

Substance Use Prevention Resources for Use During a Pandemic



Central East (HHS Region 3)

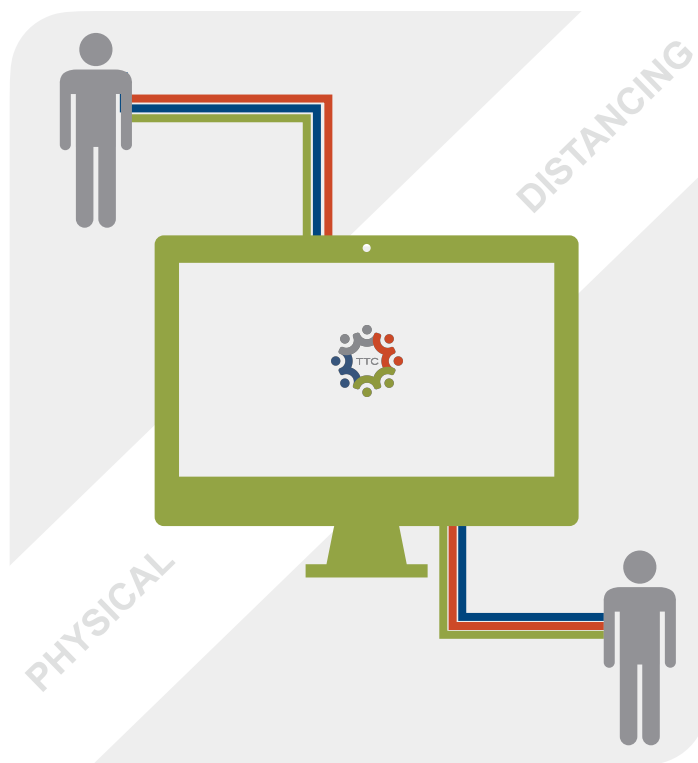
PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Substance use prevention professionals, like many others, have been significantly impacted by the COVID-19 pandemic and the social distancing measures to address it. Many prevention professionals are now working from home, and many venues and spaces where prevention interventions can be implemented are currently closed. Furthermore, with so much focus on the pandemic, it can be difficult for substance use prevention messages to gain traction or for work with stakeholders on environmental strategies to continue.

However, at the same that prevention work has become more difficult, it is also more vital than ever. The pandemic, and its related social and economic impacts, have the potential to significantly increase many risk factors for substance use, including: anxiety, stress, depression, trauma, and grief. It may also weaken some protective factors against substance use, such as peer social networks and availability of social activities. Prevention professionals need to be prepared to address these factors now and in the future, once the immediate danger from the virus has passed. Fortunately, there are numerous resources available to support prevention work.

USE TECHNOLOGY TO BRIDGE THE GAP



THE FOLLOWING RESOURCES ARE PROVIDED IN THIS DOCUMENT

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|---|-------------------------------------|-------------------------------------|------------------------|
| Remote Evidence-Based and Promising Practices | Communication & Collaboration Tools | Central East Region State Resources | Other Online Resources |
|---|-------------------------------------|-------------------------------------|------------------------|



REMOTE EVIDENCE-BASED AND PROMISING PREVENTION PRACTICES

Due to the growing need for prevention services, it is important for prevention professionals to review evidence-based and promising remote prevention practices and determine if any are applicable to their current prevention needs¹. Such evidence-based and promising practices include:

EVIDENCE-BASED

- 🕒 [A Smoking Prevention Interactive Experience](#)- Tobacco prevention
- 🕒 [Botvin LifeSkills Training](#)- Adaptation of a school-based prevention program
- 🕒 [Computerized Cognitive Behavioral Therapy](#)- Mental health treatment program that may address substance use risk factors
- 🕒 [Guiding Good Choices](#)- Family training

PROMISING

- 🕒 [Alcohol 101 Plus](#)- Skill building
- 🕒 [CLIMATE Schools](#)- Education and skill building
- 🕒 [Click City: Tobacco](#)- Tobacco prevention
- 🕒 [College Drinkers Check Up](#)- Alcohol misuse prevention
- 🕒 [E-Checkup To Go](#)- Screening, education, and interventions
- 🕒 [Full Energy, No Drugs](#)- Opioid misuse prevention
- 🕒 [HeadOn](#)- Skill building
- 🕒 [R-BIRT](#)- SBIRT telehealth implementation
- 🕒 [RealTeen](#)- Education and skill building
- 🕒 [reSET and reSET-O](#)- Treatment programs with potential prevention uses
- 🕒 [SAMHSA Prevention Apps](#)- Behavioral health education
- 🕒 [SmokeFree Text Messaging Programs](#)- Tobacco prevention
- 🕒 [Thinking Not Drinking](#)- Underage alcohol prevention
- 🕒 [\[Unnamed\]](#)- Education for Asian American adolescent girls and their mothers

COMMUNICATION AND COLLABORATION TOOLS

With so many prevention professionals working from home, it is important to use tools beyond emails and phones to ensure collaborative work can continue on current and future prevention efforts. Many of these tools offer a limited free tier of use. Such tools include:

DOCUMENT SHARING³

- 🕒 [BlueJeans](#)
- 🕒 [Free Conference](#) ✓
- 🕒 [Lifesize](#) ✓
- 🕒 [Cyberlink U Meeting](#) ✓
- 🕒 [Google Meet](#)
- 🕒 [Skype](#) ✓
- 🕒 [Cisco Webex Meetings](#) ✓
- 🕒 [GoToMeeting](#)
- 🕒 [Zoom Meetings](#) ✓

VIDEO CONFERENCING²

- 🕒 [Amazon Drive](#)
- 🕒 [Dropbox](#) ✓
- 🕒 [Microsoft OneDrive](#) ✓
- 🕒 [Basecamp](#)⁴
- 🕒 [Google Drive](#) ✓
- 🕒 [SugarSync](#)
- 🕒 [Box](#) ✓
- 🕒 [Hightail](#) ✓
- 🕒 [Tresorit](#)
- 🕒 [Citrix ShareFile](#)
- 🕒 [Mediafire](#) ✓

✓ Tool includes free tier of use



CENTRAL EAST REGION STATE RESOURCES

Prevention professionals in the Central East Region may have state-specific questions about aspects of their work during a pandemic. To assist them, many states in the region have created behavioral health-focused (including prevention) COVID-19 resource and frequently asked question pages. These include:

- [Maryland Department of Health Behavioral Health Administration](#)
- [Pennsylvania Department of Drug and Alcohol Programs](#)
- [Virginia Department of Behavioral Health and Developmental Services](#)
- [West Virginia Department of Health and Human Resources](#)



OTHER ONLINE RESOURCES

Due to the wide-ranging nature of the COVID-19 pandemic, substance use prevention professionals may have many different needs and concerns. Numerous organizations have collected other information and resources that may be of relevance to prevention stakeholders. These include:

- [Centers for Disease Control and Prevention](#)
- [Drug Enforcement Administration](#)
- [European Monitoring Center for Drugs and Drug Addiction](#)
- [Harm Reduction Coalition](#)
- [Health Resources & Services Administration](#)
- [Mental Health Technology Transfer Center Network](#)
- [National Alliance on Mental Illness](#)
- [National Institute on Drug Abuse](#)
- [National Council for Behavioral Health](#)
- [Partnership for Drug-Free Kids](#)
- [Prevention Technology Transfer Center Network](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [The Association for Addiction Professionals](#)
- [United Nations Office on Drugs and Crime](#)

NOTES

1. In this guide, evidence-based practices are those included in a nationally recognized program database. Promising practices are those that have one or more peer-reviewed studies finding evidence of effectiveness.
2. TechRadar (2020). Best video conferencing software 2020: Free and paid solutions for business. Retrieved from: <https://www.techradar.com/best/best-video-conferencing-software>
3. ComputerWorld (2020). Top 10 file-sharing options: Dropbox, Box, Google Drive, OneDrive and more. Retrieved from: <https://www.computerworld.com/article/3262636/top-10-file-sharing-options-dropbox-box-google-drive-onedrive-and-more.html>
4. PCMag (2019). Basecamp review. Retrieved from <https://www.pcmag.com/reviews/basecamp>

