



Risk Factors for Youth Substance Misuse

Participant Workbook – June 23, 2022

Definition of Prevention

Prevention is the *proactive* process of empowering individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.

For Maximum Effectiveness in Your Prevention Work

Implement strategies that both **enhance** protective factors and **reduce** priority risk factors

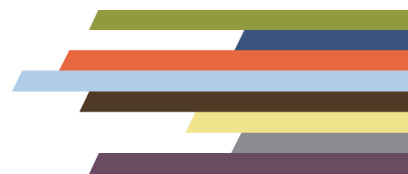
Risk Factors

Factors that increase the likelihood of substance misuse occurring

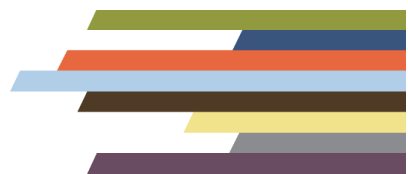
Risk Factors by Domain

Use the space in the following table to jot notes regarding each risk factor.

Community	
Availability of drugs	
Community laws and norms favorable toward drug use	
Media portrayals of drug use	



Transitions and mobility	
Low neighborhood attachment and community disorganization	
Extreme economic deprivation	
Family	
Family history of drug use	
Family management problems	
Family conflict	
Favorable parental attitudes toward drug use	
School	
Academic failure beginning in late elementary school	
Lack of commitment to school	



Individual/Peer	
Early and persistent anti-social behavior	
Rebelliousness	
Gang involvement	
Friends who use drugs	
Favorable attitudes toward drug use	
Early initiation of drug use	
Constitutional factors	

Don't be fooled!

These are NOT risk factors: Boredom, divorce, and low self-esteem

Take Action

- Important to strive to both reduce risk factors and enhance protective factors
- Use research-based risk factors when implementing the Strategic Prevention Framework or other strategic planning processes
- Address prevalent risk factors at the appropriate developmental stage(s)
- Strive to address multiple risk factors with multiple strategies that are designed to increase multiple factors
- Implement strategies with evidence of reducing your prioritized risk factor(s)

Possible Next Steps

- Have a “water cooler” chat with a colleague for 15 minutes to share what you learned during the webinar
- Examine the list of risk factors your organization/coalition uses to identify if they are solidly research-based
- Review your needs assessment to identify what data shows to be the most prevalent risk factors in your community
- Explore at least one prevention strategy your community is implementing to see if it is addressing one or more risk factors identified as prevalent
- Watch the recording of the [Building Protective Factors webinar](#)
- Take 15 minutes to explore an [online registry of evidence-based strategies](#) to see how searches can be done by risk factor

Your Commitment to Action

What action(s) will you commit to doing within 24 hours to put the information from this webinar into action?

(Share what you wrote here: <https://tinyurl.com/RFaction>)

Videos

The Science of Risk Factors

<https://www.youtube.com/watch?v=ZJs-3mG3ps0>

Straight to Vape: While You Were Streaming 2020 by Truth Initiative

https://www.youtube.com/watch?v=CfGqQ_B-688&t=1s

Risk and Protective Factors by Addiction Policy Forum

<https://www.youtube.com/watch?v=9sz0N9Yo2mY>

Building Protective Factors webinar

View recording of this webinar: <https://pttcnetwork.org/centers/great-lakes-pttc/product/building-protective-factors-using-social-development-strategy>

Upcoming Webinars/Trainings

To register: <https://tinyurl.com/GLPTTCevents>

Substance Misuse Prevention “Nexus” Series:

- *Suicide Prevention* (recording available [here](#))
- *Problem Gambling Prevention*
June 29 from 10-11:30 CT
- *Mental Health Promotion*
July 28 from 11-12:30 CT

Older Adults: Substance Misuse Trends and Prevention Strategies
July 27 from Noon-1:30 CT

Girls and Women: Substance Misuse Trends and Prevention Strategies
August 30 from Noon-1:30 CT

Virtual Substance Abuse Prevention Skills Training (SAPST)
September 12, 15, 19, & 22, 2022 from 8:00 AM–1:00 PM CT

Great Lakes PTTC Facebook Page

“Follow” and “Like” our Facebook page so that the new resources and events we post will show in your feed.

<https://www.facebook.com/GLPTTC>

Post-event Evaluation

Thank you for providing us with your feedback. We greatly appreciate it!

<https://ttc-gpra.org/P?s=290744>

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	•	•			•	•

