



Great Lakes (HHS Region 5)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Risk Factors for Youth Substance Misuse

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June 23, 2022

Introduce Yourself in the Chat

- Location
- Your role/position
- Best professional development book you've ever read



Our Path for Today

- Introduction to risk factors
- Deep dive into risk factors by domain
- Putting your new knowledge into action





Be Forewarned...

Pop Quizzes are coming your way!

Introduction



Workbook



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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	





Chat Question...

“What are you most excited to learn about today?”

Prevention

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.



Prevention Focuses “Upstream”



Risk Factors

Factors that increase the likelihood of substance misuse occurring

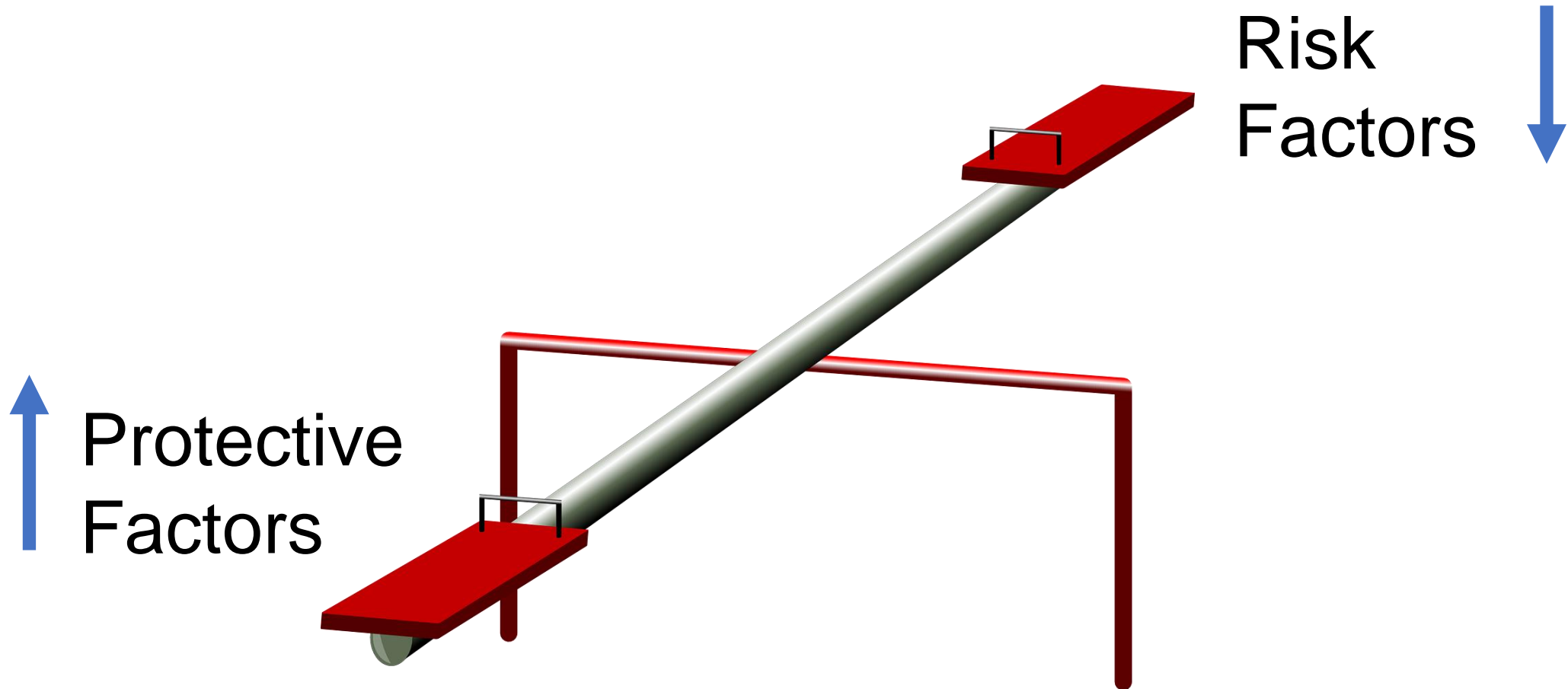


The Science of Risk Factors

Video:
The Science of
Risk Factors

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

Enhance Protective Factors *and* Reduce Risk Factors



Be a Cautious Consumer!

How was the list created? What criteria was used for inclusion on the list?



Risk Factor List We Will Use Today

By Dr. Rico Catalano, Dr. David Hawkins, and colleagues from Social Development Research Group, University of Washington

Conducted through literature reviews of existing research

Criteria for Inclusion on Risk Factor List

Multiple

Longitudinal

Predictive

Keep in Mind

Risk factors
are *not* causal

Risk factors exist
in multiple
contexts

Impact of risk
factors is
exponential

Shared Risk Factors

(Last Page in Workbook)

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	•	•			•	•

Pop Quiz #1

Risk factors...

- a. Determine if someone will use drugs
- b. Increase the likelihood of drug use
- c. Exist only at an individual level
- d. Are causally related substance abuse



Community Domain Risk Factors



Community Domain

- 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



Availability of Drugs

- More available = more use
- *Perception* of availability also has impact

Two Types of Availability

- Social (friends, family)
- Retail (stores, bars)



Examples
from you...

Strategies that address:

- Retail availability
- Social availability
- Perception of availability

Community Laws and Norms Favorable Toward Drug Use

- Laws and policies impact use and consequences of use
- Social norms are reflected in laws
- Laws can exist, but community norms must support enforcement

The background of the slide features two hands clinking beer bottles against a sunset sky. The hands are silhouetted against the bright, low sun, which creates a warm, golden glow. The beer bottles are dark and condensation-covered, with light reflecting off their surfaces. The overall mood is one of social gathering and relaxation.

Media Portrayals of Drug Use

Portrayals of drug use increase likelihood of subsequent
substance use

Content is the new tobacco commercial

Video from
Truth Initiative

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

Transitions and Mobility

- Transitions between schools
- Transitions/mobility in the community



Low Neighborhood Attachment and Community Disorganization

- People don't like where they are living
- This is *independent* of economics!



Extreme Economic Deprivation

Mixed research results regarding extreme poverty *alone* being a risk factor for substance misuse



Pop Quiz #2

True or False:

Reducing the prevalence of community domain risk factors in your community can decrease the likelihood of youth substance misuse.

Family Domain Risk Factors



Family Domain

- Family history of drug use
- Family management problems
- Family conflict
- Favorable parental attitudes toward drug use

Family History of Drug Use

Environment

Heredity



Family Management Problems

- Lacking:
 - Clear guidelines
 - Monitoring of behavior
 - Consistent (and not excessively harsh) consequences
 - Celebrations of child's successes
- Child abuse and child neglect

Family Conflict

- *Extreme* conflict between parents
- *Extreme* conflict between parent and child



Favorable Parental Attitudes Toward Drug Use

Parents involving children in their own use

“Kids will be kids” attitudes

“They are going to do it anyway, so they
mind as well do it at home”



Chat Question on Attitudes...

What caregiver attitudes have you heard regarding youth substance use/misuse?

Pop Quiz #3

True or False:

Divorce is an example
of a risk factor in the
family domain.

School Domain Risk Factors



School Domain

- Academic failure beginning in late elementary school
- Lack of commitment to school

Academic Failure Beginning Late Elementary School

- Falling behind for any reason grades 4-6 or later
- Label of failure gets “stuck”
- Before grade 4, time to recover

Lack of Commitment to School

- Don't have goals oriented toward academia; don't expect to go to college
- Inverse relationship between time spent on school activities and drug use





Pop Quiz #4

An ideal time to address the risk factor of academic failure is:

- a. Any time before the end of high school
- b. In middle school
- c. Anytime in elementary school
- d. Grade 3 or earlier
- e. All of the above

Individual/Peer Domain Risk Factors



Individual/Peer Domain

- 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

Early and Persistent Anti-social Behavior

- ***Early:*** Boys in grades K-3
- ***Persistent:*** Boys and girls; includes truancy, shoplifting, fighting, theft, etc.

Rebelliousness

- Don't feel connected to society
- Value nonconformity
- Do not see a place for themselves in society

Gang Involvement

- More likely to use alcohol and/or other drugs and to engage in delinquent or violent behavior if involved with gangs

Friends Who Use

One of the strongest
predictors of substance
misuse



Favorable Attitudes Toward Drug Use

- Often see a change of attitudes in middle school
- Initiation of use is preceded by favorable attitudes toward use
- A change in attitude precedes a shift in behavior!

Early Initiation of Drug Use

Those who drink before 15, compared to after 19, are more than *twice* as likely to misuse drugs





Constitutional Factors

- Physical, physiological, and biological factors
- Examples: Brain trauma (e.g., FAS, accident), low basal rate, ADHD, low impulse control

Pop Quiz #5

The risk factor that is the strongest predictor of youth substance use is:

- a. Family history
- b. Availability of drugs
- c. Low commitment to school
- d. Friends who use drugs

Don't Be Fooled!



These Are *Not* Risk Factors

Boredom

Divorce

Low self-esteem



Not a Risk Factor: Boredom

What *is* important is any risk factors present when they get bored



Not a Risk Factor: Divorce

- It is the other risk factors that can co-exist (or not!) with divorce
 - E.g., does family conflict increase or decrease after divorce?

Not a Risk Factor: Low Self-esteem



Programs designed to raise self-esteem did not show a preventive effect for substance misuse

Take Action





ADDICTION
POLICY FORUM

RISK & PROTECTIVE FACTORS

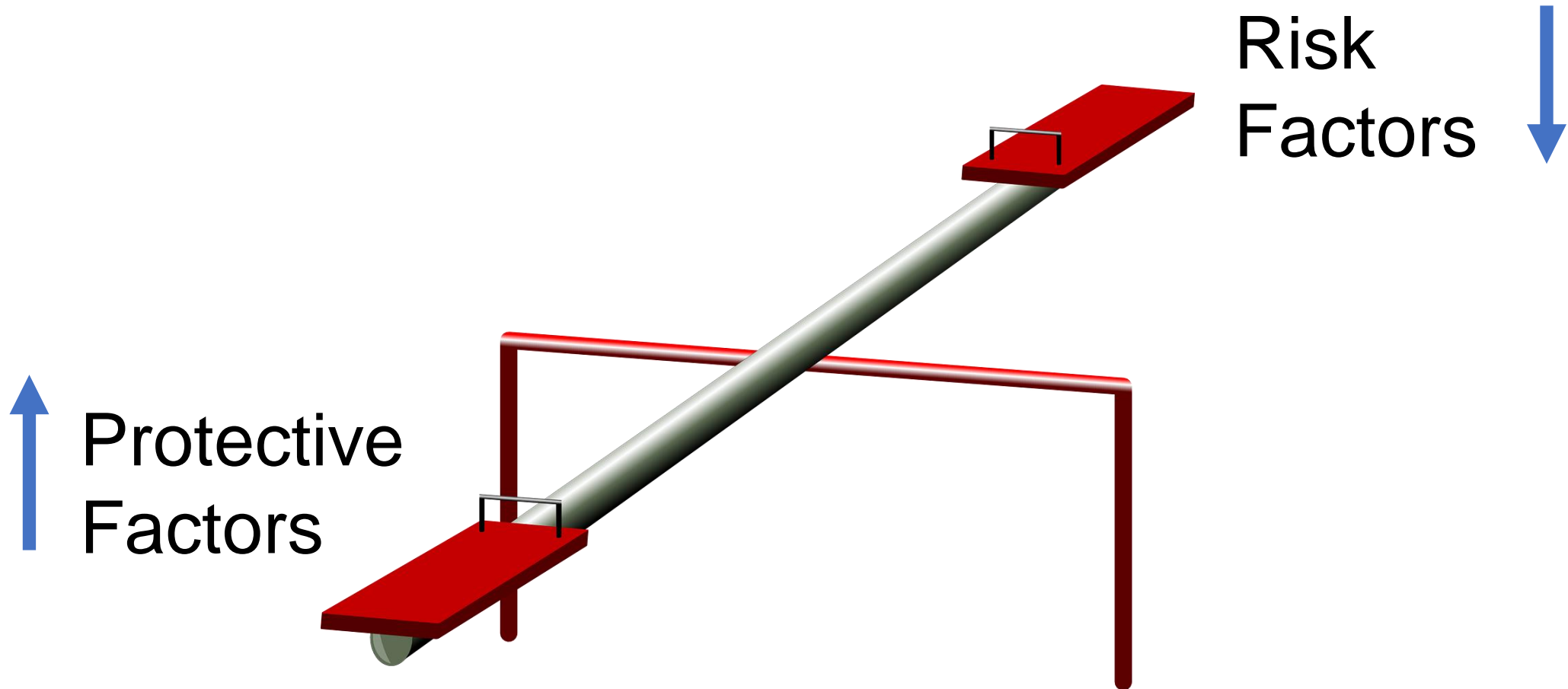
WITH

JESSICA HULSEY NICKEL

Video by
Addiction
Policy Forum

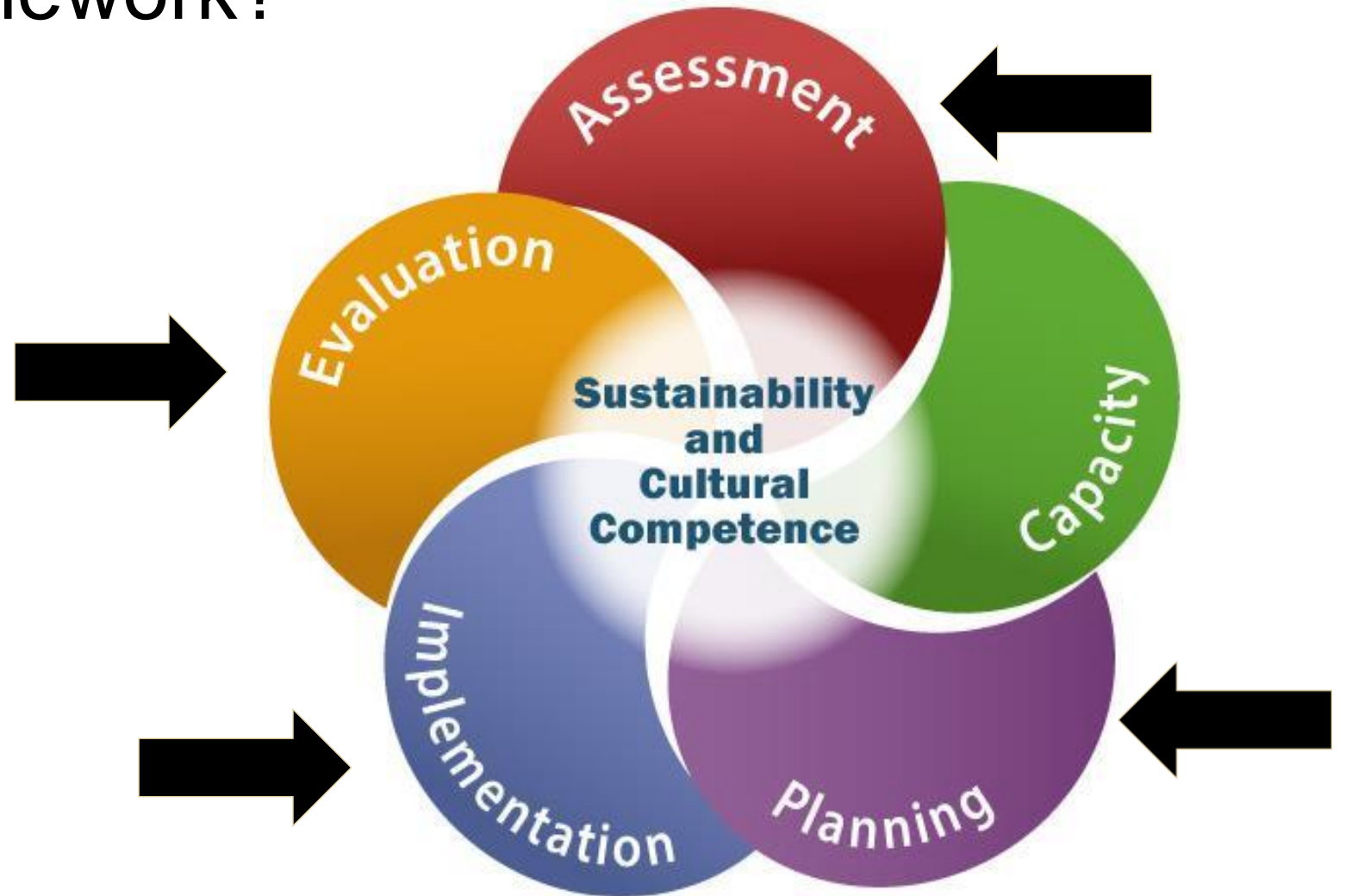
<https://www.youtube.com/watch?v=9sz0N9Yo2mY>

Enhance Protective Factors *and* Reduce Risk Factors - Revisited

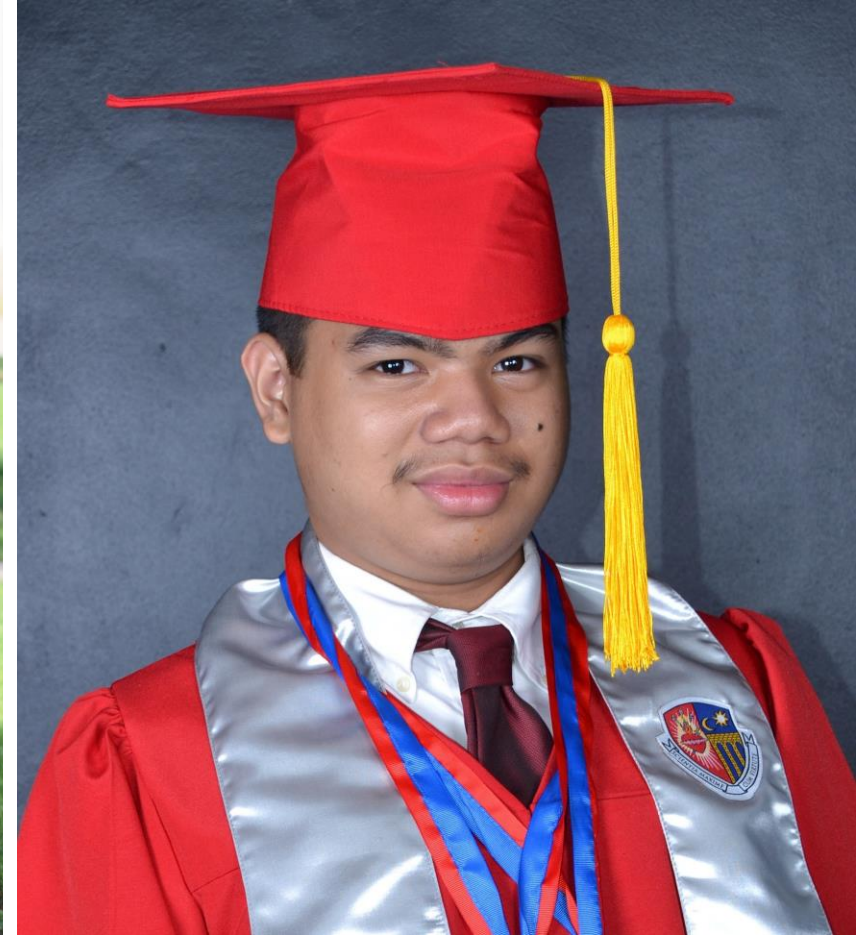


Risk Factors and the Strategic Prevention Framework?

Where do risk factors fit into strategic planning?



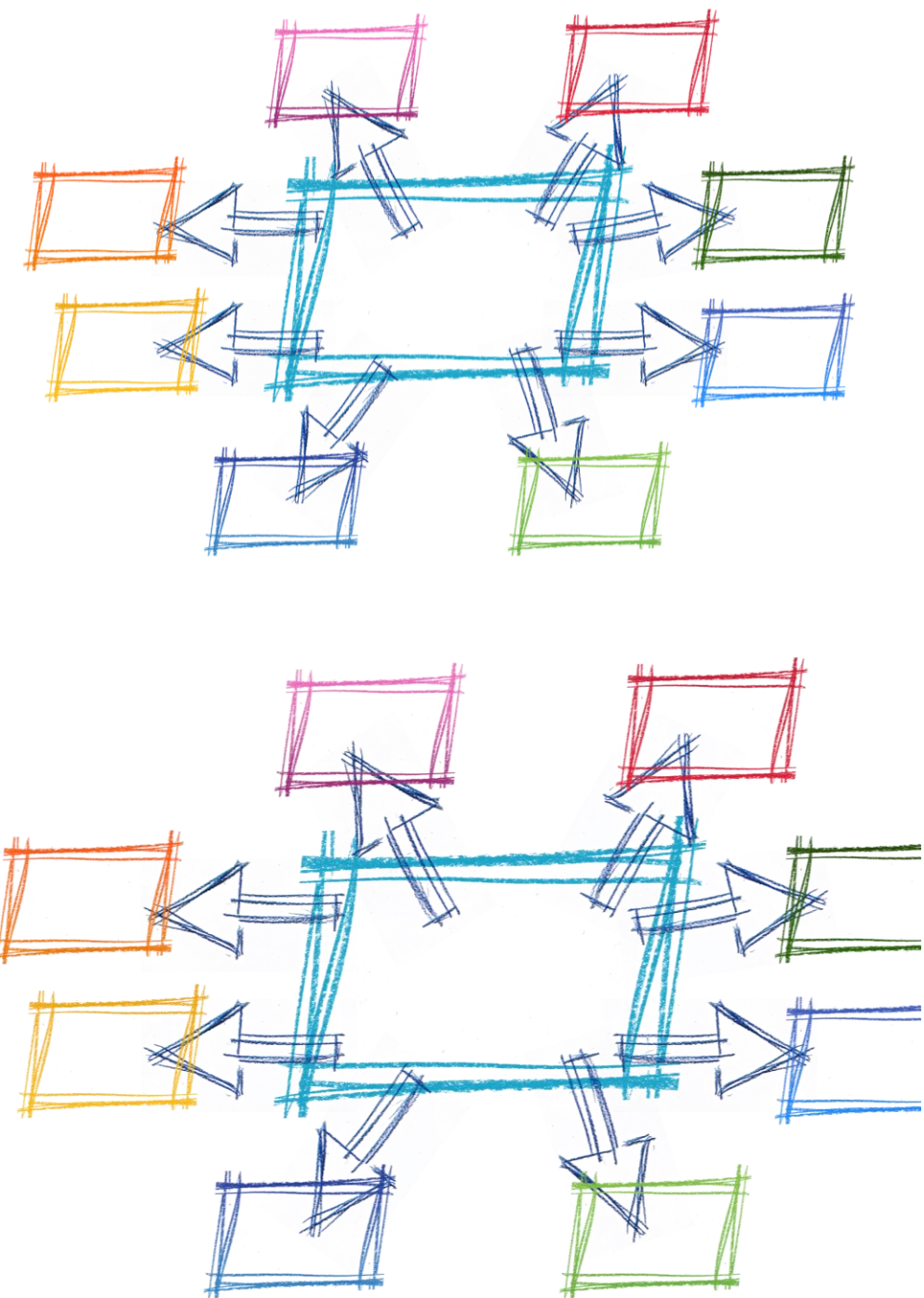
Address at Appropriate Developmental Stages





Comprehensive Efforts Needed

Strive to address multiple risk factors with multiple strategies that are designed to increase multiple factors



Implement Strategies Shown To Reduce Your Priority Risk Factor(s)

<https://tinyurl.com/PTTConline>

Guide to Online Registries for Substance Misuse Prevention Evidence-based Programs and Practices



Pacific Southwest (HHS Region 9)


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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 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
- Explore an online registry of evidence-based strategies using risk factors as a search variable



What is Your Commitment to Putting this information into Action TODAY?

- Write in your workbook on page 4 the action that you will commit to doing within the next 24 hours
- Complete the Google form; include your name/email if you would like a “check-in” email
- <https://tinyurl.com/RFaction>

Closing Thoughts



Stay Current on New Resources and Upcoming Events

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








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Upcoming Trainings

Virtual SAPST, September 12, 15, 19, and 22, 8-1 CT

Substance Misuse Prevention "Nexus" Series

- June 29, 10-11:30 CT - *Problem Gambling Prevention*
- July 28, 11-12:30 CT - *Mental Health Promotion*

Older Adults: Substance Misuse Trends and Prevention Strategies, July 27 from 12-1:30 CT

Girls and Women: Substance Misuse Trends and Prevention Strategies, August 30 from 12-1:30 CT

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

Post-Training Feedback

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



**WE WANT
YOUR FEEDBACK**



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Thank You!
