

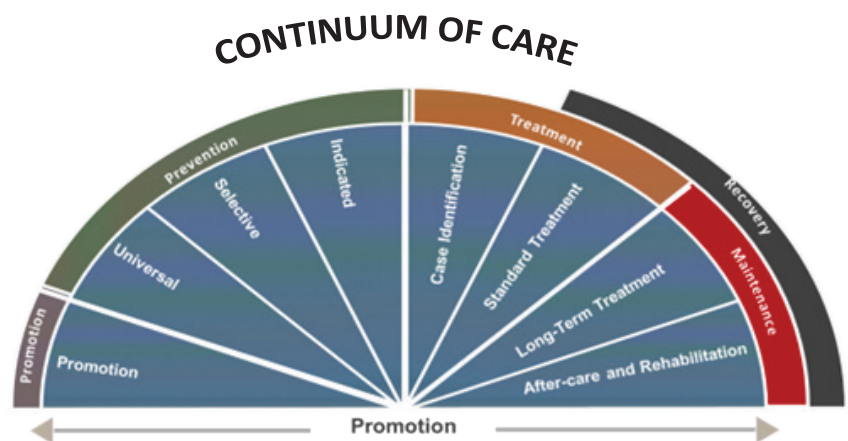
PREVENTION 101 TOOLKIT



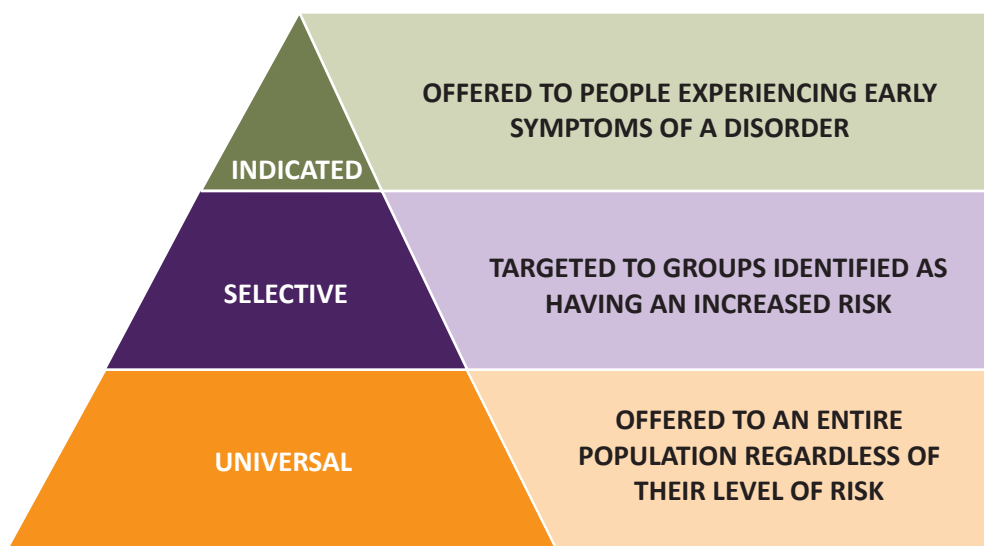
Preventing substance misuse and other problem behaviors can improve quality of life, health, safety, academic performance, and workforce productivity. It can reduce crime, violence, motor vehicle crashes, suicide, social costs, health care, and criminal justice costs, and death. It is best when prevention begins early, prior to the peak risk phase during adolescence when experimentation with substances and other risky behaviors can occur.

Prevention is NOT just about eliminating a negative behavior but also promotes striving to optimize the overall well-being of individuals, families, and communities. This toolkit will review the basics of prevention, the three types of prevention and evidence-based strategies.

Prevention is the act of stopping something bad from happening: the act of preventing something.



The prevention continuum of care model is used to describe how preventative actions follow a person from promotion to maintenance or recovery. It is broken down into three sub-categories; indicated, selective and universal, which refers to population groups depending on their risk.



Interventions that occur prior to the onset of a disorder and are intended to prevent or reduce the risk for the disorder.

SAHMSA

Effective vs Non-effective Prevention

There is no evidence that scare tactics or presentations by speakers with lived experience of drug and alcohol misuse or dependence are effective. These tactics can possibly do more harm than good. There are also many activities that may be costly and time-consuming with little to no effectiveness. There are many identified strategies that have been proven to be effective and that is where you will want to spend your time and energy - working smarter and not harder. These strategies are often referred to as **evidence or research-based strategies**.

People do not live in isolation. A variety of risk and protective factors exist in different domains. Targeting only one domain when addressing risk and protective factors is unlikely to produce the positive long-term outcomes you are aiming for. Multiple interventions or strategies are necessary to reduce negative behavior and promote well-being. Since multiple strategies are necessary for different domains, it is important to collaborate with diverse stakeholders in the community within each of the domains to develop and implement comprehensive prevention efforts.

Risk and Protective Factors

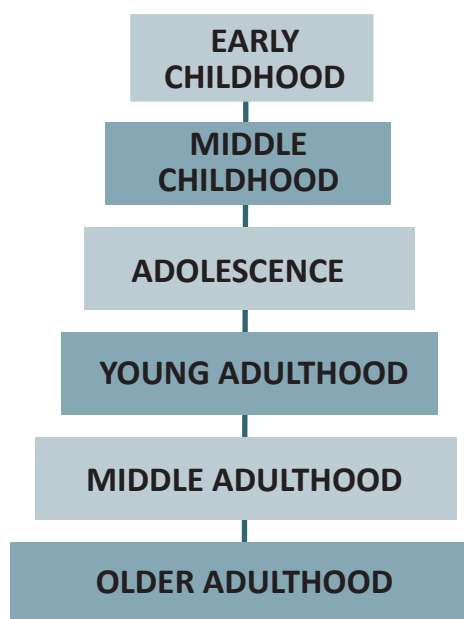
Assessing the influencing factors that contribute to the identified negative behavior helps to select the appropriate evidence-based strategies and actions to be taken. Effective prevention focuses on reducing the risk factors and increasing the protective factors that are related to the identified behavior being targeted.

Risk and protective factors are the aspects of a person (or group) that make it more or less likely that they will experience a given problem or achieve the desired outcome. They help to identify what is leading to and protecting against the problem.

Sometimes a person's experience causes them to form opinions on what they think

is a risk or protective factor that would influence behavior. However, not all commonsense opinions align with what research shows. Some risk and protective factors have not been verified by research; therefore, it will be more effective if you stick to targeting the risk and protective factors that are research-based.

Different age groups and behaviors have different influencing factors. Some behaviors share risk and protective factors. To avoid duplicating efforts in the community it is helpful to work across disciplines to address shared risk and protective factors.



As individuals grow, they progress through many stages of development. Each stage is associated with specific cognitive, emotional, and behavioral developmental competencies. Development can also look different in different cultures.

In every development stage, the influencing factors also vary within different environments. Prevention efforts that are well aligned with the appropriate risk and protective factors and developmental stage of the target population will be more likely to produce the desired, long-term positive outcomes.

RESOURCES & READINESS



INDIVIDUAL

People at risk
Personal choice
Time-bound programs
Change individual behavior

INDIVIDUAL APPROACHES

Defines individual factors that place a person at risk
Substance abuse is seen as a personal choice
Approach consists of time-bound programs
Programs are used to change individual behavior

ENVIRONMENTS

Culture, norms, and rules
Individual and larger system issues
Long-term goals
Change policy/practices

ENVIRONMENTAL APPROACHES

Defines problem at the policy level
Viewed as both an individual and system issue
Approach involves long-term policy and practice changes
Strategies are used to influence changes in policy and practices
Resources for evidence-based strategies

STRATEGIC PREVENTION FRAMEWORK

In prevention, SAMHSA's Strategic Prevention Framework (SPF) is used as a comprehensive guide to plan, implement, and evaluate prevention practices and programs.

This process starts with **ASSESSMENT**. Is the community ready for the change that you are planning? Assessment also addresses gaps that are in the community.

CAPACITY is needed by coalitions to engage partners and stakeholders, maintain high levels of commitment, and effectively organize the work.

The third step is **PLANNING**, where the coalition gathers those who bring perspective and uses data and capacity to come up with a strategic plan.

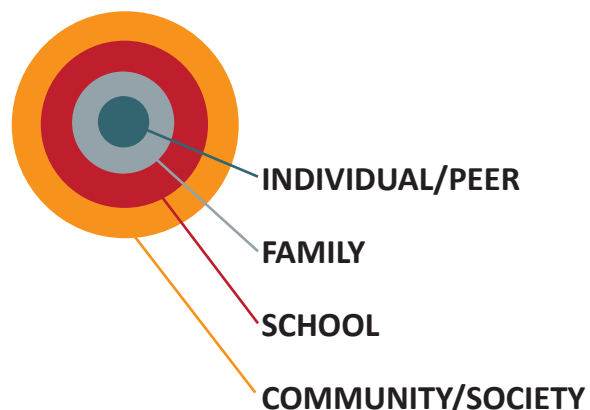
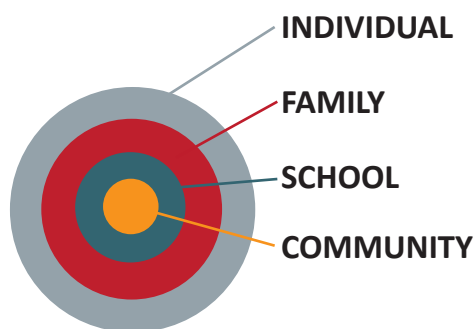
The strategic plan gets actualized during **IMPLEMENTATION**. This is where implementation of chosen evidence-based strategies gets started.

EVALUATION is the last step of the process. Here the coalition will be looking at sustaining and improving outcomes and also looking at what is not working and making adjustments and necessary changes.

The Strategic Prevention Framework places **SUSTAINABILITY** and **CULTURAL COMPETENCE** at its center as these key concepts must be incorporated into every step.



DOMAINS



PROBLEMS &
RELATED BEHAVIORS



STRATEGIES



RISK & PROTECTIVE
FACTORS

STRATEGIES ACROSS DOMAINS

Evidence-Based Strategies are strategies that are informed or supported by evidence. Not all prevention interventions are equal. Use interventions/strategies that have been researched and found to be effective in reducing identified risk factors or increasing identified protective factors with the population being targeted.

INDIVIDUAL AND ENVIRONMENTAL APPROACHES		
PROGRAMS A structured and sequenced activity or curriculum that includes two-way communication.	POLICIES A governing principle, such as a law, rule, ordinance, or documented process for a community, organization, or family.	PROGRAMS A customary way of operation or behavior; the way something is done.
INDIVIDUAL APPROACHES • Defines individual factors that place a person at risk • Debunking the idea that substance abuse is seen as a personal choice • Approach consists of time-bound programs • Programs are used to change individual behavior		ENVIRONMENTAL APPROACHES • Defines problem at the policy level • Viewed as both an individual and system issue • Approach involves long-term policy and practice changes • Strategies are used to influence changes in policy and practices • Resources for evidence-based strategies

RESOURCES

Kansas Prevention Collaborative Evidence-Based Strategies Matrix

<https://kansaspreventioncollaborative.org/wp-content/uploads/2021/01/Prevention-Evidence-Based-Strategy-Matrix-1.0.pdf>

SAMHSA – Evidence-Based Practices Resource Center

<https://www.samhsa.gov/ebp-resource-center>

Department of Education – What Works Clearinghouse

<https://ies.ed.gov/ncee/wwc/FWW/Results?filters=,Behavior>

Office of Juvenile Justice and Delinquency Prevention

<https://www.ojjdp.gov/mpg/Topic>

Blueprints for Healthy Youth Development

<https://www.blueprintsprograms.org/program-search/>

CADCA's Environmental Prevention Strategies Guide

<http://www.cadca.org/sites/default/files/resource/files/environmentalstrategies.pdf>

Drug and Alcohol Information

<https://positivechoices.org.au/teachers/why-is-drug-and-alcohol-prevention-important>

An ounce of prevention is worth more than a pound of cure.

There are several other toolkits that can provide further information on the topics included in this toolkit. Be sure to check out these and other available prevention resources.

Strategic Prevention Framework Toolkit series

<https://ispri.ng/LQRGk>

The 12 Sectors and Getting Them to the Table Toolkit

<https://ispri.ng/R2WZl>

Choosing Strategies Toolkit

<https://ispri.ng/DkYLQ>

Choosing Strategies: Scare Tactics Toolkit

<https://ispri.ng/09BIV>

Risk and Protective Factors Toolkit

<https://ispri.ng/D6ZDQ>

For each year that alcohol use is delayed for a young person, the odds of developing alcohol dependency and engaging in other risky behaviors are significantly reduced.



The Kansas Prevention Collaborative and DCCCA have created a variety of free toolkits, e-learning modules, webinars, YouTube videos and other resources that are available to all communities and coalitions working with prevention. Many of these resources are available in both English and Spanish. Follow any of these links to access this toolkit and other prevention resources:

<http://www.kansaspreventioncollaborative.org>

<http://www.dccca.org/prevention-resources>

<https://ispri.ng/mxVY1>

Or scan here:

