



# Adapting Prevention Practices for the Pandemic

## How has the pandemic changed your prevention practices?

- Running prevention curriculum programs in schools virtually, using Zoom, Google Meet, or pre-recorded lessons
- Connecting with other preventionists via a statewide prevention group that meets virtually every week to share ideas
- Developing new social media pages and expanding use of social media and email lists
- Converting typical in-person workshops to webinars
- Distributing grab-and-go kits, lessons or information with school meals or at other community locations
- Using print newspapers to distribute information typically delivered in person
- Offering curbside pickup for Narcan distribution
- Expanding use of social media, local radio, TV and online advertising and print media for prevention messaging

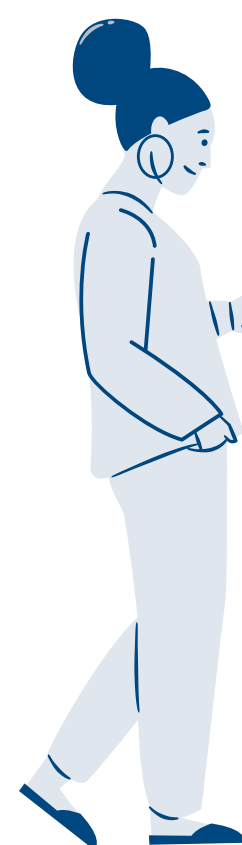
## What are the biggest challenges?

- Not being able to connect face-to-face
- Learning new technologies for virtual programs
- Adapting to different school models (virtual, hybrid, in person) as situations change
- Keeping coalition and board members engaged virtually
- Maintaining fidelity to evidence-based programs
- Engaging youth and young adults virtually
- Building community and overcoming isolation
- Identifying students or people in crisis or at risk
- Reaching people without access to technology
- Gaining commitment to longer curriculum programs over many weeks

## Get Creative!

*"Instead of neighborhood gatherings with off-campus students, we created a door-hanger card that students could put their names and phone numbers on, and place on their neighbors' doors to introduce themselves and offer help with raking leaves, shoveling snow, etc."*

*"We work with senior citizens, so we now do classes on the phone."*



## Not sure where to start?

There are many resources available to help learn new programs, convert in-person events to virtual, and find free or low-cost tools. The PTTC Network Pandemic Response Resource list might be a good place to start.

<https://pttcnetwork.org/centers/global-pttc/pandemic-response-resources>

# We're all in this together

## What tips helped you adapt your prevention practices during the pandemic?

### Your thoughts:



"**Communication** with the schools. Being open to the adaptations and working to figure out the right thing for everyone!"



"**PRACTICE!** We ran through almost the whole series virtually before presenting to ensure that it came across the right way and have adapted the materials in a way that all ages receiving it will understand"



"**Step out of your comfort zone!** Some things may feel unconventional or strange to do at first this time has forced me to really step out side the comfort zone! Give stuff a try and don't worry so much about failing."



"**Working with student interns** - they know how to connect with other students, and are adept at social media, graphics, and so on."



"**Working with local professional marketing** and media experts in our region was essential to create graphics to go with our messages. We wanted to work with media-savvy folks who know and understand our region's culture and demographics"



"**Be flexible.** Just be able to think on the fly and be ready to try and tackle whatever comes your ways"



"Caffeine has helped tremendously"

### Things to try:

Use **video conferencing** instead of face-to-face meetings

- Zoom
- Google Meet
- Microsoft Teams
- Many others!

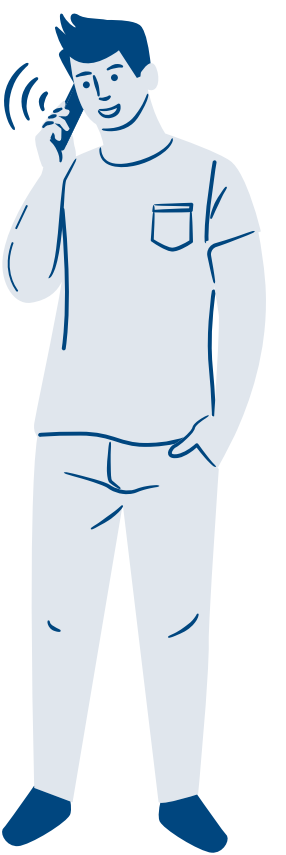
Create **grab-and-go activities:**

- Participants pick up a kit with all the supplies they need, and tune into a live zoom session to learn how to do the activity (include zoom info in each kit so folks can tune in)

Try **Kahoot** for engaging educational games

Use **social media** to connect and create online communities

Make '**no-touch**' items like signs that can be shared in the community



### Connect with others

- Connect with other prevention groups in your area to find out what they are doing and share ideas!



### Patience and Understanding

Outbreaks are a stressful and anxious time for everyone. Patience and understanding with ourselves and others can help us be successful

This handout was created using responses collected during the New England PTTC Prevention in Action Webinar, "Adapting Prevention Programs to COVID-19"



New England (HHS Region 1)

**PTTC** Prevention Technology Transfer Center Network  
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Find additional New England PTTC resources online: <https://pttcnetwork.org/centers/new-england-pttc>