



Pacific Southwest (HHS Region 9)

PTTC

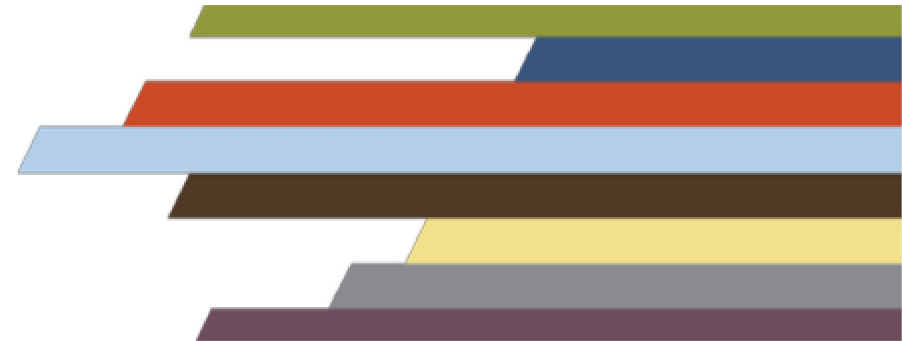
Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration




The Power of Prevention: Risk and Protective Factors for Substance Misuse

*University of Nevada, Reno
Center for the Application of Substance Abuse Technologies
(CASAT)*



Disclaimer

This curriculum infusion package is supported by SAMHSA of the U.S. Department of Health and Human Services (HHS) through SAMHSA Cooperative Agreement #H79SP081015-01. 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.



Learning Objectives

After viewing the (PowerPoint or video recording), students will be able to:

1. Define Risk and Protective Factors associated with substance misuse and other problem behaviors among adolescents and young adults
2. Identify four key characteristics associated with risk and protective factors
3. Explain how risk and protective factors may change across the lifespan

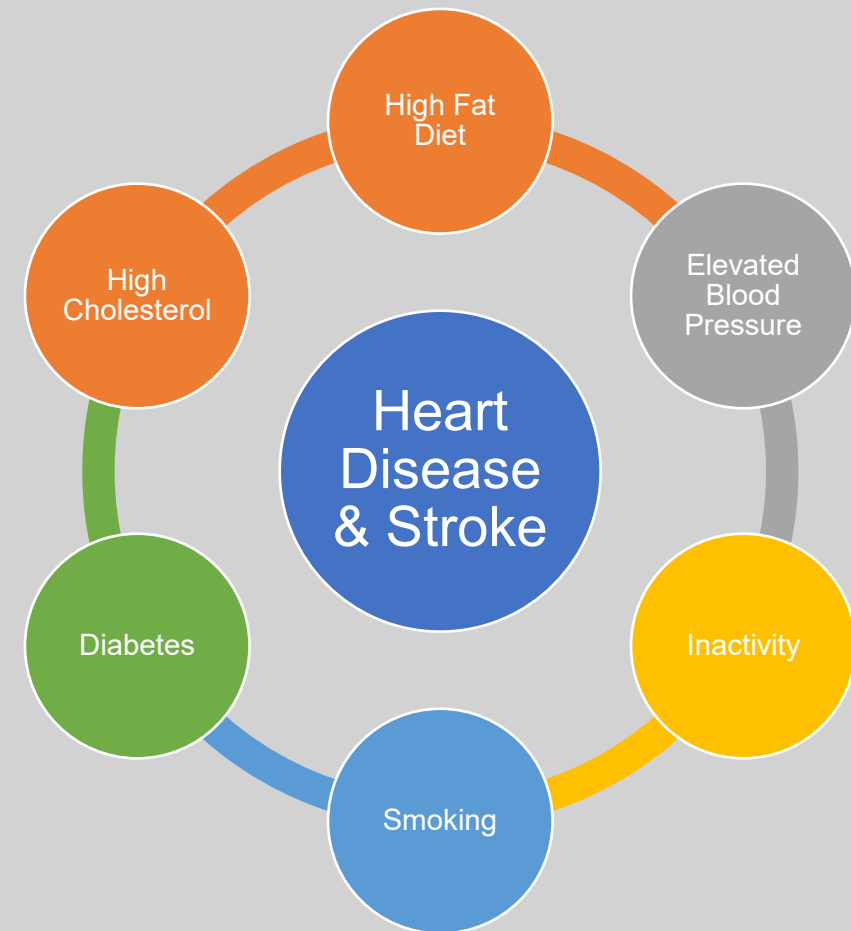


Learning Objective 1

1. Define Risk and Protective Factors associated with substance misuse and other problem behaviors among adolescents and young adults

Risk Factors^{1,2,3}

“...characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes.”^{1,2}



Protective Factors^{1,2,3}

“...characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor’s impact. Protective factors may be seen as positive countering events.”¹



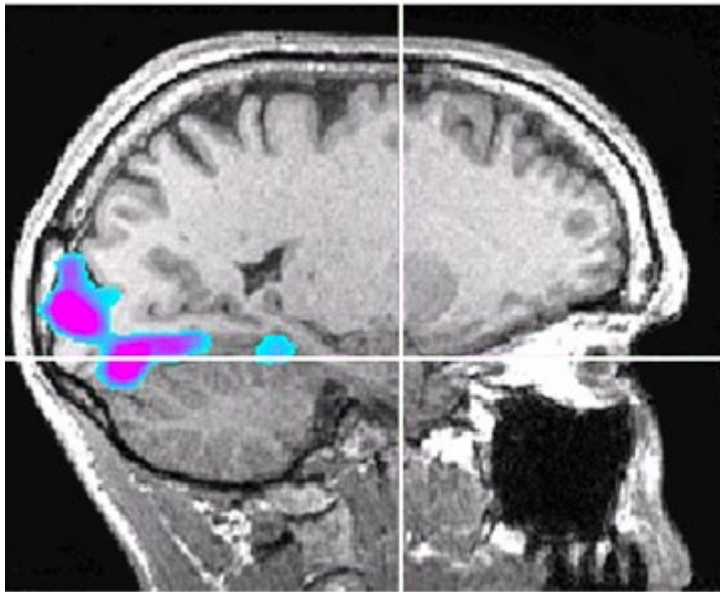
Risk and Protective Factors: Early research^{4,5,6}

- 1970s: Longitudinal studies tracking adolescents into adulthood
- 1990s: Two significant works published summarizing the findings from these studies

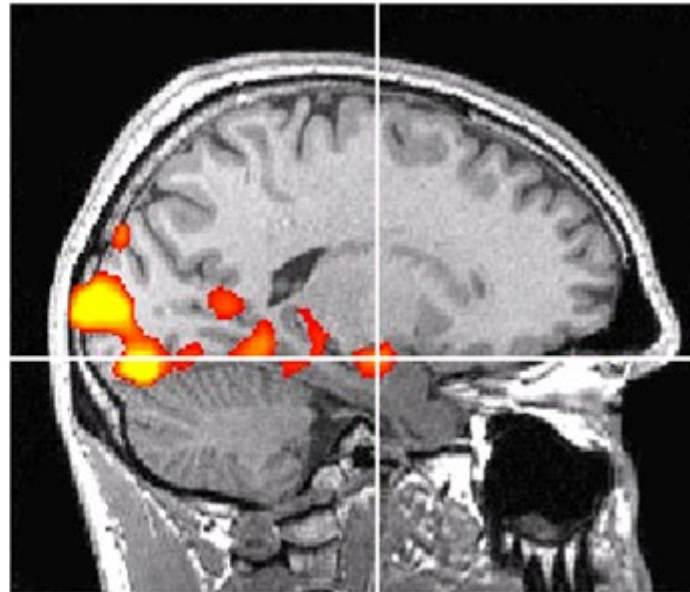


Non-Modifiable Individual Risk and Protective Factors ^{7,8,9,10,11,12,13}

- Genetic/Biological
- Personality Traits



Alex Honnold



Control Subject





Modifiable Risk Factors^{14,15}

- Early initiation of substance use
- Early and persistent problem behaviors
- Emotional distress
- Favorable attitudes toward drug use
- Low perception of risk
- Peer substance use
- Low cost of alcohol
- High availability of substances
- Poor parental monitoring
- Lack of school connectedness
- Academic failure

Modifiable Protective Factors^{14,15}

- Self-efficacy
- Opportunities for positive social involvement
- Recognition for positive behavior
- Healthy beliefs and standards of behavior
- Social, emotional, behavioral, cognitive, and moral competence
- Parental disapproval of substance use
- Parental monitoring
- Family support

Learning Objective 2

Identify key characteristics
associated with risk and protective
factors



Key Characteristics of Risk and Protective Factors^{1,3,16}

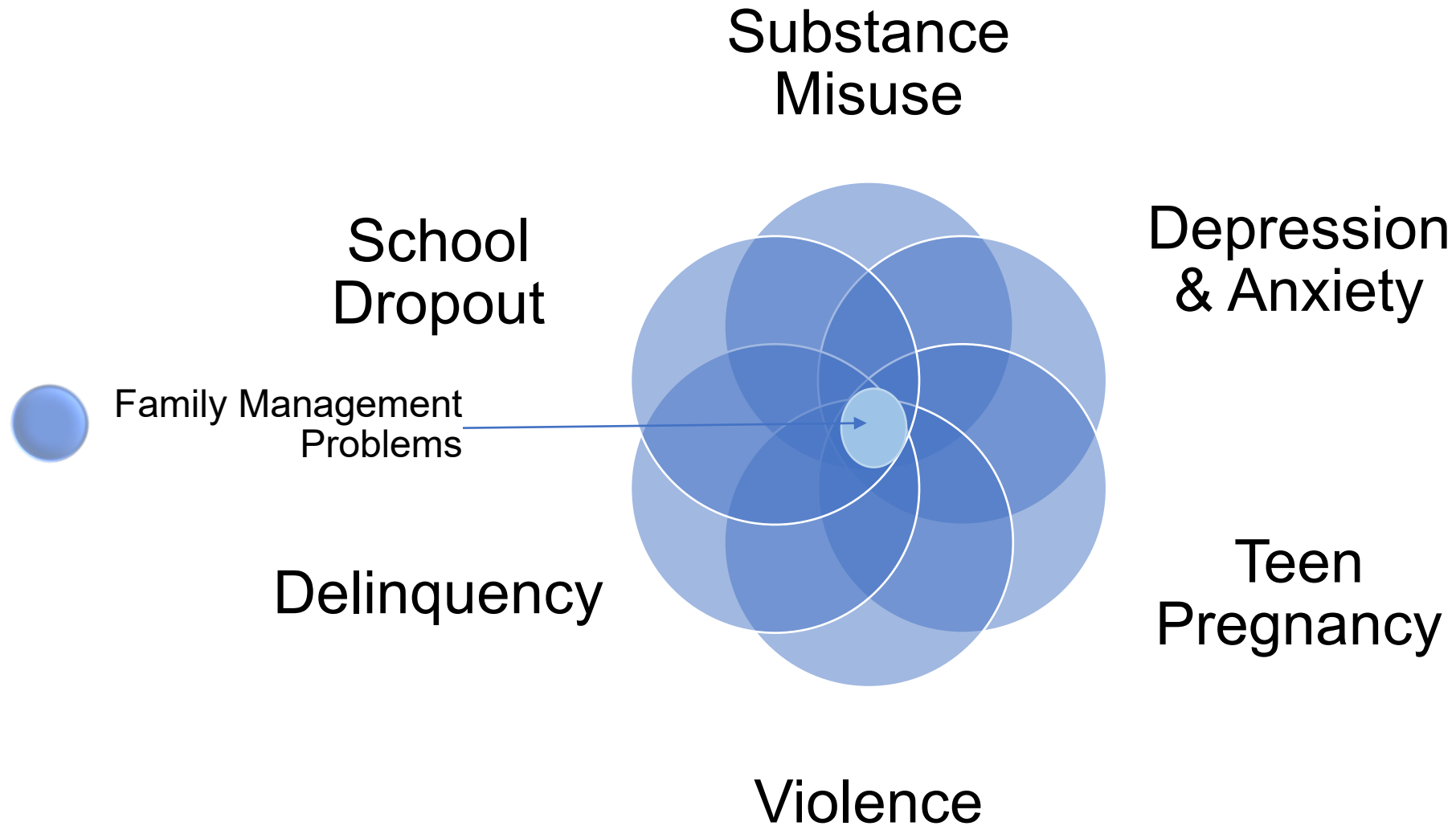
Correlated
&
Cumulative

Influential

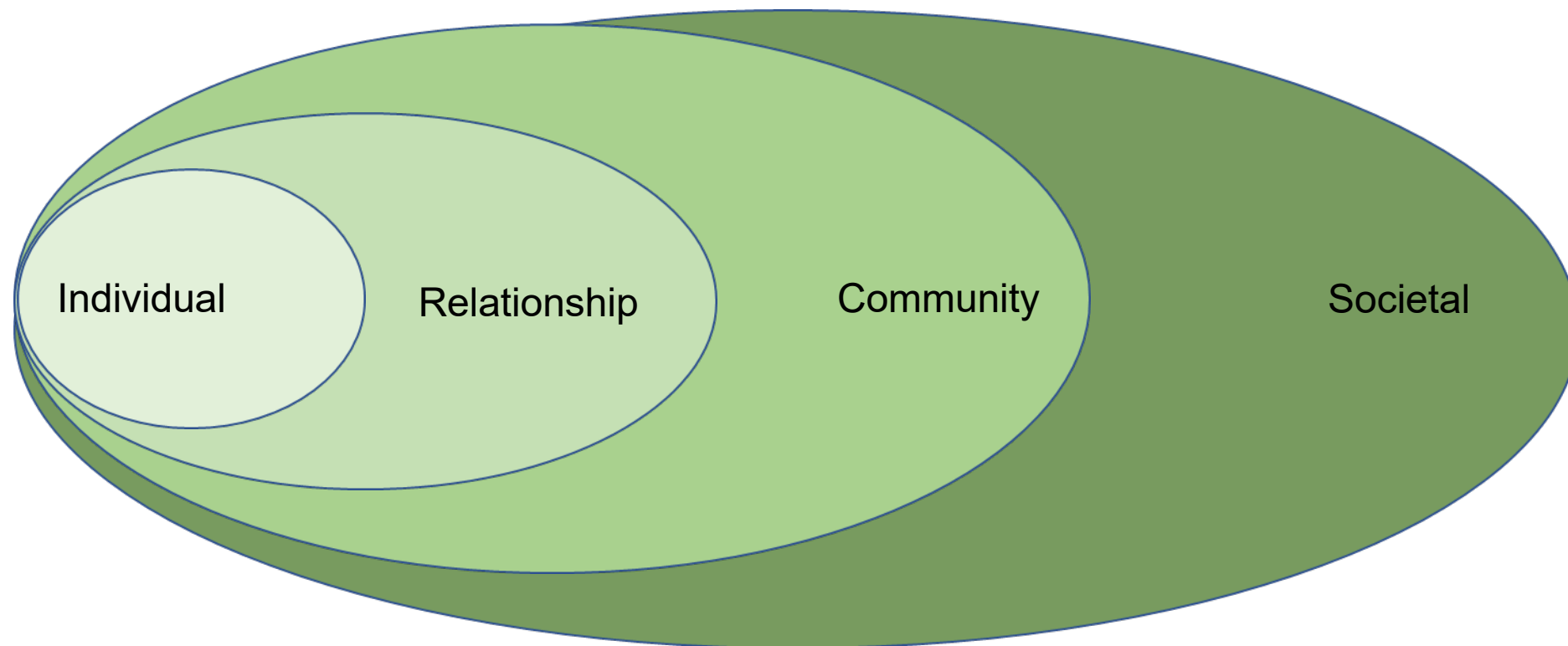
Multiple
Contexts

Change
Across the
Lifespan

Shared Risk and Protective Factors^{1,3,17,18}



The Social-Ecological Model: A Framework for Prevention^{19, 20}





Bringing it Together ²¹





Learning Objectives 3

Explain how risk and protective factors for substance misuse change or remain the same across the lifespan

Aging and Substance Use^{22,23,24,25}



Risk Factors for Older Adults^{22,24,25}

Individual

- Physical health (e.g., pain, high blood pressure, sleep, and mobility issues)
- Cognitive decline (e.g., Alzheimer's disease)

Relationship

- Involuntary retirement
- Loss of spouse, partner, or family member

Communities

- Environment (e.g., relocation to assisted living)
- High availability of substances

Societal

- Economic stressors (e.g., rising medication and healthcare costs, living on a reduced income)

Protective Factors for Older Adults²⁴

Individual

- Sense of identity and purpose
- Resiliency

Relationship

- Marriage or committed relationship
- Supportive family relationships

Communities

- Well-managed medical care and proper use of medications
- Access to basic resources such as safe housing


Societal

- Supportive networks and social bonds

Mentoring Can be Protective²⁴


- While it may be impossible to completely “remove” risk from a child’s life, mentors can provide a “protective factor” and can reduce (or mitigate) the impact or negative consequences of the risk.





Summary: Revisiting our Learning Objectives

Now, you should be able to:

1. Define Risk and Protective Factors associated with substance misuse and other problem behaviors among adolescents and young adults
 2. Identify four key characteristics associated with risk and protective factors
 3. Explain how risk and protective factors may change across the lifespan
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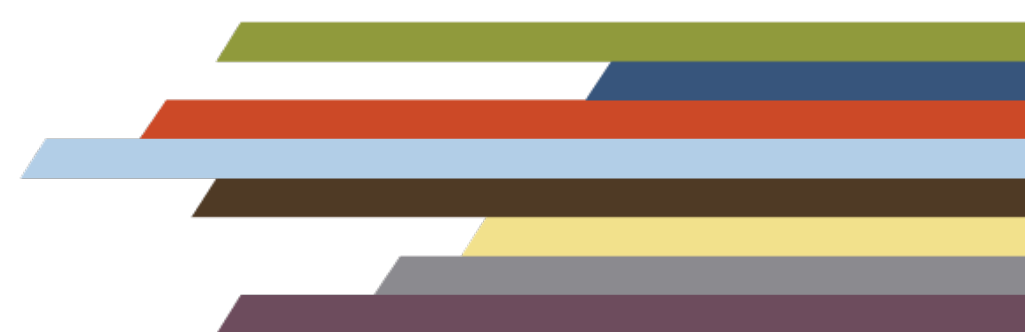


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Thank you!



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