



National Hispanic and Latino

PTTC

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

Prevention 101: Risk and Protective Factors

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Introduction

This mini e-book provides prevention professionals, providers, and community members with information and resources about substance use prevention, risk and protective factors in Hispanic and Latino communities.

In this document, you will find resources from trusted sources, prevention, and action tips, and suggestions for better supporting our communities.

We hope this resource is useful for you, and we hope you can share the information with your family, friends, and colleagues.

Inclusivity Statement

The National Hispanic and Latino PTTC understands that there is a lot of important discussion focusing on the terminology individuals choose to use for racial, ethnic, heritage, and cultural identification. Different terms, such as Latinos, Latinas, Hispanics, Latinx, Latine, Chicano, and others, are all equally valuable. We advocate for self-identification for every person. For purposes of this resource and additional materials, our Center will be using the term Latina and Hispanic.



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INTRODUCTION: WHAT IS PREVENTION?

The goal of prevention is to stop the onset of substance use or dependency on drugs or alcohol. Substance abuse prevention focuses on helping individuals develop the knowledge, attitudes, and skills needed to reduce and prevent the consequences of substance misuse and the development of substance use disorders. Prevention programs and activities are designed to educate and support individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders. Substance abuse prevention strategies are community driven and based on the needs of individual communities. For the youth, substance abuse prevention programs in schools support positive peer relationships and promote healthy choices, goal setting, and self-management.^{6,7}

OVERVIEW OF THE STRATEGIC PREVENTION FRAMEWORK (SPF)

The Substance Abuse and Mental Health Services Administration (SAMHSA) developed the Strategic Prevention Framework (SPF), a data-driven prevention process that professionals use to intervene in substance use and specific mental health issues. The SPF defines the essential traits of high-quality prevention strategies, lays out the guiding principles and action steps, and offers tools communities can use to plan and build prevention programs that work based on their community needs. The SPF includes five steps and two guiding principles. The five steps of the SPF are assessment, capacity, planning, implementation, and evaluation. The guiding principles of the SPF are sustainability and cultural competence. Sustainability is building an adaptive and effective system that achieves and maintains desired long-term outcomes. Cultural competence is adapting prevention intervention programs to specific focus populations.⁵

The first step of the SPF is assessment: during the assessment, data is gathered from various sources and assists the planners in identifying the nature and extent of substance abuse problems and related behaviors in the community, identifying the risk and protective factors that influence or contribute to the substance use problems and related behaviors, and identifying the existing resources and readiness of the community to address its substance use problems.⁵



OVERVIEW OF THE STRATEGIC PREVENTION FRAMEWORK (CONT.)

The second step of the SPF is capacity: local resources are created and mobilized by the community during this step. This building and mobilizing local capacity creates the foundation needed to develop effective prevention efforts. The community's readiness for substance misuse prevention and the resources needed to make positive changes are addressed. Three strategies are comprised in prevention capacity: engaging diverse community stakeholders, developing and strengthening a prevention team, and raising community awareness about substance use. The resources needed for prevention are human and structural in order to establish and maintain an effective prevention system.⁵

The third step of the SPF is planning: strategic planning involves collaborating with the community stakeholders, using data-based decisions, and implementing evidence-based prevention plans before substance use becomes a problem. The first step in a successful prevention plan is to identify the risk and protective factors that are the community's priorities. This is accomplished by determining the importance of each factor and determining if the community has the capacity to change those factors. The next step is selecting appropriate programs or practices for the community. Important criteria to include are the selection of evidence-based programs and practices:

- **Is the program or practice a good conceptual fit** (Will this program or practice positively impact at least one of the community's priority risk and protective factors?)
- **Is the program or practice a good practical fit** (Is this program or practice appropriate for our community?)⁵

The fourth step of the SPF is implementation: the prevention plan is implemented into action. During this step, communities deliver programs and practices, balance fidelity with planned adaptations, retain core components, establish support, and monitor the implementation process.⁵



OVERVIEW OF THE STRATEGIC PREVENTION FRAMEWORK (CONT.)

The fifth and last step of the SPF is evaluation: the purpose of the evaluation process is to enrich the prevention practice. There are several steps to the evaluation process, including process evaluation, outcome evaluation, recommending improvements, making mid-course corrections, and sharing and reporting evaluation results.⁵

SPF GUIDING PRINCIPLE: CULTURAL COMPETENCE

Vulnerable populations face the threats of elevated rates of substance misuse, high rates of suicide, and reduced access to prevention services. These disparities add additional hardship to the health and wellness of the communities. The American Indian/Alaska Native community, Hispanic/Latino community, and LGBTQ youth are among the groups most affected.⁵

SAMHSA has developed cultural competence principles for prevention. The prevention principles include but are not limited to including the target population for all prevention planning, utilization of the population-based definition of community, stressing the importance of relevant, culturally appropriate prevention approaches, employing culturally competent evaluators, and promoting cultural competence among program staff, as well as reflecting the communities they serve.⁵

SPF GUIDING PRINCIPLE: SUSTAINABILITY

Sustainability is essential for the community. To maintain community support and positive outcomes, sustainable strategic planning is necessary. Participation, collaboration, and dedication of diverse community members are essential to sustainable strategic planning. Sustaining a successful planning process takes time, substance misuse problems and priorities change, and successful implementation and collaboration are needed to maintain successful outcomes. Sustainable, comprehensive prevention plans include school-based youth skills promotion programs, parent education to support children's healthy development, organization/community rules and regulations that support healthy behavior, and enforcement of the rules and regulations.⁵

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WHAT ARE THE RISK AND PROTECTIVE FACTORS FOR YOUTH IN THE LATINO COMMUNITIES?

The use of alcohol, tobacco, and illicit substances are growing issues among all youth in the United States. Latinos are the nation's largest ethnic minority group, and two-thirds of them are of Mexican heritage. Latinos report the highest substance use rates among youth. The average age for experimenting with substance use among Latino youth is ten years old. Latino boys are more likely to use marijuana but not alcohol and cocaine. Youth who grow up in a single-parent household are more at risk for substance use than those who grow up in two-parent households. The involvement of parental supervision also plays a role in substance use. Sibling influence contributes to their substance use. Socioeconomic status and community influence are the ecosystems that play a part in Latino youth substance use. Youth from economically disadvantaged families are more likely to use substances.¹

Each community has different risk factors that lead to substance misuse. The Hispanic and Latino communities are at higher risk of substance misuse due to immigration factors, poverty, racism, and less access to prevention programs and assistance. The Hispanic and Latino individuals residing in the United States undocumented may experience higher levels of anxiety and stress due to the fear of being deported; this could lead to increased substance use. Lower-income communities often misuse substances to numb the stress of their living environment due to the influence of other community members.⁸

SUBSTANCE USE AMONG HISPANIC AND LATINO COMMUNITIES YOUTH

The National Survey on Drug Use and Health (NSDUH) is conducted annually by the Substance Abuse and Mental Health Services Administration (SAMHSA). It is a comprehensive household interview survey of substance abuse disorders, mental health, and the receipt of treatment services for these disorders in the United States. The population on it covers includes the civilian, non-institutionalized population aged twelve or older and includes households, college dorms, homeless in shelters, civilians on military bases.⁴



SUBSTANCE USE AMONG HISPANIC AND LATINO COMMUNITIES YOUTH (CONT.)

Substance Use Disorder (SUD) among Hispanic Adults (Age 18+):⁴

- 10.8 million Hispanic adults (18+) had a substance use disorder and/or mental illness.
- Hispanic young adults aged 18-25 were the most likely to have a past year substance use disorder or drug use disorder.
- Hispanic people are less likely to have an SUD compared with American Indian or Alaska Native and Multiracial people.
- Hispanic people were more likely than Asian people to have an SUD.

Among Hispanics adults with a substance use disorder:⁴

- 4 in 9 (2.5M) struggled with illicit drug use
- 3 in 4 (4.3M) struggled with alcohol use
- 1 in 5 (1.1M) struggled with illicit drugs and alcohol

Alcohol Use Among Hispanic Youth (Age 12+)⁴

- Two fifths of Hispanic youth aged twelve or older used alcohol during the past month
- Hispanic youth aged 18-25 had higher rates of alcohol use than Hispanic youth aged 12-17

Illicit Drug Use⁴

- Among Hispanic youth (age 12+) the most commonly used illicit drug in the past year was marijuana (7.4M) followed by the misuse of psychotherapeutic drugs such as prescription stimulants, tranquilizers, sedatives, and pain relievers (2.5M). Additional past year drug use included the following: Hallucinogens (964K), Cocaine (828K), Inhalants (521K), Methamphetamines (384K), and Heroin (175K).
- Marijuana-the percentage of past month marijuana use was higher among Hispanic young adults aged 18-25 when compared to Hispanic youth aged 12-17.



SUBSTANCE USE AMONG HISPANIC AND LATINO COMMUNITIES YOUTH (CONT.)

Illicit Drug Use ⁴

- Opioid-1.8 million Hispanics with Opioid Misuse of those the majority were users of prescription pain relievers and about one in 10 used heroin alone.
- Cocaine-Hispanic youth aged 18-25 had a higher percentage of cocaine use in the past year than Hispanic adults aged twenty-six or older.

A report from the National Institute on Drug Abuse describes differences among the U.S. Hispanic population that include: ⁴

- Puerto Ricans have the highest rate of recent illicit drug use (6.9%), and South Americans have the lowest (2.1%).
- Puerto Ricans have the highest rate of recent marijuana use (5.6%) while Cubans and South Americans have the lowest (2.1%).
- Other Hispanics (individuals originating from a Spanish speaking country other than Puerto Rico, Mexico, Cuba, Central America, and South America) have the highest rate of recent cocaine use (1.7%) while Cubans have the lowest (0.5%).

PREVENTION TIPS AND RESOURCES FOR YOUTH SUBSTANCE USE

Adopting evidence-based substance prevention programs for communities, promoting positive adult connections, and providing active parental guidance among children can help prevent the early onset of substance use among youth. According to the Mayo Clinic, which is a nonprofit academic medical center that is focused on integrated health care, education, and research, good preventive strategies for parents to know are to be involved and aware of their teens' activities and their whereabouts, establish rules and consequences, provide support, and set a good example. ²



WHAT ARE THE RISK AND PROTECTIVE FACTORS FOR ADULTS IN HISPANIC AND LATINO COMMUNITIES?

SAMHSA has created beneficial resources for risk and protective factors for substance use disorders (SUD) (samhsa.gov). Risk factors for drug use include biological, psychological, family, community, and cultural elements contributing to substance use. Positive self-awareness, self-esteem, self-control, and social interaction balance are individual protective factors. In some instances, risk and protective factors are fixed and do not change over time; in others, the factors can change over time and are considered variable. Variable risk factors include income level, peer group, adverse childhood experiences, and employment status.³

Different communities have protective factors; for example, religion or faith-based practices in Hispanic and Latino communities can assist in the prevention of substance misuse or substance abuse disorder. The role of family support can reduce the risk of substance misuse. Effective parenting can provide supportive and effective approaches to stressors such as poverty, divorce, parental bereavement, and parental mental illness.³

PREVENTION TECHNOLOGY TRANSFER CENTER (PTTC)

The Prevention Technology Transfer Center (PTTC) Network aims to improve the implementation and delivery of effective substance abuse prevention interventions and provide training and technical assistance services to the substance misuse prevention field. It does this by developing and disseminating tools and strategies needed to improve the quality of substance misuse prevention efforts: providing intensive technical assistance and learning resources to prevention professionals to improve their understanding of prevention science, epidemiological data, and implementation of evidence-based and promising practices; and developing tools and resources to engage the next generation of prevention professionals.⁹



RESOURCES

Additional Resources

You can visit the following websites for additional support and information.

Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane

Rockville, MD 20857

Toll-free: 1-877-SAMHSA-7 (1-877-726-4727)

TTY: 1-800-487-4889

Email: samhsainfo@samhsa.hhs.gov

SAMHSA Store: <https://store.samhsa.gov>

SAMHSA Disaster Technical Assistance Center

Toll-free: 1-800-308-3515

Email: dtac@samhsa.hhs.gov

Website: <https://www.samhsa.gov/dtac>

SAMHSA Disaster Mobile App

Website: <https://store.samhsa.gov/product/samhsa-disaster>

SAMHSA Disaster Distress Helpline

Toll-free talk or text: 1-800-985-5990

Español: Llama o envía un mensaje de texto

1-800-985-5990 presiona "2".

American Sign Language (ASL): Click on the "ASL Now" button on the website or call 1-800-985-5990 from your videophone.

Website: <https://disasterdistress.samhsa.gov>



RESOURCES

988 Suicide & Crisis Lifeline

Call or text: 988

Chat: 988lifeline.org

(Español) Línea de Prevención del Suicidio y Crisis: 988

For TTY users: Use your preferred relay service or dial 711 and then 988.

Website: <https://988lifeline.org>

Website (español): <https://988lifeline.org/help-yourself/en-espanol>

SAMHSA's National Helpline

Toll-free: 1-800-662-HELP (1-800-662-4357) (24/7/365 treatment referral information service in English and español)

TTY: 1-800-487-4889

Website: <https://www.samhsa.gov/find-help/national-helpline>

REFERENCES

1. [Risk and Protective Factors for Early Substance Use Initiation: A Longitudinal Study of Mexican-Origin Youth](#)
2. [Teen Drug Abuse: Help Your Teen Avoid Drugs](#)
3. [SAMHSA: Risk and Protective Factors](#)
4. [2020 National Survey on Drug Use and Health: Hispanics](#)
5. [A Guide to SAMHSA's Strategic Prevention Framework](#)
6. [Substance Abuse Prevention and Intervention](#)
7. [Prevention of Substance Use and Mental Disorders](#)
8. [SAMHSA: Behavioral Health Equity - Hispanic and Latino Americans](#)
9. [Prevention Technology Transfer Center \(PTTC\) Network](#)



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The opinions expressed herein are the view of PTTC Network and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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