



Northwest (HHS Region 10)

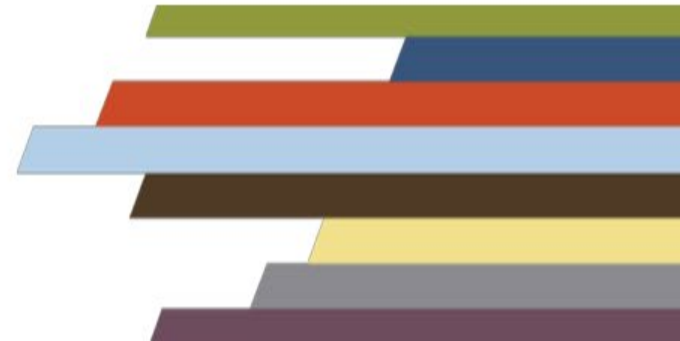
PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Prevention Foundations: Shared Risk and Protective Factors





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Funded by Substance Abuse and Mental Health Services Administration



The Northwest PTTC is a partnership led by the Social Development Research Group (SDRG) at University of Washington (UW) School of Social Work in collaboration with the Prevention Science Graduate Program at Washington State University (WSU), and the Center for the Application of Substance Abuse Technologies (CASAT) at the University of Nevada, Reno (UNR).

Northwest partnering institutes share a vision to expand the impact of community-activated prevention by equipping the prevention workforce with the power of prevention science.



Prevention Science
Graduate Program
WASHINGTON STATE UNIVERSITY



Disclaimer

The views expressed in this webinar do not necessarily represent the views, policies, and positions of the Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.

This webinar is being recorded and archived, and will be available for viewing after the webinar. Please contact the webinar facilitator if you have any concerns or questions.

Developed under SAMHSA Cooperative Agreement # H79SP080995

Upcoming Services

Webinars

- Protective Factors
 - May 13 (12:00 pm – 01:30 pm PT)
- Measurement
 - May 20 (12:00 pm – 01:30 pm PT)
- The Ripple Effect
 - May 12, (1:00 pm -2:30 pm PT)
- Preventing Inhalant Use Among Youth
 - June 10, (11:00 am -12:30 pm PT)

Enhanced Prevention Learning Series

- Getting Ready for Sustainability Planning
 - May 12, 19, 26, 6/2, 6/9, 6/16, 6/23 (11:00 am-12:30 pm PT)
- The Ripple Effect
 - July 6, 13, 20, 27 (2:00-3:30 pm PT)

Indigenous Land Acknowledgement



I acknowledge that we are all on the traditional lands of different peoples. Where I sit, I am situated on the ancestral lands of the Snoqualmie (Costal Salish) People. We have a responsibility to acknowledge our Indigenous connections and the histories of Indigenous land dispossession.

To identify the stewards of your land, type your location into <https://native-land.ca/>

Feel free to acknowledge in the chat if you desire

Check out Real Rent Duwamish
<https://www.realrentduwamish.org/>

My experience ...

Please consider this question, then type a quick reply in the 'chat' room

- *What's a time when you noticed a "risk factor" (for anything) active in your own life?*
- *What was the risk factor—for what?*



Objectives

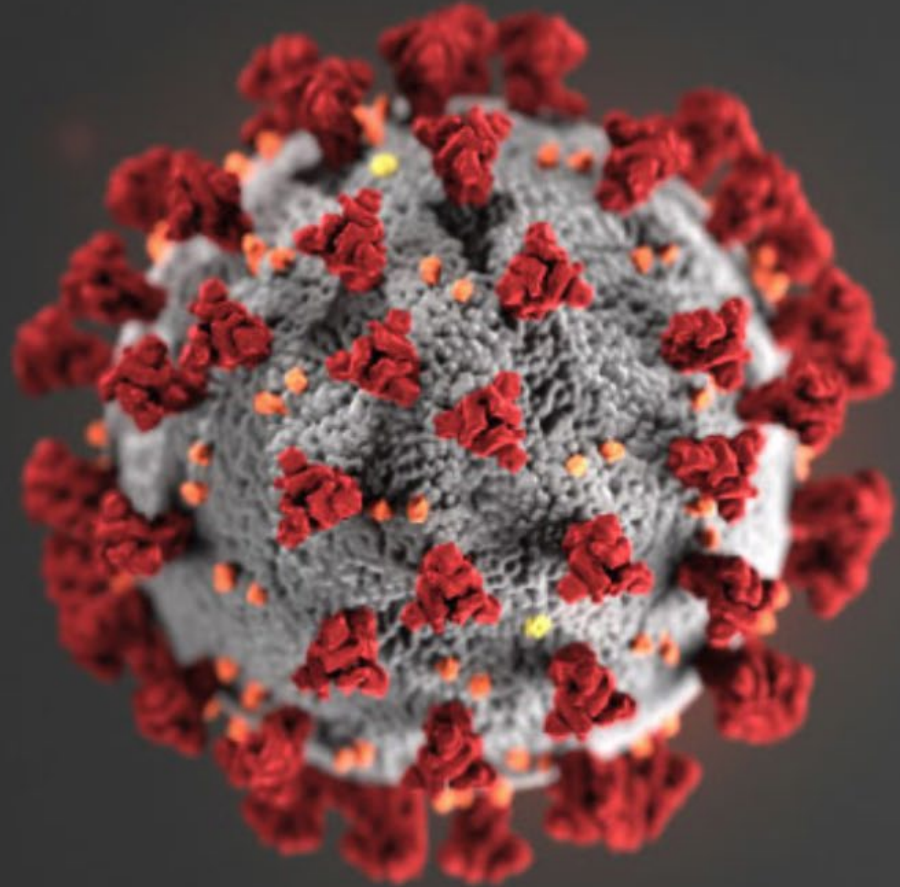
Participants will be able to:

- Explain the 'what': what are 'shared risk factors'?
- Describe the 'how': how do we know these are risk factors?
- Discuss 'what's new': how is our understanding of shared risk factors evolving over time?
- Explore the 'so what': what does understanding about risk factors mean for your community's work in prevention?

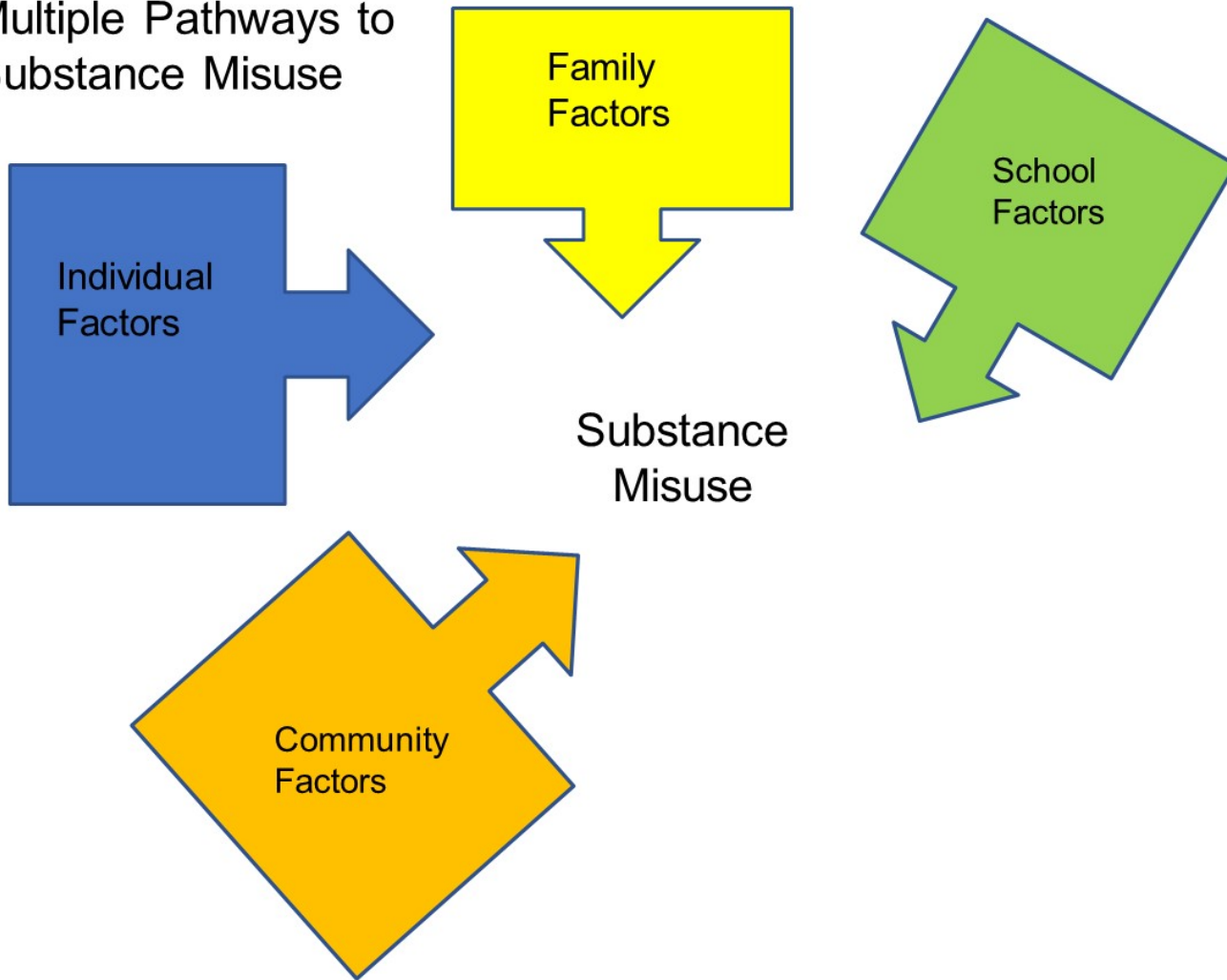






COVID VACCINE in just one year!

Inoculate
against the
virus.....



Multiple Pathways to Substance Misuse



RISK FACTORS Risk factors increase the likelihood young people will develop health and social problems.	DOMAIN
<ul style="list-style-type: none"> ▪ Low community attachment ▪ Community disorganisation ▪ Community transitions and mobility ▪ Personal transitions and mobility ▪ Laws and norms favourable to drug use <ul style="list-style-type: none"> ▪ Perceived availability of drugs ▪ Economic disadvantage (not measured in youth survey) 	
<ul style="list-style-type: none"> ▪ Poor family management and discipline <ul style="list-style-type: none"> ▪ Family conflict ▪ A family history of antisocial behaviour ▪ Favourable parental attitudes to the problem behaviour 	
<ul style="list-style-type: none"> ▪ Academic failure (low academic achievement) <ul style="list-style-type: none"> ▪ Low commitment to school ▪ Bullying 	
<ul style="list-style-type: none"> ▪ Rebelliousness ▪ Early initiation of problem behaviour <ul style="list-style-type: none"> ▪ Impulsiveness ▪ Antisocial behaviour ▪ Favourable attitudes toward problem behaviour ▪ Interaction with friends involved in problem behaviour <ul style="list-style-type: none"> ▪ Sensation seeking ▪ Rewards for antisocial involvement 	

Why is this foundational to prevention science?

- Address problems **before they start**
- Helps find the **most appropriate prevention responses** to the unique situation for the children and youth in your community
- More bang for your buck: Working at level of risk and protection can **impact multiple outcomes**

“A shared risk and protective factor approach refers to prioritizing risk and protective factors linked to multiple [youth outcomes] **in prevention planning, partnership, and programmatic efforts** (vs focusing on different outcomes separately)*.”

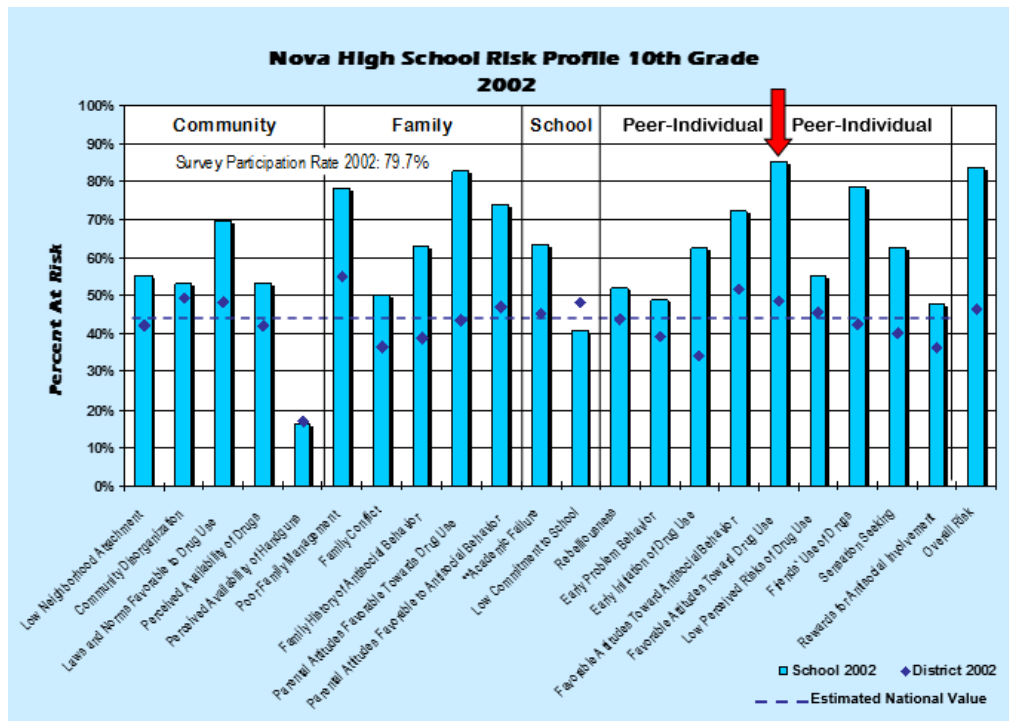
**J Public Health Manag Pract. 2018 Jan-Feb; 24(Suppl 1 INJURY AND VIOLENCE PREVENTION): S32–S41.*

Five Important Things We've Learned

Risk factors are....

1. Found in different areas of a child's environment
 - Family, School, Community and Peers
2. Developmental
3. Predictive of multiple problems
4. Are measurable
5. Can be changed

Example: Priority RP Factors Lead to Appropriate Program Selection



Blueprints

PROGRAM SEARCH

CHOOSE FROM 3 WAYS TO SEARCH:

29 PROGRAMS MATCHED YOUR SEARCH.

YOU SEARCHED ON THE FOLLOWING CRITERIA:

Risk and Protective Factors: Risk Factors: Favorable attitudes towards drug use

COMPARE Select the checkboxes on the left below for programs you wish to compare, then click the "Compare" button.

To sort the list, click on the underlined Program or Rating column headings.

PROGRAM	RATING	BENEFITS AND COSTS	IMPACT
LIFESKILLS TRAINING (LST) PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model Plus	BENEFITS BENEFITS COSTS	Alcohol, Delinquency and Criminal Behavior, Illicit Drug Use, Sexual Risk Behaviors, STIs, Tobacco, Violence
FUNCTIONAL FAMILY THERAPY (FFT) PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS BENEFITS COSTS	Delinquency and Criminal Behavior, Illicit Drug Use
MULTISYSTEMIC THERAPY - PROBLEM SEXUAL BEHAVIOR (MST-PSB) PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS BENEFITS COSTS	Academic Performance, Adult Crime, Delinquency and Criminal Behavior, Illicit Drug Use, Mental Health - Other, Prosocial with Peers, Sexual Risk Behaviors, Sexual Violence
POSITIVE ACTION PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS BENEFITS COSTS	Academic Performance, Alcohol, Anxiety, Bullying, Delinquency and Criminal Behavior, Depression, Emotional Regulation, Illicit Drug Use, Positive Social/Prosocial Behavior, Sexual Risk Behaviors, Tobacco, Truancy - School Attendance, Violence

Social Determinants of Health

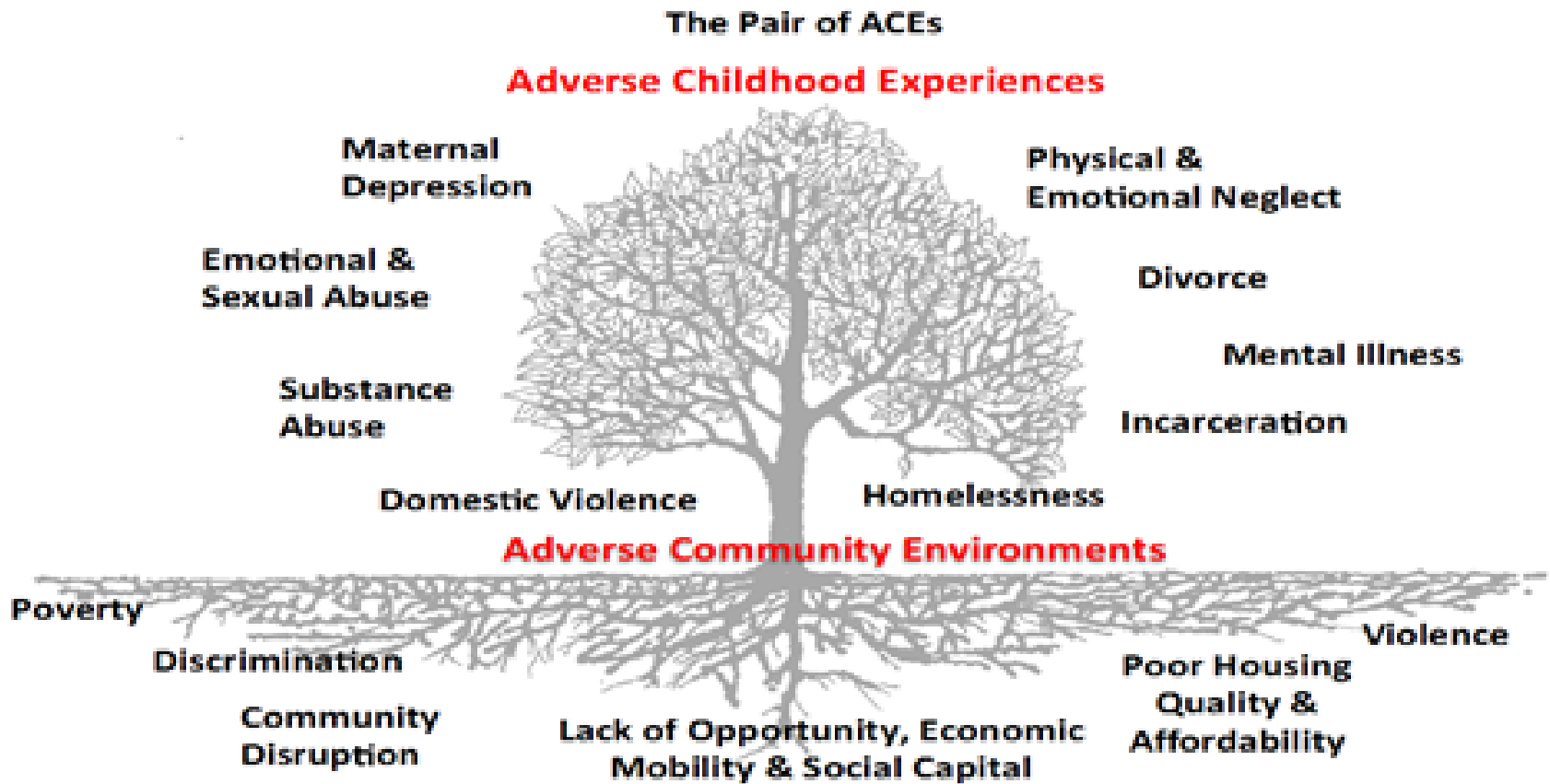
A PUBLIC HEALTH FRAMEWORK FOR REDUCING HEALTH INEQUITIES
BAY AREA REGIONAL HEALTH INEQUITIES INITIATIVE



Developed by the OMNI Institute utilizing the BARHII model. Used with permission. www.omni.org



The Pair of ACES—Adverse Childhood Experiences and Adverse Community Environments



Different approaches to identifying risk factors

Point-in-time (cross sectional studies)

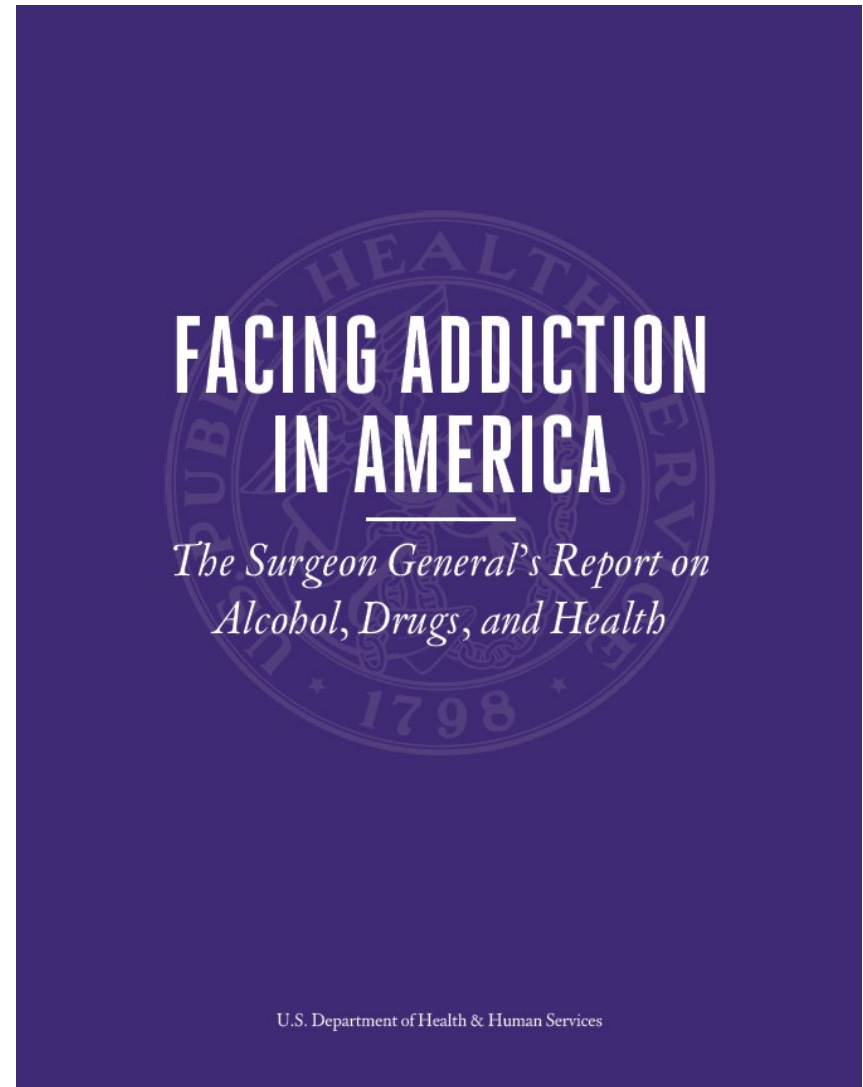
Retrospective (asking adults to recall their experiences as children)

Developmental (longitudinal studies)

Surgeon General's Report, 2016



Vivek H. Murthy, M.D., M.B.A.
Vice Admiral, U.S. Public Health Service
Surgeon General



How Do We Know: What's the science behind these risk factors?

- Broad range of longitudinal studies
- Broad range of demographic groups are represented in these studies

Table 3.1: Risk Factors for Adolescent and Young Adult Substance Use

Risk Factors	Definition	Adolescent Substance Use	Young Adult Substance Use
Individual/Peer			
Early initiation of substance use ^{44,47}	Engaging in alcohol or drug use at a young age.	✓	✓
Early and persistent problem behavior ^{44,49}	Emotional distress, aggressiveness, and "difficult" temperaments in adolescents.	✓	
Rebelliousness ^{44,50}	High tolerance for deviance and rebellious activities.	✓	✓
Favorable attitudes toward substance use ^{51,52}	Positive feelings towards alcohol or drug use, low perception of risk.	✓	✓
Peer substance use ^{53,55}	Friends and peers who engage in alcohol or drug use.	✓	✓
Genetic predictors ⁵⁴	Genetic susceptibility to alcohol or drug use.	✓	✓
Family			
Family management problems (monitoring, rewards, etc.) ^{57,60}	Poor management practices, including parents' failure to set clear expectations for children's behavior, failure to supervise and monitor children, and excessively severe, harsh, or inconsistent punishment.	✓	✓
Family conflict ^{61,63}	Conflict between parents or between parents and children, including abuse or neglect.	✓	✓
Favorable parental attitudes ^{64,65}	Parental attitudes that are favorable to drug use and parental approval of drinking and drug use.	✓	✓
Family history of substance misuse ^{66,67}	Persistent, progressive, and generalized substance use, misuse, and use disorders by family members.	✓	✓

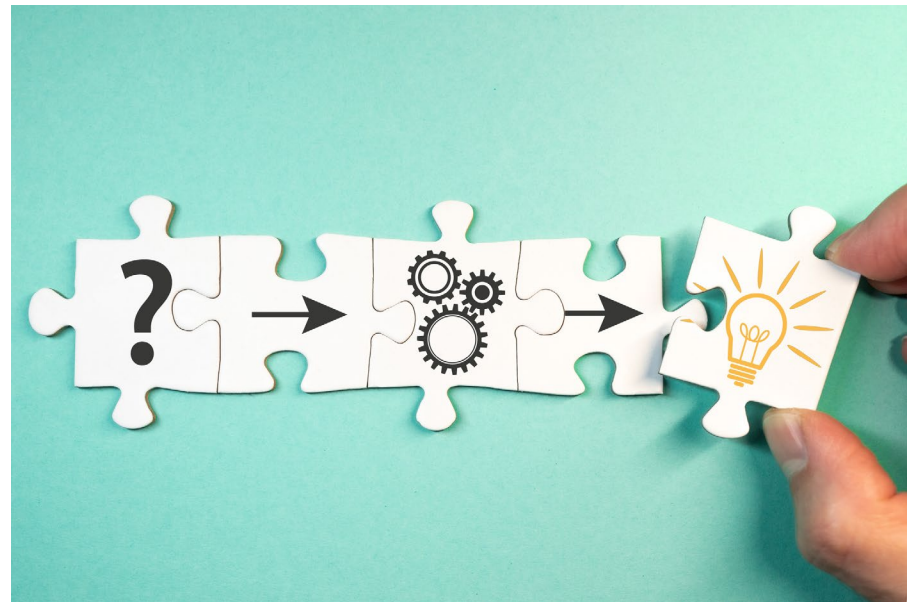
Types of Studies

- Range from late 1980's to 2015
- 47 studies cited in Surgeon General's Report (many are comprehensive reviews of yet many more studies)
- Study samples vary from national longitudinal samples like National Child Development Study to smaller longitudinal studies



Key Findings

- Strong evidence for robust predictors (RPF)
- Show consistency across gender, race/ethnicity, income
- Strong evidence of effective prevention programs and policies that address these risk and protective factors
- Programs/policies effective at different stages of lifespan



See Handout

Key Findings (continued)

- Communities have different levels of RPF
- Communities are important prevention force
- Evidence of policies that are effective in reducing substance misuse and harms
- Evidence that laws targeting impaired driving have dramatically reduced alcohol-related traffic deaths since the 1980s
- Still working on evidence related to opioid pain medications

A Note about Labels

- Labels on risk factor chart are academic and descriptive
- Please listen carefully for the MEANING of each risk factor
- Communities can develop different names for each factor if the academic labels don't resonate

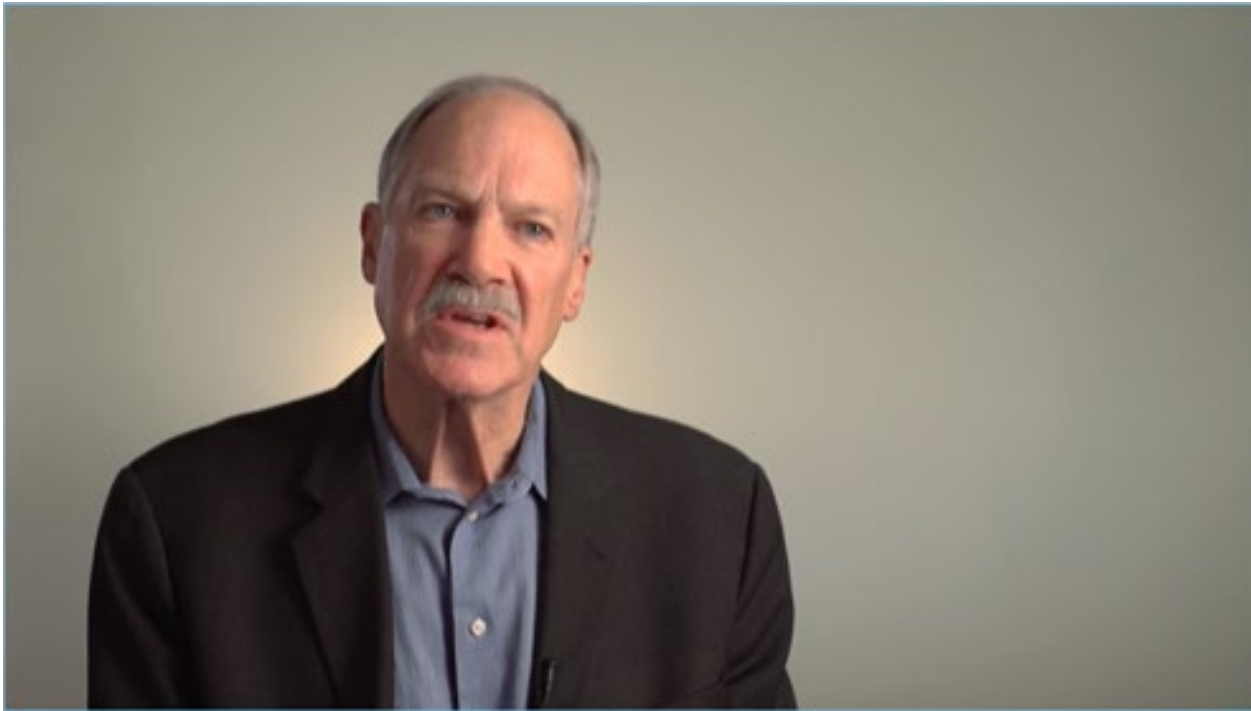


Pseudotsuga menziesii----Douglas Fir----Pine tree



Risk Factors for Health & Behavior Problems	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Community						
Availability of Drugs	•				•	
Availability of Firearms		•			•	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	•	•			•	
Media Portrayals of the Behavior	•				•	
Transitions and Mobility	•	•		•		•
Low Neighborhood Attachment and Community Disorganization	•	•			•	
Extreme Economic Deprivation	•	•	•	•	•	
Family						
Family History of the Problem Behavior	•	•	•	•	•	•
Family Management Problems	•	•	•	•	•	•
Family Conflict	•	•	•	•	•	•
Favorable Parental Attitudes and Involvement in the Problem Behavior	•	•			•	
School						
Academic Failure Beginning in Late Elementary School	•	•	•	•	•	•
Lack of Commitment to School	•	•	•	•	•	
Individual/Peer						
Early and Persistent Antisocial Behavior	•	•	•	•	•	•
Rebelliousness	•	•		•	•	
Gang Involvement	•	•			•	
Friends Who Engage in the Problem Behavior	•	•	•	•	•	
Favorable Attitudes Toward the Problem Behavior	•	•	•	•	•	
Early Initiation of the Problem Behavior	•	•	•	•	•	
Constitutional Factors	•	•			•	•

Community Risk Factors



<https://youtu.be/9ouvLFsvZgE>



communities
that care **PLUS**



CENTER FOR COMMUNITIES THAT CARE
UNIVERSITY of WASHINGTON
School of Social Work

Shared Risk Factors

Risk Factors for Youth Health & Behavior	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Community						
Availability of Drugs	•				•	
Availability of Firearms		•			•	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	•	•			•	
Media Portrayals of the Behavior	•				•	
Transitions and Mobility	•	•		•		•
Low Neighborhood Attachment and Community Disorganization	•	•			•	
Extreme Economic Deprivation	•	•	•	•	•	

Thought Moment

- Pick one of the community risk factors from this list
- Recall what we just heard about the meaning of this risk factor
- Create a new name/label for that risk factor that will resonate with your community



Family and School Risk Factors



<https://youtu.be/CFLooyNCq0A>

Shared Risk Factors

Risk Factors for Youth Health & Behavior	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Family						
Family History of the Problem Behavior	•	•	•	•	•	•
Family Management Problems	•	•	•	•	•	•
Family Conflict	•	•	•	•	•	•
Favorable Parental Attitudes and Involvement in the Problem Behavior	•	•			•	
School						
Academic Failure Beginning in Late Elementary School	•	•	•	•	•	•
Lack of Commitment to School	•	•	•	•	•	

Thought Moment

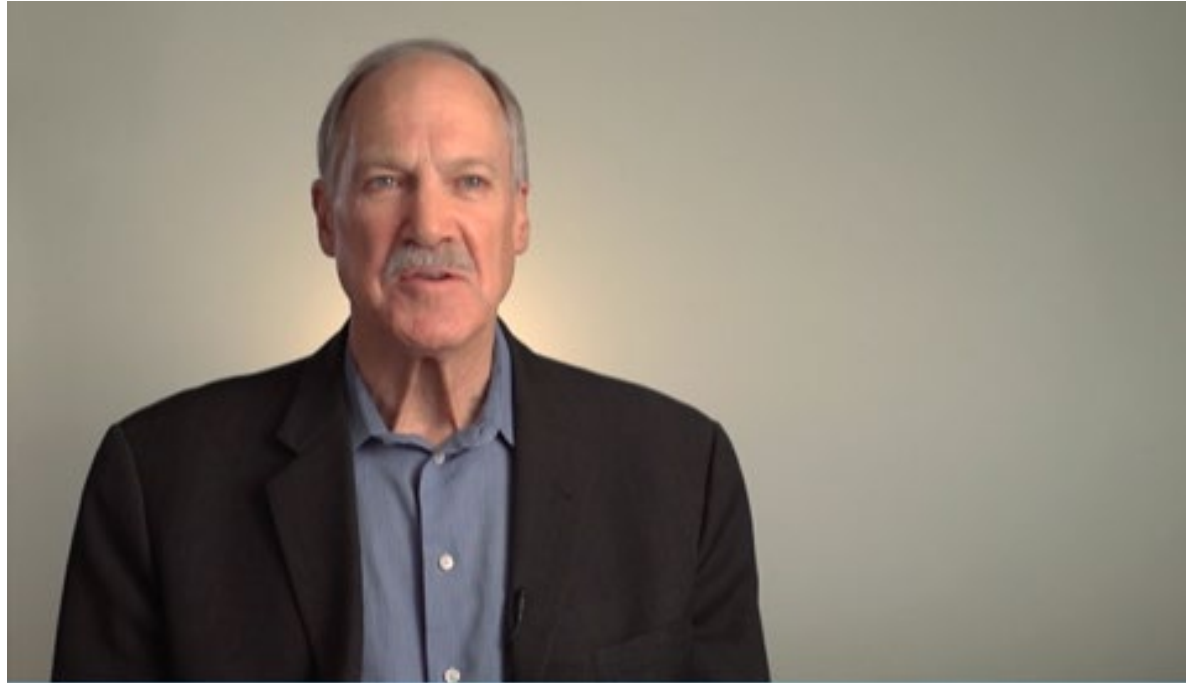
Think about:

- How would your coalition describe 'Family Management Problems' in a way that is both **accurate** AND **understandable** for your community?

Jot down your ideas!



Peer/Individual Risk Factors



https://youtu.be/67Y_3EbGa7A

Shared Risk Factors

Risk Factors for Youth Health & Behavior	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Individual/Peer						
Early and Persistent Antisocial Behavior	•	•	•	•	•	•
Rebelliousness	•	•		•	•	
Gang Involvement	•	•			•	
Friends Who Engage in the Problem Behavior	•	•	•	•	•	
Favorable Attitudes Toward the Problem Behavior	•	•	•	•	•	
Early Initiation of the Problem Behavior	•	•	•	•	•	
Constitutional Factors	•	•			•	•

Thought Moment

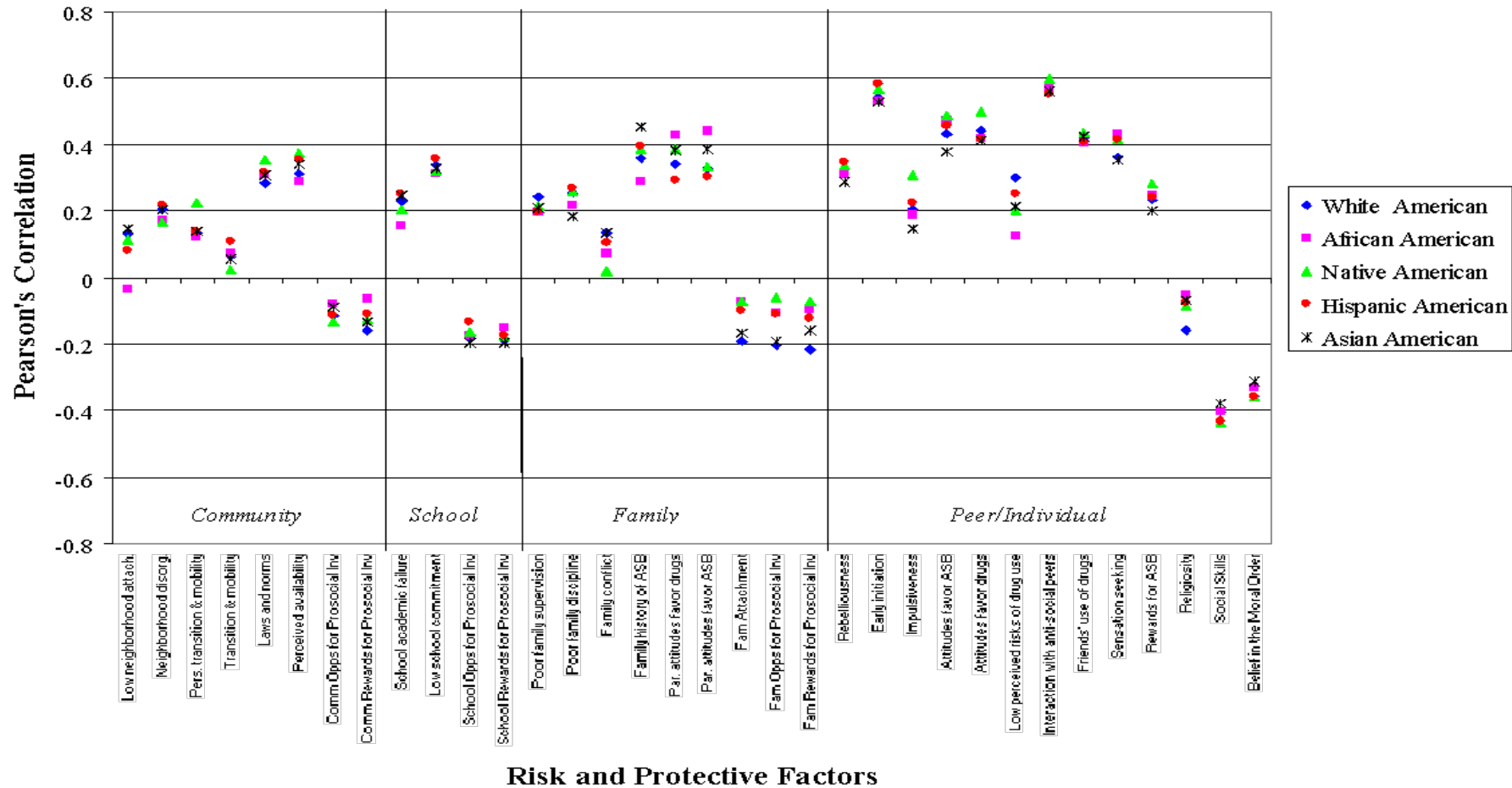
- What's a major question for you about this list of peer and individual risk factors?



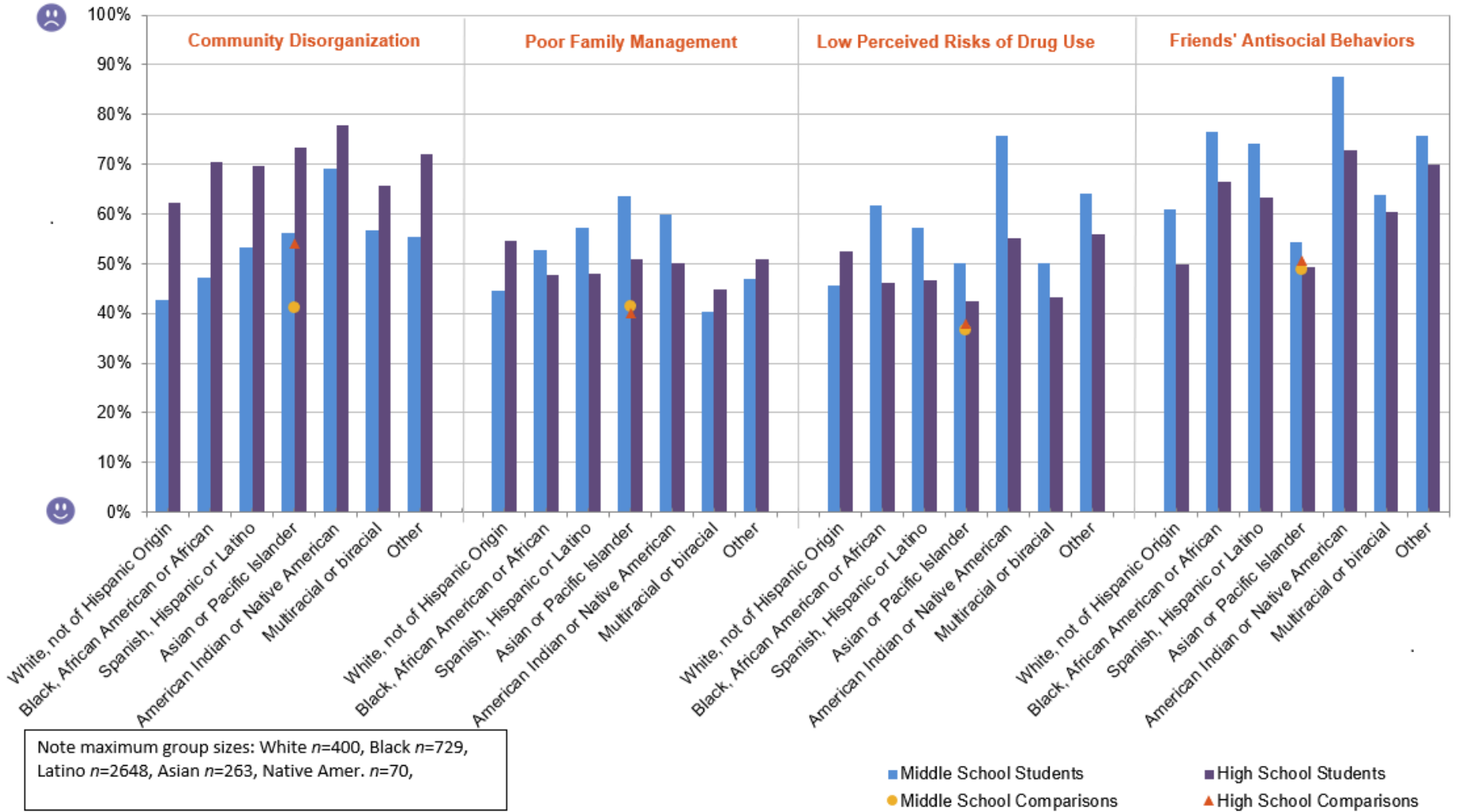
Are Risk and Protective Factors Relevant for Different Racial/Ethnic Groups?



Correlations of Communities That Care Student Survey Scales, by Ethnicity Antisocial Behavior

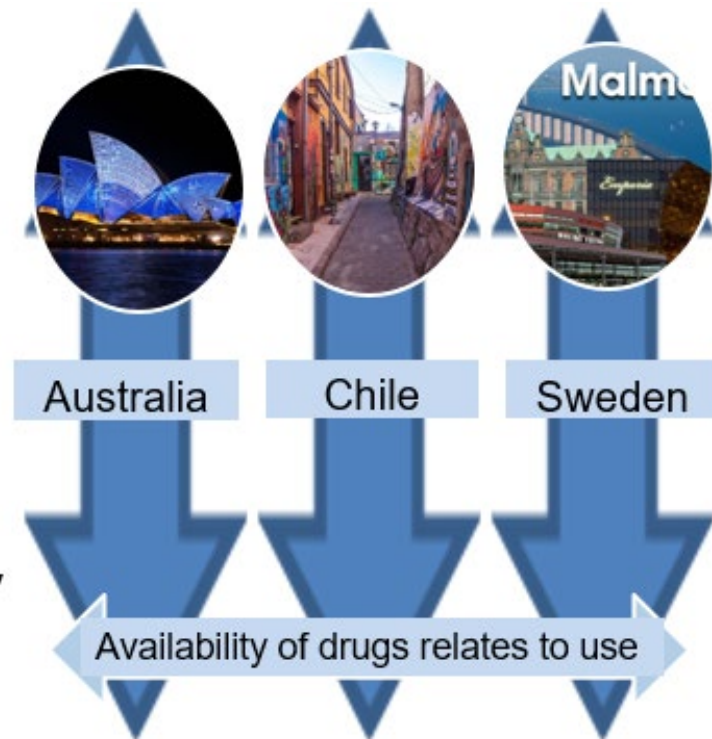


Highest District-wide Middle School Risk Factors Compared Across Ethnic Groups



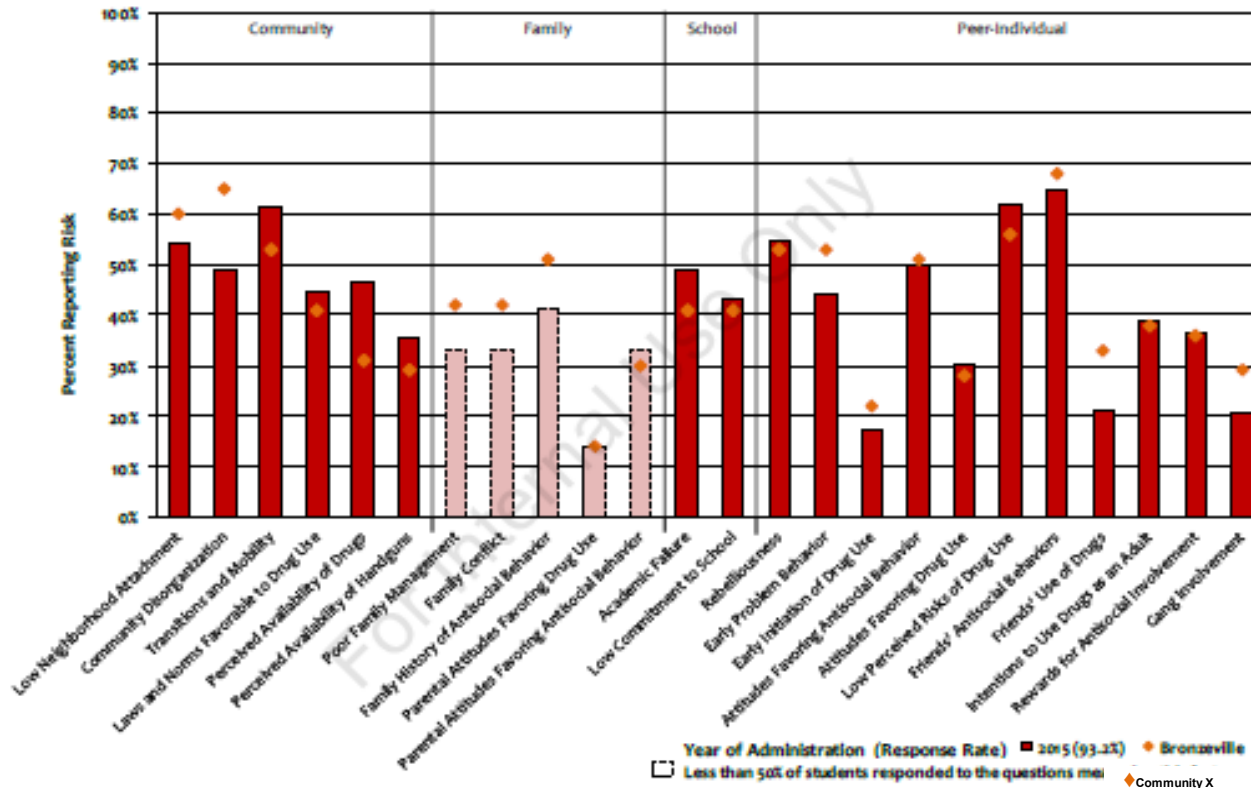
National & International Studies

- Have looked at race, gender, region, country
- See stability in relationship between risk factors and outcomes
- BUT - levels may vary

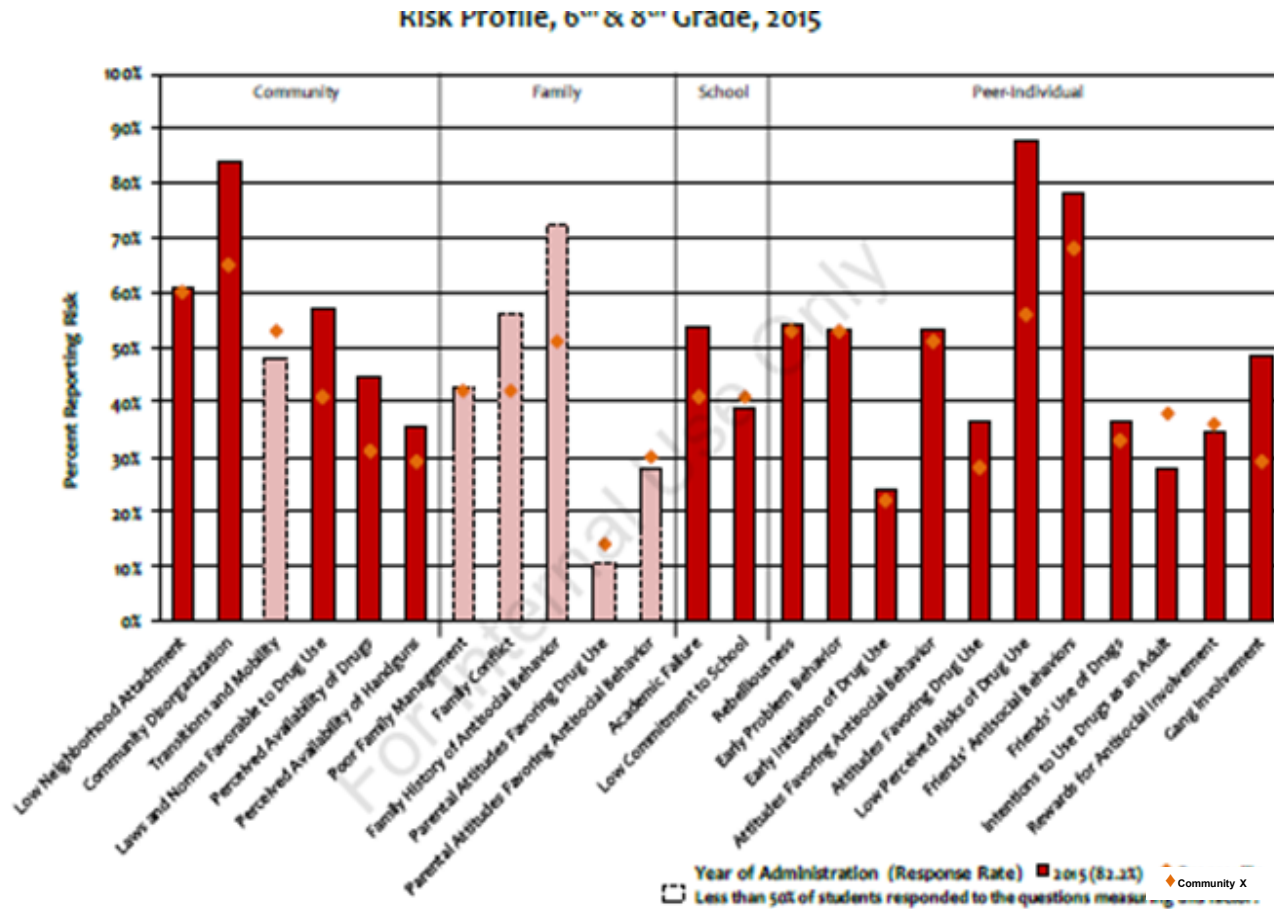


Levels of Risk/Protection Will Vary

Risk Profile, 6th & 8th Grade, 2015



Levels of Risk/Protection Will Vary

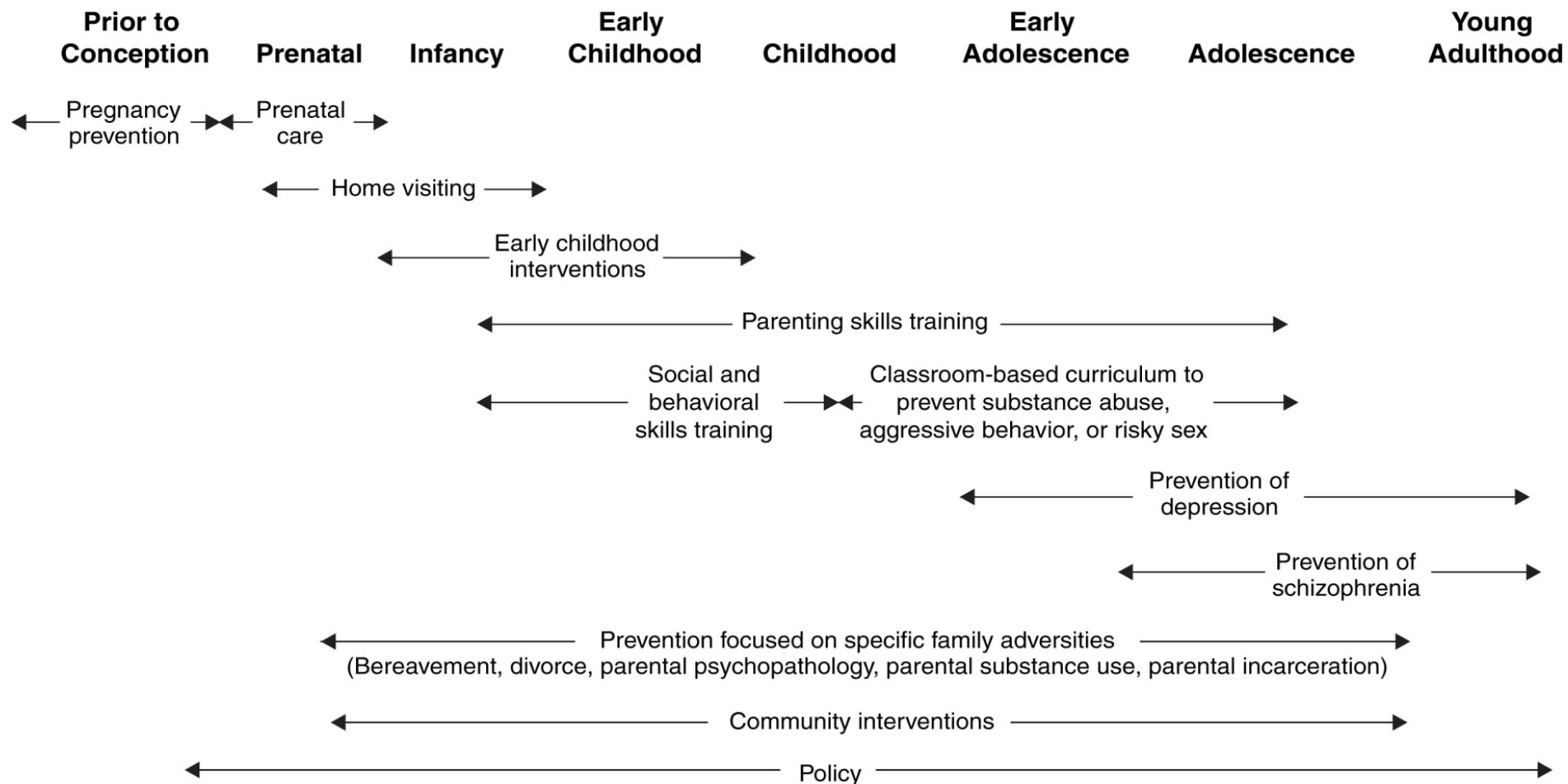


How Is Our Understanding of Shared Risk Factors Evolving?

1. Risk factor chart is a living document
2. In last decade, added 'depression and anxiety' column
3. Research is perennially playing 'catch up' to lived experience
4. Attention on 'structural determinants' - social and institutional inequities and other environmental factors that impact all domains of influence on a child's development

Risk Factors for Adolescent Problem Behavior	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Community						
Availability of Drugs	•				•	
Availability of Firearms		•			•	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	•	•			•	
Media Portrayals of the Behavior	•				•	
Transitions and Mobility	•	•		•		•
Low Neighborhood Attachment and Community Disorganization	•	•			•	
Extreme Economic Deprivation	•	•	•	•	•	
Family						
Family History of the Problem Behavior	•	•	•	•	•	•
Family Management Problems	•	•	•	•	•	•
Family Conflict	•	•	•	•	•	•
Favorable Parental Attitudes and Involvement in the Problem Behavior	•	•			•	
School						
Academic Failure Beginning in Late Elementary School	•	•	•	•	•	•
Lack of Commitment to School	•	•	•	•	•	
Individual/Peer						
Early and Persistent Antisocial Behavior	•	•	•	•	•	•
Rebelliousness	•	•		•	•	
Gang Involvement	•	•			•	
Friends Who Engage in the Problem Behavior	•	•	•	•	•	
Favorable Attitudes Toward the Problem Behavior	•	•	•	•	•	
Early Initiation of the Problem Behavior	•	•	•	•	•	
Constitutional Factors	•	•			•	•

Interventions by Developmental Phase



Risk/Protection Focused Prevention Impacts Multiple Outcomes

Program	Drug use	Delinquency	Violence	School	Risky Sex	Mental health
Life Skills Training	✓	✓	✓		✓	
High Scope Preschool		✓	✓	✓		
FamiliasUnidas	✓	✓	✓		✓	
MST (Multisystemic Therapy)	✓	✓	✓	✓		✓
Good Behavior Game	✓	✓	✓		✓	✓

So What?



What does understanding shared risk factors mean for your community's work in prevention?

1. Think and jot down ideas
2. Join breakout room discussion
3. Return to full group and share aha's in chat box

What Comments or Questions Do You Have?

Let's make a list of hard questions to answer in the next session!

Please:

- Take a moment to jot down your questions.
- Type them in the chat box – and we will collate them for our next session!





Summary: Five Important Things about Risk Factors

1. Found in different areas of a child's environment
 - Family, School, Community and Peers
2. Developmental
3. Predictive of multiple problems
4. Are measurable
5. Can be changed

Objectives

Are you able to answer

- What are 'shared risk factors'?
- How do we know these are risk factors?
- What's new?: how is our understanding of shared risk factors evolving over time?
- What does understanding about risk factors mean for your community's work in prevention?

Wrap Up!

Make sure to fill out a feedback form!





- 
- Following slides included only if may be needed

Most high quality interventions address multiple risk factors AND build protection

<p>LIFESKILLS TRAINING (LST)</p> <p>PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES</p>	<p>Model Plus</p>	<p>BENEFITS MINUS COSTS</p>	<p>Alcohol, Delinquency and Criminal Behavior, Illicit Drug Use, Sexual Risk Behaviors, STIs, Tobacco, Violence</p>	<p>A classroom-based, 3-year, middle school substance abuse prevention program to prevent teenage drug and alcohol abuse, adolescent tobacco use, violence and other risk behaviors. The life skills curriculum teaches students self-management skills, social skills, and drug awareness and resistance skills.</p>
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[-] RISK AND PROTECTIVE FACTORS

Risk Factors

Individual: Early initiation of drug use, Favorable attitudes towards drug use*, Stress, Substance use

Peer: Interaction with antisocial peers, Peer rewards for antisocial behavior, Peer substance use

Neighborhood/Community: Laws and norms favorable to drug use/crime

Protective Factors

Individual: Clear standards for behavior*, Coping Skills*, Perceived risk of drug use*, Problem solving skills*, Refusal skills*, Skills for social interaction*

*Risk/Protective Factor was significantly impacted by the program.

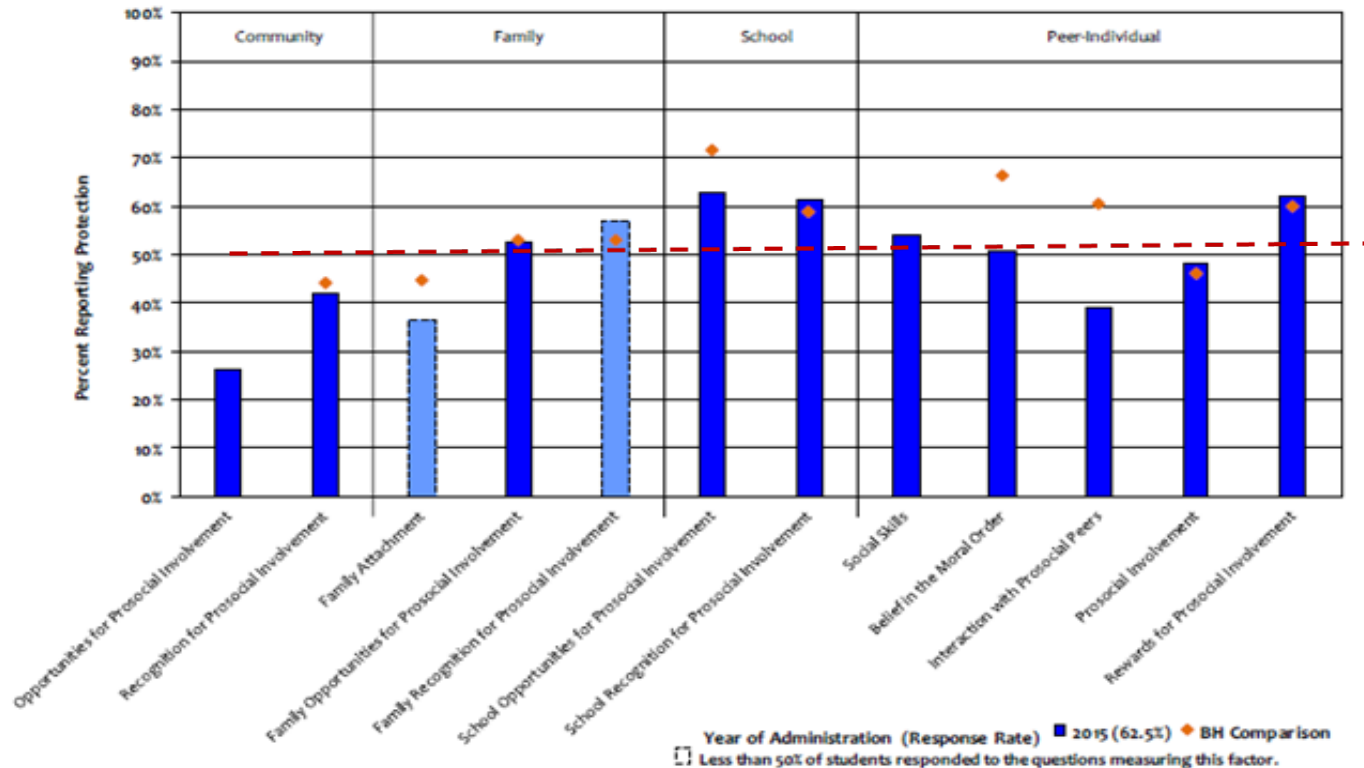
See also: [LifeSkills Training \(LST\) Logic Model \(PDF\)](#)

Examples: Risk/protection focused

Program	Drug use	Delinquency	Violence	School	Risky Sex	Mental health
Life Skills Training	✓	✓	✓		✓	
High Scope Preschool		✓	✓	✓		
FamiliasUnidas	✓	✓	✓		✓	
MST (Multisystemic Therapy)	✓	✓	✓	✓		✓
Good Behavior Game	✓	✓	✓		✓	✓

Levels of risk/protection will vary

Any Community
Protective Profile, 10th Grade, 2015



Levels of risk/protection will vary

Protective Factors

