

# Community Prevention & Wellness Initiative

Partners for Healthy Communities



Tumwater HOPES mission is to collaboratively prevent youth substance use and self-harm, as an inclusive, engaged community, where everyone belongs.

Tumwater HOPES envisions a community where all youth belong and are empowered to live healthy, substance-free lives.

## Coalition Coordinator

Jennifer Simmons

360-867-2583/360-490-6161

Jennifer.simmons@co.thurston.wa.us



## Tumwater HOPES

Healthy Opportunities for Prevention, Empowerment & Success

## Tumwater, Washington

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

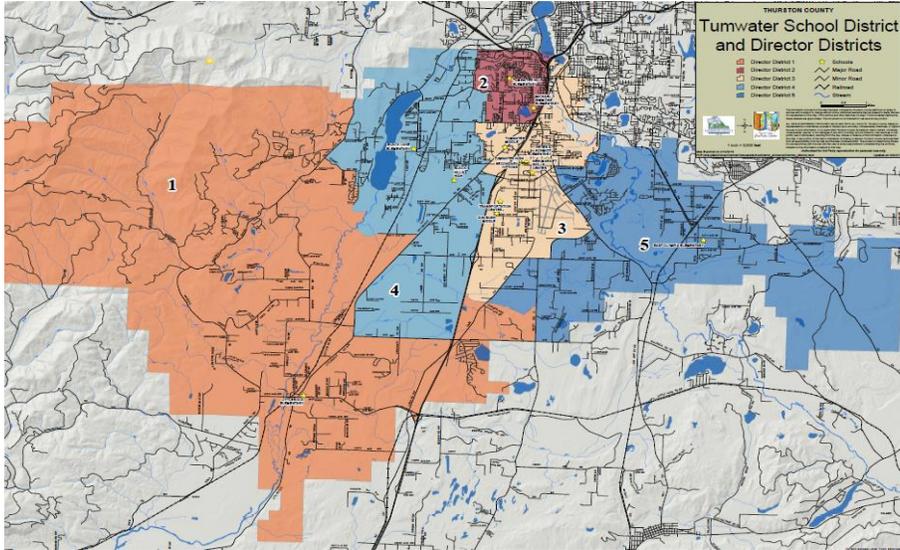
CPWI is a partnership of state agencies, counties, schools and local prevention coalitions supporting communities in preventing alcohol and other drug abuse and its negative consequences. CPWI priorities include reducing underage drinking, marijuana use and opioid misuse/abuse among middle and high school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

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

In January of 2019 Tumwater HOPES became one of 80 coalitions in the State of Washington. Tumwater HOPES is a local, community-based coalition with community-based solutions. Youth substance use is tackled from a variety of angles. Tumwater HOPES believes a comprehensive, collaborative approach is best when solving a problem.

Tumwater HOPES is a diverse group. Volunteers come from different generations, cultures and life experiences. The common ground is a shared value for healthy, empowered youth. Members continually strive to bring different voices to the table. The coalition believes every single person in the community has value, purpose and something to offer Tumwater HOPES.

The Coalition promotes a comprehensive approach to the prevention of youth substance use that includes, but is not limited to, public education, policy level change, environmental strategies, individual and community programs and alternative strategies.



## About Our Community

### About Prevention Programs in our Community

The community of Tumwater is one of the oldest in the state. The earliest settlement was located near the Deschutes River at the end of the Oregon Trail. Tumwater is close to Olympia and is located along the busy commercial corridor between Seattle/Tacoma and Portland.

Tumwater School District has an enrollment of over 6,700 students, and covers a total of 117 square miles. Students attend classes at one of six elementary schools, two middle schools or four high schools (two comprehensive, two alternative learning programs.)

The Coalition has chosen to target all forms of substance use among youth in Tumwater. Additionally, Tumwater is seeing an increase in anxiety, depression and suicidal ideation. A staggering 13% of 10<sup>th</sup> graders have made a suicide attempt. Families are struggling. Rates of domestic violence are increasing and 40% of 10<sup>th</sup> graders report poor family management. The Coalition sees youth substance use as a symptom of a larger problem. Tumwater HOPES will ambitiously seek to impact the forces driving kids to turn to drugs and alcohol.

Today's youth are tomorrows future. Tumwater HOPES believes these trends can be reversed, and our future is bright. If you are interested in learning more? Please check us out at [www.tumwaterhopes.org](http://www.tumwaterhopes.org)

**Community  
volunteer  
leadership,  
membership  
&  
Tumwater  
School District  
partners**



**TRUE NORTH**  
AT CAPITAL REGION ESD 113

**Student Assistance  
Program Specialist**

Gina Scariato 360-709-7425  
gmcgroarty@esd113.org

**CPWI is funded by**

Washington State  
**Health Care Authority**

For more information about  
CPWI visit

[www.TheAthenaForum.org](http://www.TheAthenaForum.org)

