

## Community Prevention and Wellness Initiative (CPWI) Cohort 6

### Substance use prevention programs and strategies guidance

Community Prevention and Wellness Initiative (CPWI) Cohort 6 Community Coalitions should use the following guidance during the strategic planning process. Coalitions are required to:

- ❑ Implement at least one program/strategy from Table A per year.
- ❑ Ensure 60% of programs and strategies implemented are replications or adaptations of Evidence-based Programs (EBPs) found on Table A or included on the Excellence in Prevention list on [www.AthenaForum.org/ebp](http://www.AthenaForum.org/ebp).
  - Programs and strategies implemented that are not found on Table A or on the Excellence in Prevention list will count as innovative and may not exceed 40% of the planned number of programs per year.
- ❑ Implement one environmental strategy. Environmental strategies included on the Excellence in Prevention list on [www.theAthenaForum.org/ebp](http://www.theAthenaForum.org/ebp) implemented to fidelity, can count toward meeting the 60% EBP requirement.
- ❑ Participate in the **National Prescription Drug Take-Back Days** held in April and October and implement the **Starts with One Campaign**. These strategies will not count toward or against the 60% EBP requirement/40% innovative program allowance. Additional public awareness strategies may be implemented.

Table A. Evidence-based programs and strategies (1 required)

<ul style="list-style-type: none"> <li>• Alcohol Literacy Challenge (ALC)</li> <li>• Athletes Training &amp; Learning to Avoid Steroids (ATLAS)</li> <li>• Community-based Mentoring* (Big Brothers Big Sisters, Across Ages, Sponsor-a-Scholar, Career Beginnings, the Buddy System, or innovative design must be approved by MENTOR Washington)<sup>1</sup></li> <li>• Communities That Care (CTC)</li> <li>• Familias Unidas</li> <li>• Family Matters</li> <li>• Good Behavior Game (GBG)*</li> <li>• Guiding Good Choices*</li> <li>• Incredible Years*</li> <li>• Keep Safe</li> <li>• Keepin it REAL*</li> <li>• LifeSkills Training – Botvin Middle School Version</li> <li>• Lions Quest for Adolescence*</li> </ul>	<ul style="list-style-type: none"> <li>• Nurse Family Partnership (NFP)*</li> <li>• Parent Management Training*</li> <li>• Positive Action*</li> <li>• Protecting You/Protecting Me</li> <li>• Project Northland (Class Action may be done as booster)</li> <li>• Project Star</li> <li>• Project Towards No Drug Abuse</li> <li>• Project Towards No Tobacco Use (including adaptations for marijuana)</li> <li>• PROSPER</li> <li>• Raising Healthy Children</li> <li>• SPORT Prevention Plus Wellness</li> <li>• Strengthening Families Program: For Parents and Youth 10-14 (Iowa Version) (SFP 10-14)*</li> <li>• Strong African American Families Program</li> <li>• Strong African American Families – Teen</li> </ul>
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\*These programs are also programs with Mental Health Promotion areas of interest and outcomes.

<sup>1</sup> All community-based mentoring program applicants must complete a MENTOR Washington program survey with application submission. The survey is available at: <https://www.surveymonkey.com/r/WTNTMSC>