

# Community Prevention and Wellness Initiative

## *Partners for Healthy Communities*

“To support community wellness in South Pacific County through active collaborations.”



### CPWI Coalition Coordinator

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Manlow has worked as a prevention specialist for nearly three years. She is certified to teach a variety of prevention programs including: Youth Mental Health First Aid, Project Northland, and Strengthening Families Program for Parents and Youth 10-14. She works to empower youth by providing skills trainings and a platform to speak back to local government and youth-serving agencies.

## WellSpring Community Network

### The Long Beach Peninsula



#### About the Community Prevention and Wellness Initiative (CPWI):

CPWI is a partnership of state agencies, counties, schools and local prevention coalitions supporting communities in preventing alcohol and other drug abuse and its negative consequences. CPWI priorities include reducing underage drinking, marijuana use and opioid misuse/abuse among middle and high school aged youth. By providing evidence-based practices and promoting the positive changes in communities, we can build healthier communities.

#### About the Coalition: Communities and Schools Working Together

Established in 2006, WellSpring is a grassroots coalition dedicated to creating community wellness by strengthening collaborative relationships between and among service providers, youth, parents and other community volunteers. A few of our partners are: Pacific County Health Department, Ocean Beach School District, ESD 112, Pacific County Juvenile Services, Peninsula Poverty Response, Peninsula Pharmacies, Willapa Behavioral Health, Long Beach Police Department, Pacific County Sheriff's Office, *The Chinook Observer*, City of Long Beach, and more.

Key accomplishments include:

- In 2008, WellSpring was awarded a Drug-Free Communities Grant.
- WellSpring names monthly "Asset Builders" to an individual or business that has gone above and beyond helping youth in our community build healthy assets.
- In 2013, WellSpring worked with the Long Beach Police Department and Peninsula Pharmacies to secure a permanent Rx drop box.
- Beginning in 2013, WellSpring helped foster an agreement between Ocean Beach School District and Willapa Behavioral Health to supply counselors at the local schools.

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## Other Contacts

### Intervention Specialist

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### CPWI is funded by:



*Transforming lives*

For more information about  
CPWI visit:  
<http://www.dshs.wa.gov/CPWI>

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## About Our Community

- The Long Beach Peninsula is surrounded by water on three sides: The Pacific Ocean, Columbia River, and Willapa Bay. Renowned for its magnificent 28-miles of beaches and rich local history, the peninsula is a popular tourist destination for people all over the United States and the world. Camping, fishing, and annual events like the International Kite Festival, The Rod Run, and the Razor Clam Festival are also popular tourist draws.
- With a population of nearly 5,000, the area's economy is based on tourism, fishing, crabbing, oyster farming, and cranberry farming. The population is 95% Caucasian with a median income of around \$25,900 annually.
- Isolation and weather (it rains nearly 80 inches a year) are two main issues facing the community and can leaving youth without constructive activities to participate in. The small community, however, allows for an intimacy among its community members that is hard to find in larger areas. There is a strong willingness among residents to come together to support youth in the community.

## About Prevention Programs in our Community

- Goals: Increase community collaboration and reduce youth substance use.
- Strategies: Providing information to the community to increase awareness, increase volunteer participation, build new partnerships, support team members, reduce barriers to participation, strengthen substance use prevention laws, reduce availability, increase pro-social involvement, and increase perception of risk among youth.
- Focusing on students in Ocean Beach School district, WellSpring supports the youth arm of the coalition, Youth Action Klub (YAK), a high school and community-based prevention club.
- Results are measured and reported in the Washington State Healthy Youth Survey.