

# Community Prevention & Wellness Initiative

## Partners for Healthy Communities

### Coalition Vision

Bethel Community Services exists to support the Bethel community by networking resources to educate, empower, and create new opportunities for youth and families.

### Coalition Mission

To address the need of our most at-risk families at the Bethel Family Center, to network and provide services for homeless youth, to prevent and reduce substance abuse among youth, and to promote attendance, achievement and success at school and in the community.

### Coalition Coordinators

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## Bethel Community Services

Bethel, WA



INSPIRE healthy communities

### 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. Locally, 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 & Schools Working Together

The INSPIRE substance use prevention workgroup was formed in 2016 under the umbrella of the Bethel Community Services Coalition (BCS), a non-profit agency. BCS has been in existence since 2001 and has a long-standing history and great reputation in the Spanaway/Bethel Community. INSPIRE is focused in the Cedarcrest Middle School and surrounding community within the Bethel School District.

The INSPIRE workgroup meets second Monday of each month for full coalition meetings at Cedarcrest Middle School.

Some of the partnerships that have helped with the development and subsequent success of the BCS and INSPIRE work group include: Bethel School District, Bethel Family Center, Pierce County, Community Health Care, Columbia Bank, Umpqua Bank, Molina Healthcare, and Tacoma Pierce County Health Department. More partnerships will be developed and solidified to help implement substance use prevention activities.



## About Our Community

The Bethel School District is a rural community that encompasses 202 square miles in Pierce County, serving approximately 20,000 students. Roughly 47% of the students qualify for free and reduced lunches and 30% of the students are connected to the military. Cedarcrest Middle School provides education to 732 students and it has the second highest free and reduced lunch rate in the district at 59.9%. There are three elementary schools that feed into Cedarcrest Middle School and all of which have similar demographics.

Based on the Tacoma Pierce County Health Department Health Equity Data, the 98387-zip code has a high number of youth and families with adverse childhood experiences (ACEs), mental health and substance use disorders, tobacco use, and infant mortality.

## About Prevention Programs in our Community

INSPIRE, with the support of Bethel Community Services, has established the following goals:

- Increasing community connection
- Increasing community readiness to address alcohol, tobacco, and other drug (ATOD) among community members
- Increasing family management skills
- Increasing peer/individual bonding at school
- Reducing favorable attitudes towards use
- Decreasing the risk associated with community laws and norms favorable to drug use

INSPIRE will reach these goals by working closely with the school, community, and partner agencies to offer the following supports in our community:

- Monthly coalition and workgroup meetings
- Supporting community events
- Offering evidenced-based programs such as:
  - Guiding Good Choices parenting series
  - Positive Action student curriculum
  - Second Step student curriculum
- Innovative programs such as youth prevention teams, parent education workshops, and public awareness campaigns

BCS and INSPIRE look forward to a year of growth and opportunity. We will continually evaluate these programs and strategies to ensure that they are effective and meeting the needs of the community.

## Other Contacts



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CPWI is funded by



For more information  
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[www.TheAthenaForum.org](http://www.TheAthenaForum.org)