



Healthy Youth CAN strives to increase community strengths through prevention and intervention strategies that support Central Area youth in making healthy life choices.

The Healthy Youth CAN (Central Area Network) program’s focus is to increase healthy youth development in Seattle’s Central Area through Prevention, Intervention, Community Building and Youth Asset Development; building strengths in families, schools and neighborhoods.



Central Seattle’s initiative is facilitated by a network of community-based organizations, treatment providers, law enforcement, business, youth and faith-based entities. Healthy Youth CAN is part of the State Division of Health and Recovery’s [Community Prevention and Wellness Initiative \(CPWI\)](#), a partnership of state agencies, counties, schools and local prevention coalitions supporting communities in preventing alcohol and other drug abuse and its negative consequences.

The Central Area has experienced gentrification, gun violence, criminal activity and substance abuse issues, rising housing costs and displacement of long-term residents; conditions that have decreased community attachment.

Central Area priority risk factors are determined through youth and community surveys and stakeholder input. HYCAN uses this information to identify and facilitate strategies to increase protective factors:



- Engaging community to support youth;
- Prosocial youth and civic engagement and empowerment;
- Recognizing youth for positive contribution;
- Facilitating school drug education, prevention and intervention practices

Evidence-based programs are delivered to middle and high school youth to increase refusal skills and promote healthy development, including [Life Skills](#), [Project Alert](#), [Project Success](#) and [Guiding Good Choices](#).

Healthy Youth CAN also partners with organizations that invest in young people, such as THS [Youth and Family Services](#), Seattle [Parks and Recreation Teen Programs](#), Seattle Schools, Puget Sound ESD and other community-based organizations such as the East Precinct Advisory Council, National Night out Against Crime, and the Central Area Neighborhood District Council.

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Washington State
Health Care Authority



King County
Alcohol and Other Drug
Prevention Program

