Why Prevention Matters:
Applying Prevention Science to Practice

South Dakota Prevention Summit
Oacoma, SD, May 1st, 2024

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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.
Indigenous Land Acknowledgement

We acknowledge that this land, which is named for the Ute Tribe, is the traditional and ancestral homeland of the Shoshone, Paiute, Goshute, and Ute Tribes. The University of Utah recognizes and respects the enduring relationship that exists between many Indigenous peoples and their traditional homelands.
Disclaimer

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Funding for this presentation was made possible by SAMSHA grant no.H79SP080971 (Mountain Plains PTTC). The views expressed by speakers and moderators do not necessarily reflect the official polices of the Department of Health and Human Services (HHS), SAMHSA.
Learning Objectives

01 Describe substance use prevalence

02 Discuss risk and protective factors for substance use

03 Provide the impact of substance use and reasons for prevention science
• What is Prevention?

• And … Why Does it Matter?
Prevention Metaphor

Missouri River, South Dakota
Substance Use Prevalence

Results from The 2022 National Survey on Drug Use and Health
Cigarette Use and Nicotine Vaping in the Past Month

NSDUH asked respondents aged 12 or older about their cigarette use and nicotine vaping in the 30 days before the interview.

12 or older

About 1 in 7 (14.6%) smoked cigarettes in the past month.

- 41.1 million smoked cigarettes.
- 39.9 million were 21 or older.

Fewer than 1 in 30 (1.2 million) were underage.

Among people aged 12 to 20, 3.1% smoked cigarettes in the past month.

About 1 in 12 (8.3%) vaped nicotine in the past month.

- 23.5 million vaped nicotine.
- 18.8 million were 21 or older.

About 1 in 5 (4.7 million) were underage.

Among people aged 12 to 20, 12.2% vaped nicotine in the past month.

Note: All 50 states and the District of Columbia prohibit the sale of tobacco products including nicotine for vaping to people younger than 21.

NSDUH, 2023
Alcohol Use in the Past Month

NSDUH asked respondents aged 12 or older about their alcohol use in the 30 days before the interview.

137.4 million
About half (48.7%) of people aged 12 or older drank alcohol in the past month.

5.8 million
15.1% of underage people aged 12 to 20 drank alcohol in the past month.

Aged 12 or Older Binge Drinking

- Heavy Alcohol Use
  - 44.5%
  - A little less than half of people who drank alcohol in the past month were binge drinkers, or about 1 in 5 overall.

- About a quarter of people who were binge drinkers in the past month were heavy alcohol users, or about 1 in 20 overall.

Underage Binge Drinking (Aged 12 to 20)

- Heavy Alcohol Use
  - 54.0%
  - If underage people were current drinkers, they tended to be binge drinkers. Over half of past month underage alcohol users were binge drinkers, or about 1 in 12 overall.

- 20.5%
  - Among underage people who were current binge drinkers, 1 in 5 were heavy alcohol users, or about 1 in 50 overall.

(NSDUH, 2023)
Illicit Drug Use in the Past Year

NSDUH asked respondents aged 12 or older about their use of drugs in the 12 months before the interview.

70.3 million
1 in 4
(24.9%) used illicit drugs in the past year.

61.9 million
(22%) used marijuana in the past year.

22.7 million vaped marijuana in the past year.

24.7 million
(8.8%) used illicit drugs other than marijuana in the past year.

7.4 million
About 1 in 5
people aged 12 to 20 used marijuana in the past year.

4.3 million
About 1 in 9
people aged 12 to 20 vaped marijuana in the past year.

(NSDUH, 2023)
Substance Use

Opioid Misuse | Hallucinogen Use | Prescription Tranquilizer or Sedative Misuse | Inhalant Use | Fentanyl Misuse in the Past Year

NSDUH asked respondents aged 12 or older about their use of these drugs in the 12 months before the interview.

8.9 million
Opioid Misuse

8.5 million
Hallucinogen Use

4.8 million
Prescription Tranquilizer or Sedative Misuse

2.3 million
Inhalant Use

1.0 million
Fentanyl Misuse

Adolescent Inhalant Use
554,000 (2.2%)
Among adolescents aged 12 to 17, about 2% used inhalants in the past year.

(NSDUH, 2023)
Substance Use Disorder

Drug Use Disorder | Opioid Use Disorder | Alcohol Use Disorder in the Past Year

NSDUH asked respondents aged 12 or older about the effects of their drug or alcohol use on their lives in the 12 months before the interview.

Substance Use Disorder (SUD)

48.7 million (17.3%)

Among people aged 12 or older, about 17% had an SUD in the past year.

Drug Use Disorder (DUD)

27.2 million (9.7%)

About 1 in 10 people had a DUD in the past year.

Opioid Use Disorder (OUD)

6.1 million (2.2%)

Among people aged 12 or older with a past year DUD, a little over 1 in 5 had an OUD, or about 2% overall.

Alcohol Use Disorder (AUD)

29.5 million (10.5%)

About 1 in 10 people had an AUD in the past year.
**Substance Use Disorder**

**Severity Levels in the Past Year**

NSDUH asked respondents aged 12 or older about the effects of their drug or alcohol use on their lives in the 12 months before the interview.

48.7 million

**More than 1 in 6** (17.3%) people aged 12 or older had a substance use disorder (SUD) in the past year.

- **Severe**
  - 10.9 million (22.3%)
  - Six or more criteria for that substance were met. For SUD measures that include more than one substance, such as any SUD for alcohol or drug use, severe SUD means that people had a severe SUD for at least one substance.

- **Moderate**
  - 11.0 million (22.6%)
  - Four or five criteria for that substance were met. For SUD measures that include more than one substance, such as any SUD for alcohol or drug use, moderate SUD means that the worst SUDs were moderate.

- **Mild**
  - 26.8 million (55.0%)
  - Two or three criteria for that substance were met. For SUD measures that include more than one substance, such as any SUD for alcohol or drug use, mild SUD means that all SUDs were mild.

Among people who had an SUD in the past year,
- about 1 in 5 had a severe disorder,
- about 1 in 5 had a moderate disorder, and
- more than half had a mild disorder.

(NSDUH, 2023)
Substance Use Prevalence in Region 8 and South Dakota

In 2021-2022, among people aged 12 or older in Region 8, 47.6% (or 5.0 million) used alcohol in the past month, which was similar to the national annual average (48.0%). Compared with the national average, the estimate was higher for Colorado, Montana, and North Dakota; lower for Utah; and similar for South Dakota and Wyoming.

Compared with the regional average, the estimate was higher for Colorado, Montana, and North Dakota; lower for Utah; and similar for South Dakota and Wyoming.
In 2021-2022, among people aged 12 or older in Region 8, 18.0% (or 1.9 million) used tobacco products in the past month, which was similar to the national annual average (19.1%).

Compared with the national average, the estimate was higher for North Dakota, South Dakota, and Wyoming; lower for Utah; and similar for Colorado and Montana.

Compared with the regional average, the estimate was higher for Montana, North Dakota, South Dakota, and Wyoming; lower for Utah; and similar for Colorado.
In 2021-2022, among people aged 12 or older in Region 8, 16.6% (or 1.7 million) used illicit drugs in the past month, which was similar to the national annual average (15.5%).

Compared with the national average, the estimate was higher for Colorado and Montana and lower for North Dakota, South Dakota, Utah, and Wyoming.

Compared with the regional average, the estimate was higher for Colorado; lower for North Dakota, South Dakota, Utah, and Wyoming; and similar for Montana.

(SAMHSA, 2020)
Risk and Protective Factors
Risk factors have been linked to people having a greater potential to develop a substance use disorder and protective factors with a reduced potential for people to use and abuse substances.

(Hawkins et al., 2002)
Factors Leading to Addiction

Biology / Gens
- Route of administration
- Effect of drug itself
- Genetics
- Gender
- Mental disorders

Drugs
- Early use
- Availability
- Cost

Brain Mechanisms
- Chaotic home and abuse
- Parent's use and attitudes
- Peer influences
- Community attitudes
- Poor school achievement

Addiction
Risk and protective factors

Risk factors:
- Difficult temperament
- Low self-esteem
- Impaired cognitive development
- Poor physical health
- Poor language skills
- Family disharmony or break up
- Any form of child abuse or neglect
- Harsh or inconsistent parenting
- Caretaker with mental illness or substance abuse
- Poor relationships at the service
- Limited experiences of social interaction with peers
- Stressful life events
- Death of a family member
- Experience of trauma
- Discrimination
- Isolation
- Socioeconomic isolation
- Lack of access to support services

Protective factors:
- Easy temperament
- Good social and emotional skills
- Well developed cognitive skills
- Good physical health
- Good language skills
- Stable home environment
- Warm and supportive parenting
- Secure attachments with significant carers
- High quality education and care services
- Service climate enhances belonging and connectedness
- Warm and supportive relationships with carers
- Warm and supportive relationships with carers
- Secure attachments with significant carers
- Inclusion
- Access to support services
- Economic security
Risk, stressors and vulnerability factors

Child mental health & development

Parenting task and impact on parent-child relationship

Adult / parental mental health

Protective factors and available resources
The Need for Prevention
EMOTIONAL IMPACT

SOCIAL IMPACT

MEDICAL IMPACT

FINANCIAL IMPACT
Emotional Impact

- Comorbidity of Substance Use Disorders and Mental Health Issues
- Emotional impact is evident both as a cause and as a consequence to other mental health issues
About 1 in 5 adolescents aged 12 to 17 had a major depressive episode (MDE) in the past year.

Co-Occurring MDE and Substance Use Disorder (SUD)

1 in 5 adolescents with an MDE had a co-occurring SUD.

(NSDUH, 2023)
Among youth aged 12–17 in South Dakota, the annual average percentage with an MDE in the past year increased between 2004–2007 and 2016–2019.

During 2016–2019, the annual average prevalence of past-year MDE in South Dakota was **13.0%** (or **9,000**), similar to both the regional average (**14.2%**) and the national average (**14.0%**).
Social Impact

- Prenatal exposure to substances
- Parents with SUDs
- Abuse and Neglect
- At least 50% of people arrested for crimes such as homicide, assault, and theft are under the influence of substances (NIDA, 2015)
Medical Impact

- Chronic medical issues
- Diabetes
- Heart Disease

SUDs can negatively impact outcomes for cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease (NIDA, 2012)
Financial Impact

$600 billion annually
And for you... What is your Why?
Your Why Matters

We all have different reasons for working in the field of substance use prevention. It is essential to pause and rekindle our connection with the profound spirit that fuels our efforts and reminds us of the "why" behind what we do.

Use the prompts below to help define your why and think of ways you can share it:

What is your why?

List ways (how/where) you can share your "why":

Knowing your "why" matters because it is energy-giving. It can help you through challenges in a field that requires a lot.

www.pttcnetwork.org/mountainplains
References

