

# Community Prevention and Wellness Initiative

## Outcome Evaluation Report

April 2017

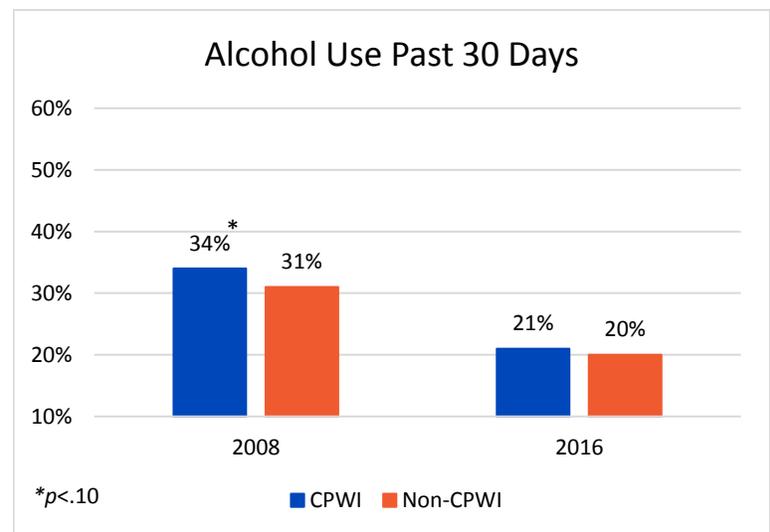
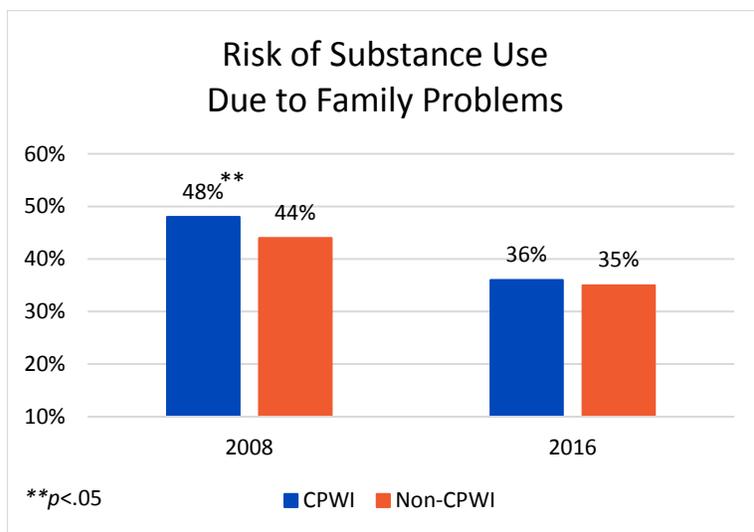
The Washington State Division of Behavioral Health and Recovery (DBHR) introduced the Community Prevention and Wellness Initiative (CPWI) to reduce underage substance use among adolescents. CPWI is a strategic, data-informed, community coalition model aimed at bringing together key local stakeholders to provide the infrastructure and support to successfully coordinate, assess, plan, implement, and evaluate substance use prevention services in their communities. The primary goal of CPWI is to support population-level change in high-risk communities across the state.

### Impact on State Outcomes

In 2015, DBHR partnered with Washington State University to conduct a statewide evaluation of CPWI. This report reflects the 2016 [Healthy Youth Survey](#) outcomes for 10<sup>th</sup> grade students in CPWI Cohort 1 communities (18 communities in 13 counties) which began implementing prevention services in 2011.<sup>1</sup> These results show significant reductions in youth alcohol use and associated risk factors. Although there were improvements on these outcomes throughout the state, the extent of improvement in CPWI communities has been greater.

### CPWI communities were at higher risk, but they have closed the gap.

In 2008, CPWI communities were at higher risk than other WA communities for youth alcohol use and related risk factors. By 2016, this gap was eliminated suggesting that CPWI is effectively reducing youth alcohol use in high-risk communities.



Graphs reflect outcomes for 10<sup>th</sup> grade students in CPWI Cohort 1 communities.

<sup>1</sup>Cohort 2 and Cohort 3 began implementing CPWI in 2012 and 2013, respectively. They will be included in future analyses.

# Community Outcomes

[insert description of coalition/community here]

“[insert program participant/community member testimonials here]”

The below Healthy Youth Survey data highlights changes in substance use and related risk factors among 10<sup>th</sup> grade XXXXXX students from 2008 to 2016.

## Substance Use

### Alcohol Use

- 31% decrease in 30-day alcohol use
- 21% decrease in lifetime alcohol use
- 43% decrease in binge drinking in the past 2 weeks

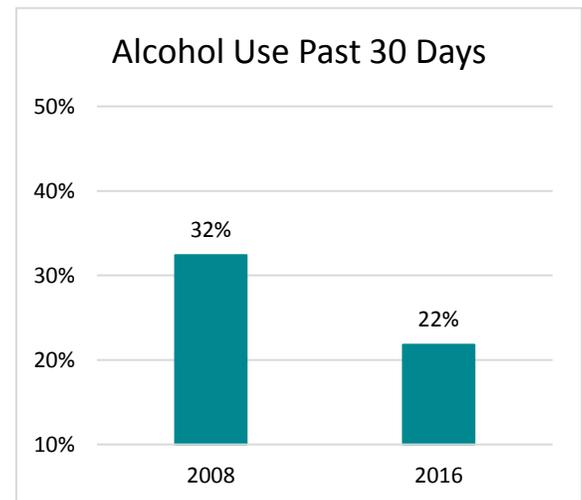
### Tobacco Use

- 54% decrease in 30-day cigarette use
- 33% decrease in lifetime cigarette use

### Marijuana Use

- 17% decrease in 30-day marijuana use
- 18% decrease in lifetime marijuana use

**Alcohol use (past 30 days) decreased among 10<sup>th</sup> grade XXXXXX students from 2008 to 2016.**



## Risk Factors

### Peer-Individual Risk Factors

- 51% decrease in risk of substance use due to friends' substance use
- 24% decrease in risk of substance use due to early initiation of substance use

### Family Risk Factors

- 2% increase in risk of substance use due to parental attitudes favorable towards drug use
- 23% decrease in risk of substance use due to family problems

### Community Risk Factors

- 36% decrease in risk of substance use due to perceived availability of drugs

**Risk of substance use due to friends' substance use decreased among 10<sup>th</sup> grade XXXXXX students from 2008 to 2016.**

