

Prevention Across the Continuum: A Focus on Universal Prevention Strategies

August 10, 2023

Ashley Bodiford, MPH, MS, CSPS, ICPS

Great Lakes PTTC Consultant

Welcome!

Let's learn about who is in this webinar...

1. Please post in the chat:
 - Your Name
 - Organization
2. Please respond to the poll



Brought To You By...



The Great Lakes ATTC, MHTTC, and PTTC are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) under the following cooperative agreements:

Great Lakes ATTC: 1H79TI080207-03

Great Lakes MHTTC: 1H79SM-081733-01

Great Lakes PTTC: 1H79SP081002-01

Disclaimer

This presentation was prepared for the Great Lakes A/MH/PTTC under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Great Lakes ATTC, MHTTC, and PTTC.

At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D., served as Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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.

A Few Housekeeping Items:

- **Technical Issues:** If you are having technical issues, please individually message **Shannon Cassidy** in the **chat section at the bottom of your screen** and we will be happy to assist you.
- If captions or the live transcript would be helpful, please use your Zoom toolbar near the bottom of your screen to enable by going into the More section > select captions > show captions



A Few More Housekeeping Items

- **Questions for the speaker:** Please put any questions for the speaker in the **chat section** at the bottom of your screen.
- You will be directed to a link to a short survey after this session and we would really appreciate it if you could fill it out. It takes about 3 minutes.
- Certificates of attendance will be sent out via email to all who attended the full session. It can take up to three weeks to receive certificates.



Objectives

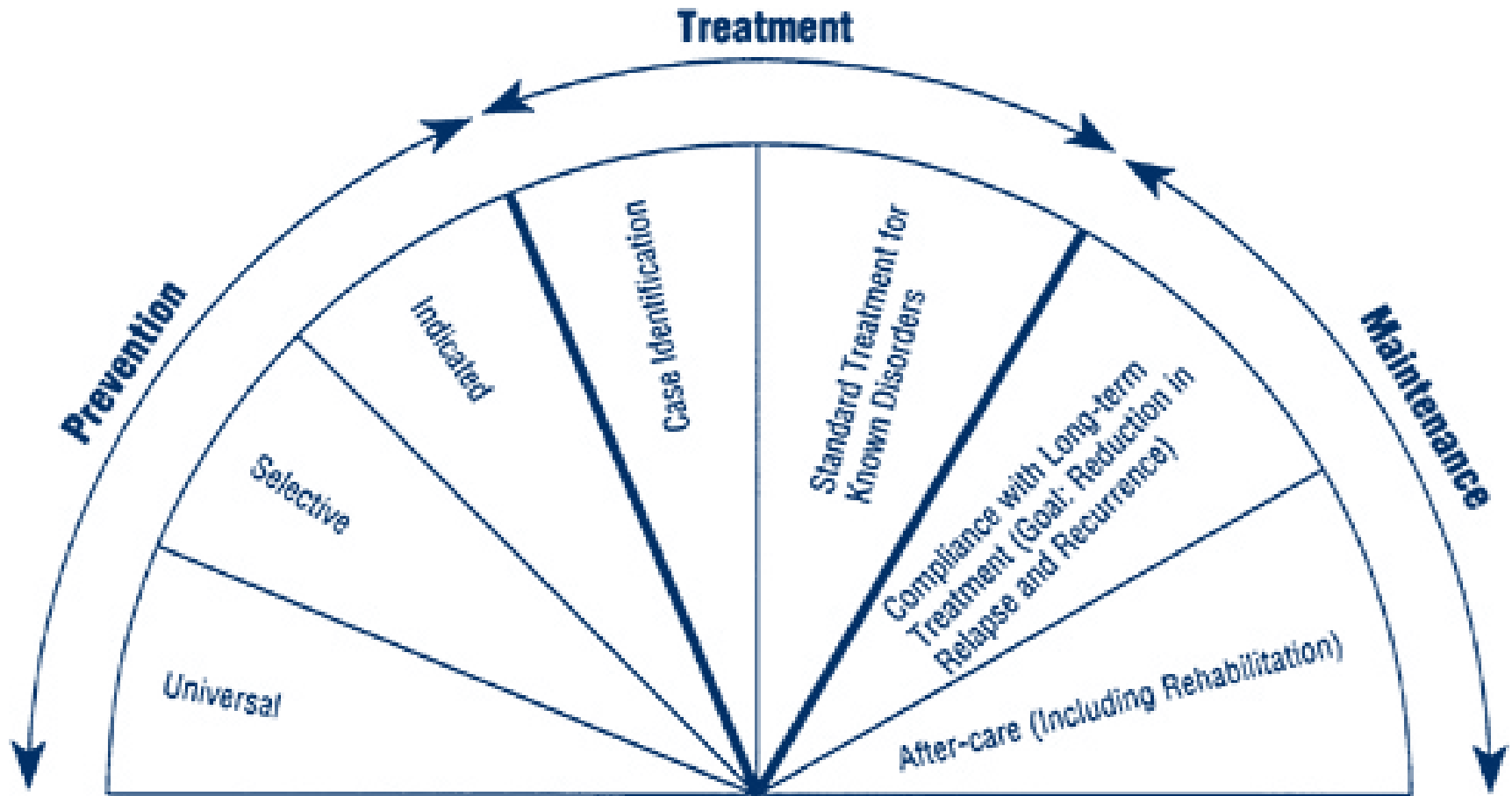
- Describe the Spectrum of Mental, Emotional, and Behavioral (MEB) Interventions
- Explain how the role prevention plays throughout the spectrum
- Identify strategies that would comply with each step of the spectrum

Prevention Evolution, 1994-2018

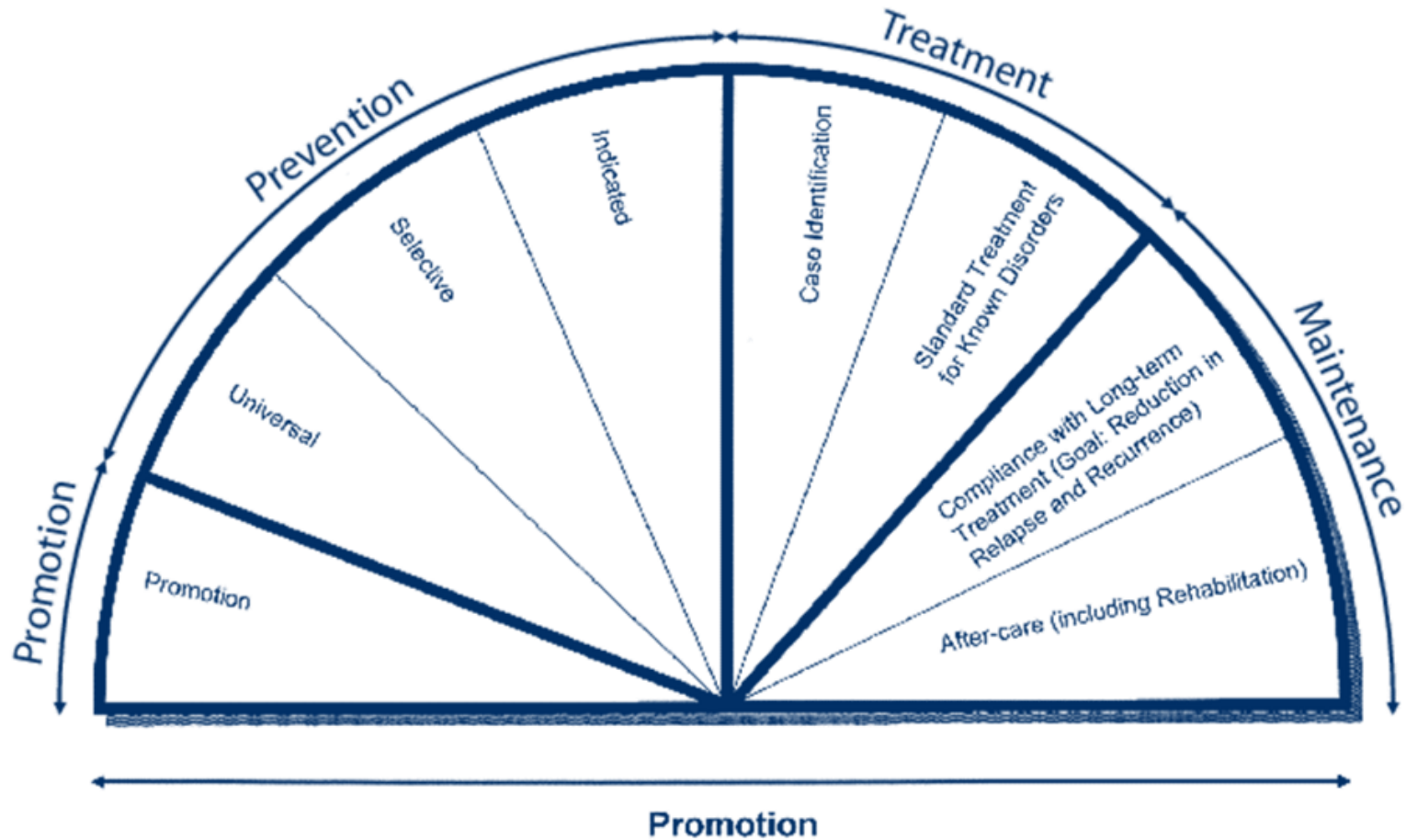
- **In 1994**, the Institute of Medicine (IOM) released its seminal report: “Reducing Risks for Mental Disorders: Frontiers for Preventive and Intervention Research.”
- **In 2009**, the IOM released the “Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities” report demonstrating which demonstrated the number of mental, emotional, and behavioral disorders that are, in fact, preventable



Evolution of the Continuum: 1994



Evolution of the Continuum: 2009

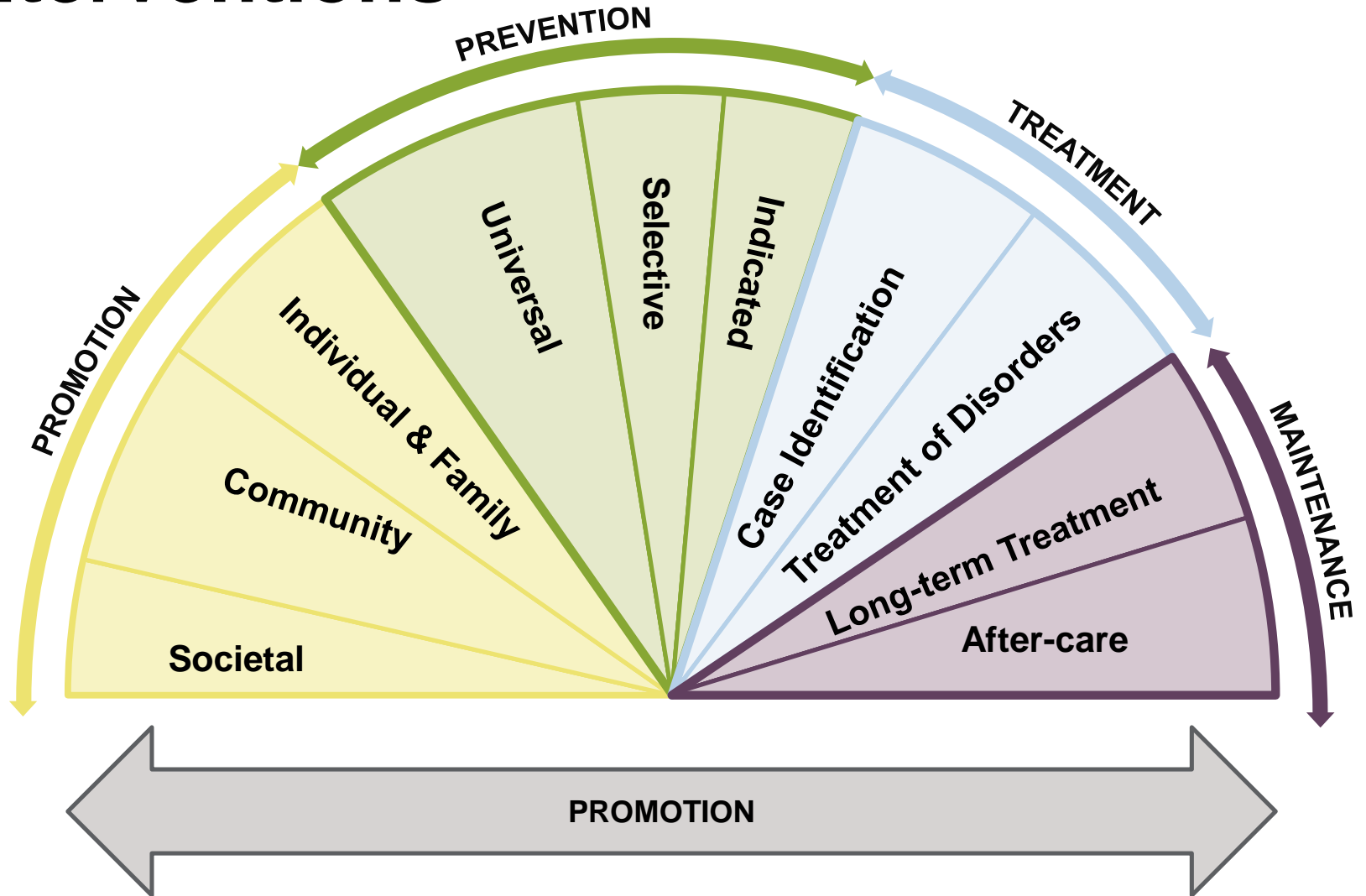


Prevention Evolution, 2019

- **In 2019**, the National Academics of Sciences, Engineering, and Medicine released a third report in this series and continued with the same definition of “Mental, emotional, and behavioral health disorders”



2019: Spectrum of Mental, Emotional, and Behavioral (MEB) Interventions³

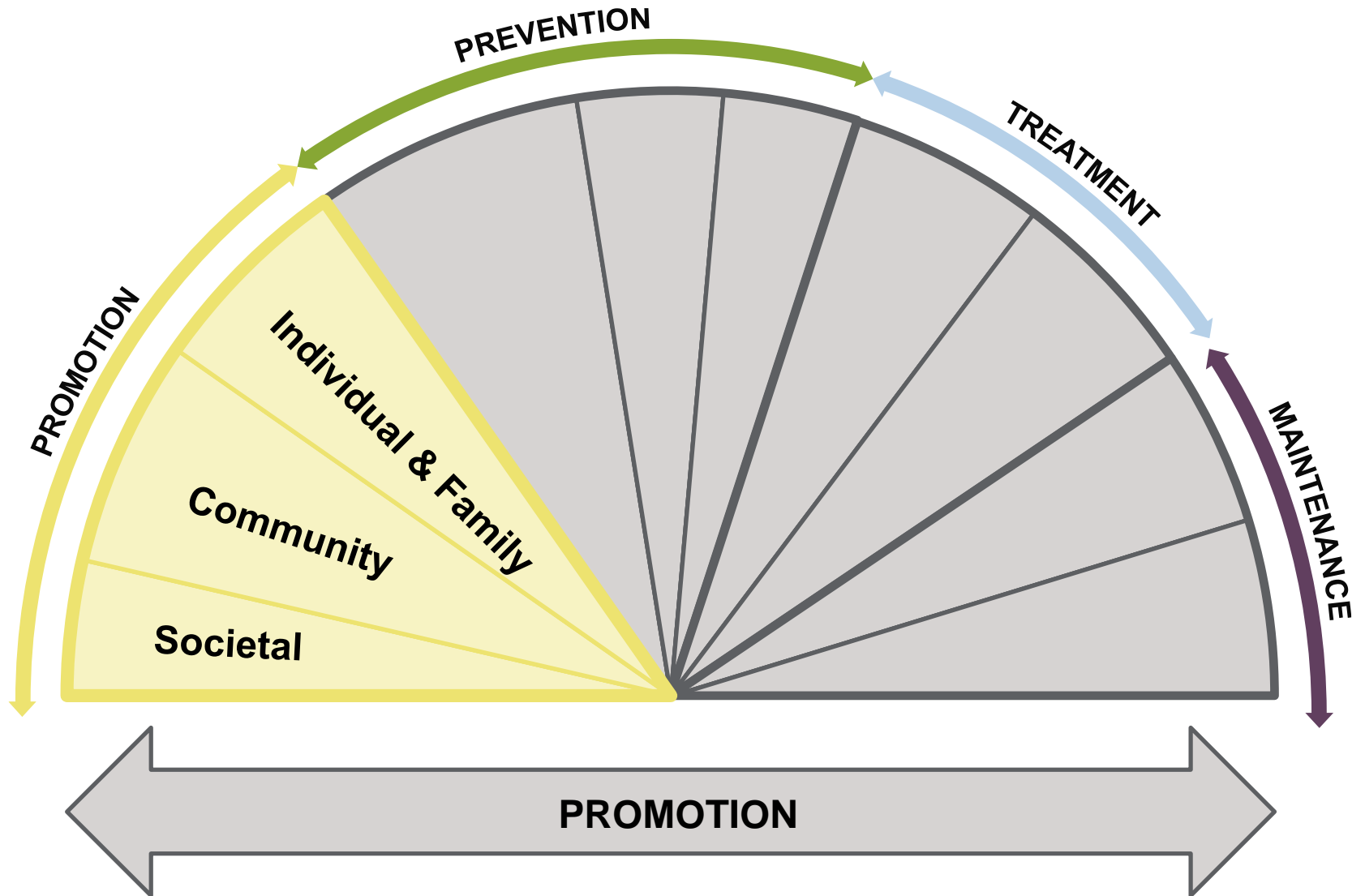


Highlights of the New Spectrum

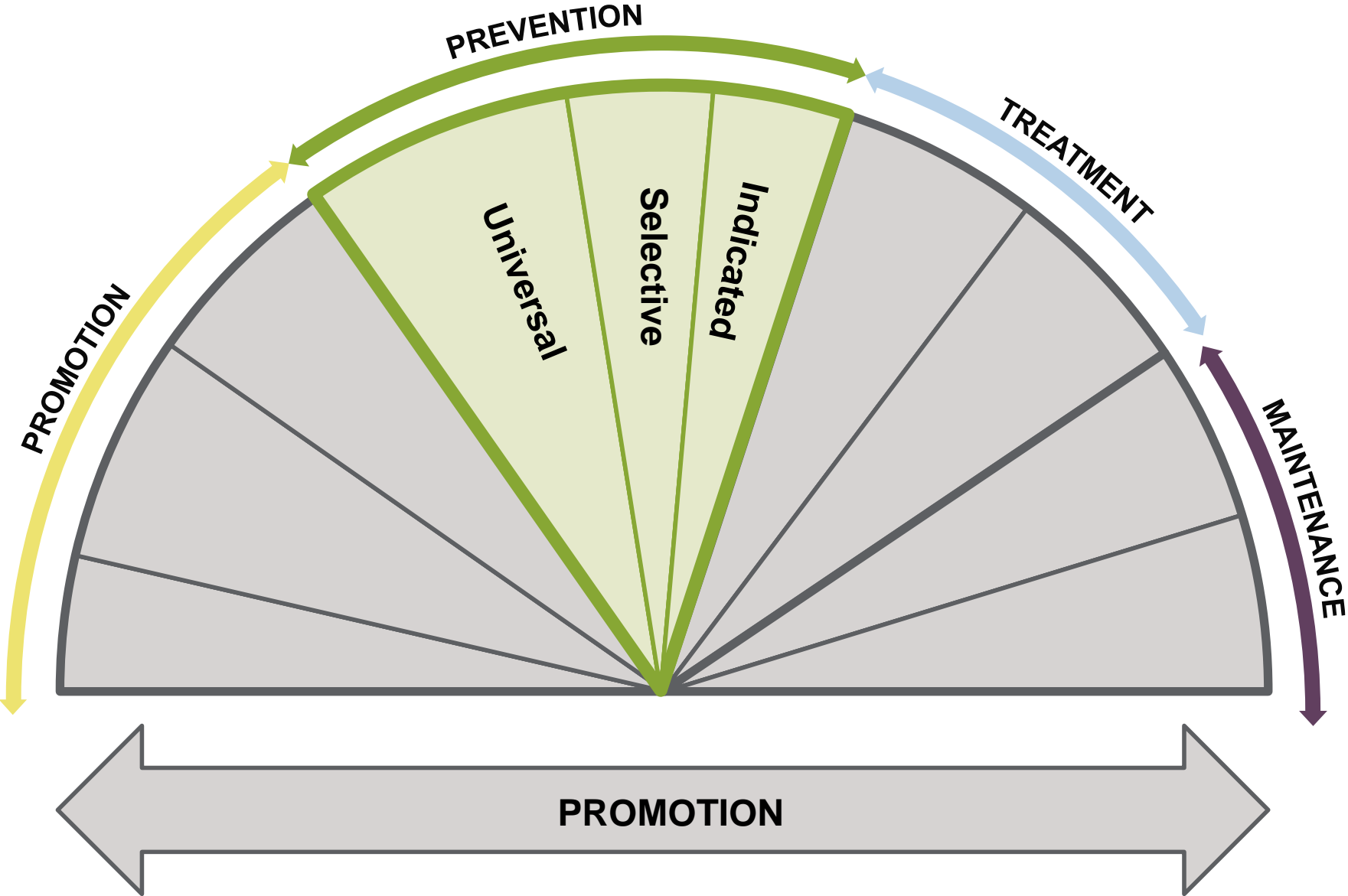
- The spectrum illustrates a focus on a comprehensive approach to prevention.
- The size of the segments have been adjusted to reflect where more interventions should be focused.
- Promotion has been divided into 3 segments:
 - Societal promotion
 - Community promotion
 - Individual and family promotion



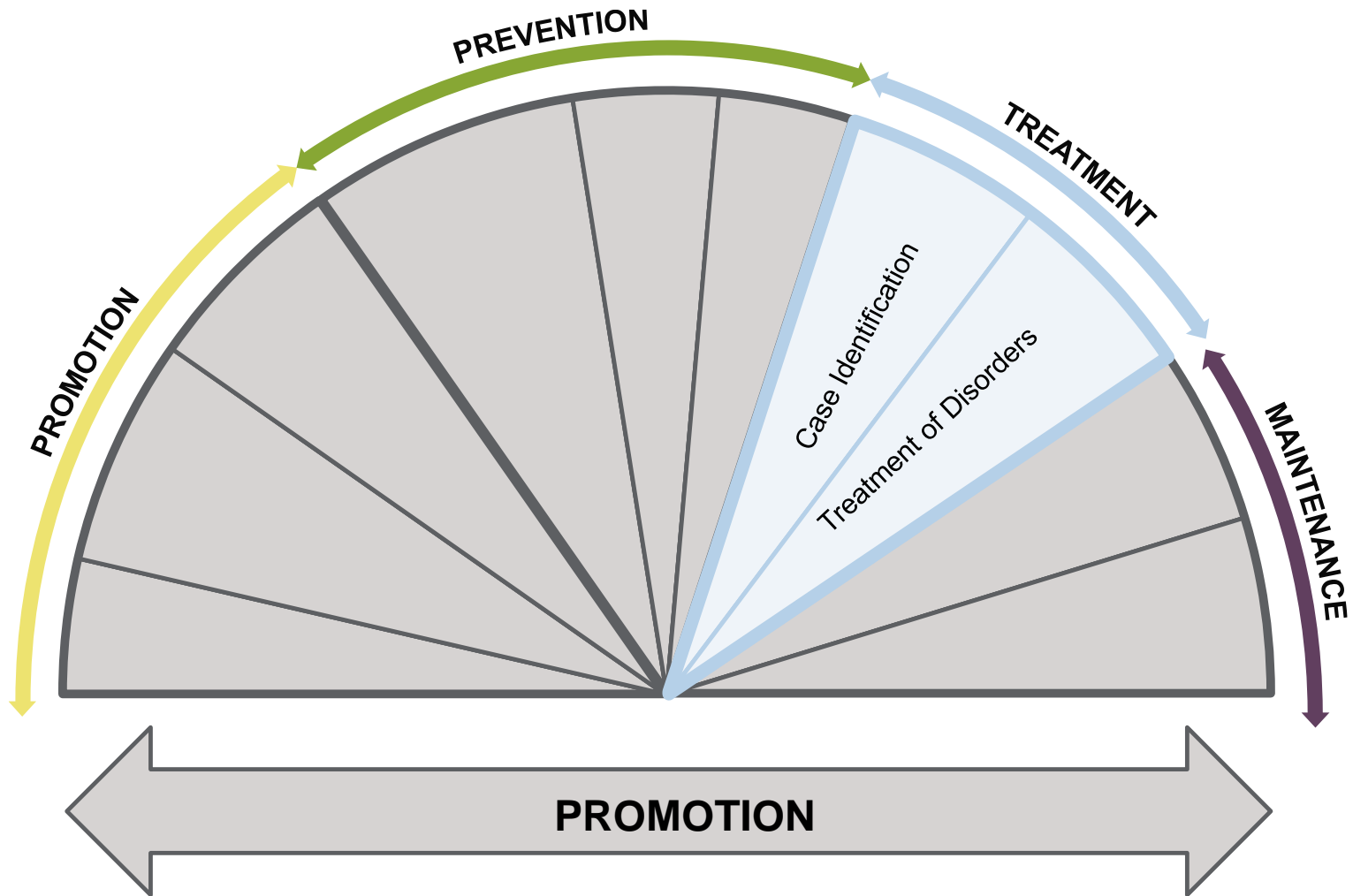
Promotion^{3,4,5}



Prevention^{2,5}



Treatment²



Examples of Strategies

Universal Strategies

- Education for physicians on prescription drug misuse
- Skill-based educational curriculum for all middle school students

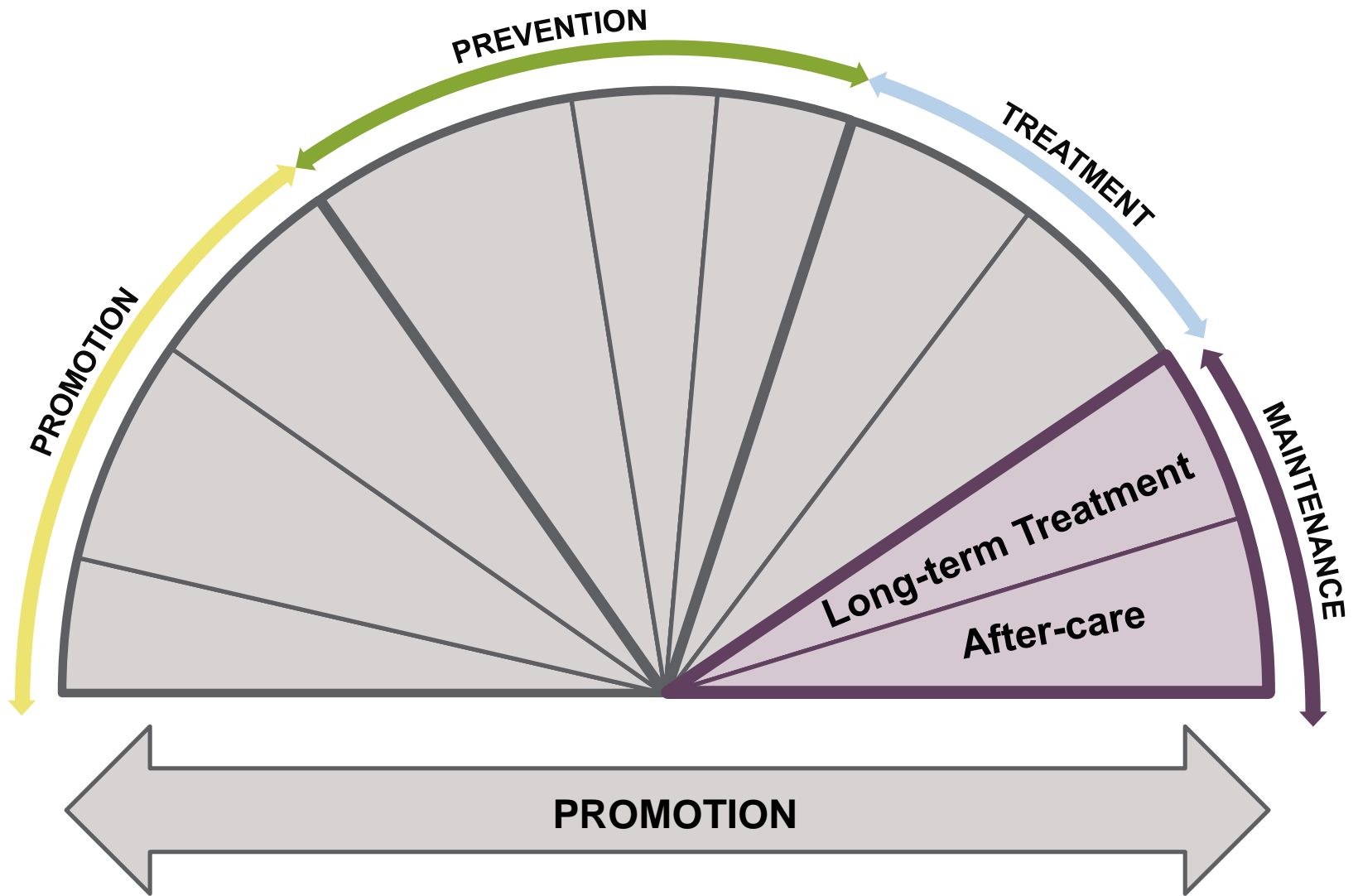
Selective Strategies

- Prevention education for new immigrant families living in poverty
- Peer support groups for care givers with a substance use disorder
- Educational curriculum for students with one or more parent incarcerated

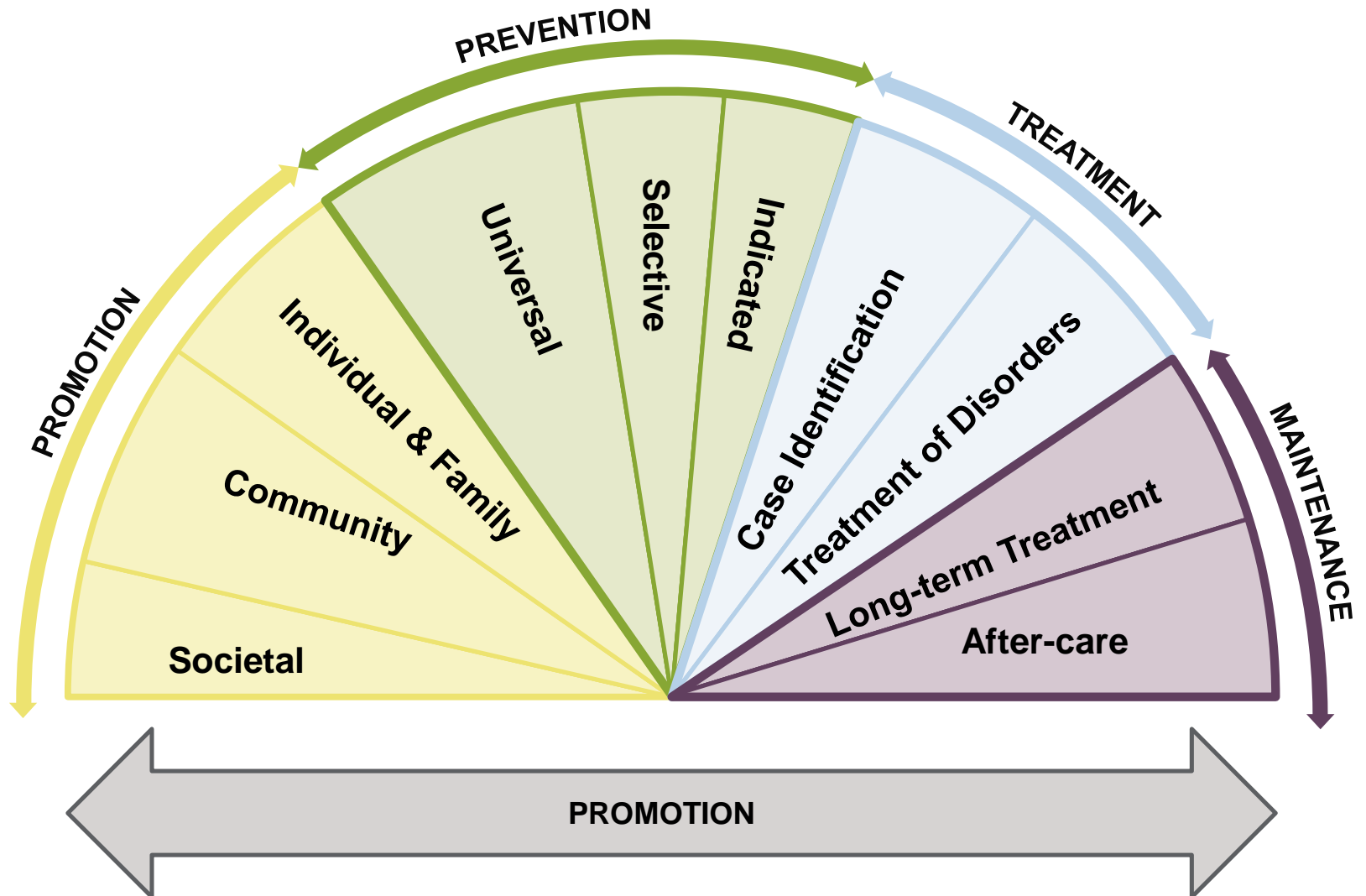
Indicated Prevention

- Information and referral for young adults who violate campus or community policies on alcohol and drugs
- Screening, consultation, and referral for families of older adults admitted to emergency rooms with potential alcohol-related injuries

Maintenance^{2,6,7}



Spectrum of MEB Interventions³





A Focus on Universal Prevention

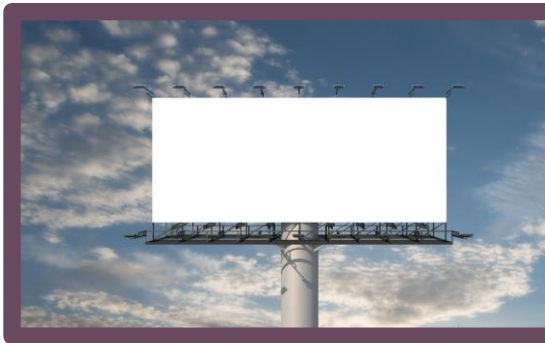
Defining Universal Prevention

- Address the entire population (national, local community, school, etc.)
- Messages and programs aimed at preventing or delaying the misuse of alcohol, tobacco, and other drugs.
- This includes the general population and subgroups. For example:
 - Senior citizens
 - Adolescents
 - Women



Universal Indirect Strategies

- These interventions support population-based programs and environmental strategies. For example:
 - Establishing local alcohol policies
 - Modifying advertising policies
 - Communicating accurate social norms on the use of ATOD



Additional Strategy Examples

- Strategies involving programs and policies implemented by coalitions
- Legislative practices, such as community-level ordinances or policy change
- Local school policy creation or updates, for example, discipline policies being restructured to allow opportunities for education versus suspension/expulsion



What Makes a Strategy Evidence Based?

Evidence-based policies and practices should be:

- Conceptually sound
- Internally consistent
- Include implementation guidelines
- Proof of effectiveness in multiple settings
- Found in a registry of strategies

Substance Misuse Prevention Registries

- Blueprints for Healthy Youth Development
- College Alcohol Intervention Matrix
- Office of Juvenile Justice and Delinquency Prevention's Model Programs Guide
- The Community Guide
- Washington State's Excellence in Prevention Strategy List
- What Works Clearinghouse
- WYSAC Environmental Strategies Tool



Poll Question

How comfortable are you using evidence-based registries to determine strategies that will be implemented in their communities?

1. I am an expert
2. I do it all the time
3. I can figure it out
4. I try to avoid it
5. What is a registry?



Supporting the Spectrum with Universal Prevention

Universal prevention can support both the treatment and maintenance work of the spectrum. For example:

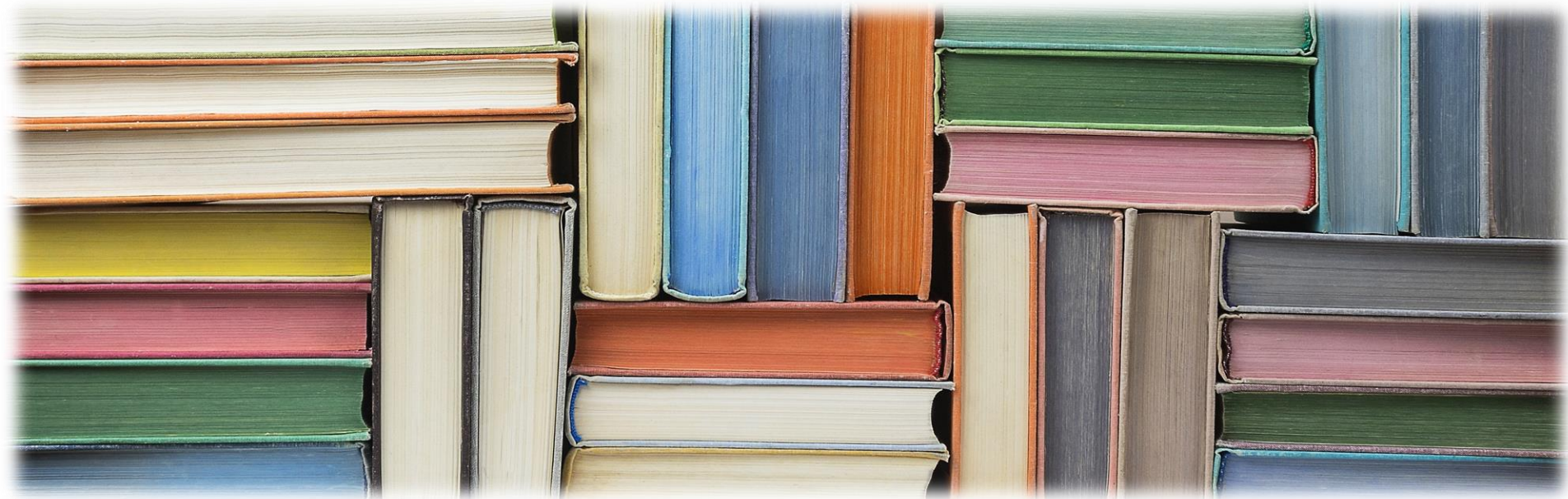
- Strong laws and policies restricting alcohol sales can benefit individuals both in treatment and recovery.
- Changing community norms around the consumption of alcohol create environments supportive of community members in recovery.

Role of Prevention Professionals



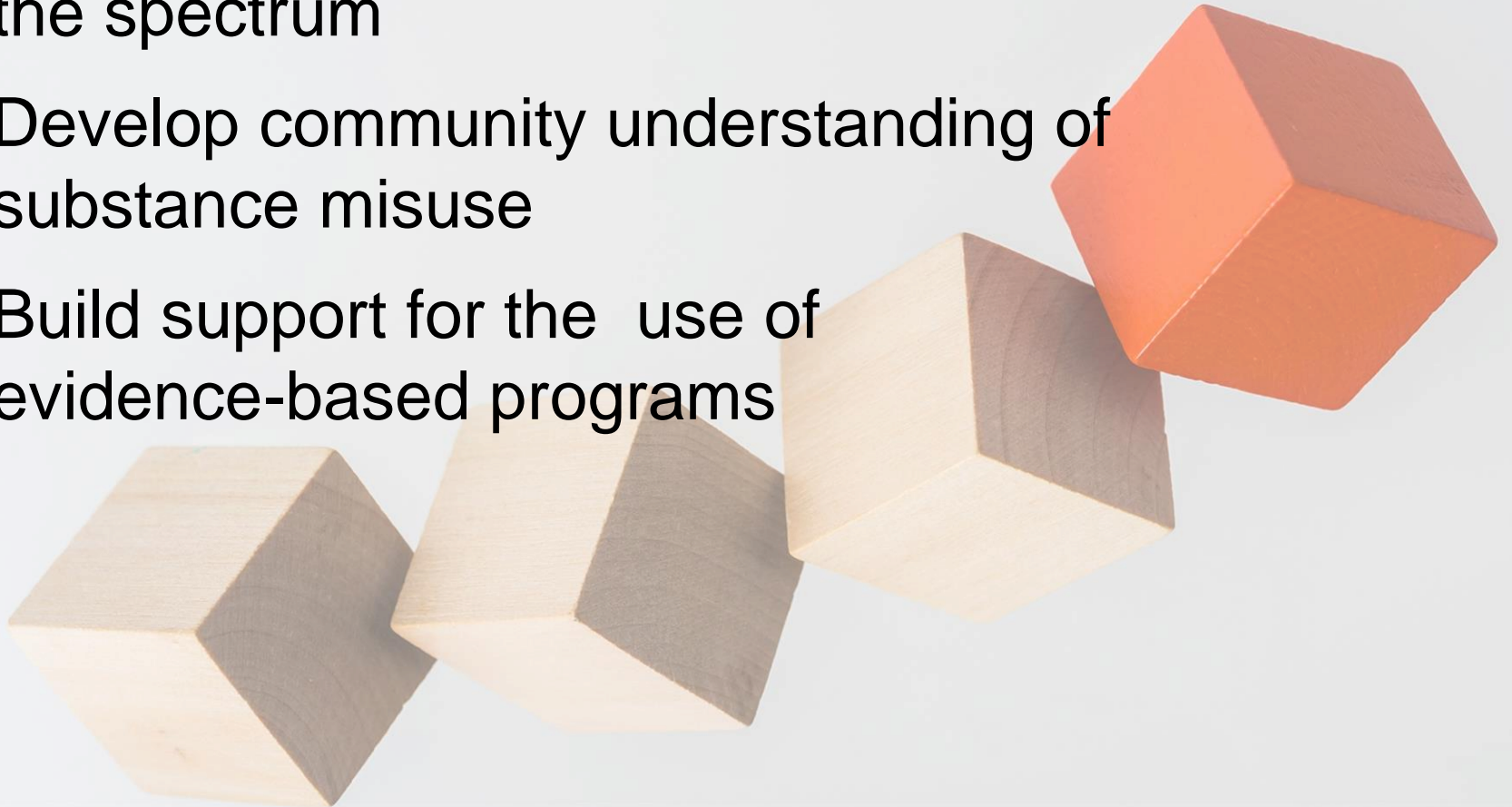
Key Knowledge Base

- Well versed on the spectrum
- A knowledge base of evidence-based strategies for specific populations
- A strong understanding of how communities can reach various population



Community Capacity Building

- Bring together leaders and community partners to build support for the role of prevention throughout the spectrum
- Develop community understanding of substance misuse
- Build support for the use of evidence-based programs



Prevention Professionals In Action

- Collect, review, and analyze data to determine the need for universal strategies
- Identify evidence-based universal strategies that address identified use patterns and risk factors based in data
- Provide guidance to communities on strategies for populations at various levels of risk



Questions?



Join Us!

Understanding and Implementing *Selective* Prevention Strategies

August 23 from 9:30 - 11:00 CT

Understanding and Implementing *Indicated* Prevention Strategies

August 31 from 9:30 - 11:00 CT



More Upcoming Great Lakes PTTC Trainings

<https://tinyurl.com/GLPTTCevents>

- **Effective Group Facilitation Skills for Prevention Professionals**
August 24 from 10-1:00 CT - **FULL**
- **Engaging Youth in Substance Misuse Prevention Programs**
August 29 from 10-1:00 CT - **FULL**
- **Telling the Story: What Do You Know About Underage Drinking in Your State?** August 30 from 10-11:30 CT
- **The Importance of Advocacy for Prevention: What It is and Tips for Conducting It**
September 20 from 11-12:30 CT



Please Complete the Survey



<https://ttc-gpra.org/P?s=664415>

Your feedback is important to us!

References

- ¹Institute of Medicine (1994). ***Reducing Risks for Mental Disorders: Frontiers for Preventive Intervention Research***. Washington, DC: National Academies Press.
- ²National Research Council and Institute of Medicine. (2009). ***Preventing Mental, Emotional, and Behavioral Disorders among Young People: Progress and Possibilities***. Washington, DC: National Academies Press.
- ³National 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>.
- ⁴World Health Organization. (n.d.) ***Health promotion*** [[Website](#)].

Additional References

- ⁵National Prevention Council. (2011). ***National Prevention Strategy: America's Plan for Better Health and Wellness.*** Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General.
- ⁶Compton, M. T. (2009). ***Clinical Manual of Prevention in Mental Health*** (1st ed.). Arlington, VA: American Psychiatric Publishing, Inc.
- ⁷Substance Abuse and Mental Health Services Administration. (2012). **SAMHSA's Working Definition of Recovery.** Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved from <http://store.samhsa.gov/product/SAMHSA-s-Working-Definition-of-Recovery/PEP12-RECDEF>