

# The Power of Prevention: Upstream and Downstream Approaches to Public Health

*A Curriculum Infusion Package*



### ***Disclaimer***

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### ***About the Curriculum Infusion Packages***

The Pacific Southwest PTTC formed an Academic Advisory Work Group comprised of faculty and highly experienced prevention professionals from the Pacific Southwest region including Arizona, California, Hawaii and Nevada. This group met to develop prevention science curriculum that could be flexibly infused into existing curriculum or course.

The primary goal of these Curriculum Infusion Packages, is to teach the next generation of health professionals the power of prevention science in promoting public health.

We would like to thank the members of the Pacific Southwest PTTC's Academic Advisory Work Group that has collaborated with our team and provided feedback on the development of these materials.

### ***How to use the Curriculum Infusion Package***

This Curriculum Infusion Package was designed using the flipped classroom model. Each lesson will contain a recorded presentation which students should watch prior to class. Pre-session learning activities as well as classroom activities can be found in the following pages.

# The Power of Prevention: Upstream and Downstream Approaches to Public Health

## *Purpose*

To help students define substance misuse prevention by distinguishing between upstream and downstream approaches and then applying these concepts through a combination of individual and interactive activities.

## *Lesson Objectives*

- Distinguish substance use prevention from substance use treatment
- Explain the shift from “downstream” to “upstream” prevention approaches
- Apply concepts through an application activity

## *Pre-Session Learning Activity*

**Time:** 20 minutes

**Points:** TBD




## *Additional Reading*

Substance Abuse and Mental Health Services Administration (US); Office of the Surgeon General (US). (2016). Facing addiction in America: The Surgeon General's report on alcohol, drugs, and health [Internet, Nov. Chapter 3, Prevention programs and policies, 3-6:3-7]. Washington (DC): US Department of Health and Human Services; Available from: <https://addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf>

**Part I: Prior to Class**

Instructions for students

1. **Watch** *The Power of Prevention: Upstream and Downstream Approaches to Public Health*
2. **Answer** the questions in the Shape-Up Activity

Shape	Questions	Your Reflections
	<p>How do the concepts of <i>Upstream and Downstream Approaches</i> square with your thinking about how society approaches behavioral, social, and public health challenges?</p>	
	<p>What are three benefits of moving <i>Upstream</i> in your area of study?</p>	
	<p>What idea about moving <i>Upstream</i> has sparked your interest, surprised you, or is currently lingering in your thoughts?</p>	

