



Pacific Southwest (HHS Region 9)

PTTC

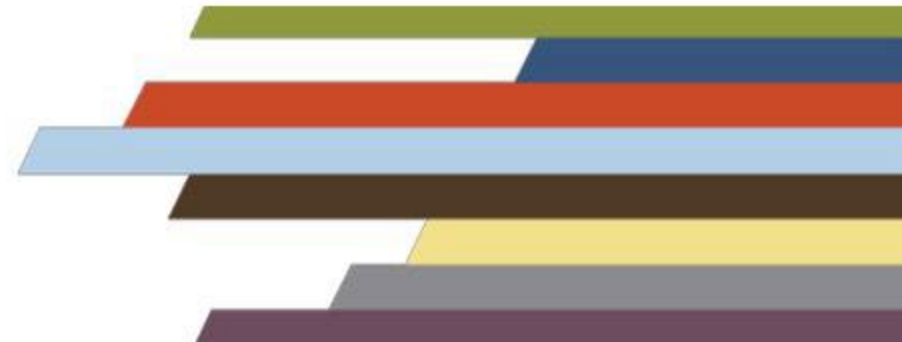
Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



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

*University of Nevada, Reno
Center for the Application of Substance Abuse Technologies
(CASAT)*



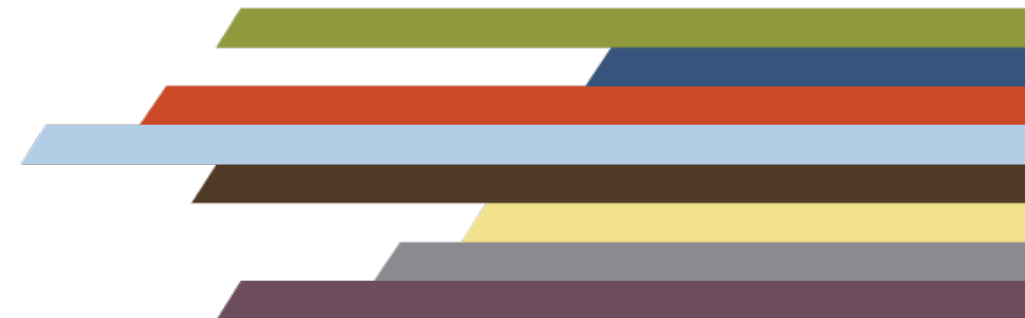
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Introduction & Welcome to the Class



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Agenda

Understanding
Prevention

Upstream -
Downstream





Learning Objectives

After viewing the (PowerPoint or video recording), students will be able to:

1. Distinguish substance use prevention from substance use treatment
2. Explain the shift from “downstream” to “upstream” prevention approaches



Learning Objective #1

Distinguish substance use
prevention from substance use
treatment

Understanding Prevention

What do YOU think of when you hear the term 'Prevention?'

- Immunizations to prevent disease or illnesses (like COVID)
- Preventing vehicular accidents
- Preventing health issues
- Preventing poverty
- Preventing violence
- Preventing depression
- Preventing obesity



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Defining Prevention

- “...the action of stopping something from happening or arising”²
- “...interventions offered prior to the onset of a disorder that are intended to prevent or reduce risk for the disorder”³
- “efforts to avoid or reduce problematic behaviors and devise ways to interrupt the progression of community problems.”⁴

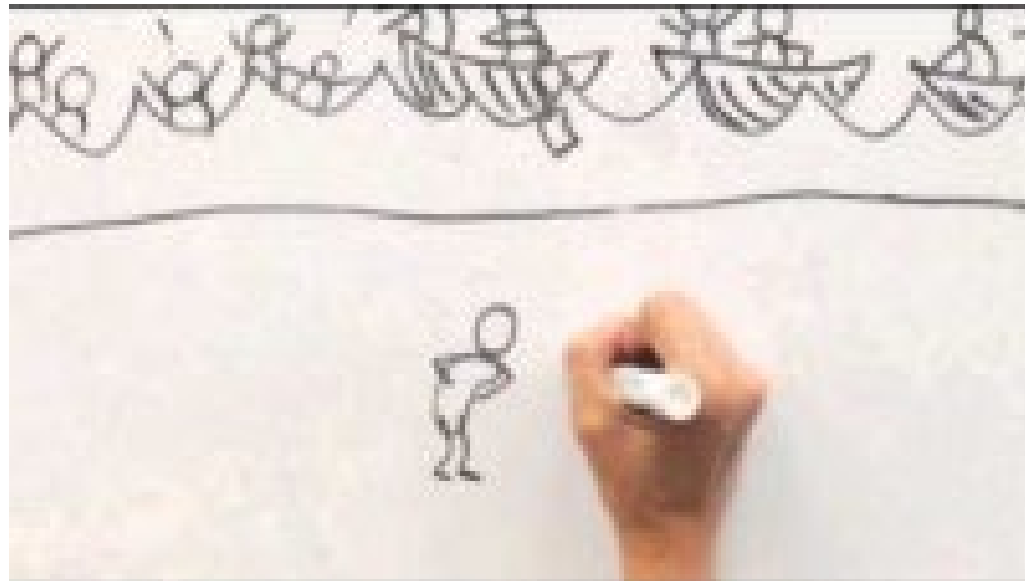


Prevention: Substance-Related & Non-Substance Related Disorders

- What might prevent, stop or reduce substance use or non-substance related problems (e.g., gambling, porn, shopping, etc.) in teens and young adults?



Upstream/Downstream: The Upstream Solution⁵



- “Upstream” - the origin of a particular issue
- “Downstream” - the outcome or aftermath of the issue



Learning Objective #2

Explain the shift from
“downstream” to “upstream”
prevention approaches



Shifting Viewpoints

Downstream Approaches – Promotes either treatment or punishment – *the consequences of use*

- Incarceration for substance-related offenses
- Availability and accessibility to treatment and recovery services
- Availability and accessibility to emergency services for overdose⁴



Also...

- Human behavior is complex
- Treatment is not a 100% “cure” for a lot of issues
- There might be a way to add to success in reducing harm and stopping injury






Shifting Viewpoints


- **Upstream Approaches**
 - Are proactive rather than reactive
 - Prevent substance use from forming by addressing internal and external, risk and protective factors⁴





Summary: Revisiting our Learning Objectives

Now, you should be able to:

1. Distinguish substance use prevention from substance use treatment
 2. Explain the shift from “downstream” to “upstream” prevention approaches
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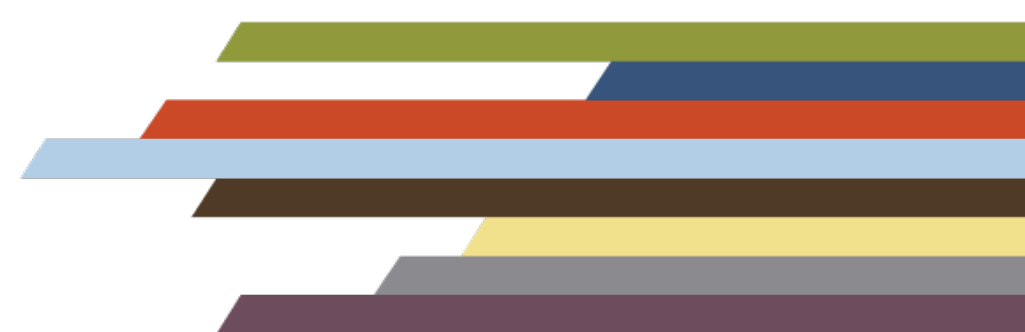


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Thank you!



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