

Understanding and Implementing Indicated Prevention Strategies

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Welcome!

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

Please post in the chat:

- Your Name
- Organization



Brought To You By...



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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

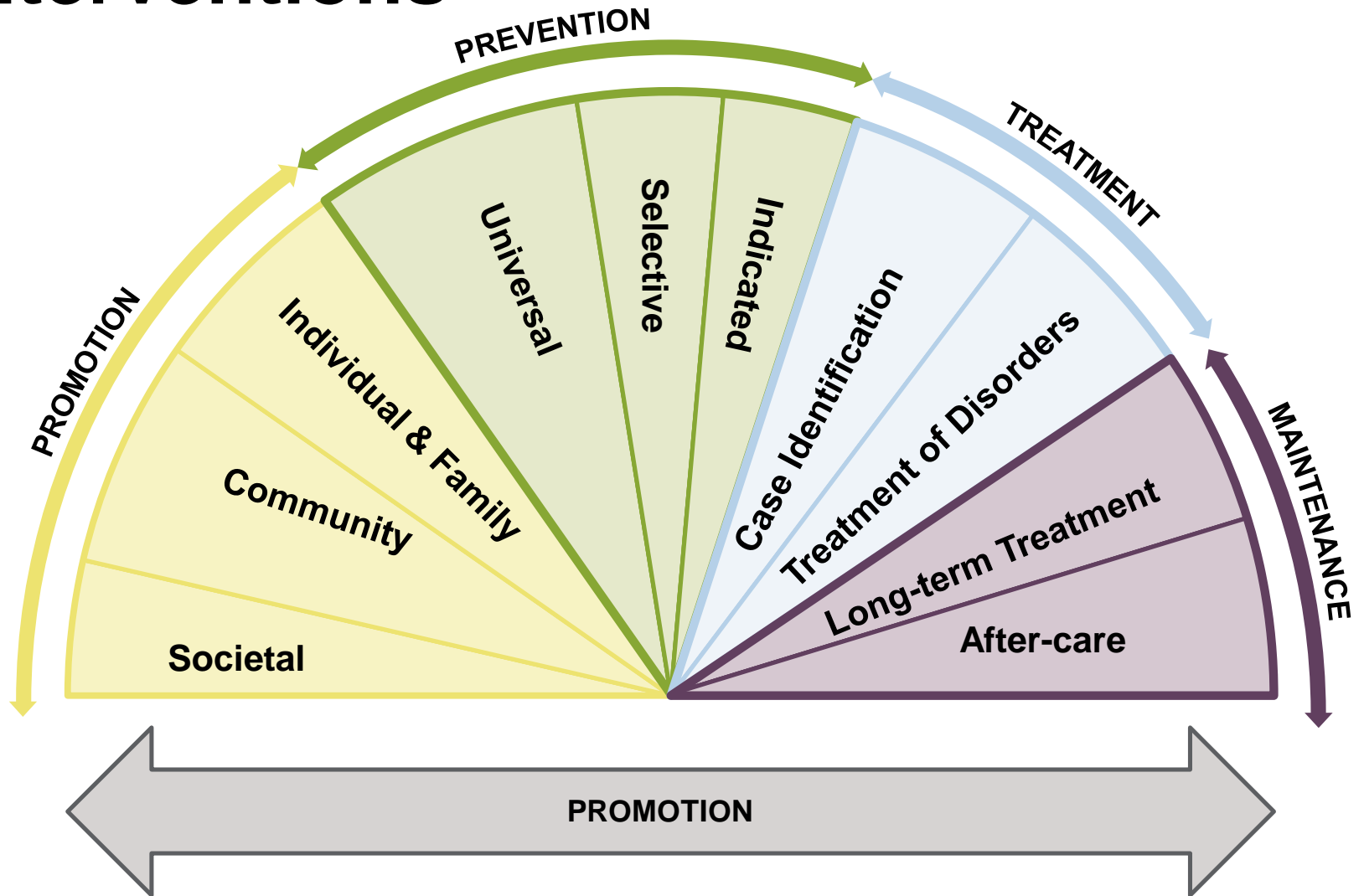
- **Questions for the speaker:** Please put any questions for the speaker in the **chat section** at the bottom of your screen.
- You will be directed to a link to a short survey after this session and we would really appreciate it if you could fill it out. It takes about 3 minutes.
- Certificates of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



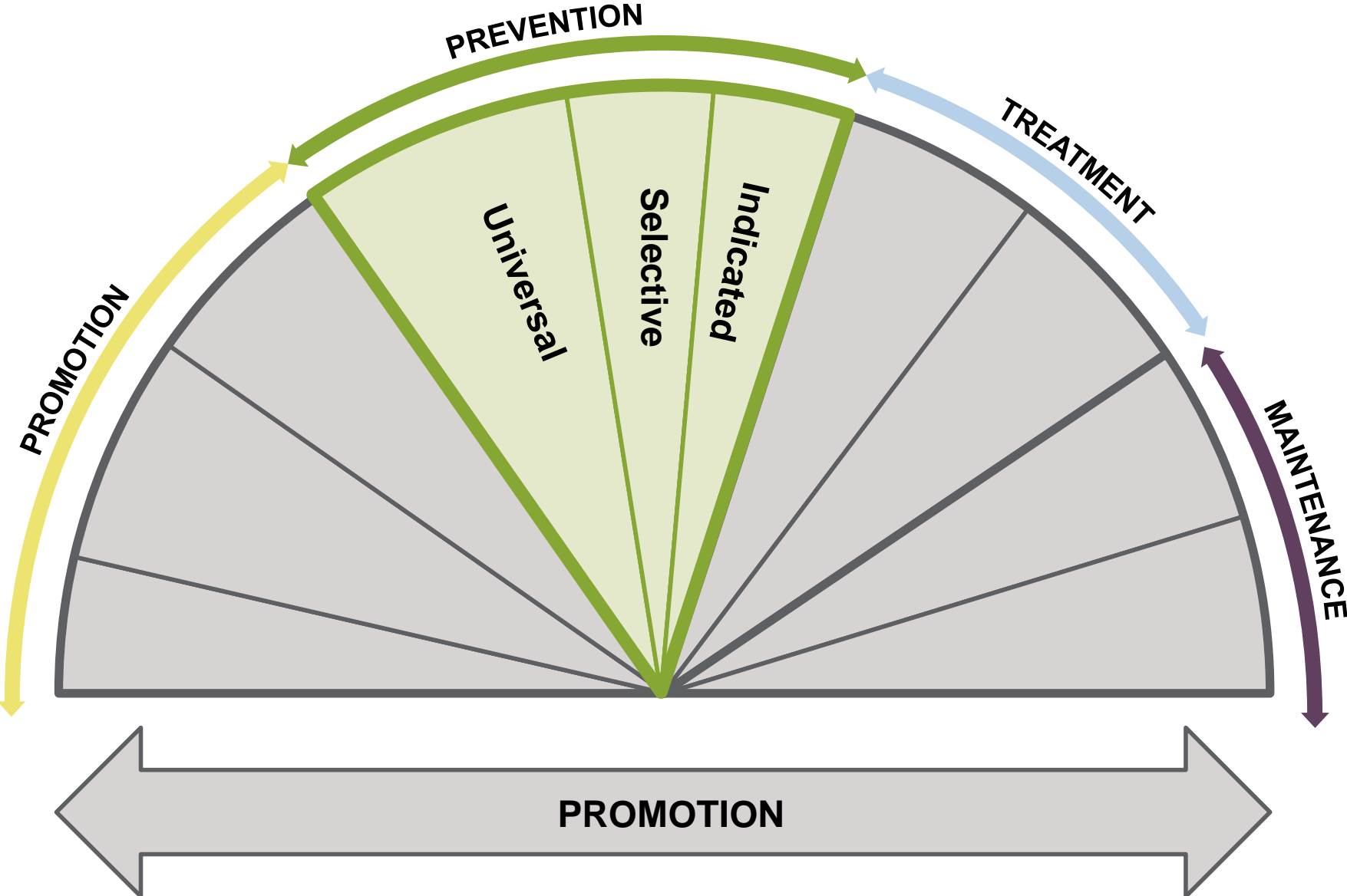
Objectives

- Explain what indicated prevention entails
- Describe indicated prevention to partners
- Understand how to effectively implement indicated prevention strategies while maintaining fidelity

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



Prevention



Understanding Indicated Prevention



Defining Indicated Prevention

Indicated prevention strategies focus on **individuals** who are exhibiting **early signs of substance misuse**, other **problem behaviors**, and provide them with special programs



Defining Indicated Prevention, Continued

- Designed to prevent the onset of substance misuse in individuals who do not meet DSM-IV criteria for substance use disorders (SUDs)
- Individuals are exhibiting substance misuse-like behavior, but at a subclinical level (IOM 1994)
- Indicated prevention approaches are used for individuals who exhibit risk factors that increase their chances of developing a SUD

Focus of Indicated Prevention Programs

Not only the reduction in first-time substance misuse, but also:

- Reduction in the length of time the signs continue
- Delay of onset of substance misuse
- Reduction in the severity of substance misuse



Indicated Prevention Programs

- Less emphasis is placed on assessing or addressing environmental influences.
- Programs address risk factors associated with the individual, such as:
 - Conduct disorders
 - Alienation from parents
 - Alienation from school
 - Alienation from positive peer groups

Indicated Prevention and Risk Factors

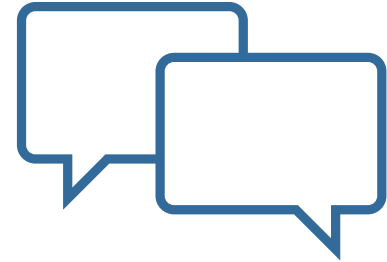
Indicated prevention programs are used for individuals who may or may not be misusing substances, but exhibit risk factors such as:

- School failure
- Interpersonal social problems
- Delinquency and other antisocial behaviors
- Psychological problems such as depression
- Suicidal behavior that increases their chances of developing a drug abuse problem



Effective Implementation of Indicated Strategies

Please Share...



Please post in the chat your responses:

1. How frequently are you implementing indicated strategies in your communities?
2. What common barriers have you identified when implementing indicated prevention strategies?

Selection Criteria

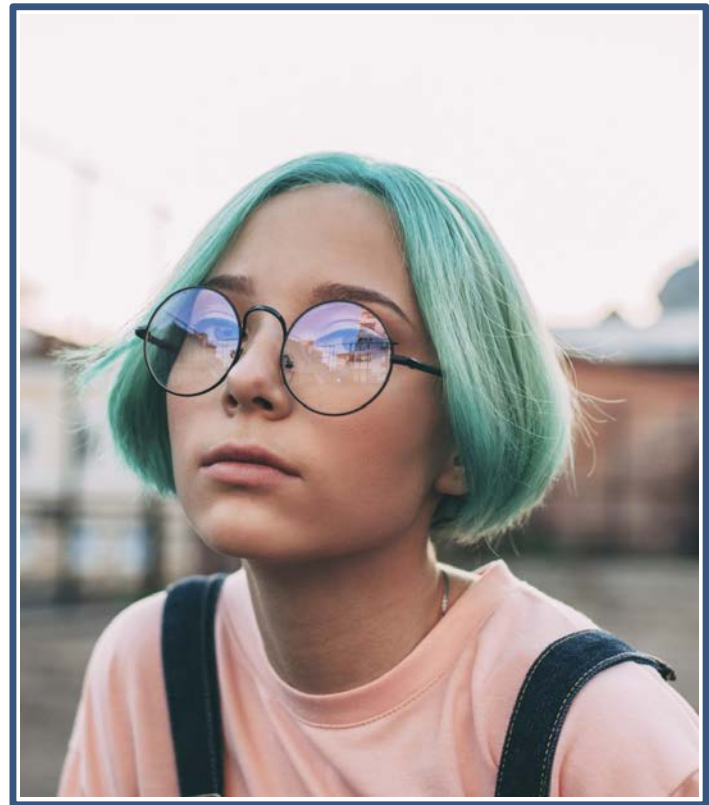
The program or practice effectively addresses the following:

- The priority substance misuse problem
- Associated risk factors
- Associated protective factors
- Is a good fit for the specific community

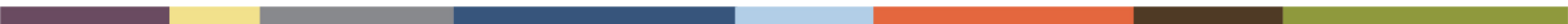
Identification of Individuals

Individuals can be referred to indicated prevention programs by:

- Parents
- Teachers
- School counselors
- School nurses
- Youth workers
- Friends
- Judicial system (courts)



Challenges of Indicated Strategies

- Require a precise assessment of an individual's personal risk and level of related problem behaviors
 - Programs are frequently extensive and highly intensive, operate for longer periods of time, at a greater frequency of contact, and require greater effort on the part of participants
 - Programs require highly skilled staff who have training, and other skills
- 

Maintaining Fidelity

- **Fidelity:** The degree to which a program or practice is implemented as intended.
- **Adaptation:** Describes how much, and in which ways, a program or practice is changed to meet local circumstances.



Questions?



More Upcoming Great Lakes PTTC Trainings

<https://tinyurl.com/GLPTTCevents>

- **The Importance of Advocacy for Prevention: What It is and Tips for Conducting It**
September 20 from 11-12:30 CT
- **What Makes Them Stay: Help Write the Playbook for Prevention Workforce Retention**
October 5, 10-11:30 CT
- **Prevention with Immigrants, Refugees, and Asylum Seekers**
October 12, 10-11:30 CT
(Registration opening soon)
- **Virtual SAPST** – Applications open soon for preventionists in Region 5 (IL, IN, MI, MN, OH, WI)
November 6, 9, 13, and 16



Prevention Portal

Prevention Learning Portal

This portal was designed to provide substance misuse prevention practitioners in the Great Lakes region with easy access to high quality, accurate information to assist them in planning, implementing, and evaluating their prevention efforts. It will continue to grow with new topics added over time. Click on the images below to learn more about each topic.



Spectrum of MEB Interventions

Evidence-based Prevention

Coalition Basics

What Does NOT Work in Prevention

Health Equity and Social Determinants of Health

The Role of Prevention in Harm Reduction Efforts

Strategic Prevention Framework

SPF Step 1: Assessment

SPF Step 2: Capacity

SPF Step 3: Planning

SPF Step 4: Implementation

SPF Step 5: Evaluation

Content of Each Portal Page



What is it?




Learn about it.



Take action.

GREAT LAKES PTTC NAVIGATION (Select to expand / collapse menu) Go to Center


Spectrum of MEB Interventions

 What is it?

The Spectrum of Mental, Emotional, and Behavioral (MEB) Interventions is a classification system that presents the continuum of behavioral health services. The prevention portion of the spectrum includes the classifications of universal, selective, and indicated interventions.


Video: [Prevention Primer: Spectrum of MEB Interventions](#)
A short overview by the Great Lakes PTTC of the Spectrum of Mental, Emotional, and Behavioral Interventions.

Graphic: [Spectrum of MEB Interventions](#)
Visual representation of the 2019 update of the spectrum of MEB interventions from the National Academies of Sciences, Engineering, and Medicine.

 Learn about it.

Slide Deck: [Understanding the Spectrum of Behavioral Health Services](#)
This slide deck from the Pacific Southwest PTTC highlights and defines the key changes to the Spectrum of Behavioral Health Services (formerly called, and still often referred to as, the "Continuum of Care") published in the National Academies of Sciences, Engineering, and Medicine's 2019 report, *Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda*.

Brief: [Spectrum of Mental, Emotional, and Behavioral Interventions](#)
This brief is an excerpt from the SAPST participant handouts. It explains the MEB Spectrum, including the differences between universal, selective, and indicated interventions.

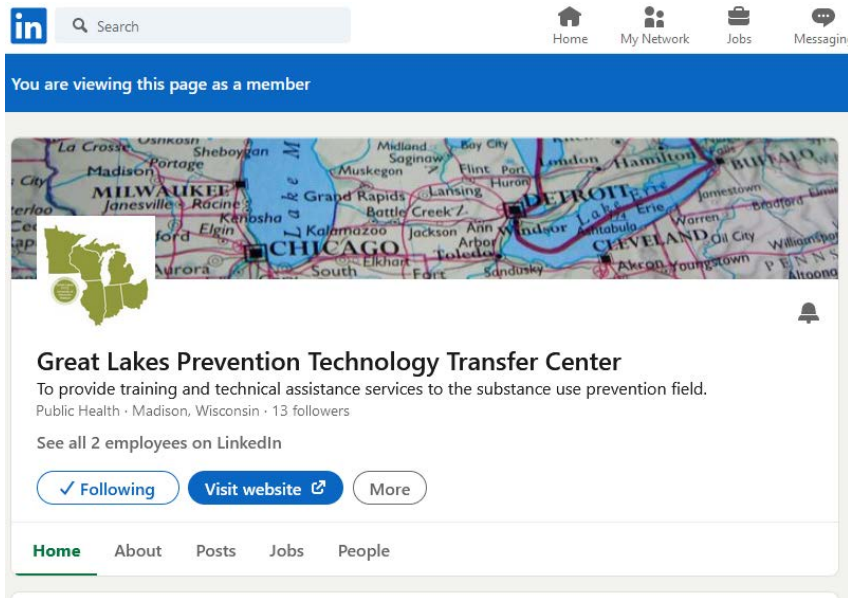
 Take action.

Website: [SPF Step 3: Planning](#)
This website page provides resources for completing Step 3 of the SPF: Planning, when decisions are made as to whether universal, selective, or indicated interventions will be implemented.

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LinkedIn

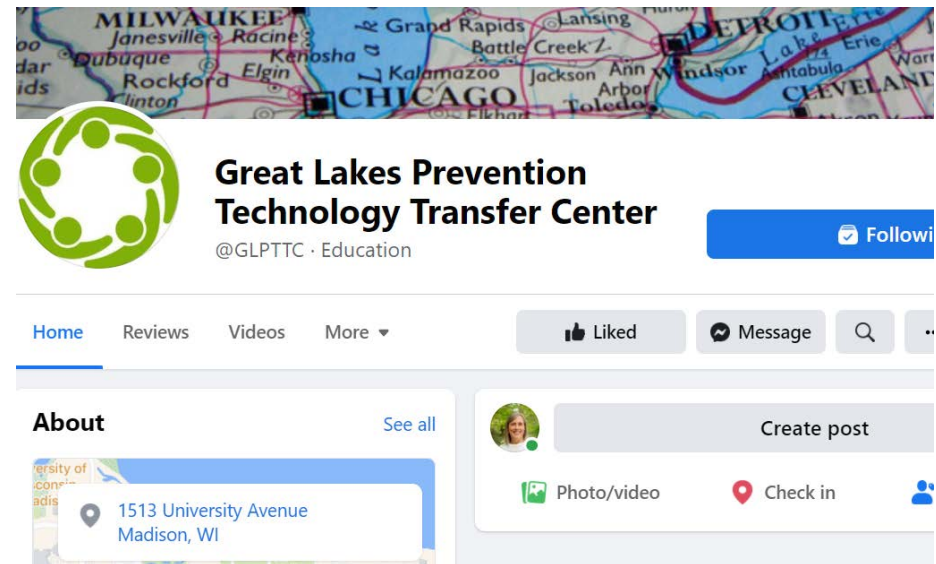
@glpttc



The screenshot shows the LinkedIn profile page for the Great Lakes Prevention Technology Transfer Center. At the top, there is a search bar and navigation icons for Home, My Network, Jobs, and Messaging. Below the navigation bar, a blue banner reads "You are viewing this page as a member". The profile header features a map of the Great Lakes region with a green circular logo containing stylized human figures. The profile name is "Great Lakes Prevention Technology Transfer Center" with the tagline "To provide training and technical assistance services to the substance use prevention field." and "Public Health · Madison, Wisconsin · 13 followers". Below the profile information, there are buttons for "Following", "Visit website", and "More". At the bottom, there are navigation tabs for Home, About, Posts, Jobs, and People.

Facebook

@glpttc



The screenshot shows the Facebook profile page for the Great Lakes Prevention Technology Transfer Center. The profile header features a map of the Great Lakes region with a green circular logo containing stylized human figures. The profile name is "Great Lakes Prevention Technology Transfer Center" with the tagline "@GLPTTC · Education" and a blue "Follow" button. Below the profile information, there are navigation tabs for Home, Reviews, Videos, and More. The "Home" tab is selected, showing a "Liked" button, a "Message" button, and a search icon. Below the navigation tabs, there is an "About" section with a "See all" link and a location pin for "1513 University Avenue, Madison, WI". To the right of the "About" section, there is a "Create post" button and options for "Photo/video" and "Check in".

Please Complete the Survey



<https://ttc-gpra.org/P?s=633401>

Your feedback is important to us!

References

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