

## *Workforce Development Series*

# Introduction to SAMHSA 4E's Modern and Comprehensive Prevention System

Friday, March 3, 2023

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Presented by Carlton Hall & Dorothy Cheney



Southeast (HHS Region 4)

**PTTC**

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

 **Wake Forest**  
School of Medicine



Southeast (HHS Region 4)

**PTTC**

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# Disclaimer

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- This training is 100% supported SAMHSA of the U.S. Department of Health and Human Services (HHS).
- The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by SAMHSA/HHS, or the U.S. Government.

The use of affirming language inspires hope.

LANGUAGE MATTERS.

**Words have power.**

PEOPLE FIRST.

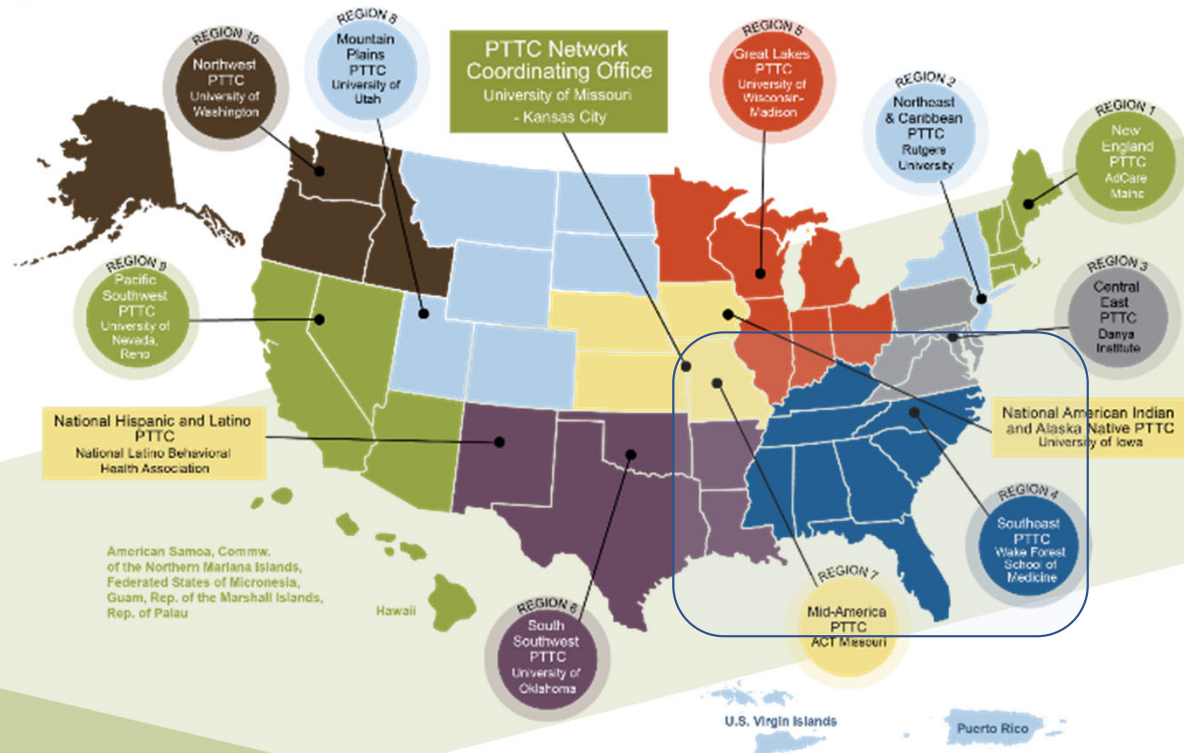
The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



PTTC

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PTTC Network



## Co-Directors

Kimberly Wagoner, DrPH, MPH  
and Mark Wolfson, PhD

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- 
- **Develop** training and technical assistance tools, products, and services for the substance misuse prevention field
  - **Disseminate** these across the southeast region
  - **Improve** implementation & delivery of effective substance misuse prevention interventions
  - **Reduce** substance misuse



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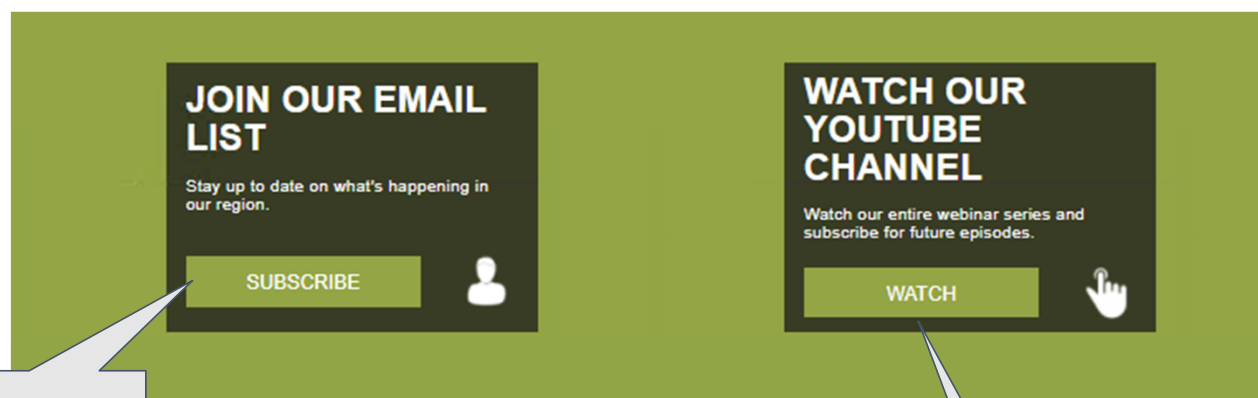
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# Today's Presenters




**Carlton Hall**



**Dorothy Chaney**





# SE PTTC SAMHSA 4E's Learning Lab

*Learning Laboratory – Session #1 – February 21, 2023*



# Our partners



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# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration



## • Your presenters



**Carlton Hall**

**Dorothy Chaney**

# • Introductions

- What is your name?
- What agency do you work for?
- How long have you been in your current role?
- Is your experience in prevention, intervention, treatment, recovery and/or health promotion?



Enter all 4 items ... ***then press enter***



# Acknowledgement



This webinar is being recorded and archived and will be available for viewing after the webinar.

The views expressed in this webinar do not necessarily represent the views, policies, and positions of the Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.




# SAMHSA 4E's - Learning Laboratory

## Session #1

**March 3, 2023**

### **Session 1: Understanding the 4E's**

- SAMHSA Overview of the 4E's
- Introduction to the 4E's
- Discussion – Breakout
- Application – Breakout
- Next Steps



# **SAMHSA 4E's - Learning Laboratory**

## **Session #2**

**March 27 ,2023**

### **Session 2: Application of the 4E's Using the SPF**

- Intersection of the 4E's and the SPF
- Discussion - Breakout
- Applying the 4E's in the SPF
- Next Steps and Evaluation



## Session 1 Objectives

Participants will be able to:

- Explain how the 4 E's describe a modern and comprehensive prevention system
- Explore how the 4 E's relate to their work as preventionists
- Provide insights into how the 4 E's can be operationalized in their work

# ❖ Jargon / Acronyms

Ask questions if:

- Don't Understand
  - Need more information
  - Need clarification
  - Need something repeated
- Need ACRONYM explained

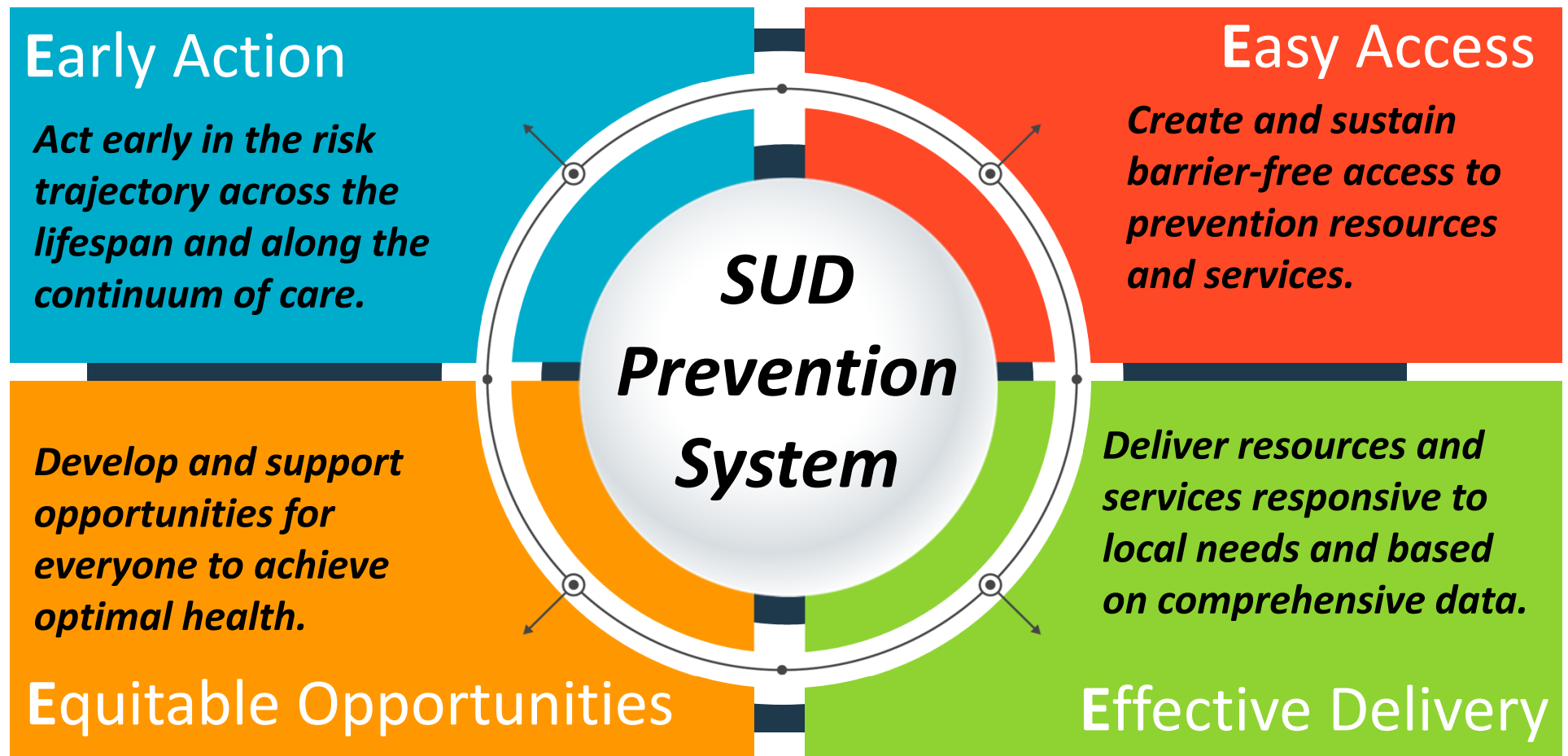




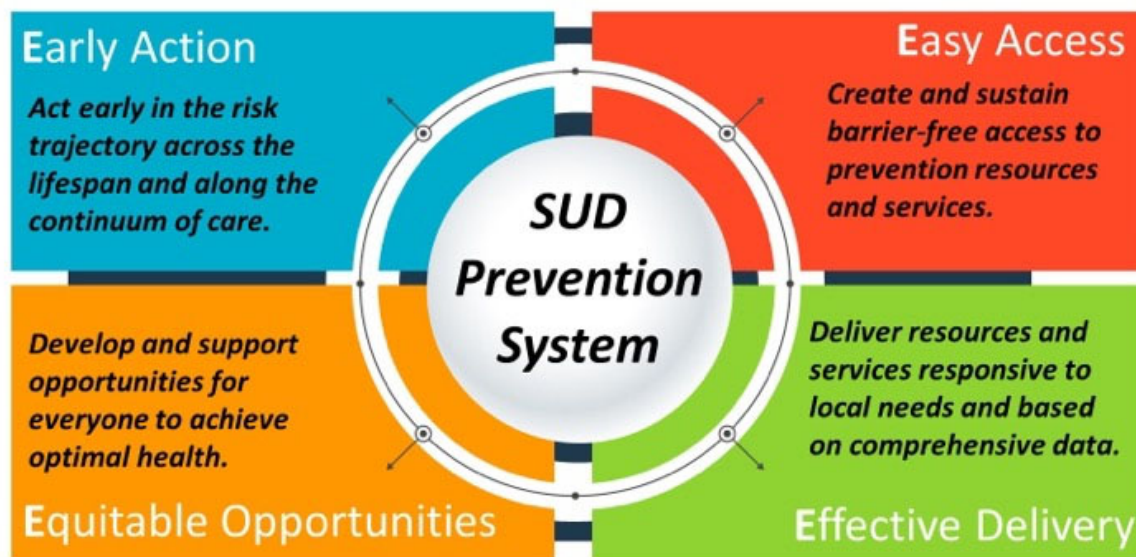
# SAMHSA Overview of the 4E's



# Modern and Comprehensive Prevention System (4Es)



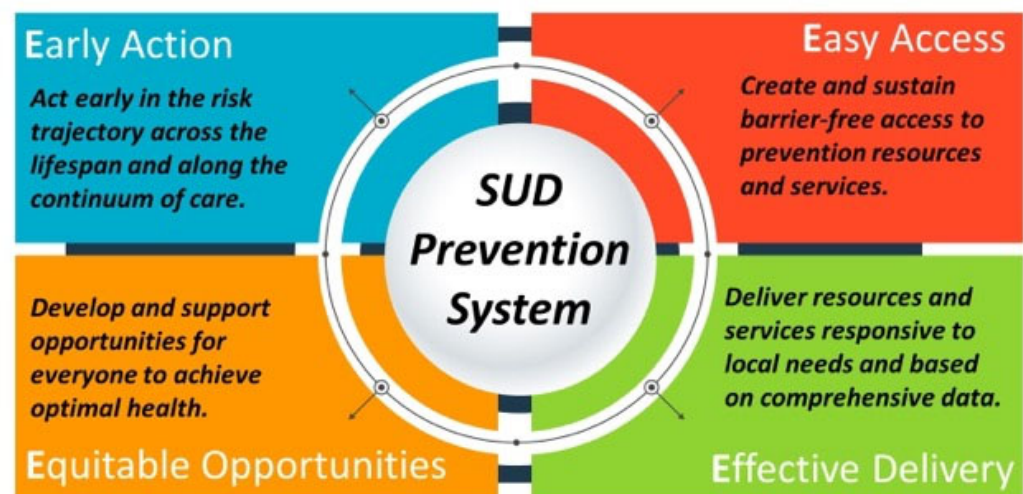
# Introduction to the 4E's





## • The 4E's

- Early Action
- Easy Access
- Equitable Opportunities
- Effective Delivery



## Scenario

# Parents PLUS



An organization just received a grant to implement the ***Parents PLUS Program*** in your community. (Yeah!)

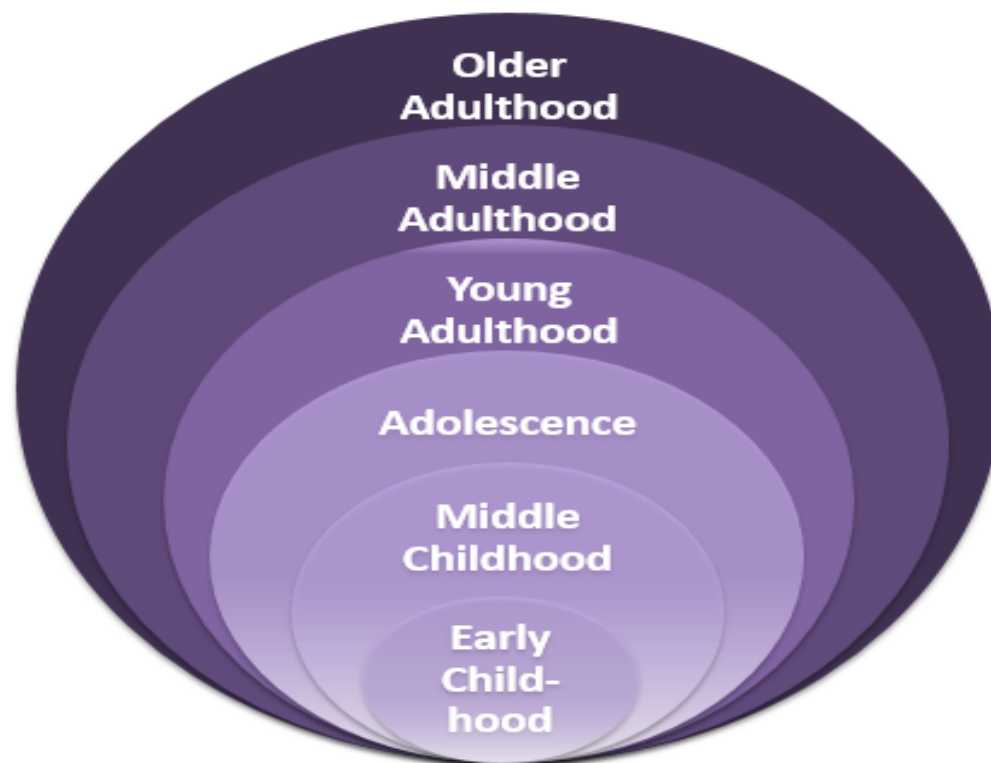
What considerations will ensure the parenting program is most effective in reaching the people that will benefit from it the most?

## Early Action

*Act early in the risk trajectory across the lifespan and along the continuum of care.*



# Developmental Perspective - Lifespan



*Source: SAMHSA SAPST Training*

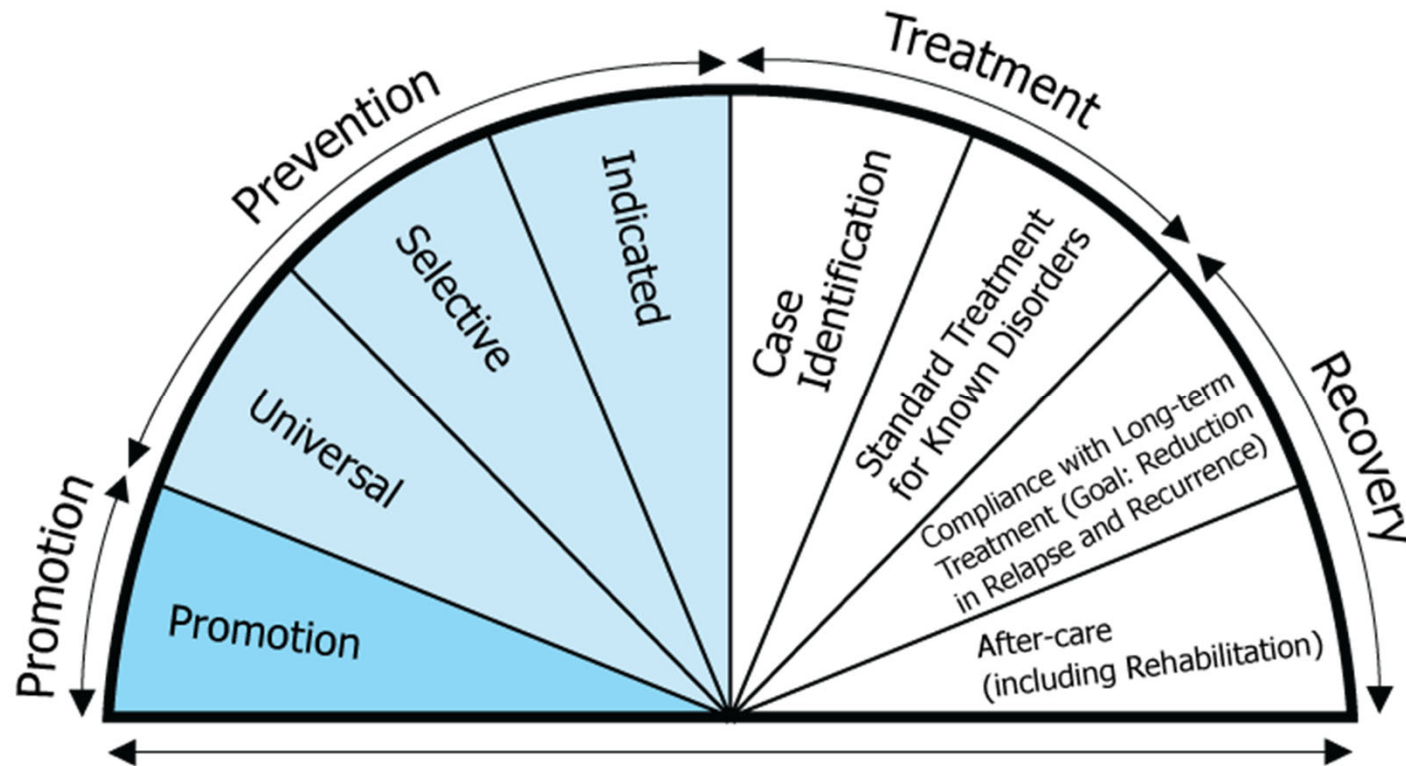


# Principles of Substance Abuse Prevention for Early Childhood

A Research-Based Guide



# Continuum of Care



*Source: National Research Council and Institute of Medicine. (2009). Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities*

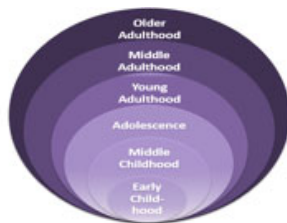
## Early Action

- 0 G@M!"?PGNOCLFIDNN<A@QJHIS!GJJCJGI?BS
- 3@NDP@IONDI!NND@?GQDIBA>DND@!OO@I?C<KKT' CJPMN!I?!  
OO@I M@OPMI QJ OC@DKK<MH @IOKI? D<F@OC@MBS!

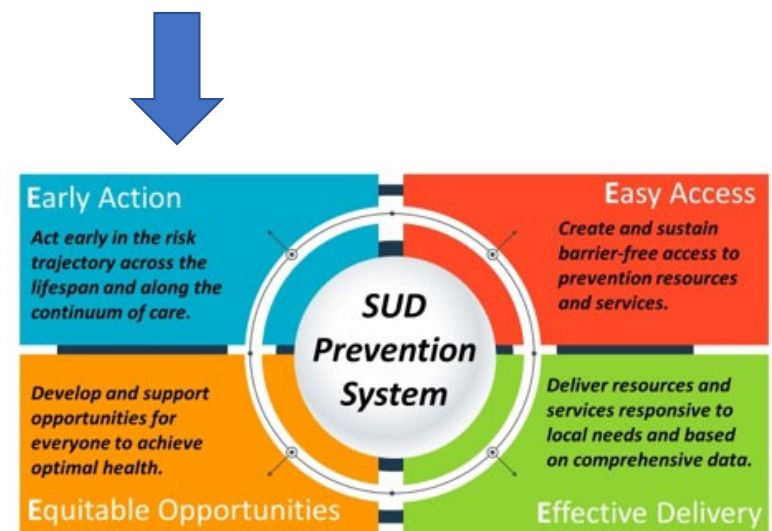
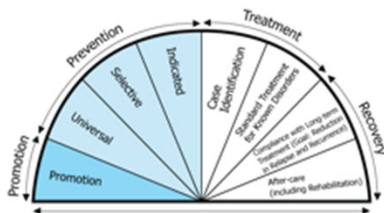




# Early Action



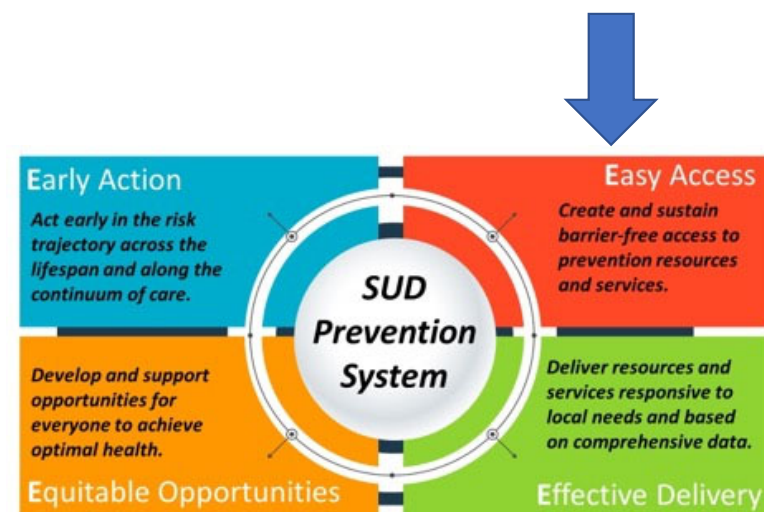
- What age group of children will be addressed?
- What is the focus along the continuum?





## Easy Access

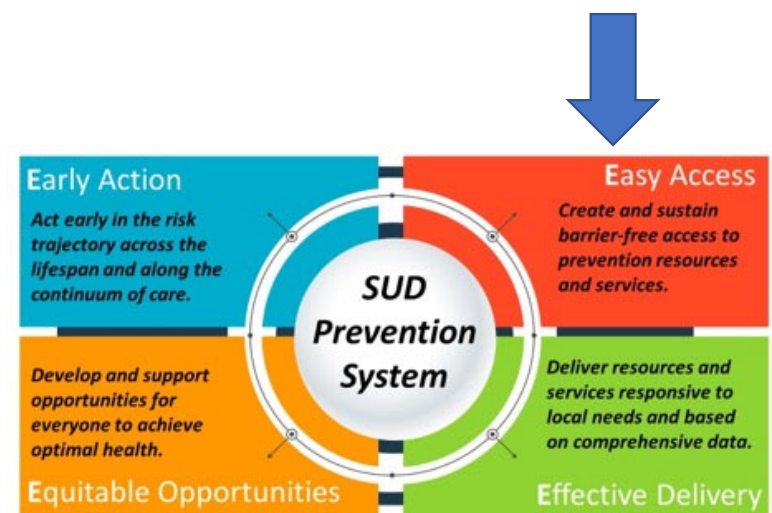
*Create and sustain barrier-free access to prevention resources and services*



## • Easy Access

*Barriers to access can include:*

- Cost
- Transportation
- Language
- Culture
- Time and Location
- Childcare
- Opportunity cost



Working with the community to ensure prevention materials for a community event are translated into languages spoken in the community and are culturally appropriate

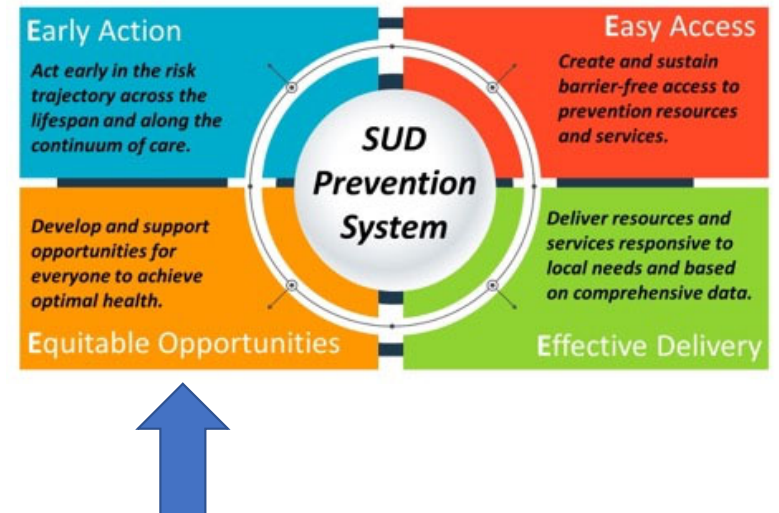






# Equitable Opportunities

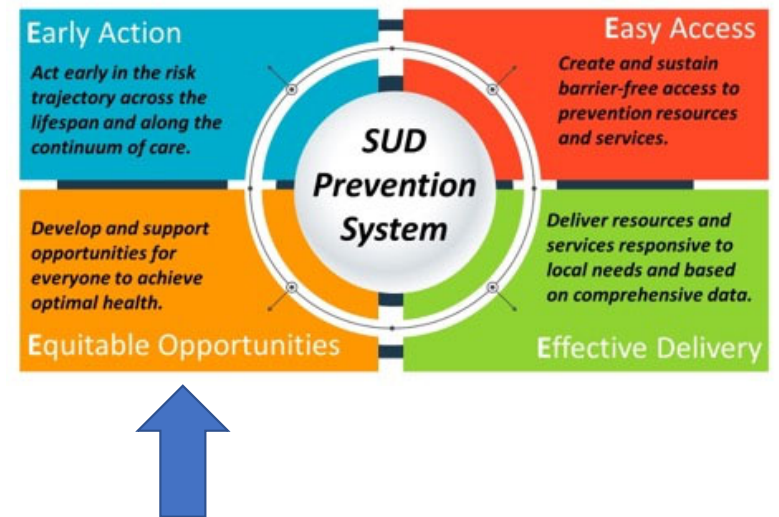
*Develop and support opportunities for everyone to achieve optimal health.*



# Equitable Opportunities

*Ensuring equitable opportunities can include:*

- Partnering with organizations representing “hard-to-reach” populations and/or populations experiencing health disparities
- Involving participants in planning and delivery of the program
- Addressing the social determinants of health







Nothing About Us Without Us...





## How do we ensure that we

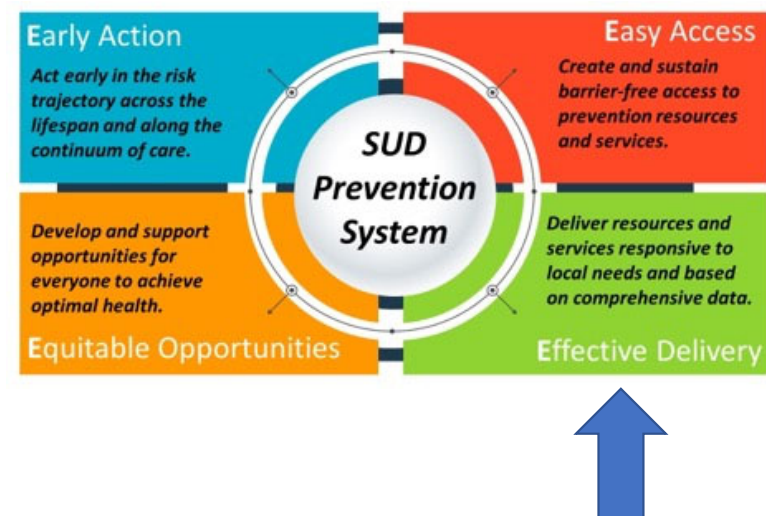
- Involve participants in planning and delivery of the program
- Address the social determinants of health
- *Do we have policies in place?*





## Effective Delivery

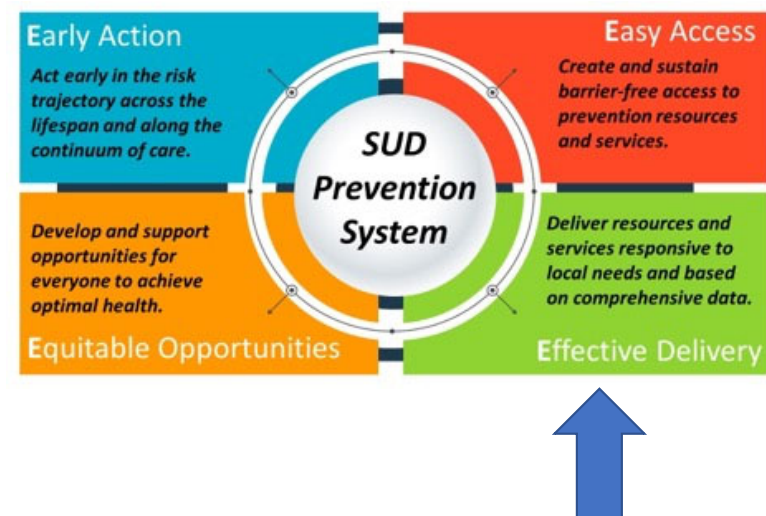
*Deliver resources and services responsive to local needs and based on comprehensive data.*



## Effective Delivery

*Ensuring effective delivery requires that programs, services and strategies must:*

- Respond to local needs
- Be data driven
- Be delivered in a culturally competent manner
- Be strength-based and trauma-informed



- Respond to local needs
- Be data driven
- Be delivered in a culturally competent manner
- Be strength-based and trauma-informed



## Gathering of Native Americans Fact Sheet

This fact sheet, developed for American Indian and Alaska Native (AI/AN) audiences and organizations serving Indian Country, provides an overview of the Gathering of Native Americans (GONA) curriculum. For Alaska Native villages, this curriculum is called a Gathering of Alaska Natives (GOAN).

### What is a GONA?

A GONA is a culture-based planning process where community members gather to address community-identified issues. It uses an interactive approach that empowers and supports AI/AN tribes. The GONA approach reflects AI/AN cultural values, traditions, and spiritual practices.

The GONA focuses on the following four themes:

- **Belonging**—the GONA ensures that everyone feels welcomed in an inclusive, open, safe, and trusting environment
- **Mastery**—the GONA allows participants to take stock of how historical trauma impacts their communities and what fosters their resilience and holds them together
- **Interdependence**—the GONA initiates the planning process to assess resources and relationships, and to experience and strengthen interconnectedness
- **Generosity**—the GONA exercise of creating gifts to share with other participants symbolizes each participant's larger gift to their families and communities in helping to address and prevent mental and substance use disorders, prevent suicide, and promote mental health

The Tribal Training and Technical Assistance Center (Tribal TTA Center) conducts the GONA as an integral component of the TTA it provides. The GONA is designed to be adaptable so communities can tackle a variety of important issues. While envisioned as a 4-day event, amazing things can happen within a 2- or 3-day GONA. There have even been 1-day GONAs. The structure is designed as a 4-part process, rather than a 4-day process. The number of days a GONA is held varies based on community availability. The timeframe allows for maximum participation across multiple segments of the community.



Community members participate in a GONA team-building activity.

Since it was developed in 1992, the GONA has been recognized as an effective culture-based intervention. The GONA starts the discussion on important issues identified by the community. In the time following the GONA, the real work begins—to develop, implement, and sustain strategic prevention activities and interventions that address the issues identified during the GONA.

The GONA is a journey of healing and transformation. It is as much about healing the past as it is about building the future. The GONA is a road map for the journey. The journey itself will need to be traveled by all members of the community. Ultimately, this journey is about reestablishing a safe, supportive, and nurturing community so AI/AN youth can thrive and grow up in balance.

This fact sheet was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA) under contract number HHS282021300001C with SAMHSA, U.S. Department of Health and Human Services (HHS). The views, opinions, and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS.

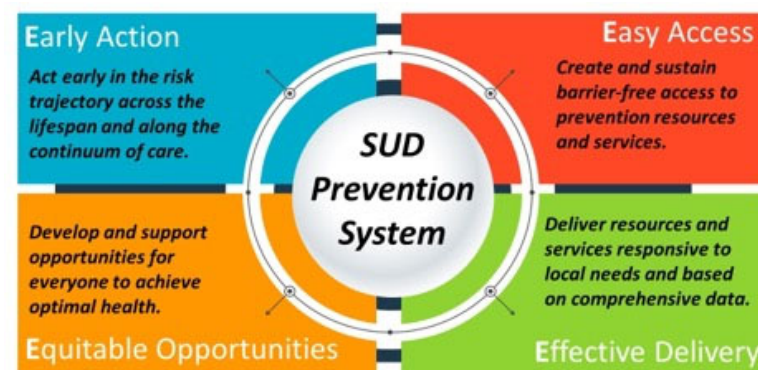
December 2016



## Applying the 4E's

What are specific steps the organization could take to apply the 4E's to the ***Parents Plus Program***?

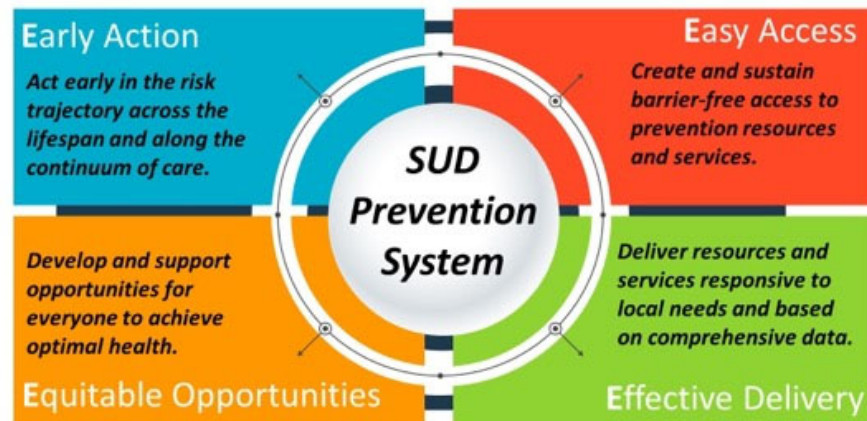
# Parents PLUS



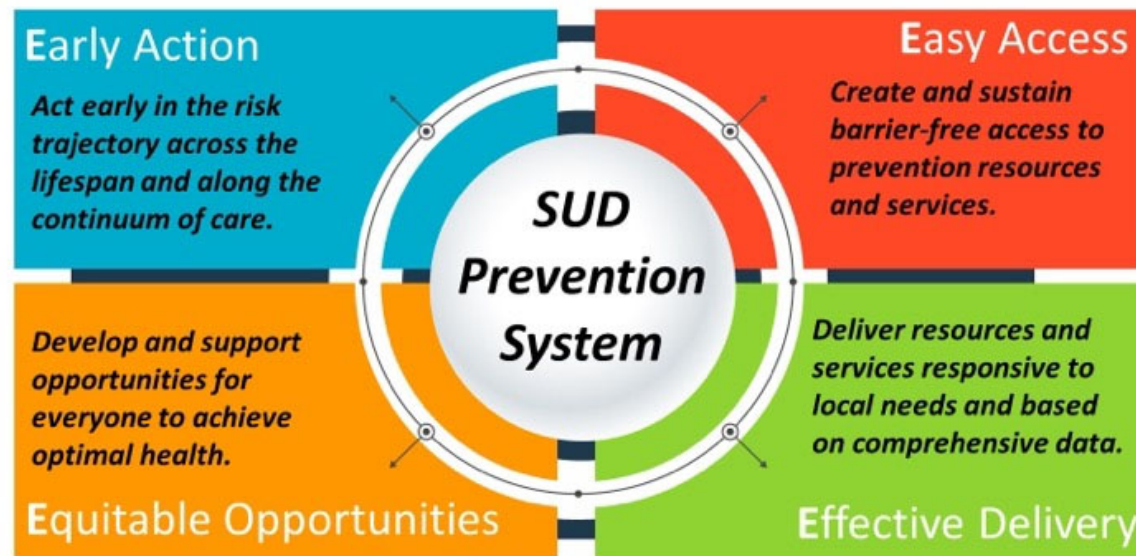
# ● Poll

- You are required to **choose only 1...**
- Which of the 4E's is most important?
  - A. Effective Delivery
  - B. Easy Access
  - C. Early Action
  - D. Equitable Opportunities

There are no wrong answers!



# Discussion the 4E's

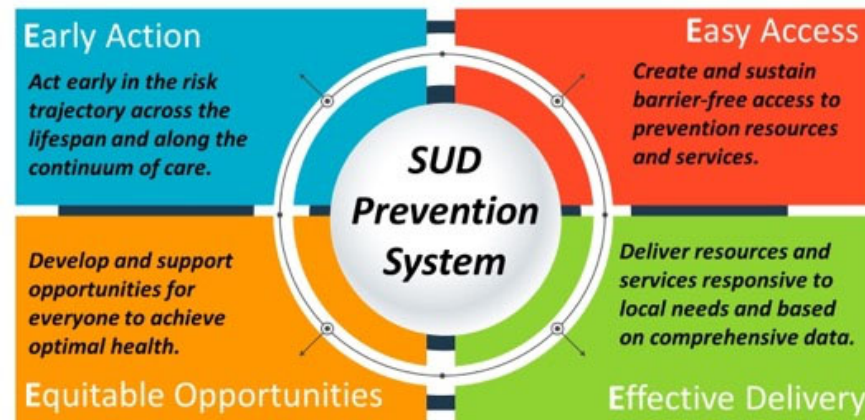


## Breakout #1

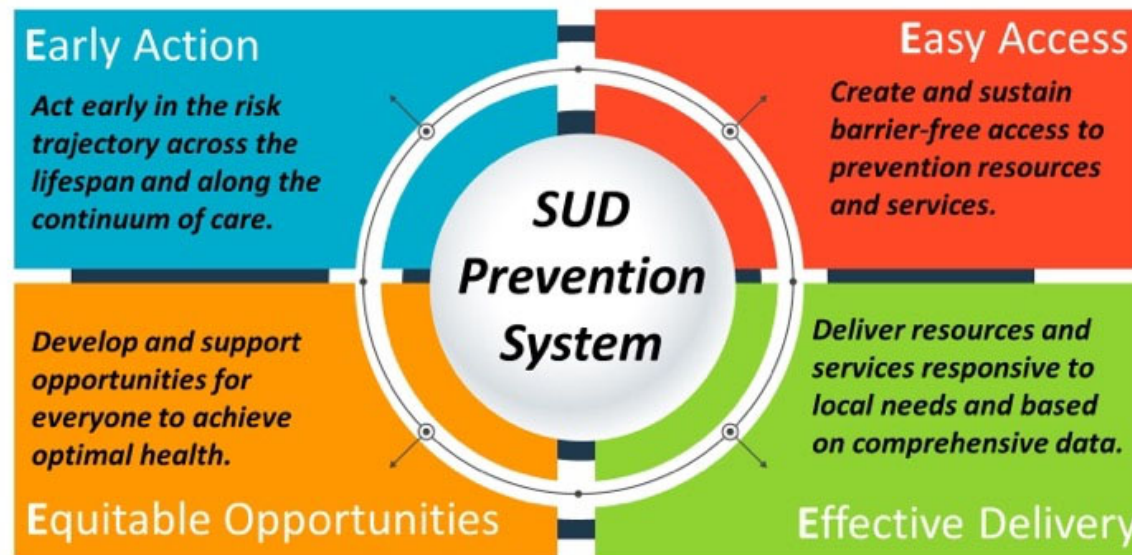


# Breakout Discussion #1

- What is the **value** of the 4E's to your organization?
- What questions do you have about the 4E's ...at this point in time?



# Discussion the 4E's

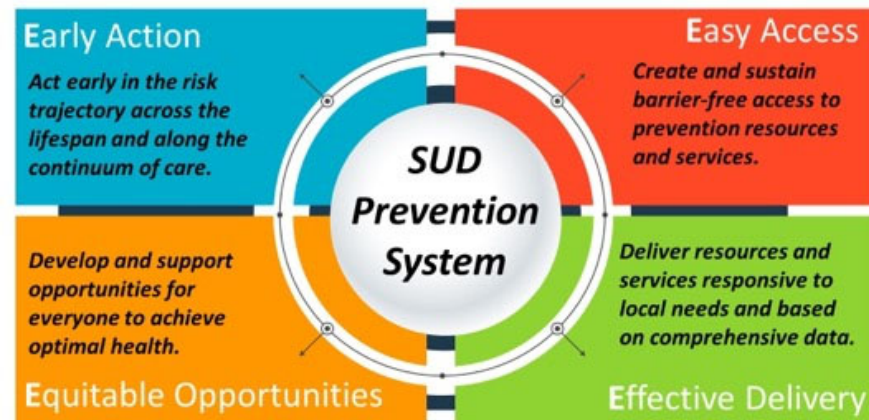


## Breakout #2

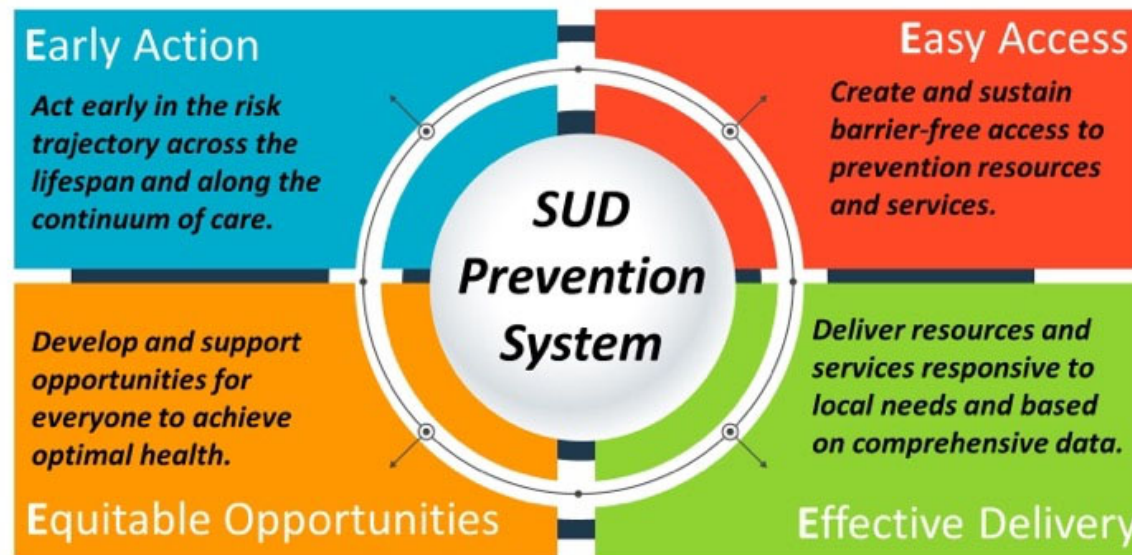


## Breakout Discussion #2

- Identify 4 specific ways you can apply the 4E's to your work... ***today!***



# Next Steps



## Session #2

# SAMHSA 4E's - Learning Laboratory

## Session #2



February 21, 2023

### Session 2: Application of the 4E's Using the SPF

- Intersection of the 4E's and the SPF
- Discussion - Breakout
- Applying the 4E's in the SPF
- Next Steps and Evaluation

# THANK YOU!

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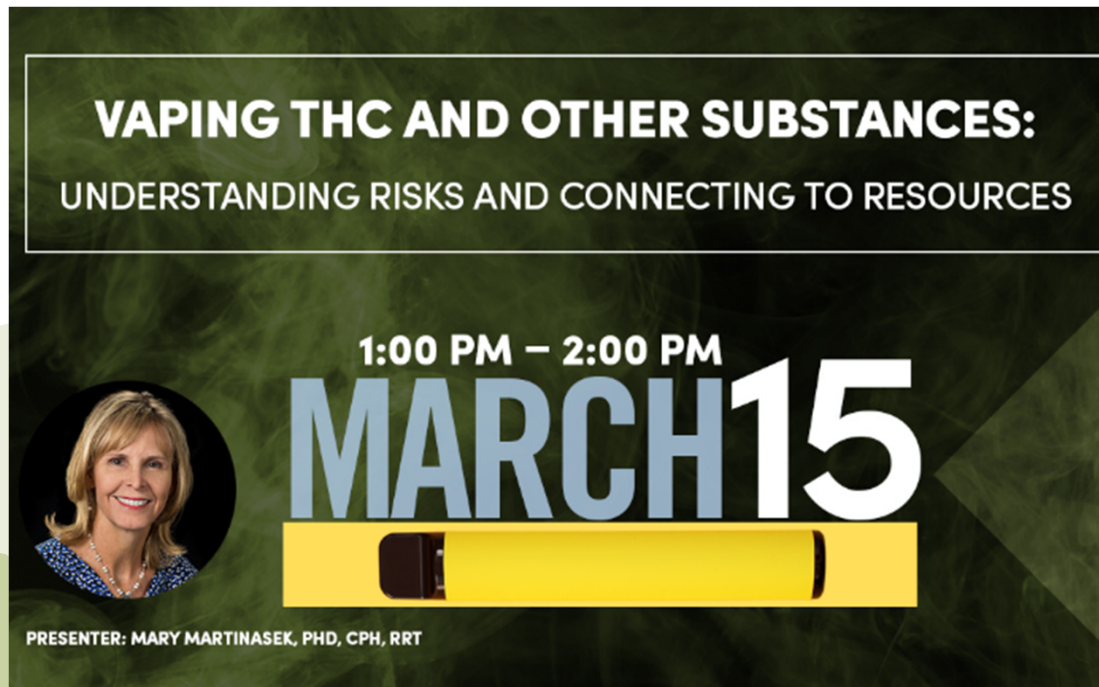
[Pttcnetwork.org/southeast](http://Pttcnetwork.org/southeast)

**Session 2:** *Application of the 4 E's using the Strategic Prevention Framework*, Monday, March 27, 10:00 a.m. ET

**Session 3:** *A Primer on Harm Reduction and Our Role in Prevention*, Wednesday, April 12, 10:00 a.m. ET

**Session 4:** *Communication Techniques for the Prevention Specialist*, Wednesday, April 19, 10:00 a.m. ET

Register at [pttcnetwork.org/southeast](http://pttcnetwork.org/southeast)

The poster features a dark green background with a subtle pattern of marijuana leaves. At the top, a white-bordered box contains the title 'VAPING THC AND OTHER SUBSTANCES:' in bold white text, followed by the subtitle 'UNDERSTANDING RISKS AND CONNECTING TO RESOURCES' in a smaller white font. Below this, the time '1:00 PM – 2:00 PM' is displayed in white. The date 'MARCH 15' is prominently shown in large, bold letters, with 'MARCH' in light blue and '15' in white. A yellow horizontal bar with a black vape pen icon is positioned below the date. On the left, a circular portrait of Mary Martinasek is shown. At the bottom left, the text 'PRESENTER: MARY MARTINASEK, PHD, CPH, RRT' is written in white.

**VAPING THC AND OTHER SUBSTANCES:**  
UNDERSTANDING RISKS AND CONNECTING TO RESOURCES

1:00 PM – 2:00 PM  
**MARCH 15**

PRESENTER: MARY MARTINASEK, PHD, CPH, RRT