



# Enhancing Pre-Professional Training for Prevention

## WHAT IS PREVENTION SCIENCE?

Prevention science is an interdisciplinary field that applies basic research about individuals, families, and communities to the development, evaluation, and dissemination of scientifically-based programs and policies to promote physical, social, and psychological well-being.

## WHERE CAN PREVENTION SCIENCE INFORM PREVENTION PRACTICE?

There are three broad content areas where prevention science can inform prevention practice.

1. **Epidemiology.** Understanding the development of behavioral health problems and the associated risk and protective factors at the individual, family, school, and community levels;
2. **Evidence-Based Programs.** Developing and/or selecting evidence-based prevention programs, practices, and policies; and
3. **Implementation.** Implementing evidence-based prevention programs, practices, and policies to meet community needs and reduce behavioral health problems.

## WHERE DOES PREVENTION FIT IN THE SPECTRUM OF MENTAL, EMOTIONAL, AND BEHAVIORAL INTERVENTIONS?

The spectrum of mental, emotional, and behavioral (MEB) interventions<sup>1</sup> depicts the extension of interventions beyond treatment to include promotion (interventions that promote improvement MEB health outcomes), prevention (see types below), and maintenance (sustain treatment effects). The promotion of health outcomes is done actively across the spectrum.

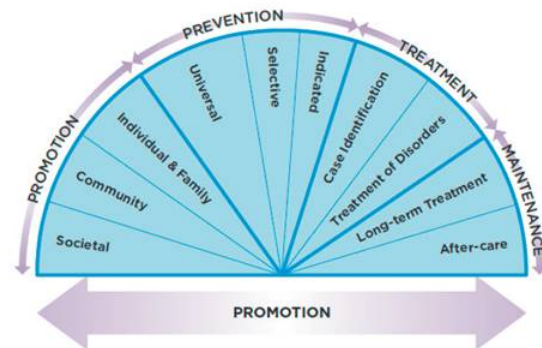


FIGURE I-3 2019 update of the spectrum of MEB interventions.

### Universal Prevention

- Entire population of participants who have not been identified on the basis of risk

### Selective Prevention

- Participants deemed to be at risk by virtue of membership in a particular population

### Indicated Prevention

- Participants have detectable signs/symptoms of a particular condition

<sup>1</sup> National Academies of Sciences, Engineering, and Medicine 2019. *Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25201>.

