

Community Prevention & Wellness Initiative

Partners for Healthy Communities



Coalition Mission

Our mission is to build an alliance that inspires hope; engages the community; and develops and implements strategies to prevent and reduce opioid and other substance use in Mount Vernon youth.

Coalition Coordinator

Tish Morales



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Tish retired from the Navy in 2016, received a Master's in Organizational Leadership from Gonzaga University in 2019, and has lived in the Mount Vernon community for 7 years. Tish began working for the Skagit Valley Family YMCA as the coalition coordinator in 2019.



MV HOPE

Skagit County



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 & Schools Working Together

MV HOPE (Mount Vernon: Healthy Outcomes through Prevention Efforts) Coalition is a community collaboration working to implement opioid and other drug prevention through a community-based approach. The Coalition funds direct service programs and environmental strategies that are proven to reduce substance use in youth. The Coalition serves the geographical reach of the Mount Vernon School District.

In addition to programs and strategies, CPWI funds support a 1.0 FTE time coordinator's position, employed through Skagit Valley Family YMCA.

The Coalition members represent the following sectors: civic/volunteer groups, healthcare professionals, education/schools, youth-serving organizations, religious/fraternal organizations, government agencies, chemical dependency and treatment, mental health services, law enforcement, other substance abuse serving organizations, businesses, and local citizens.

The coalition meetings are open to all community members and are held the first Tuesday of each month from 10:00-11:30 at the Skagit Valley Family YMCA Community Room.

To find out more, visit www.facebook.com/MVHOPECoalition.

About Our Community



Mount Vernon is the largest city in Skagit County and boasts of fertile soil, extensive agriculture and the internationally recognized Tulip Festival held each spring. Mount Vernon is home to 38,443 residents: 3% identify as American Native, 3% Asian, 1% Black, 3% Multi-Racial, 89% White, and 34% identify as Hispanic. One-third of Mount Vernon citizens are speakers of a non-English language with over 25% speaking Spanish.

Children aged 0-17 years' account for roughly 26% of the population, young adults aged 18-49 account for 42% of the population, with older adults accounting for the remaining 33%. In order to prevent early initiation of use, MV HOPE will primarily focus its strategies on elementary and middle-school students.

About Prevention Programs in our Community

As a CPWI coalition, the MV HOPE Coalition's goals are to:

- Increase community collaboration through coalition meetings.
- Reduce access to prescription drugs by increasing promotion of the Prescription Drug Take-Back and Safe Storage Programs and adopting the state-wide program Starts with One campaign,
- Decrease early initiation of drug use by utilizing proven, early intervention strategies including the PAX Good Behavior Game and Positive Action curriculum, and
- Decrease favorable attitudes towards drug use among Mount Vernon youth through a Student Assistance Program Specialist at La Venture Middle School who will implement Project SUCCESS curriculum, and a Spanish and English implementation of the Strengthening Families Program 10-14.

In addition, the Coalition sponsors trainings for local members and hosts community education events including an annual Key Leader and Town Hall, where the Coalition provides information on substance use prevention and solicits feedback from Community Members.

The Coalition will evaluate each of these strategies and activities to ensure success and make course corrections. We will share our results with key community partners to build support for our efforts, recruit and develop partnerships, and attract additional funding. Program evaluation occurs through a variety of means, including community and Coalition assessments and through direct service outcome evaluations.

Other Contacts

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Executive Leadership

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CPWI is funded by

Washington State
Health Care Authority

For more information
about CPWI visit
www.TheAthenaForum.org