

# What is STRYVE?

Striving to Reduce Youth Violence Everywhere (STRYVE) is a national initiative led by the Centers for Disease Control and Prevention (CDC).

The purpose of STRYVE is to enable communities to add a public health, prevention focus to work they are already doing to decrease youth violence.

STRYVE in Multnomah County is one of four demonstration sites in the nation that are prioritizing a public health approach to violence prevention.

Most violence is preventable, not inevitable... Cities with more coordination, communication, and attention to preventing violence have achieved lower violence rates.

**STRYVEPDX** is a project of the Community Capacitation Center of the Multnomah County Health Department.

*The mission of the Community Capacitation Center is to support communities to identify and solve their own most pressing health issues, by addressing the social and structural causes of those issues.*

*We do this using popular education, the Community Health Worker model, and participatory research.*



## Multnomah County Health Department Community Capacitation Center

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Find out more at:  
[www.facebook.com/STRYVEPDX](https://www.facebook.com/STRYVEPDX) or just  
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code reader:



*A project of the Community Capacitation Center  
of the Multnomah County Health Dept.*

Violence is a leading cause of injury, disability and premature death. It impacts young people and people of color at higher rates than others.

Violence increases the risk of other health problems, like depression, substance abuse and chronic disease.

Violence affects the places where we work, live, play and pray, making it harder to attend school, get exercise, and build a healthy life.

**Violence is preventable.  
The change starts with all of us.**



# Building Healthy Communities

Health is a state of complete physical, mental, and social wellbeing, not merely the absence of disease. The conditions in which we live, work, and play have a huge impact on our health.

Whether we are talking about quality health care, healthy housing, quality education, stable employment, access to affordable healthy food, or living in a safe neighborhood, we all need to be able to make the choices that lead to good health.

## Why Prevention?

Youth violence is a complex problem that needs action at multiple points:

- Prevention strategies that stop youth violence **before** it happens.
- Intervention and treatment strategies (like law enforcement and medical or mental health services) that respond to youth violence **after** it happens.

Response to violence is only part of the solution. We must take steps to stop youth violence from happening in the first place.

Preventing youth violence is part of promoting the health and safety of youth and communities, because:

- Young people cannot learn and succeed in life if their neighborhoods are unsafe.
- Violence increases health care costs, decreases property values, disrupts social services, and threatens the success of businesses.
- When youth violence occurs, quality of life diminishes, and communities cannot thrive.



## Want to get involved?

We are actively seeking input and participation. Please help us take action to stop violence before it starts.

### Things you can do:

Volunteer with STRYVE locally to help raise awareness of prevention as an approach to reduce youth violence. Call us at 503-927-1823 to find out more.

Like us on Facebook to get connected to ongoing events and updates.

[www.facebook.com/STRYVEPDX](http://www.facebook.com/STRYVEPDX)

Join our STRYVE Coalition. Call us at 503-927-1823 or email at: [rebecca.stavenjord@multco.us](mailto:rebecca.stavenjord@multco.us) to find out more about the Coalition.

Learn more about youth violence at: <http://www.vetoviolence.org/stryve/>

