

# Community Prevention & Wellness Initiative

## Partners for Healthy Communities

### Coalition Mission

Our mission is to empower people with knowledge to build a more resilient and protective community for the well-being of our youth.



### Coalition Coordinator

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Pictured with David Mineta, Deputy Director of the Office of National Drug Control Policy

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## EPIC: Empowering People & Impacting Choices

### Clarkston, 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. CPWI priorities include reducing underage drinking, tobacco/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

The Clarkston EPIC coalition was founded in July of 2012 by the Asotin County Human Services Board in an effort to create community level change. This coalition has representation from many different sectors of the community including law enforcement, Clarkston School District/ESD, Quality Behavioral Health, Valley Boys & Girls Club, media resources, city government officials, and parents.

The EPIC coalition has taken a multifaceted approach in addressing conditions in our community that encourage teen substance use. A few of our accomplishments include:

- Providing comprehensive parent education through workshops which include Guiding Good Choices and Strengthening Families.
- Implementing a youth led prevention club at Lincoln Middle School and competing at the state level with their year-long prevention project.
- We now have prevention curriculum at every grade level in our school district
- We participate in trainings throughout the year so our members are constantly learning about prevention and how to be more effective.
- We partner with the DECA program at the high school for Red Ribbon Week, another year long project that has completed at the state and national level.

Clarkston EPIC has a strong team of volunteer citizens who roll up their sleeves and get things done, 6+ years strong!



## About Our Community

Clarkston is nestled between the Snake and Clearwater Rivers, and is known for its mild climate, steelhead fishing, camping, boating, and other outdoor recreation. Substance use is part of the culture.

- The population is 7,283 within the city, and 18,000 community-wide.
- Our zoning is commercial and residential.
- The demographic breakdown is 90% White, 4% Latino, 3.1% bi-racial, 2.1% American Indian, and .8% other.
- The median income is \$29,877
- Clarkston High School has 760 students, with 2,260 in the district.

The challenges we face include a high rate of poverty, high rates of alcohol use, and many troubled families with high levels of adverse childhood experiences. However, our strengths are many. We are a tight-knit community willing to work hard to create a safe environment for youth, by collaborating through partnerships and combining resources.

## About Prevention Programs in our Community

Clarkston EPIC's goals are to minimize the likelihood that youth will develop short and long term physical and emotional problems as a result of substance abuse. Our strategies draw from evidence-based programs, including:

- **Strengthening Families** for families with children in 4th-6th grade.
- **Guiding Good Choices** for families with children in 4th-8th grade.
- **Second Step** taught in grades Kindergarten through 5<sup>th</sup> grade district-wide.
- **Life Skills Training:** 12 sessions in 6th grade taught district-wide.
- **Good Behavior Game** School-wide at Grantham Elementary.
- **CAST (Coping & Support Training)** At risk kids in 7<sup>th</sup> & 8<sup>th</sup> grade.
- **Project Success** for all 9th grade students taught by P/I Specialist.
- **Reconnecting Youth:** At risk kids in 9<sup>th</sup> through 12<sup>th</sup> grade.
- **Environmental strategies:** Prescription drug Take-Back Days and media campaigns

*Results are measured by our evaluation program, the Healthy Youth Survey, Community Survey and local data.*

## Other Contacts



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CPWM is funded by

Washington State  
Health Care Authority

For more information  
about CPWM visit

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

Results will be measured and reported using our community evaluation program, outcome reports, the Healthy Youth Survey, and local data.