomes declined across the state, this decline was slower for CPWI schools. The longer a school was part of CPWI, the **lower its rates of youth depressive symptoms**.



CPWI coalitions are making a difference across Washington!

Visit www.theAthenaForum.org/CPWI to learn more and get involved



Improving Behavioral Health:

44 gaps in outcomes between CPWI and similar non-CPWI communities have been closed so far!

