

Lobby Question

Have you had to adapt your prevention efforts in response to the COVID-19 pandemic?





Northeast & Caribbean (HHS Region 2)

PPTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

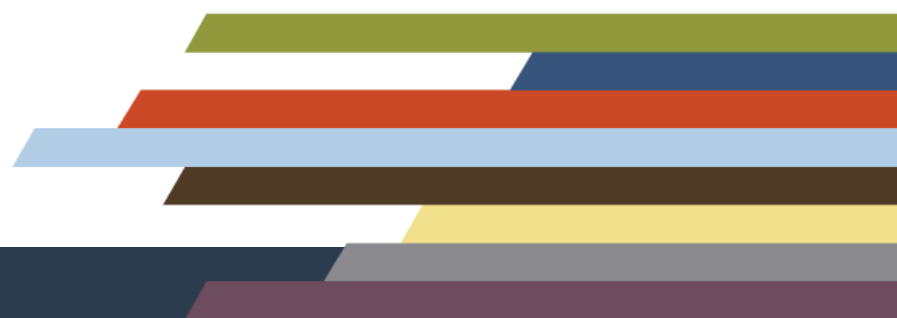
Peer Sharing Call

Adapting Substance Misuse Prevention: Improving Effectiveness and Achieving Better Outcomes

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Technical Information

This peer sharing call is being recorded. After the call, we will share the recording and the slides.

Please contact the call facilitator if you have any concerns or questions.

Presenters



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Road Map

- Determine whether to adapt your prevention efforts
- Decide what to adapt
- Get help making adaptations
- Implement and evaluate your adaptations



Make an Adaptation?



Yes

No

Adaptations in Prevention

Programs



Practices

Processes



?

To Adapt, or Not to Adapt?

REPLICATION

Advantages

- Program requirements clearly defined
- Implementation guidelines may be clearly defined

Disadvantages

- Program may have been designed for different populations or settings
- Program may not meet population needs
- Program may be too expensive to implement as is

ADAPTATION

Advantages

- May more accurately meet audience needs
- May improve feasibility

Disadvantages

- Likelihood of achieving same outcomes as original program are diminished

Discussion Question

If you've adapted your prevention programs or practices, how did you decide whether to do so?

What stakeholders did you involve as part of the decision?

Decide Whether to Adapt



Decide What to Adapt



Elements We Can Adapt

- **What:** Content
- **How:** Delivery mechanisms and methods
- **To whom:** Audience
- **Where:** Setting
- **By Whom:** Person(s) delivering the intervention



Discussion Question

When adapting prevention strategies, which elements have you changed?



Discussion Question

What was the most important change you made to a prevention program, practice, or process in the past ~6 months?



Decide Whether to Adapt



Decide What to Adapt



Get Help

Guidance for Adapting

- Consult with the developer
- Build capacity before changing the intervention
- Adhere to evidence-based principles
- Retain core components
- Add, rather than subtract
- Be thoughtful about culturally-based changes

Guidance for Adapting



**Build Capacity
Before Changing
the Intervention**

Guidance for Adapting



**Retain Core
Components**

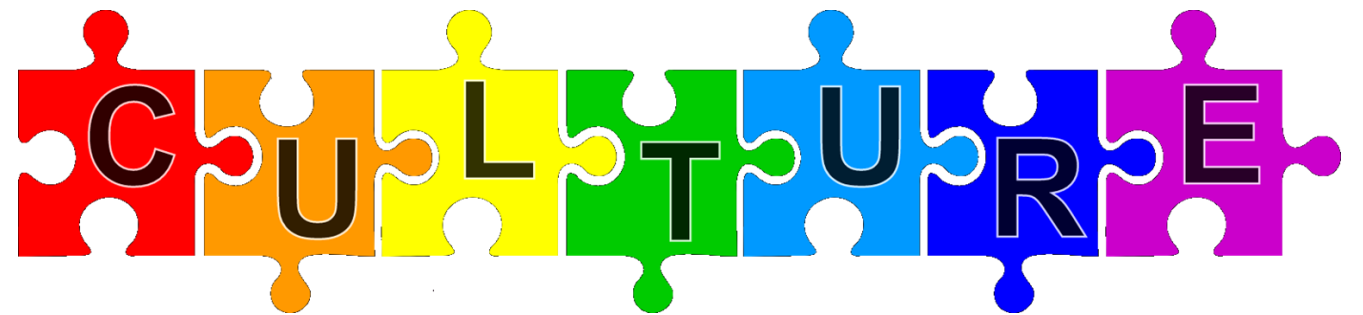
Guidance for Adapting

Be Thoughtful About Culturally- Based Changes



Discussion Question

Have you ever had to make a cultural adaptation to one of your prevention programs or practices?
If so, what did you change?



Decide Whether to Adapt



Decide What to Adapt



Get Help



Implement and Evaluate Adaptations

Implementation During COVID: Going Digital

- What evidence-based program do you want to adapt for digital delivery?
- Is a digital adaptation of this program likely to reach the population of interest, and if so, is the population likely to engage in it?
- Can the program be adapted to a virtual environment without compromising integrity?
- Can a digital adaptation be implemented:
 - In real-world conditions unique to your agency context?
 - With minimal burden on participants and providers?
- Can the adaptation be seamlessly integrated into existing systems in your program?
- Do you have the financial resources needed to adapt the program for digital delivery?

Examples of COVID-Related Adaptations

- Formerly delivered in person in school settings, ***E-LifeSkills Training*** is an evidence-based social skills training program that has been adapted for web-based delivery at home, in class, or in hybrid learning environments.
- Adapted from BRAVE, a clinic-based cognitive behavioral therapy program for anxiety, ***BRAVE Online*** offers treatment to children and adolescents with anxiety disorders.
- ***Strengthening Families*** is an evidence-based parenting skills training and youth drug prevention program that has been adapted from in-person to web-based delivery.

Celebrating
healthy
aging



WISE Six Lesson Curriculum

Lesson One

Understanding
Changes
Associated
with Aging



Lesson Two

Aging
Sensitivity



Lesson Three

Valuing
Cultural &
Generational
Diversity



Lesson Four

Medication
& the Older
Adult



Lesson Five

Addiction,
ATOD & the
Older Adult



Lesson Six

An
Enhanced
Quality of
Life



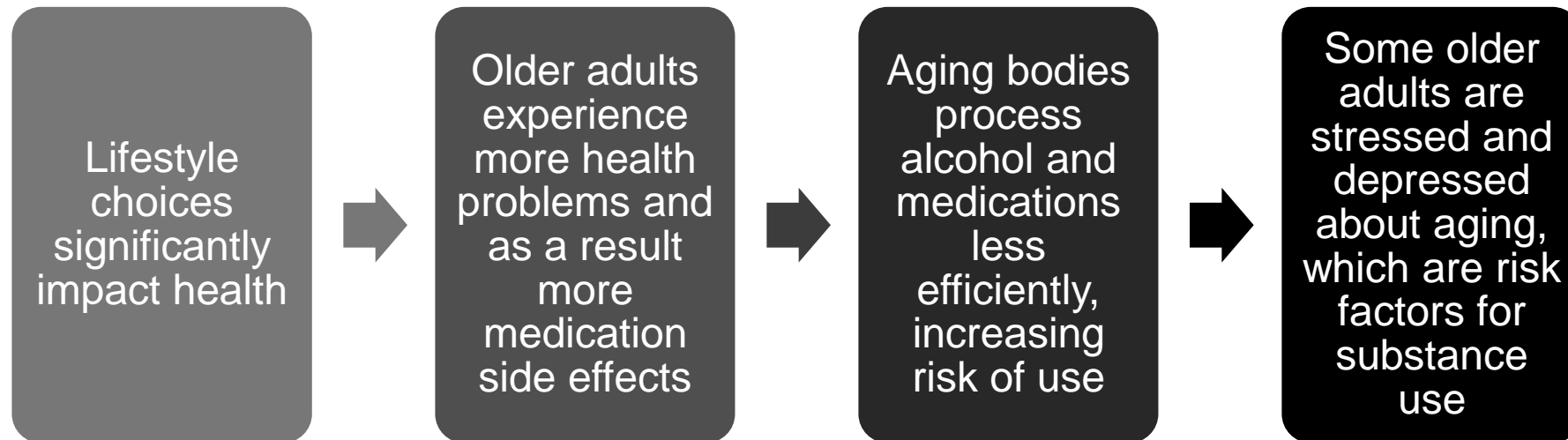
Health Belief Model



The WISE Theory

In the development of WISE, NJPN first theorized why older adults are at particular risk for substance abuse and then used the Health Belief Model to suggest prevention strategies that best address these risks.

Four components:





Discussion Question

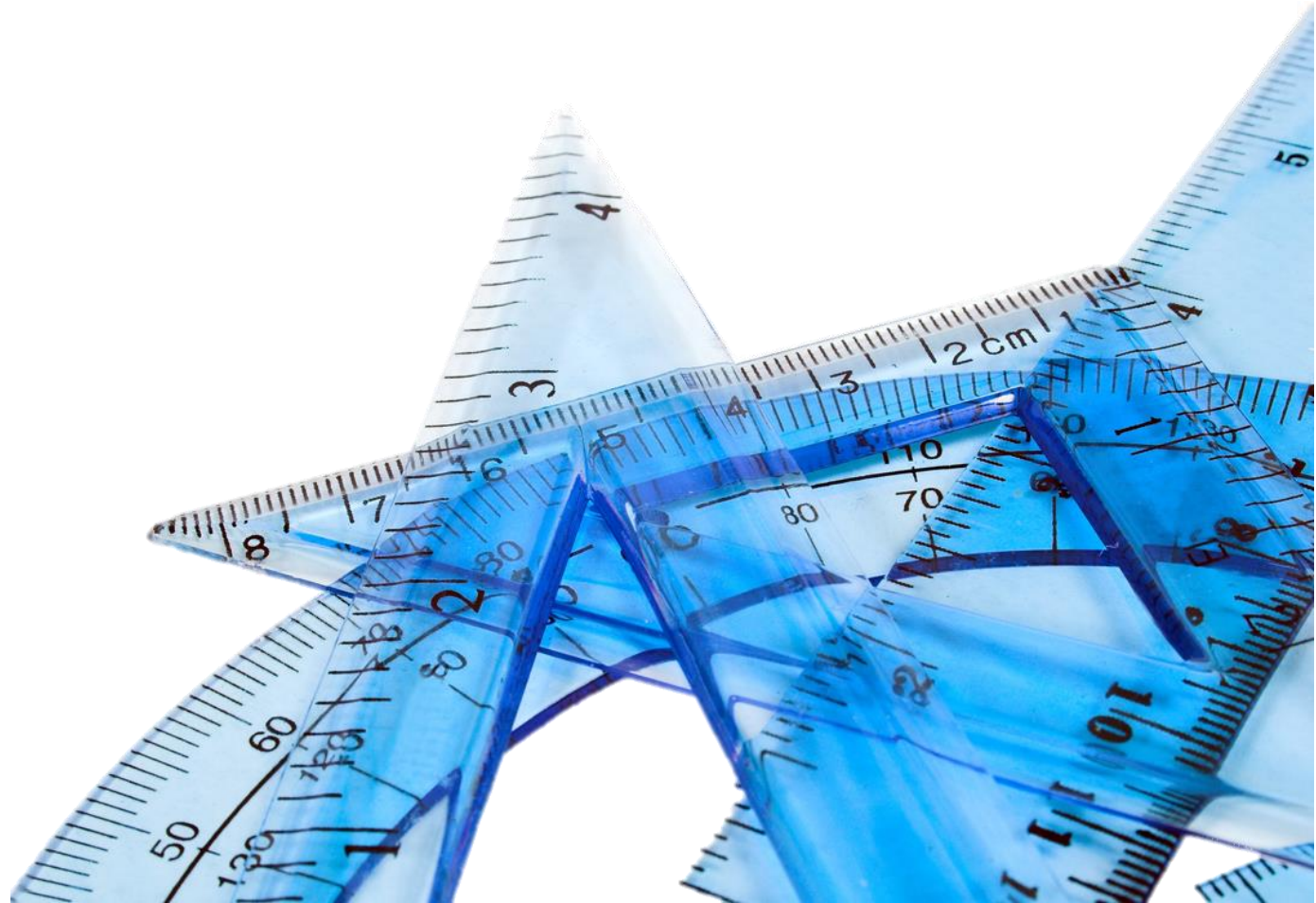
What challenges
have you
encountered
implementing
adaptations during
COVID?

How have you addressed them?



Next Steps for Your Adaptation

- Update logic model
- Update evaluation plan
- Collect process data
- Collect outcome data
- Monitor for effect(s)
- Evaluate impact
- Communicate findings



Questions?



Evaluation

Please take the time to complete a brief evaluation:

<https://ttc-gpra.org/P?s=492739>



Your feedback is appreciated!

Thank You!

If you have questions or comments, don't hesitate to contact:

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