

# Overview

## Washington's Best Practices for Substance Abuse Prevention and Mental Health Promotion

This resource guide was created to provide prevention coalitions, community-based organizations, schools, tribes and other prevention partners with information and tools to achieve the best possible outcomes for youth and families.

The Washington State Department of Social and Health Services Division of Behavioral Health and Recovery (DSHS/DBHR) administers state and federal funding to provide training and support for implementing evidence-based, innovative and culturally appropriate and relevant programs to prevent adolescent use of alcohol, marijuana and other drugs. Our goal is to reach all prevention providers in our state with research about what works, and the resources available to put this knowledge into practice.

As prevention professionals, you play a critical role in using and promoting this information for successful program planning and implementation in your communities. We encourage you to share this information with your partners and policy-makers. Using effective practices to address the risk and protective factors for substance use has far-reaching benefits by increasing the overall health, wellness and success of individuals, families and communities.

### For more resources

This packet and additional resources are available on our website for substance abuse prevention professionals and volunteers: [www.theAthenaForum.org/best\\_practices\\_toolkit](http://www.theAthenaForum.org/best_practices_toolkit).



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