

# Community Prevention and Wellness Initiative

## *Partners for Healthy Communities*

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### Coalition Mission

To promote healthy, positive choices in Tekoa youth by working together to reduce substance abuse.



**HEALTHY**  
(Helping Empower Action,  
Leadership, Teamwork and  
Health in our Youth)

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## **HEALTHY Tekoa Coalition** **Tekoa, WA**



### **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. Our highest priority is to reduce underage drinking among 8<sup>th</sup> and 10<sup>th</sup> grade students. 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**

- Founded in 2012, the Tekoa Coalition is a volunteer organization established to promote healthy choices. Our coalition consists of representatives in medical, religious, school, law enforcement, civic groups, youth organizations, citizens, youth, and parents.
- HEALTHY Tekoa Coalition's prevention goals include delay age of initiation for drug use, decrease perceived availability of drugs, decrease intentions to use, and increase family opportunities for pro-social activities.
- HEALTHY Tekoa Coalition works to educate parents and the community about the risks to youth who use alcohol and other drugs, the risks to adults who provide, along with teaching classes about positive interpersonal communication skills to adults and youth. The coalition programs focus on how to best reduce risks and increase protective factors in families and youth. HTC strives to make positive change.



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## Other Contacts

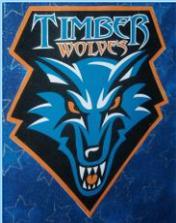
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## CPWI is funded by:



*Transforming lives*

For more information about  
CPWI visit  
[http://www.dshs.wa.gov/dbhr/  
dapreventionservices.shtml](http://www.dshs.wa.gov/dbhr/dapreventionservices.shtml)

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## About Our Community

- Tekoa has a rich heritage and history. This small farming community is surrounded by mountains and farms of cattle wheat, barley, bluegrass and lentils. It is in the heart of the Palouse and only 45 minutes away from several metropolitan areas. It was incorporated in 1889, with fewer than 300 people. By 1910, partly due to the railroad industry, the population had swelled to 1,694. Over the next 60 years, Tekoa began to decline with the introduction of mechanized farming and the automobile age. Today, Tekoa is a small but thriving, tight knit community in the northeast corner of Whitman County.
- Anticipated challenges are community readiness and active membership in the coalition.
- Population : 932 Median Income: \$31,389 Zoning: Rural
- Ethnic Diversity : White 876, Black 3, Hispanic 13, Asian 7, Hawaiian 1, Native American 19, Other 1

## About Prevention Programs in our Community

- Classes in the community: *Parenting Wisely* and *Guiding Good Choices* are classes for adults who parent children; *Youth Connection (CBSG)* is a group class for kids to learn about positive choices after school;
- Programs in the community: *Let's Draw the Line* and *Sticker Shock* are underage alcohol access awareness campaigns; *Family Nights Out* are monthly activities that provide time for families to have fun together.
- Programs in the school: Tekoa School Student Assistance Program Specialist in partnership with teachers implements three evidence based prevention programs: *Protecting You*, *Protecting Me*, *Lifeskills* and *Project Success*.
- Coalition tracks progress of its programs through annual Community Surveys, Coalition Assessment Tools, participant attendance at programs, number of programs, number of community partnerships and contributors, activity logs, pre and post surveys, and the Healthy Youth Survey.