



PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

YOUTH CANNABIS PREVENTION

Taking A Relationship-based Approach to Preventing Youth Cannabis Use Through Restorative Practices

A Guide for Youth-Serving Prevention Programs

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SAMHSA

Substance Abuse and Mental Health
Services Administration



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About the Author



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FJ Perfas serves the Commonwealth of Massachusetts as a prevention professional, coordinating community-based youth substance misuse prevention efforts for the Department of Public Health. He believes prevention work is one of the most meaningful ways our systems of health and care can assure conditions in which people can be healthy and have a high quality of life. He embraces restorative and strength-based approaches as foundational to his work, believing deeper relationships are the key to thriving individuals and communities. He is an avid outdoorsman who enjoys spending his free time in the mountains and oceans, one of the reasons he loves living in the New England region.

A person wearing a grey beanie and a dark jacket is seen from behind, sitting on a rocky shore and looking out over a calm lake. The sky is a mix of soft orange, yellow, and grey, suggesting a sunset or sunrise. The mountains in the background are reflected in the still water. The overall mood is peaceful and contemplative.

Vision

To restore the people in our communities to a state of wholeness not limited by harmful behaviors like substance misuse.



Context

Diversity, Inclusion, and Equity a continued challenge for our field and communities.

“Disparities are the downstream result of upstream inequities.”

Dr. Debra Furr-Holden, Dean of NYU's School of Global Public Health



Approach

Restorative Practices as a means to restore the people in our communities to a state of wholeness not limited by harmful behaviors like substance misuse.

Restore

re·store /rə'stôr/

to bring back to a state of health, soundness, or vigor.

to give back; make return or restitution of (anything taken away or lost).

Paradigm Shift

Co-create new processes and **practices** that center (i.e. intentionally include) the voice of the people we're seeking to serve, *particularly* those cultures and groups that have been historically marginalized, by **meaningfully engaging** them in prevention efforts.

Prevention work done *with* our communities and not *to* them.



Application

Restorative Practices in prevention is a new way of relating to each other and our work.

Restorative Practices emphasize the importance of relationships and their power to positively influence human behavior.

Encompassing both proactive and responsive processes, Restorative Practices aim to minimize conflict and tensions by building healthy connections. When conflict does occur, restorative practices work to address to the root cause of the issue and repair harm to relationships.

Application



New England (HHS Region 1)

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Restorative Prevention: How Centering Equity in Primary Prevention Can Build Healthy Communities and Prevent Substance Misuse

A Mental Framework



New England PTTC Fellowship Program 2021 Term

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Addiction Services*



RESTORATIVE PRACTICES IN PREVENTION

Taking A Relationship-based Approach to Preventing Youth Cannabis Use Through Restorative Practices

A Guide for Youth-Serving Prevention Programs



New England PTTC Fellowship Program 2022 Term

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A group of diverse young people, including a woman with long dark hair, a woman with blonde curly hair, a man with glasses, and a woman with a headscarf, are looking towards the right. The background is a colorful, abstract mural.

Purpose

This is a guide for local and regional substance misuse prevention efforts that seeks to improve community health by building relationships and a sense of connectedness, while paying close attention to those that are often excluded.

A group of diverse students, including a young woman with long dark hair, a young woman with blonde curly hair, a young man with glasses, and a young woman with a black headscarf, are looking at a colorful mural. The mural features abstract shapes in blue, yellow, red, and purple. The word "Contents" is overlaid in white text on the left side of the image.

Contents

- Making a Case for an Equity-Centered Approach
- Targeted Universalism
- Racial Equity Analysis
- Restorative Prevention: Introduced and Defined
- Moving beyond Cultural Competence to Cultural Responsiveness
- Additional Resources: PTTC and Beyond



Purpose

This is a guide for community prevention efforts focused on keeping youth healthy while navigating the evolving cannabis landscape. Through adopting restorative practices and focusing on relationships, this guide seeks to support youth health and well-being while applying lessons learned from youth alcohol and tobacco use prevention efforts.



Contents

- Developing a Common Understanding
- Facts (without fear mongering)
- Lessons from youth alcohol and tobacco use prevention
- Restorative Prevention: Introduced and Defined
- Additional Resources: PTTC and Beyond



Acknowledgements

Acknowledging and addressing personal and historical traumas that have manifested into public health issues like addiction can promote healing through an emphasis on personal and interpersonal relationships.

A scenic landscape featuring a vast, golden-brown field in the foreground, leading up to a range of rugged, blue-toned mountains under a soft, hazy sky. The overall mood is peaceful and expansive.

A Path Forward Together

Let's continue to define what a more restorative approach to our prevention work can be together!



Thank YOU!

