



PTTC

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

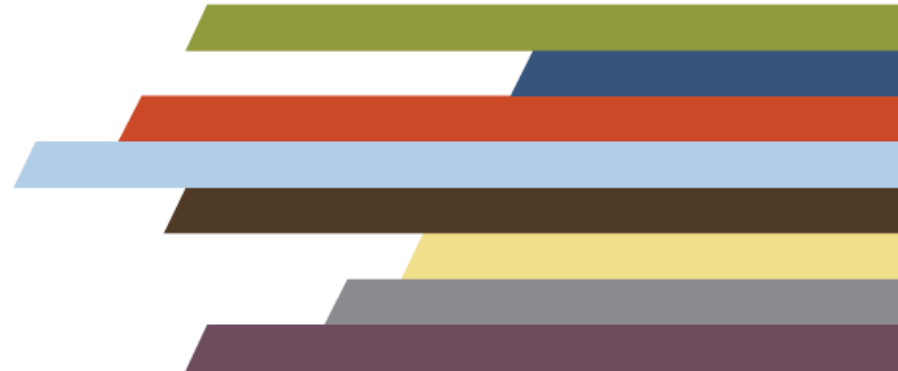
Getting to System Transformation: Practical Tools for Coalitions

PTTC Coffee Chat

May 25, 2023

Sarah Davis, MNM

Rocky Mountain Public Health Training Center



This Webinar is Now Live



This webinar is being recorded and will be available for future viewing along with a copy of today's slides.



Technical Information



This webinar is being recorded and archived and will be available to all webinar participants.

This training was developed under the Substance Abuse and Mental Health Services Administration's Prevention Technology Transfer Center task order.

Reference # 1H79SP081018.

For training use only.



Chat and Q&A

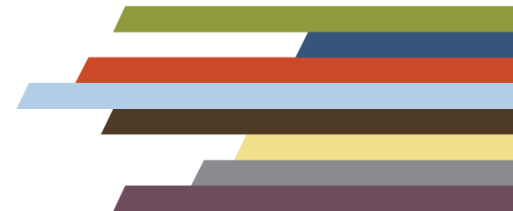


- Please use the chat feature for comments or questions. We welcome your thoughts and hope for a rich conversation in the chat.
- You may also type questions for our presenters at any time during the presentation in the Q & A feature



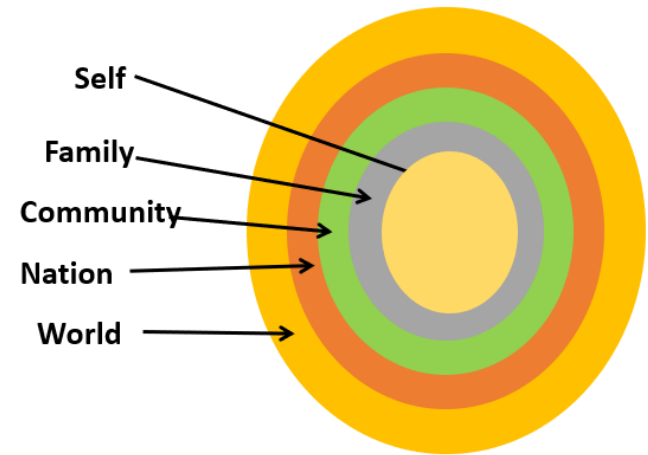
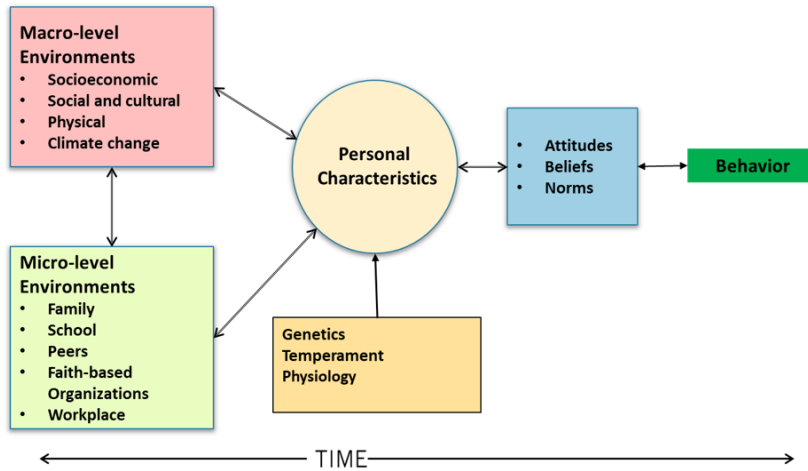
Icebreaker

What would you do if you had an entire day to yourself?



Refresher

Etiology Model

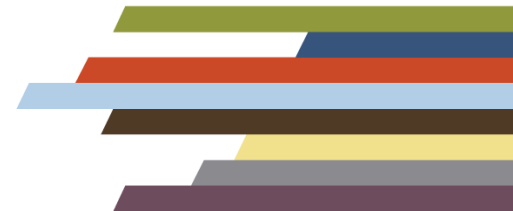


Community-Based Prevention Implementation and Delivery System

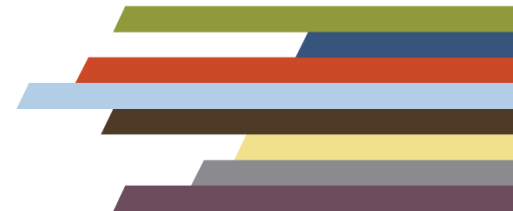


Objectives

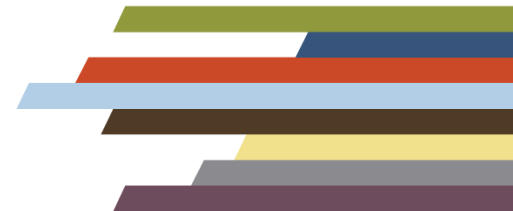
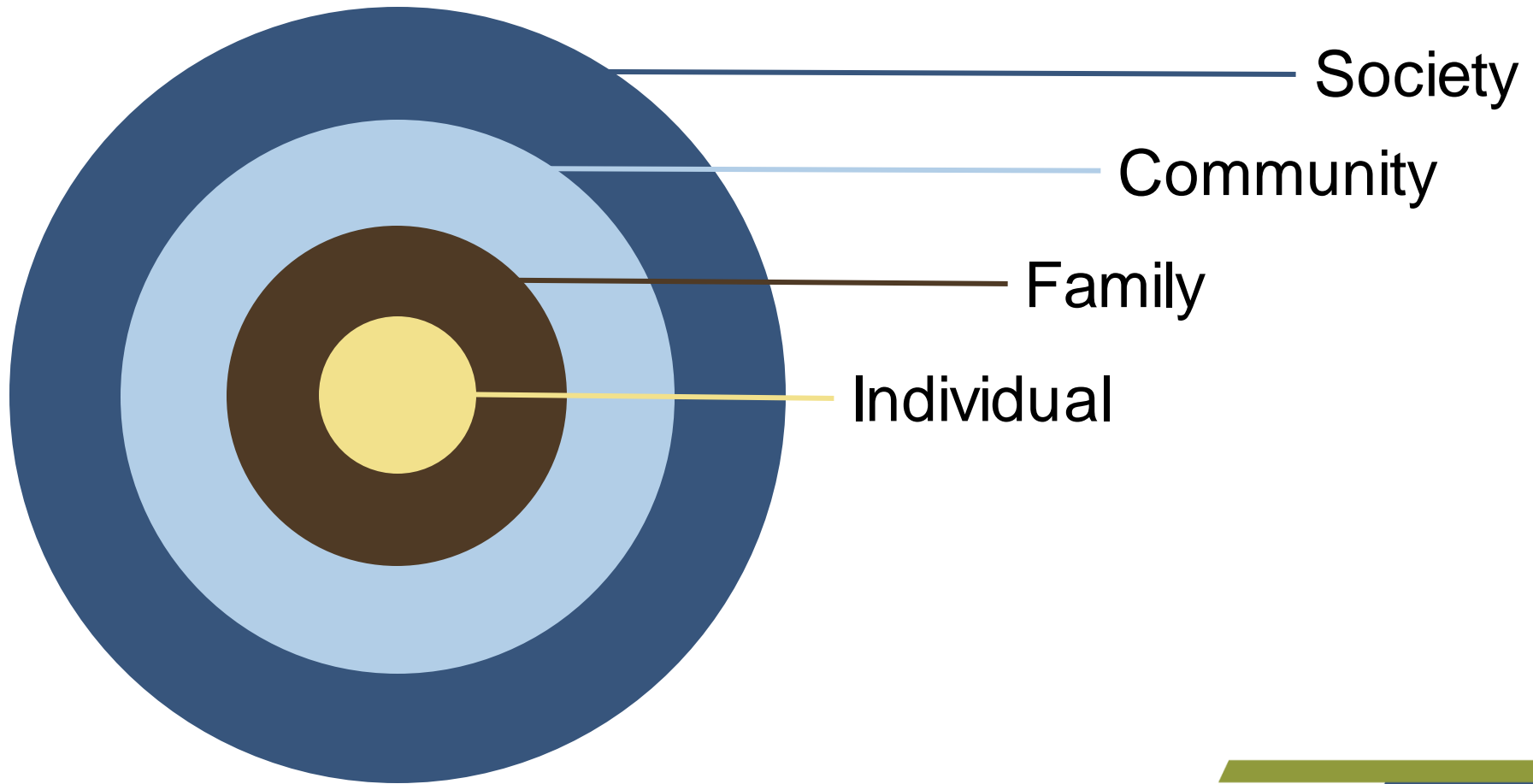
- Describe community-level risk and protective factors
- List systems within a community that can support reducing risk factors and increasing protective factors
- Identify tools that coalitions can use to support systems thinking
- Identify tools that coalitions can use to support systems change



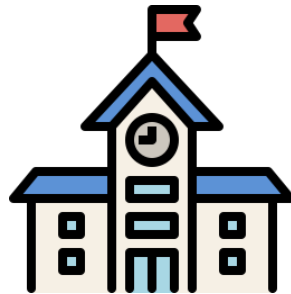
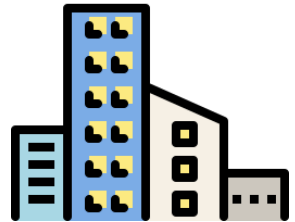
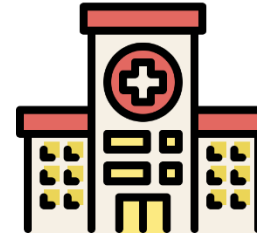
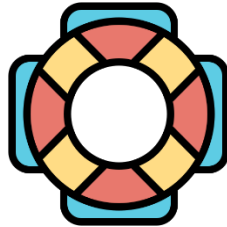
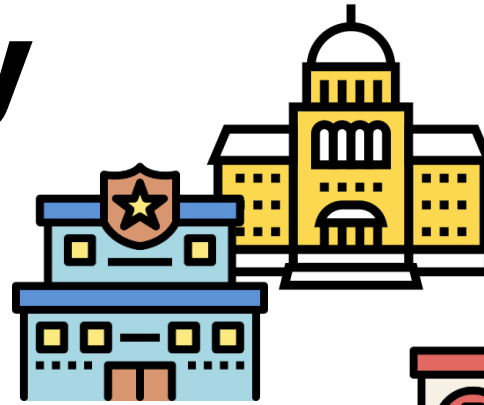
Six Elements of Effective Coalitions



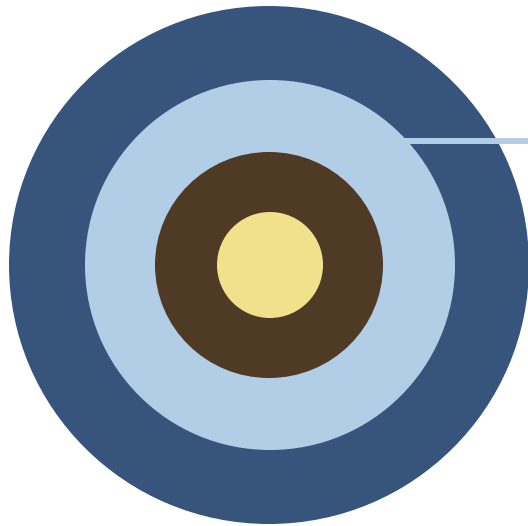
Working at the Community Level



Systems within a Community



Risk & Protective Factors for Substance Misuse

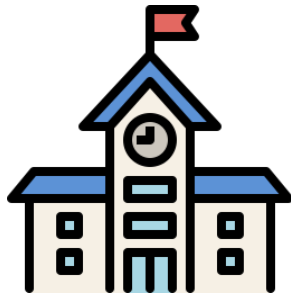
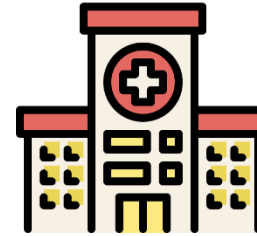
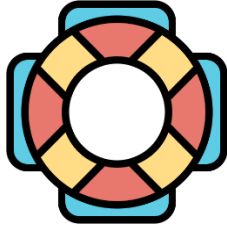
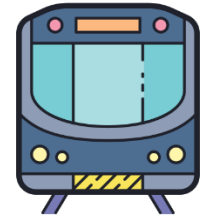
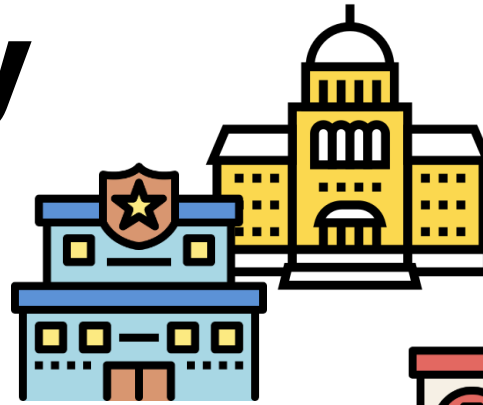


Community



- Low cost/taxation of alcohol, cannabis
- High density of alcohol, cannabis retailers
- Neighborhood poverty
- Violence
- High mobility, low stability
- Faith-based resources
- Afterschool activities

Systems within a Community



Systems within a Community



Regulate Density:

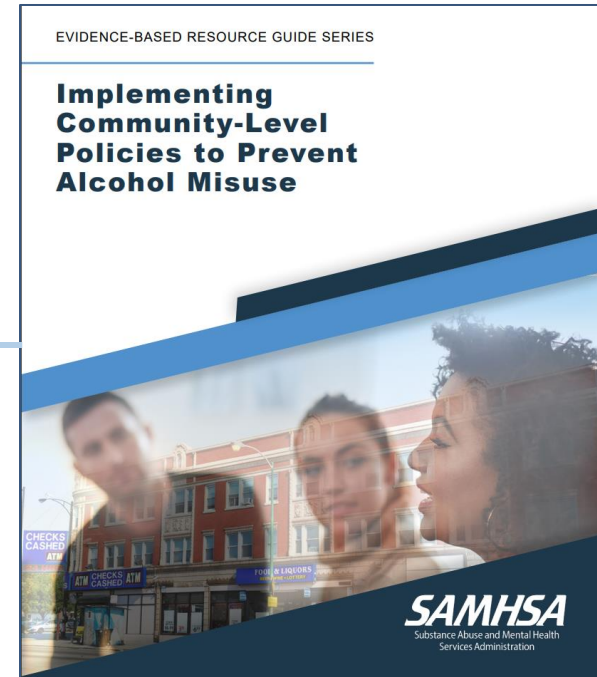
- Licensing
- Zoning

Increase Price:

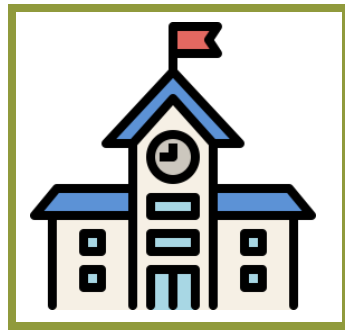
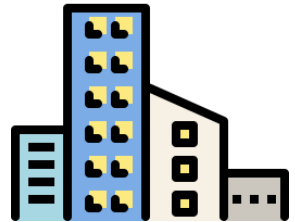
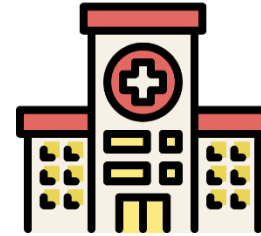
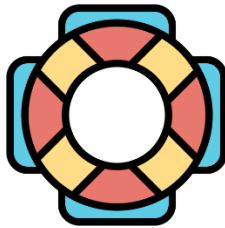
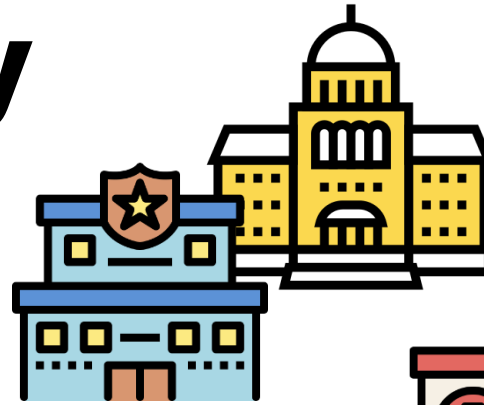
- Taxes
- Limiting price promotions

Decrease Social Marketing:

- Alcohol-free events
- Sober spaces
- Restricting marketing

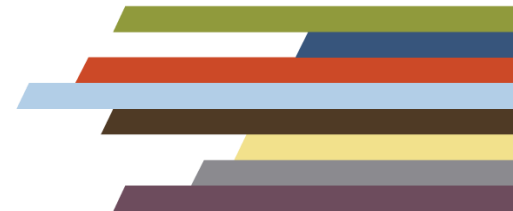


Systems within a Community



Poll

Who is a part of
your coalition?



Resources

SAMHSA
Substance Abuse and Mental Health
Services Administration

Risk and Protective Factors

Assessing the risk and protective factors that contribute to substance use disorders helps practitioners select appropriate interventions.

Many factors influence a person's chance of developing a substance use disorder. Effective prevention focuses on protective factors, that are most closely related to the Strategic Prevention Framework (SPF) and having the greatest impact on their target population.

Risk factors are characteristics at the biological, psychological, and social/cultural level that precede and are associated with the development of a substance use disorder.

Protective factors are characteristics at the biological, psychological, and social/cultural level that precede and are associated with the development of a substance use disorder.

Some risk and protective factors are fixed, while others are considered variable. Risk factors include income level, peer group, adverse life events, and mental health status.

Individual-level risk factors may include genetic predisposition, exposure to alcohol prenatally, and mental health status.

Individual-level protective factors may include social competence, self-efficacy, and mental health status.

Substance Use Disorders Risk and Protective Factors

Key Features of Risk and Protective Factors

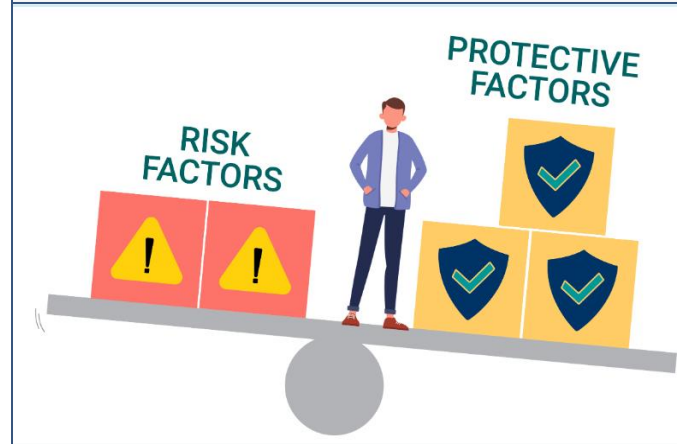
Prevention professionals should consider the following when designing and evaluating prevention programs: protective factors that most impact your target population.

SAMHSA
Substance Abuse and Mental Health
Services Administration

<https://www.samhsa.gov/sites/default/files/20190718-samhsa-risk-protective-factors.pdf>

<https://store.samhsa.gov/sites/default/files/d7/priv/pep19-pl-guide-1.pdf>

Increasing Impact through Comprehensive Substance Misuse Primary Prevention

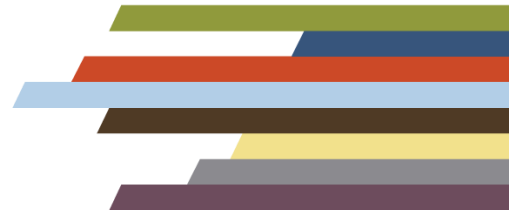


<https://registrations.publichealthpractice.org/Training/Detail/898>

Overview of Prevention Online Module



<https://registrations.publichealthpractice.org/Training/Detail/341>



Where to Focus?

What's the problem?

Why is it occurring?

Prescription drug
misuse

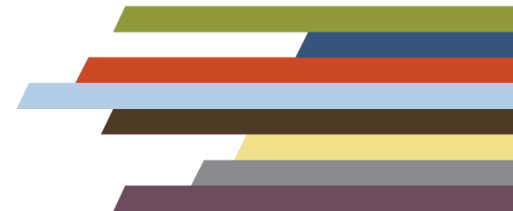
Why?

Why?

Why?

Why?

5 Whys



Where to Focus



Getting to the Root Cause

What's visible

Someone drives home intoxicated



① *What is happening?*

Someone is regularly intoxicated

Stress of no job

Inadequacy,
Identity,
Pride

Getting to the Root Cause

What's visible

EVENT

Binge drinking

① What is happening?

PATTERN/TREND

Higher & rising rates among LGBTQ+ youth

② What has been happening over time?

What's hidden

STRUCTURE

Discriminatory policies that limit expression, access to facilities, health care → poor mental health

③ What's influencing the repeating behavior?

MENTAL MODELS

Binary thinking. Some things are right – others are wrong. Long-standing, sometimes unconscious, beliefs and values.

④ What beliefs stimulate the behavior?

Where to Focus



Resources

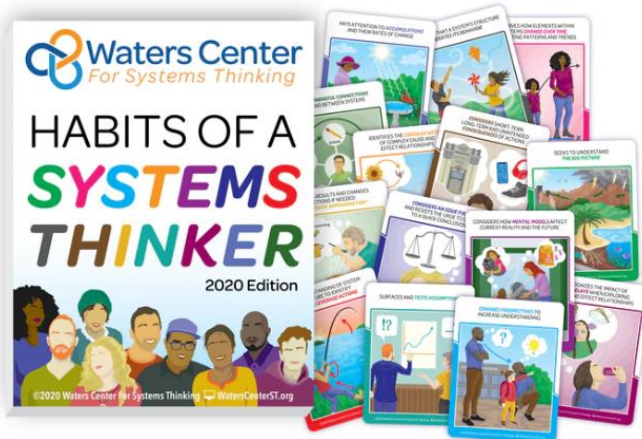


Gamestorming

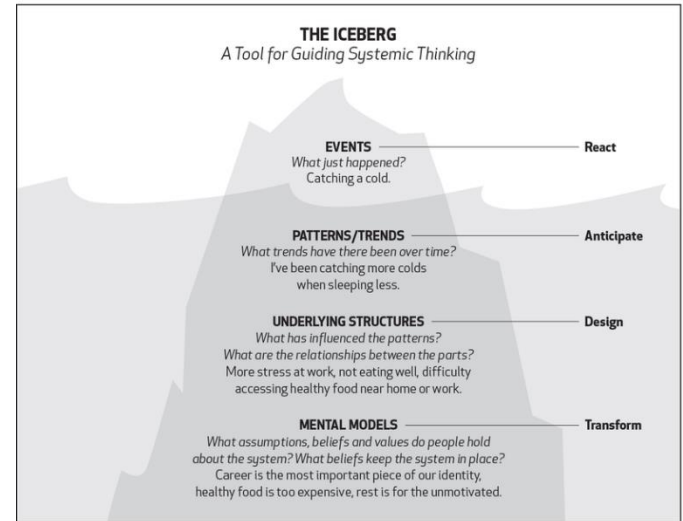
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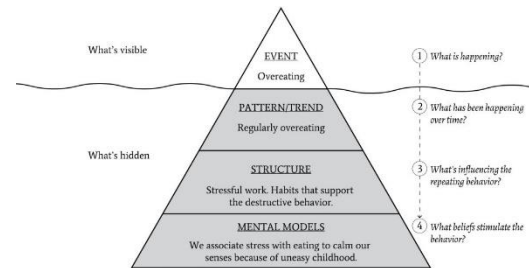
<https://gamestorming.com/the-5-whys/>



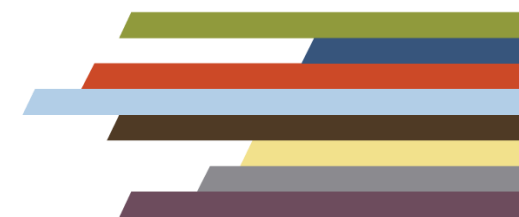
<https://waterscenterst.org/>



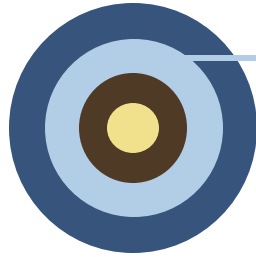
<https://ecochallenge.org/iceberg-model/>



<http://durmonski.com/self-improvement/iceberg-model-systems-thinking/>



Transformation



Community



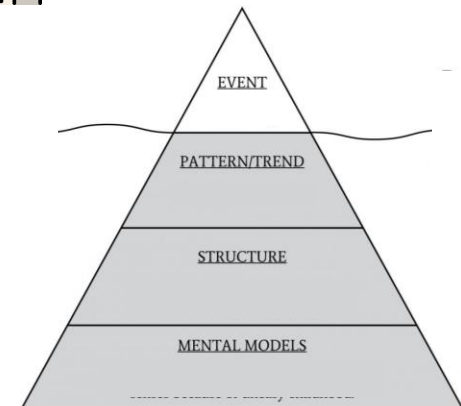
Why?

Why?

Why?

Why?

Why?



Policy, Systems, Environmental Change

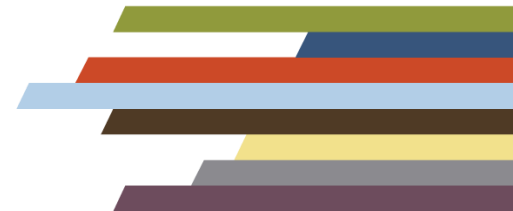
Changes to:

- Laws
- Ordinances
- Policies
- Practices
- Procedures
- Rules



Which:

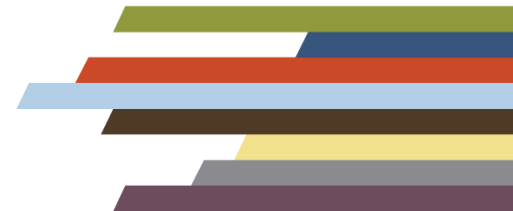
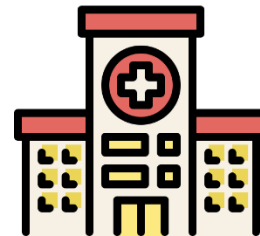
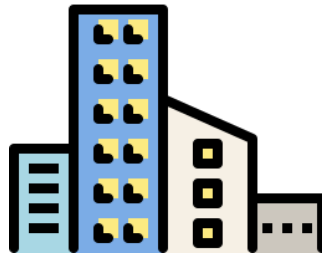
- Affect a community
- Institutionalize change



Policy, Systems, Environmental Change

Changes to:

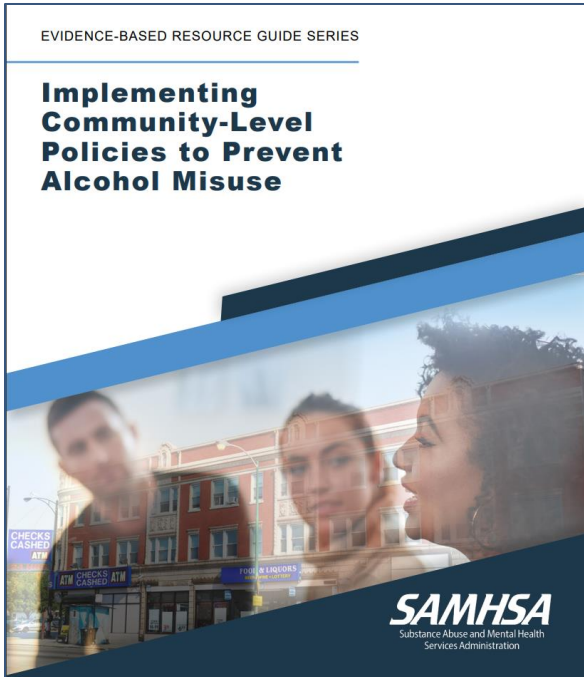
- Laws: Taxing recreational cannabis
- Ordinances: Zoning limiting density of alcohol retailers
- Policies: Employers expand mental health benefit
- Practices: School counselors are trained in SBIRT
- Procedures: FQHC implements a Pain Management Plan when prescribing opioids
- Rules: Festival organizers allow attendees to bring Narcan kits



Resources


EVIDENCE-BASED RESOURCE GUIDE SERIES

Implementing Community-Level Policies to Prevent Alcohol Misuse



SAMHSA
Substance Abuse and Mental Health Services Administration


https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep22-06-01-006.pdf

 The Community Guide www.thecommunityguide.org

WHAT WORKS

Preventing Excessive Alcohol Consumption

Evidence-Based Interventions for Your Community




Excessive alcohol consumption is a risk factor for many health and social problems, contributing to 88,000 deaths each year in the United States.¹ In 2006, the estimated economic cost of excessive drinking in the U.S. was \$223.5 billion.² Drinking too much can cause immediate harm such as injuries from motor vehicle crashes, violence, and alcohol poisoning, and drinking too much over time can cause chronic diseases, such as cancer and heart disease.³

This fact sheet provides proven intervention strategies—including programs and services—for preventing excessive alcohol consumption and related harms. It can help decision makers in both public and private sectors make choices about what intervention strategies are best for their communities. This fact sheet summarizes information in The Guide to Community Preventive Services (The Community Guide), an evidence-based resource of what works in public health. Use the information in this fact sheet to select from the following intervention strategies you can adapt for your community to

- ☒ Reduce excessive alcohol use, including binge drinking and underage drinking.
- ☒ Reduce the risk of chronic conditions such as liver disease, high blood pressure, heart disease, and cancer.
- ☒ Reduce violent crime, motor vehicle injuries, and alcohol-exposed pregnancies.
- ☒ Reduce youth access to alcohol.

The Community Guide provides evidence-based findings and recommendations from the Community Preventive Services Task Force (CPSTF) about community preventive services and programs to improve health. The CPSTF—an independent, nonfederal panel of public health and prevention experts—bases its findings on systematic reviews of the scientific literature. Learn more about The Community Guide and what works to reduce excessive alcohol consumption and related harms by visiting www.thecommunityguide.org/topic/alcohol/index.html.


 Community Preventive Services Task Force

<https://www.thecommunityguide.org/>





County Health Rankings & Roadmaps

Building a Culture of Health, County by County

What Works for Health



Health Behaviors

-  [Alcohol and Drug Use](#)
-  [Diet and Exercise](#)
-  [Sexual Activity](#)
-  [Tobacco Use](#)

<https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>

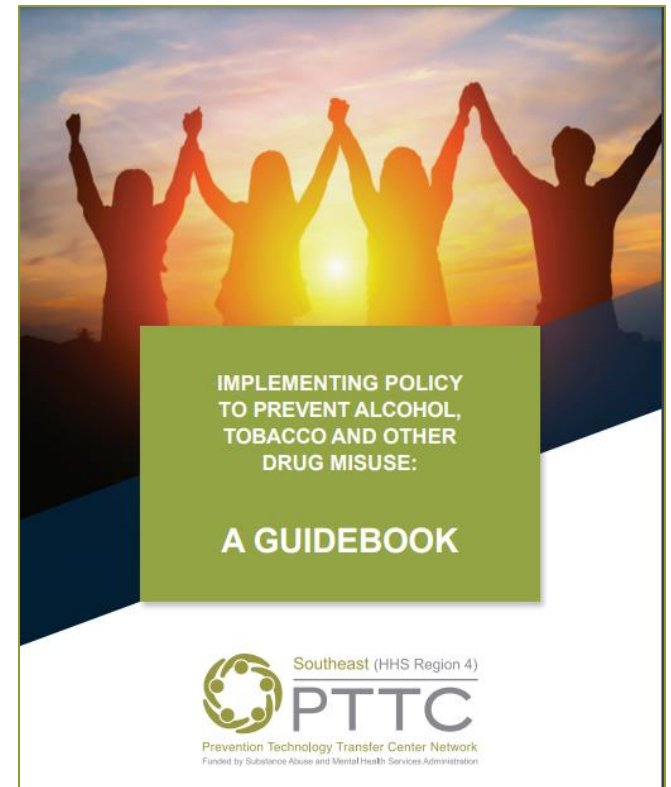
Evidence-Based Policies



Resources

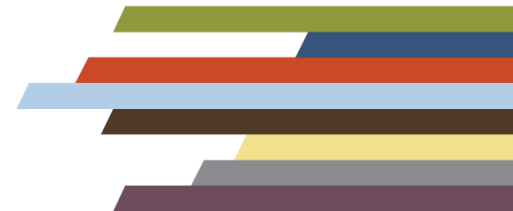


<https://registrations.publichealthpractice.org/Training/Detail/365>

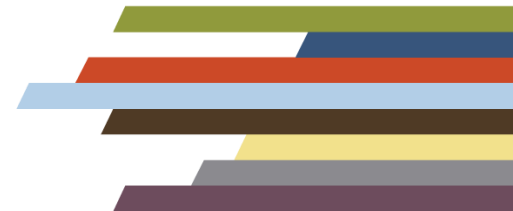


<https://pttcnetwork.org/sites/pttc/files/2022-11/Digital-PTTC%20Preventing%20Substance%20Abuse%20Guidebook.pdf>

PSE Implementation



Six Elements of Effective Coalitions



Questions?

Additional Resources to Share?

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