



**IMPACT ACADEMY:  
PREVENTION**

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# Introduction to Prevention

Prevention  
Action Alliance

Lifetime Prevention | Lifetime Wellness

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# About your Presenter



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Prevention  
Action Alliance

# Defining Prevention



# Learning Objectives



Attendees will be able to:

- Define basic concepts of prevention science
- Describe the role of prevention professionals, and scope of practice
- Define prevention theories, concepts, and practices



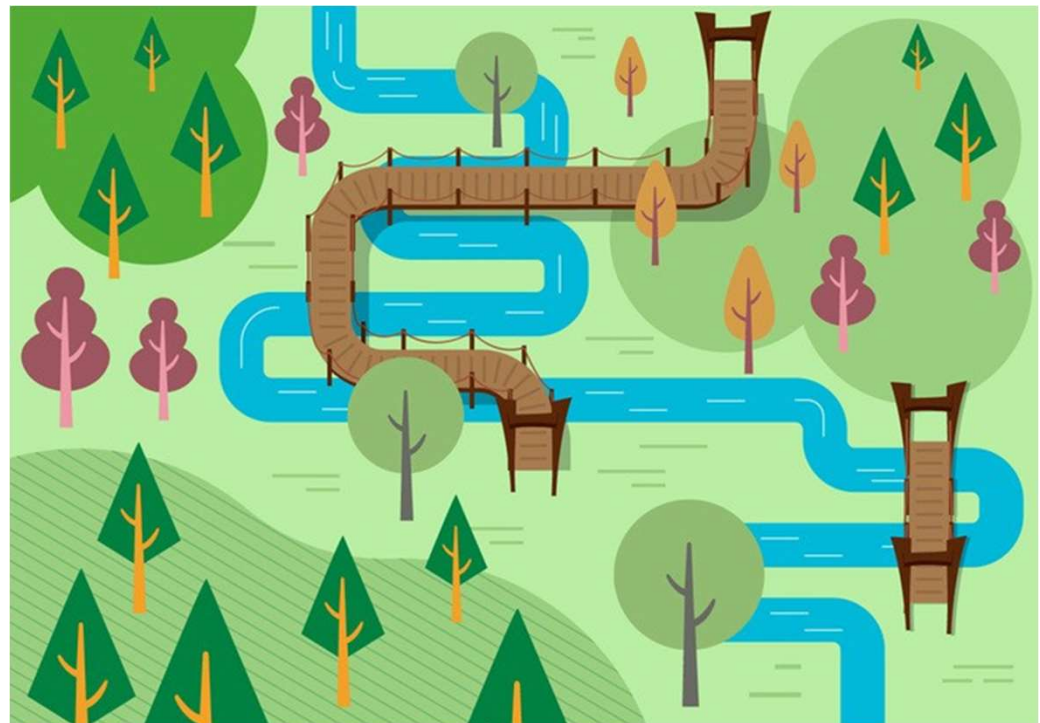
# Prevention Definition

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- Promotes the health and safety of individuals and communities
- Reduces the likelihood of or delays the onset of behavioral health problems
  - Substance abuse
  - Mental illness
  - Suicide
  - Problem gambling
  - Etc.



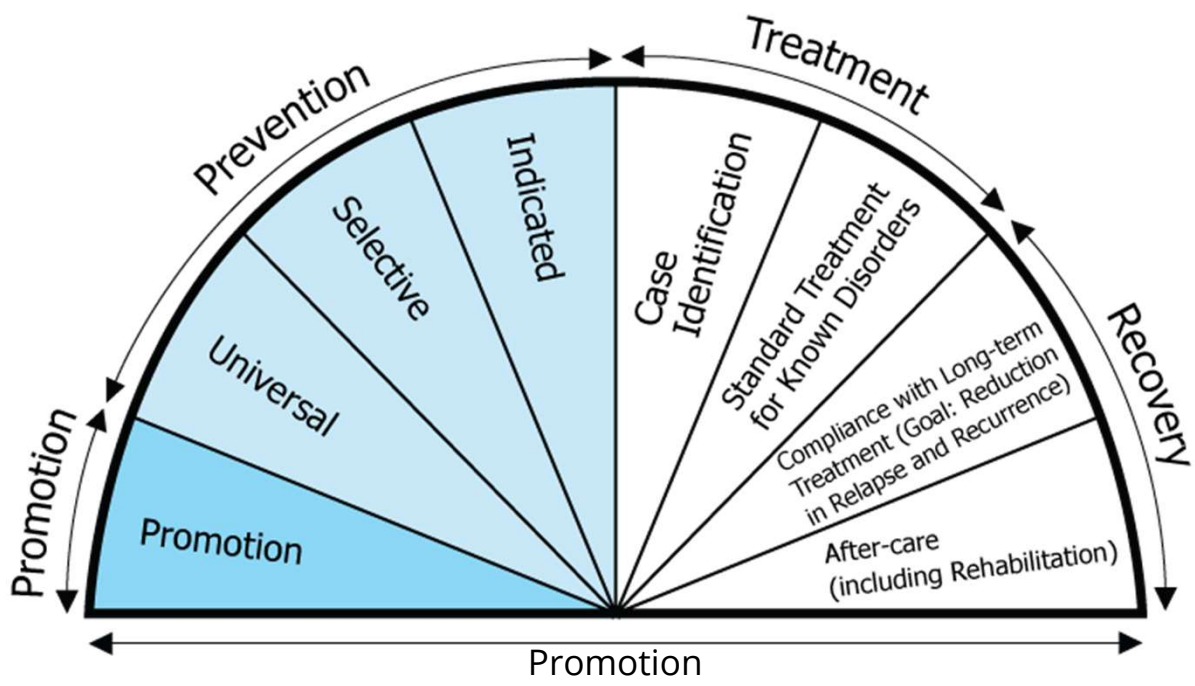
**Trying to  
fix the  
problem  
before it  
grows**







# Continuum of Care



# Prevention Populations

## Universal

- Everyone regardless of level of risk

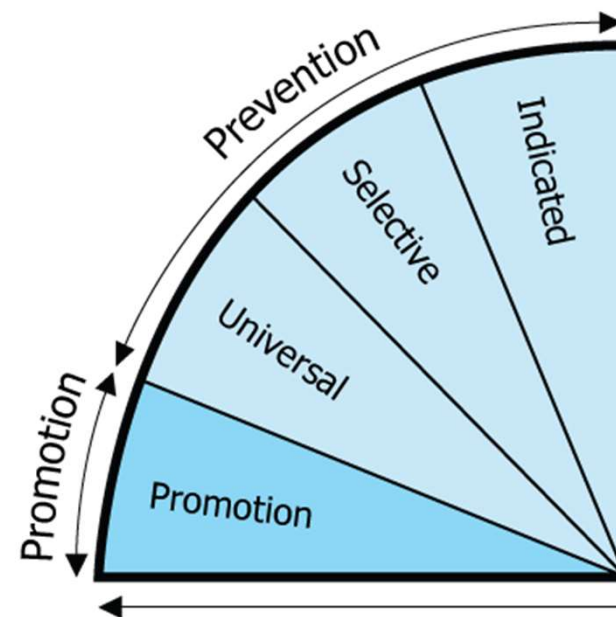
## Selective

- Persons or groups who have a higher than average risk (biological, psychological, or social) for developing a SUD.

## Indicated

- Individuals identified as minimal but detectable signs or symptoms of SUDs\*

\*but not indicate a diagnosis



# Prevention Populations

## Universal

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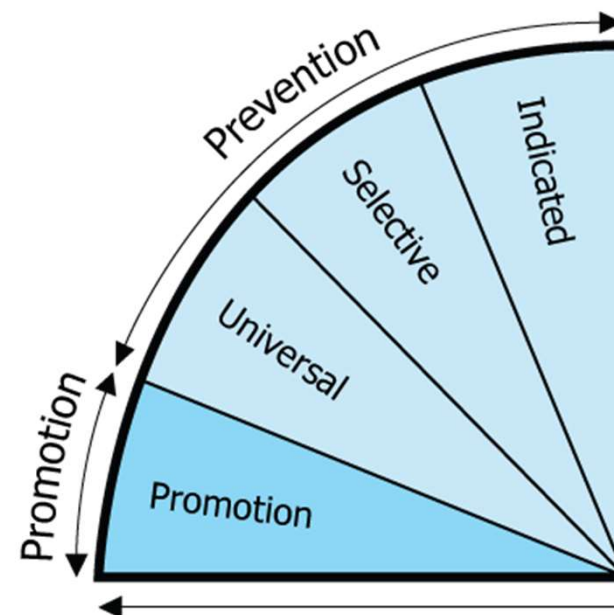
## Selective

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## Indicated

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\*but not indicate a diagnosis





# Risk and Protective Factors



## Risk Factor:

- A characteristic at the biological, psychological, family, community, or cultural level that precedes and is associated with a higher likelihood of problem outcomes

## Protective Factor:

- A characteristic at the individual, family, or community level that is associated with a lower likelihood of problem outcomes

# Risk and Protective Factors

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## **Risk Factors**

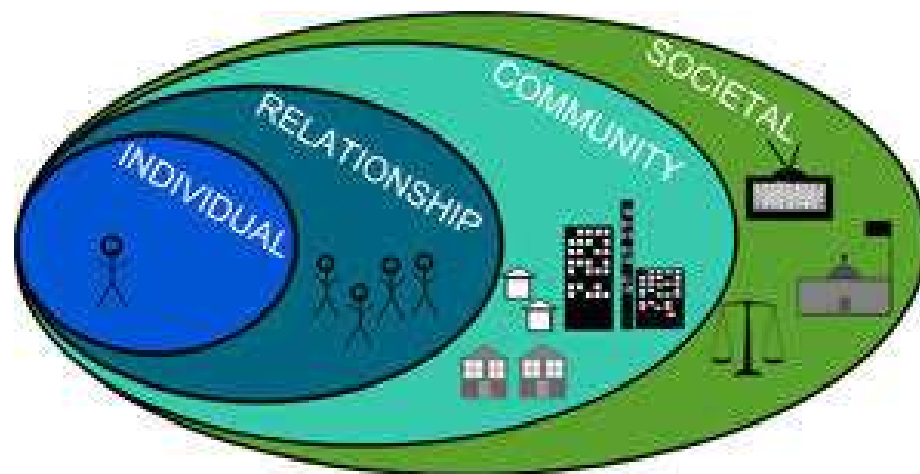
- Early Aggressive Behavior
- Availability (Peers)
- Lack of Supervision
- Poverty
- Violence

## **Protective Factors**

- Policies Limiting Access
  - Resources Available
  - Parental Involvement
- 

# When and Where?

- Prevention happens in multiple contexts
  - Individual
  - Family
  - Community
  - Society



# Strategic Prevention Framework



Outlines a process for communities and organizations to:

- Assess community needs
- Develop a model of change
- Enhance cultural competence
- Develop strategic plans
- Implement interventions
- Evaluate & sustain initiatives



# Defining the Problem and Population



- Establish criteria for prioritization
  - Risk and protective factors
  - Impact of issue
- Identify data sources
  - Primary
  - Secondary
- Research community and historical context





# Capacity Equals

## Readiness

- Awareness of the issue and activities
- Willingness to change
- Interest in participating, expanding, or improving activities
- Buy-in to sustain

## Resources

- Assess resources available
- Identify resources necessary
- Invite stakeholders
- Identify sources of funding and in-kind

# Types of Strategies

## Categories of strategies

- Information Dissemination
- Community Based Process
- Problem Identification and Referral
- Alternative
- Education
- Environmental



# Cultural Competence

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Nothing  
about us,  
without us

Respectful  
and  
responsive

Eliminating  
participation  
gaps





## The six CSAP Strategies

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1. Information Dissemination
2. Community Based Process
3. Problem Identification and Referral
4. Alternative
5. Education
6. Environmental



# Information Dissemination

- One-way
- Direct or Non-Direct
- Based on affecting knowledge and attitudes
- Awareness and Knowledge
  - Nature and extent of use, abuse, and addiction
  - Effects on individuals, families, and communities



# Community-based Process

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- Develops skills of impactors, who, in turn, provide awareness, education and/or skills to target groups
- Enhances the ability of the community to provide more effective prevention services

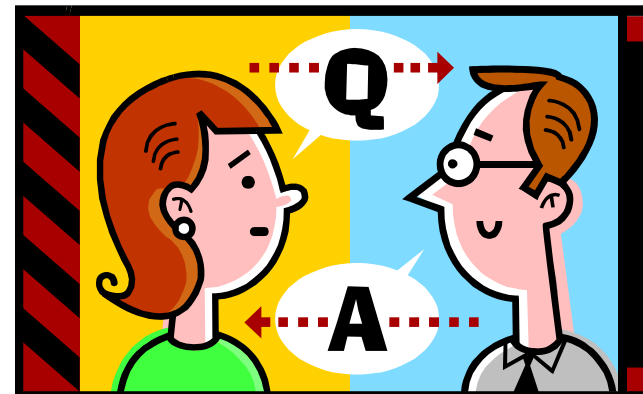




## Problem Identification and Referral

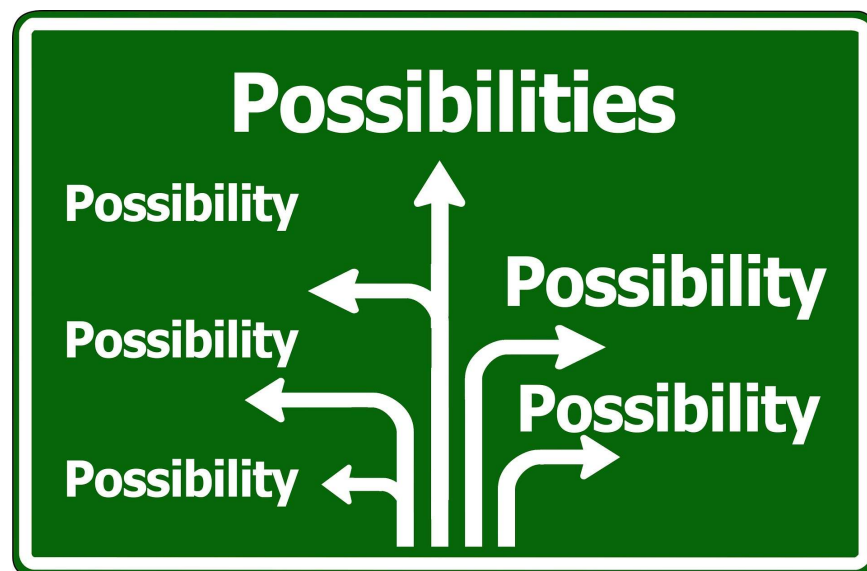
- Identifying individuals who have indulged in
  - Illegal/age-inappropriate use of tobacco and alcohol
  - First use of illicit drugs in order
- “Assessing” if behavior can be reversed through education. *(think SCREENING)\**

*\*Does NOT include any activity designed to determine if a person is in need of treatment.*



## Alternatives

- Activity provided for targeted populations that excludes alcohol, tobacco and other drug use .
- Providing opportunities for positive behavior support as a means of reducing risk taking behavior and/or reinforcing protective factors.





# Education

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- Based on affecting knowledge and attitude and/or behavior
- Two-way communication
- Interaction between educator/facilitator and the participants
- Aims to affect critical life and social skills
  - Decision making
  - Critical analysis
  - Refusal skills
  - Systemic judgment



# Environmental

- Broad range of external activities:
  - Modifying systems
  - Mainstreaming prevention through policy and law
  - Changing community norms, access & availability, media messages
- Establishes or changes:
  - Written & unwritten community standards, codes & attitudes which influence incidence & prevalence of ATOD





# Prevention Strategies

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## Stand Alone

- Prevention Education
- Environmental Strategies

## Supporting the implementation of the above strategies

- Alternatives
- Community-based process
- Information Dissemination
- Problem Identification and Referral



# Ohio Chemical Dependency Professionals Board

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## **MISSION:**

To cultivate, certify and license quality prevention and addiction professionals.



## Provides Licensing for:

- Chemical Dependency Counselors
  - CDCA, LCDC II, LCDC III, LICDC, LICDC-CS, -GAMB
- Prevention Professionals
  - Registered Applicant (RA)
  - Ohio Certified Prevention Specialist Assistant (OCPSA)
  - Ohio Certified Prevention Specialist (OCPS)
  - Ohio Certified Prevention Consultant (OCPC)

**Visit [ocdp.ohio.gov](http://ocdp.ohio.gov) for more information on requirements and how to apply!**





## Capacity Building with PAA

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- Advocacy Boot Camp & webinar
- G.A.P. Network
- Know! Prevention Tips
- Ohio Adult Allies
- Ohio College Initiative for Student Wellness
- PG at PAA
- Statewide Prevention Coalition Association
- “We are Change” Rally





## Other Resources

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- Ohio Center of Excellence for BH Prevention & Promotion
- Ohio Domestic Violence Network
- Ohio Prevention Professionals Association
- Ohio Suicide Prevention Foundation
- Problem Gambling Network of Ohio

### Connect Locally

- MHRB/ADAMH Boards
- CADCA, CDC, & DFC Coalitions
  - Connect with SPCA for more assistance



## Sources

- OhioMHAS Prevention Services Guidance Document Office of Prevention & Wellness August, 2016 (<https://mha.ohio.gov/Portals/0/assets/Prevention/MHA-Prevention-Services-Guidance.pdf>)
- IOM 2009
- Substance Abuse and Mental Health Services Administration. (n.d.). Retrieved from <https://www.samhsa.gov/>
- *Substance Abuse Prevention: The Intersection of Science and Practice*, Hogan et al, 2003





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# Prevention Action Alliance

Lifetime Prevention | Lifetime Wellness

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*Prevention Action Alliance is a 501(c)3 nonprofit based in Ohio dedicated to leading healthy communities in the prevention of substance misuse and the promotion of mental health wellness.*

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