



# Principles for Prevention Professionals Across the Spectrum

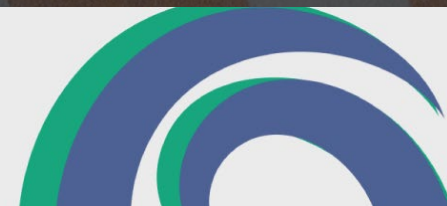
Sarah Davis  
Sean Byrne  
Derrick Newby  
June 18, 2024



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# Introductions



Sarah Davis, Consultant,  
South Southwest Prevention  
Technology Transfer Center



Sean Byrne, Senior  
Strategic Prevention Technical  
Assistance Center (SPTAC)

Drop your name, organization, and city/state in the chat.

# Learning Objectives

- Describe the core principles that underpin effective prevention practices across the Spectrum of Mental Emotional and Behavioral Interventions.
- Develop practical skills that enhance one's ability to partner with organizations working in other parts of the spectrum.
- Identify key strategies for applying these principles in diverse settings and populations.



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# Our Roadmap Today

- ✓ Introductions
- ✓ Objectives
- ✓ Principles for Prevention Professionals
- ✓ The Continuum
- ✓ Partnering for Prevention
- ✓ Resources
- ✓ Evaluation



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# The Principles for Prevention Professionals

- Evidence-Based Practice
- Cultural Competence
- Collaboration and Partnership
- Lifespan Perspective
- Multilevel Approach
- Sustainability and Capacity Building
- Evaluation and Continuous Improvement
- Ethical Practice



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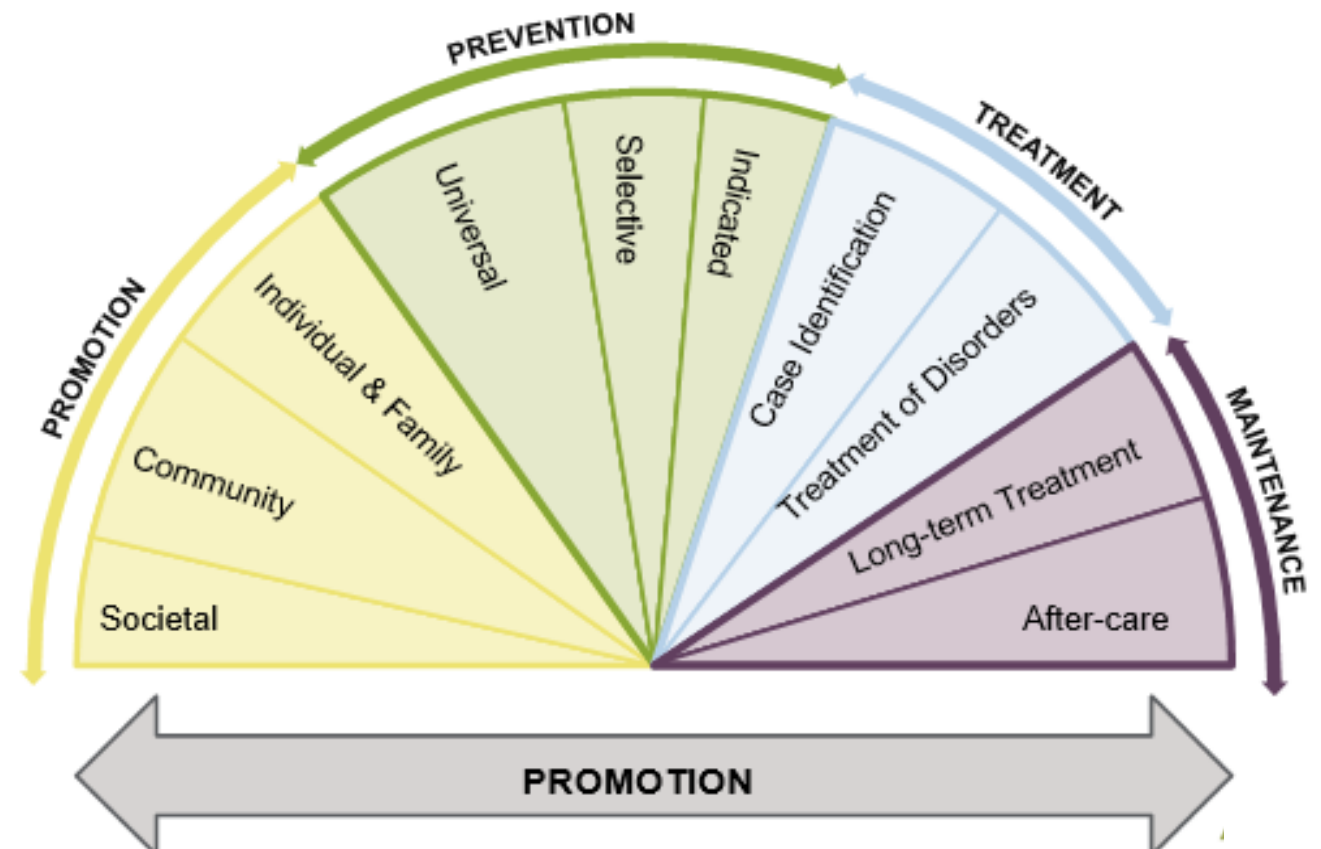
# Mental Emotional and Behavioral Health (MEB) Spectrum

Promotion: create healthy environments

Prevention: stop a problem from occurring

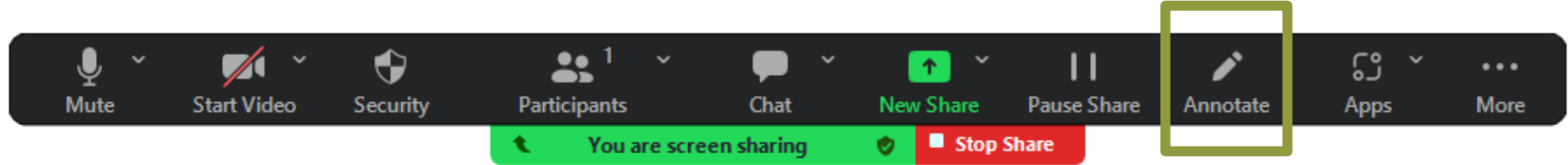
Treatment: diagnose and treat the problem

Maintenance: prevent relapse, support recovery



Source: PTTC (2023)  
National Academies

2. Click the checkmark and select a stamp

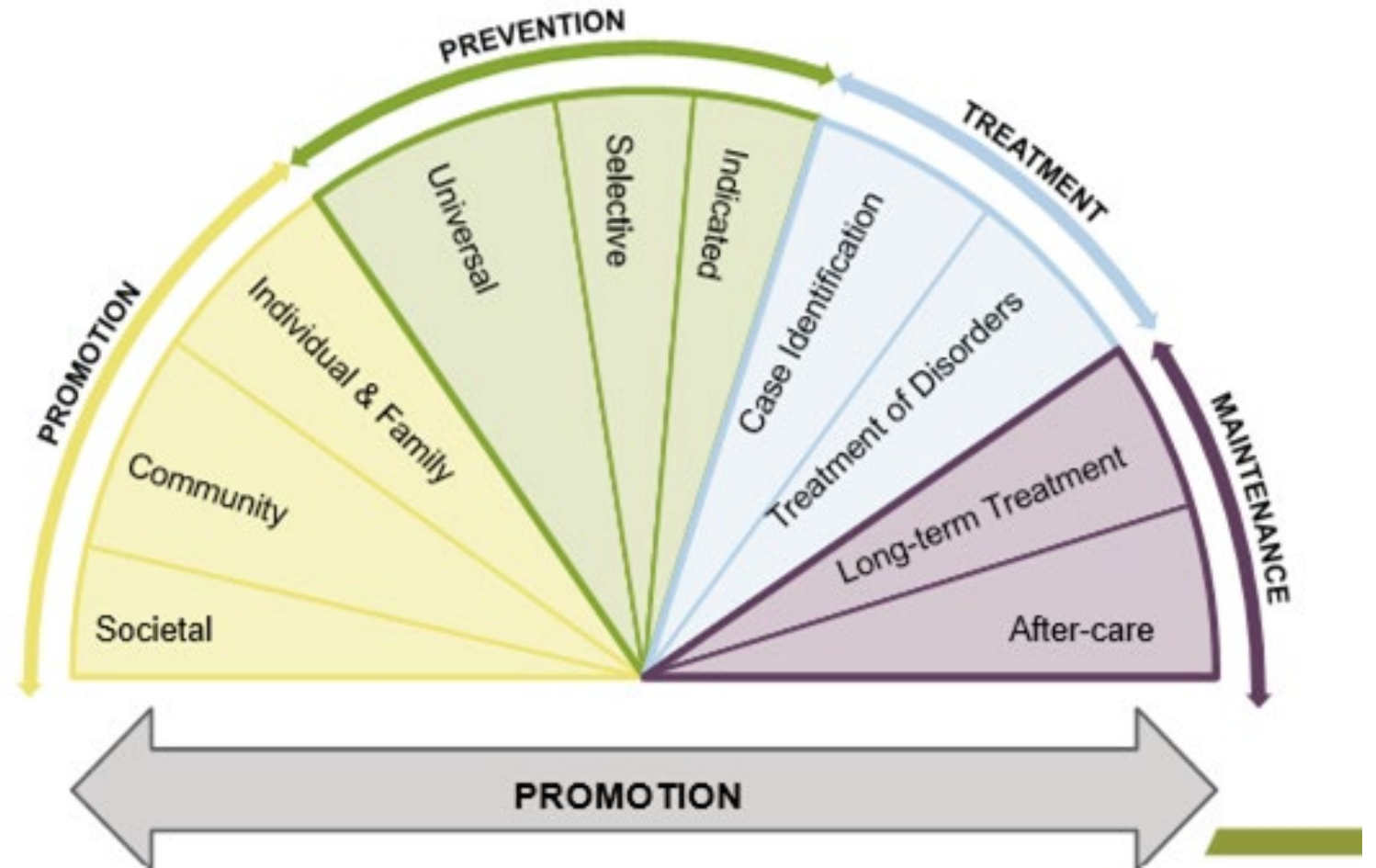


1. Select “Annotate” or “View Options”

Annotate Practice Space



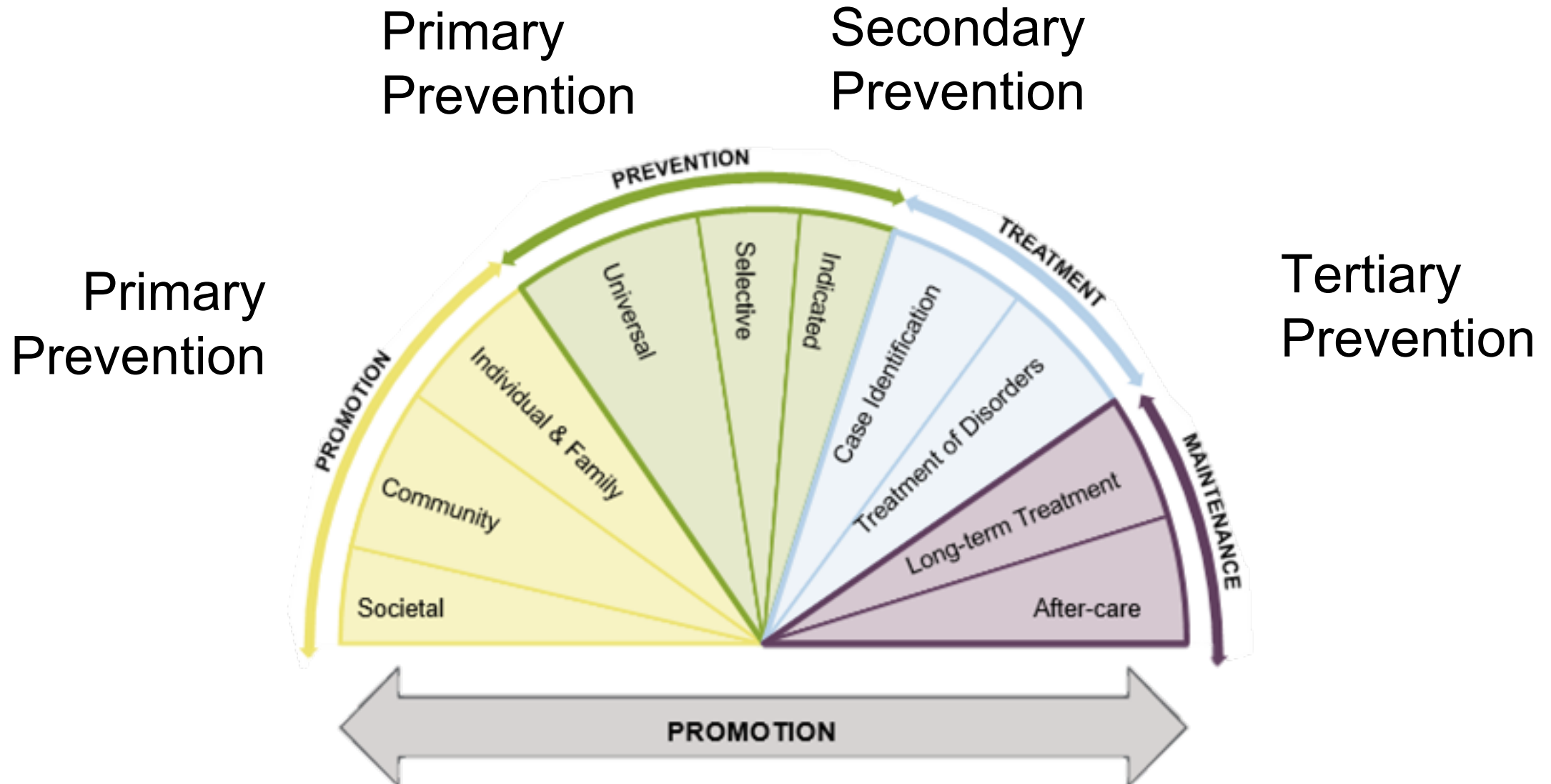
# Components of the Continuum



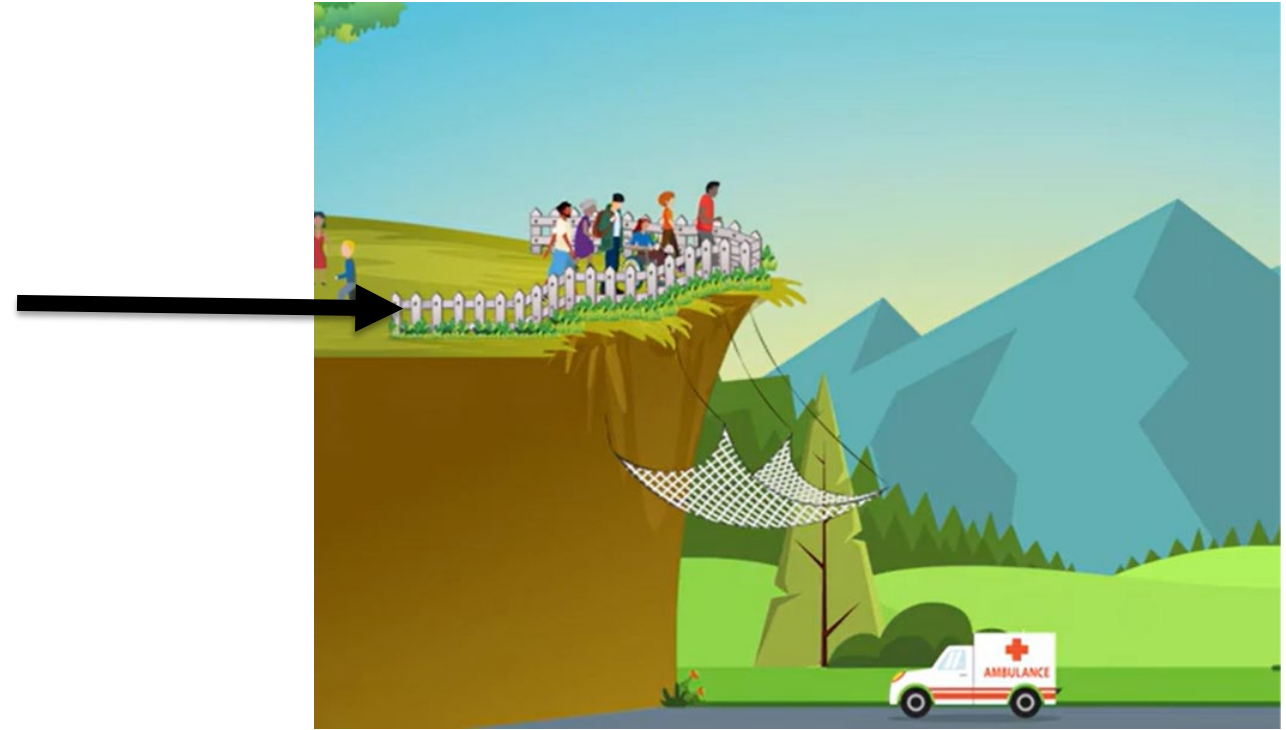
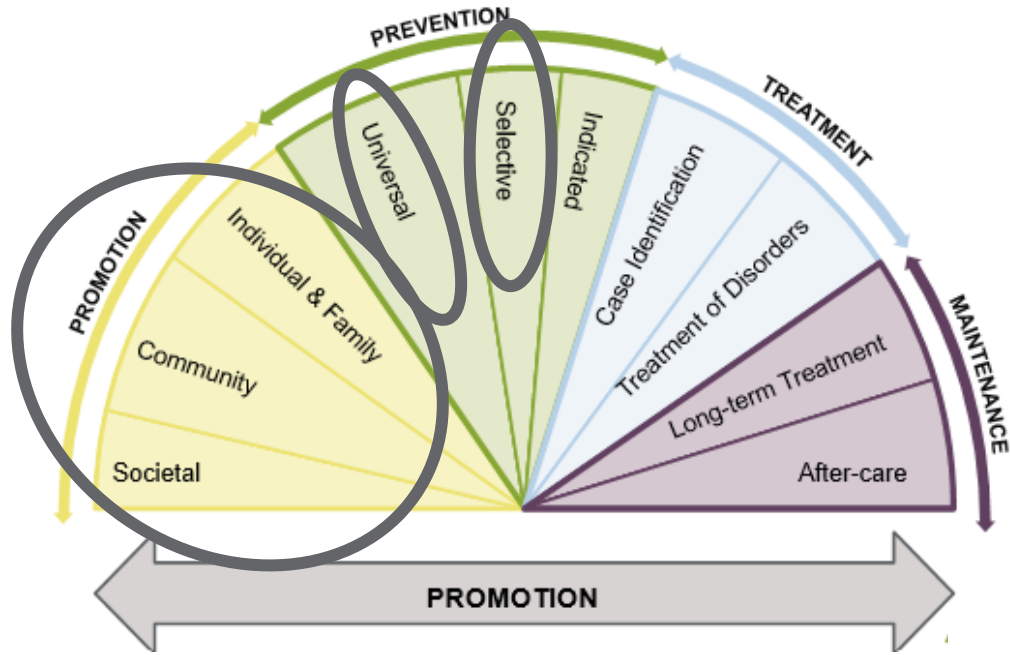
# Primary – Secondary – Tertiary Prevention



# MEB Spectrum and Types of Prevention



# Primary Prevention



*Intervening before a disease or condition occurs*



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# Primary Prevention – Core Principles

Risk and  
Protective  
Factors

Population-  
based  
Approaches

Policy and  
Environmental  
Strategies



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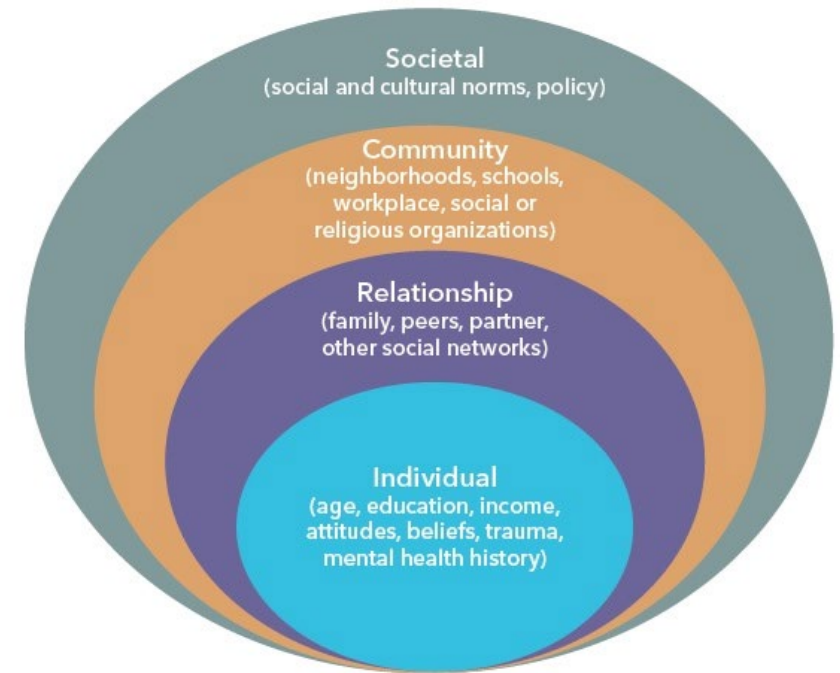
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# Primary Prevention: Risk and Protective Factors

## Examples of Risk and Protective Factors for Substance Misuse

- Prenatal alcohol exposure = **risk factor**
- Parental modeling of drug/alcohol use = **risk factor**
- Adequate economic resources for family = **protective factor**
- Positive teacher experiences = **protective factor**
- Anti-social behavior in adolescence = **risk factor**
- Supportive relationships with family = **protective factor**
- Leaving home in young adulthood = **risk factor**
- Connectedness to adults outside of family = **protective factor**
- Policies that limit access to alcohol = **protective factor**



Source: Safe States



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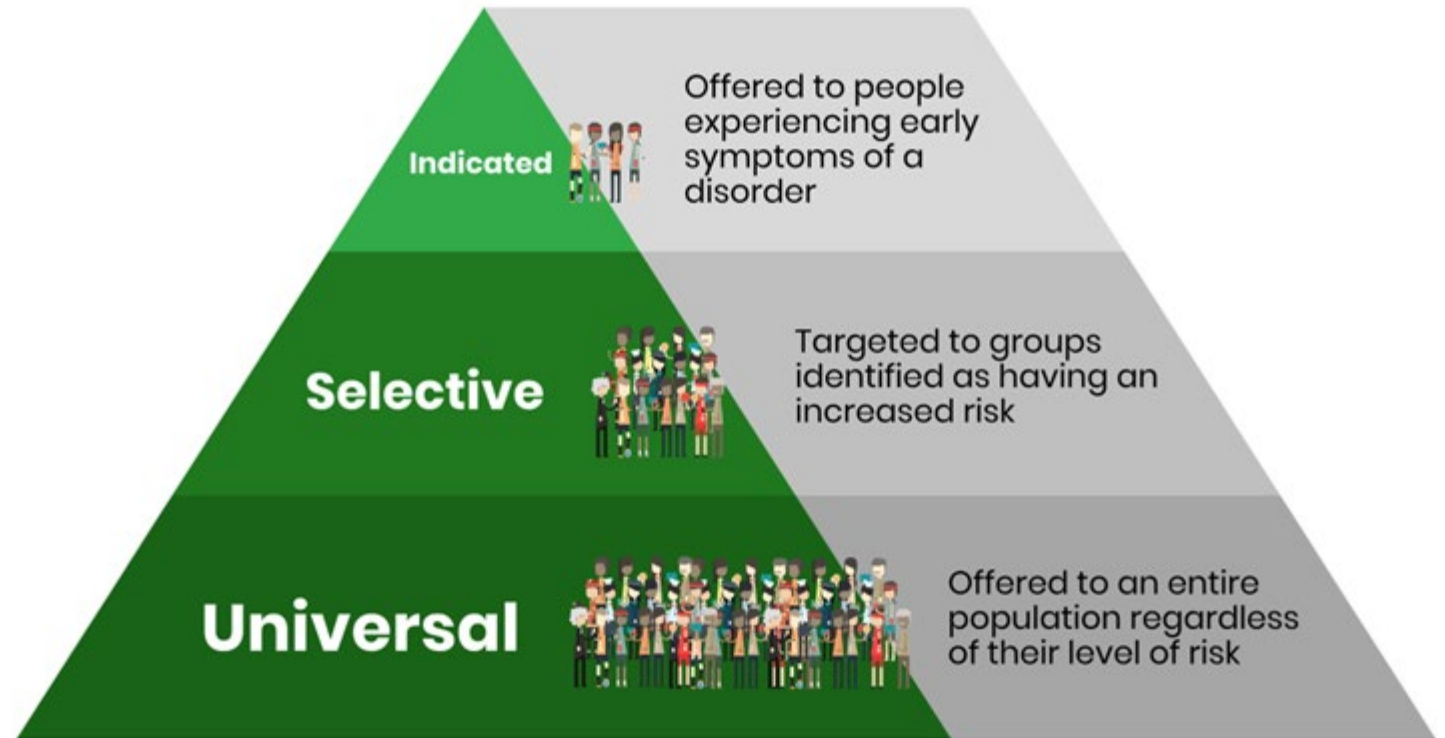
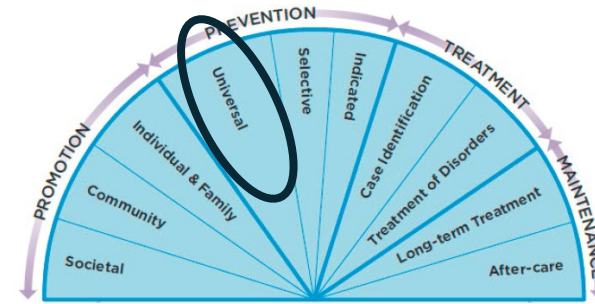
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# Primary Prevention: Population-Based Approaches

## Example Universal Strategies

- Social emotional skills school curriculum
- Media campaign
- Drug-free campus policy



Source:  
PositiveChoices.org.au

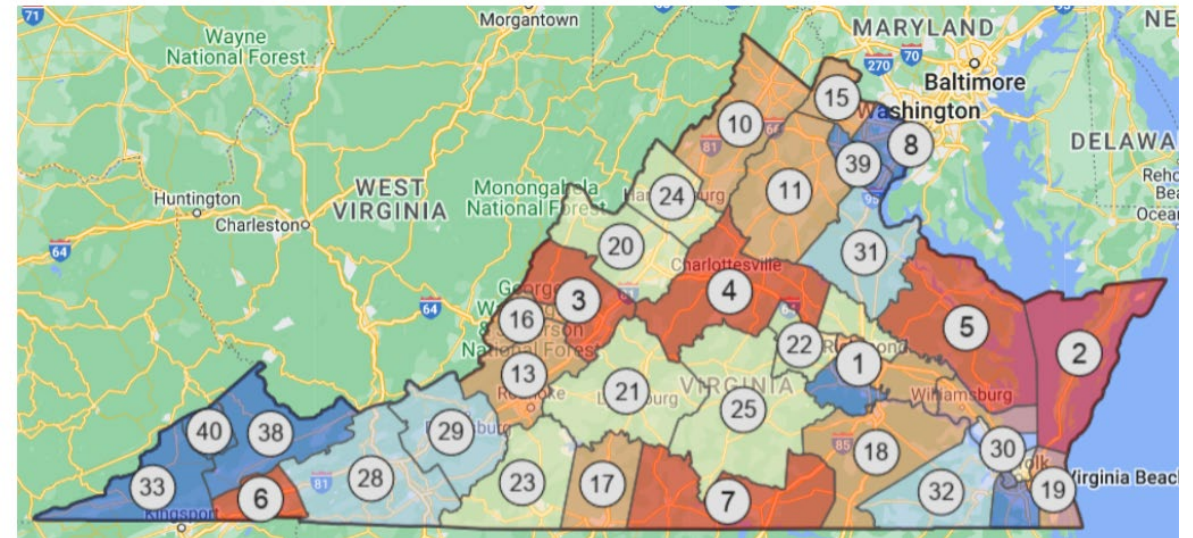
# Primary Prevention: Policy and Environmental Strategies

## Example Strategies

- Zoning for liquor or cannabis retailers
- Regulations on advertising
- Raising the minimum age
- Alcohol free event policies

## The benefits of mapping alcohol outlets

By Elizabeth Gerndt | September 30, 2022 | Categories: Alcohol, Data, Point of Sale



Source: CounterTools.org

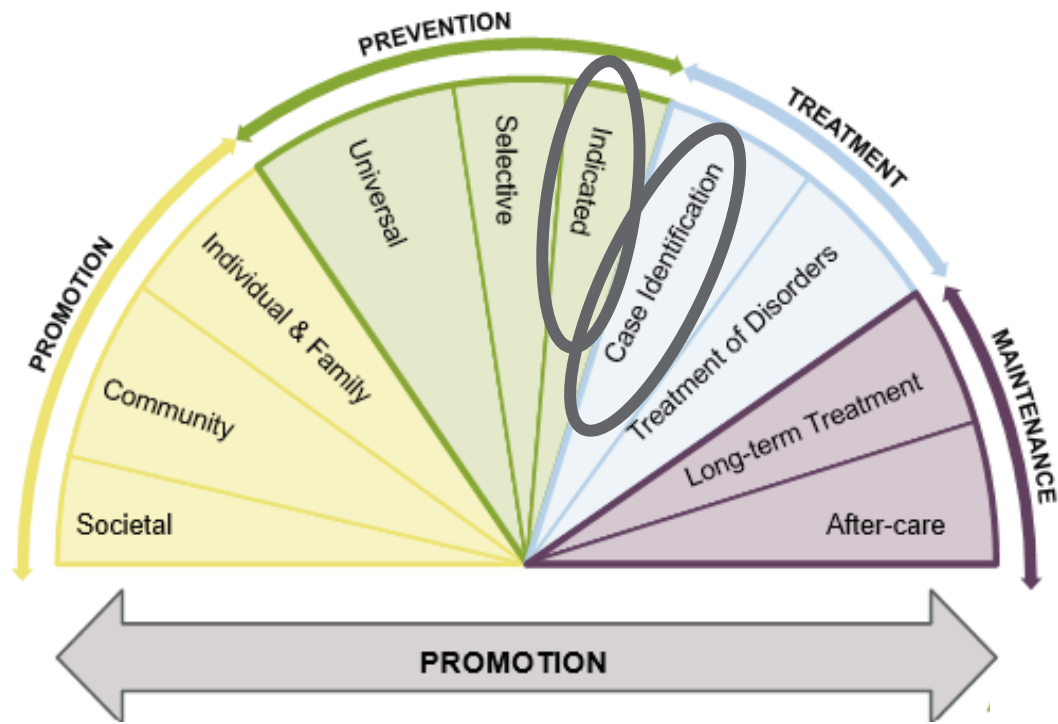


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## Secondary Prevention

- *Intervening in the early stages of a disease or condition*



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# Secondary Prevention – Core Principles

Early  
Intervention

Screening and  
Assessment

Culturally  
Responsive  
Interventions



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# Secondary Prevention: Early Intervention

## Example Strategies

- Alternative to suspension
- Diversion programs
- Restorative justice



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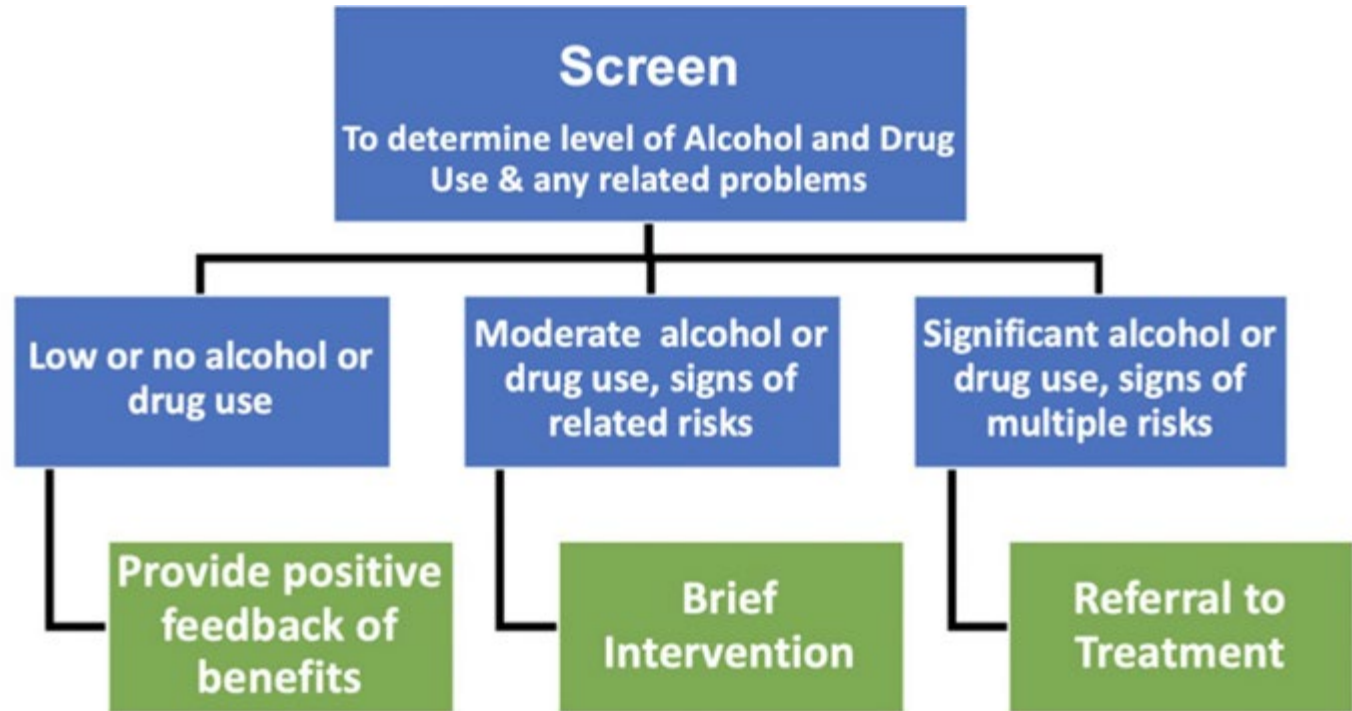
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# Secondary Prevention: Screening and Assessment

## Example Strategies

- Screening, Brief Intervention, and Referral to Treatment (SBIRT)



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# Secondary Prevention: Culturally Responsive Interventions

## Principles

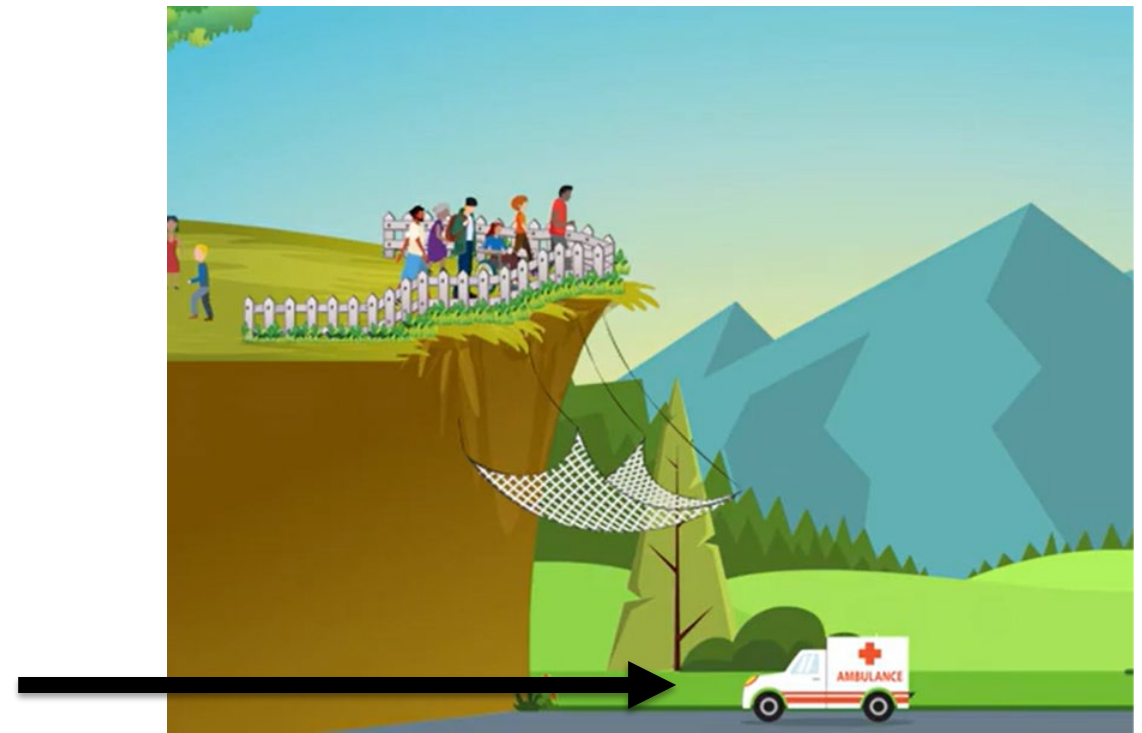
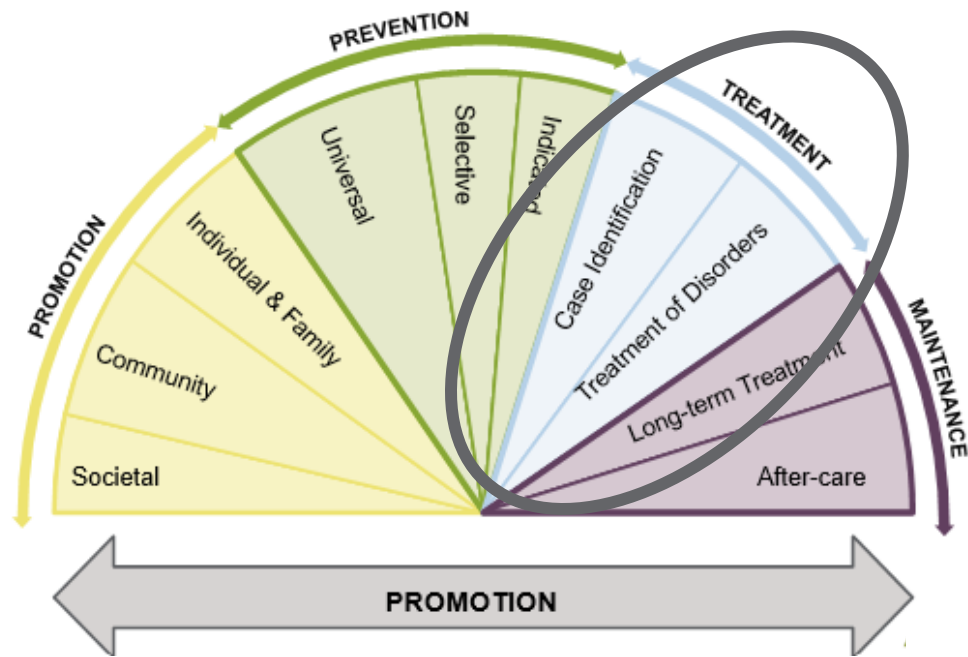
- Ensure community involvement
- Let the community define itself
- Program implementers and evaluators that practice cultural sensitivity and are reflective of the community



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# Tertiary Prevention

*Intervening after a disease or condition has occurred to prevent further impact.*



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# Tertiary Prevention – Core Principles

Treatment and  
Recovery  
Support

Harm  
Reduction

Relapse  
Prevention



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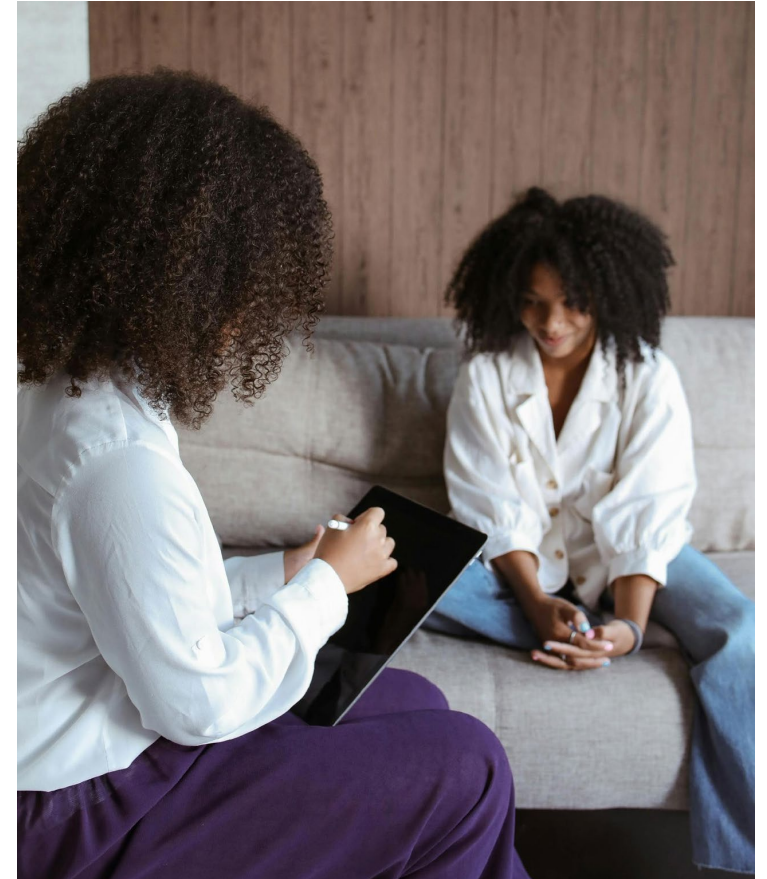
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# Tertiary Prevention: Treatment and Recovery Support

## Example Strategies

- Inpatient Rehabilitation
- Outpatient Treatment
- Medication-Assisted Treatment (MAT)



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# Tertiary Prevention: Harm Reduction

## Example Strategies

- Fentanyl Test Strips
- Naloxone
- Syringe exchange programs



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# Tertiary Prevention: Relapse Prevention

## Example Strategies

- Cognitive-Behavioral Therapy (CBT)
- Mindfulness-Based Relapse Prevention
- Support Groups

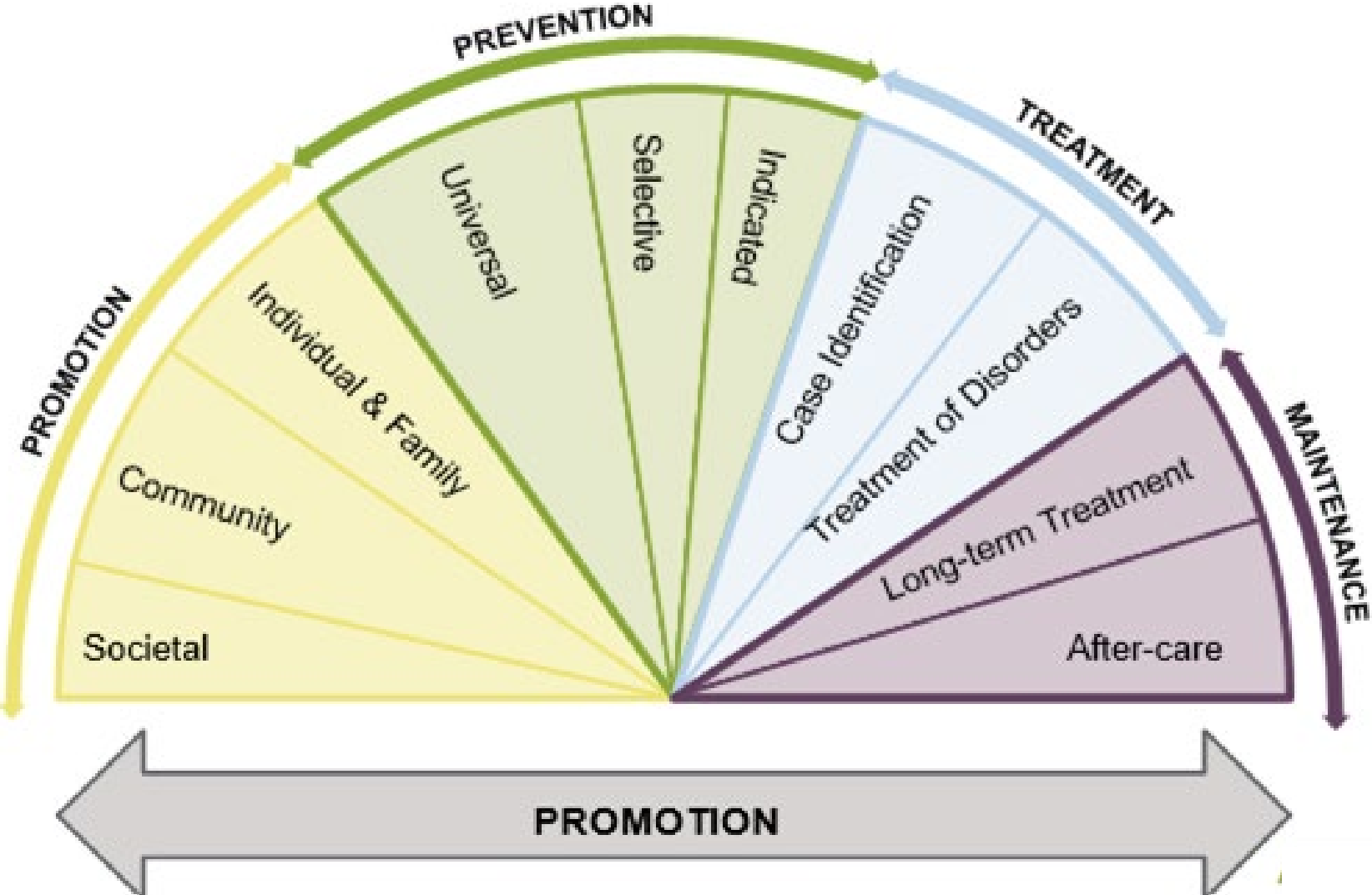


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# Promotion



# Implications of the MEB Spectrum

Holistic  
approaches to  
well-being

Stigma  
reduction

Individualized  
care and  
support



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# Prevention's Opportunities for Partnership Across Sectors

# Schools

## Examples of Prevention

### Primary

- Evidence-based substance education
- Strategies that reduce risk factors + promote protective factors

### Secondary

- “Alternative to Suspension” program for students in violation of substance policy

### Tertiary

- Naloxone on hand



## Opportunities for Partnership

- School Based Health Centers
- Health Curriculum
- School Policy



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# Healthcare Settings

## Examples of Prevention

### Primary

- Patient education
- Prescribing practices

### Secondary

- Intervention and referral

### Tertiary

- Naloxone
- Needle exchange
- Offering behavioral health treatment



## Opportunities for Partnership

- Safe prescribing practices
- Patient education and screening
- Advocacy



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# Workplaces

## Examples of Prevention

### Primary

- Workplace safety and injury prevention measures

### Secondary

- Early intervention screening training for managers

### Tertiary

- Employee Assistance Programs
- Health insurance with behavioral health and SUD treatment



## Opportunities for Partnership

- Employee education
- Chambers of Commerce



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# Communities

## Examples of Prevention

### Primary

- Policies supporting healthy environments
- Policies that reduce risk factors such as poverty

### Secondary

- Diversion programs or drug courts
- Policies allowing naloxone carrying at schools, concert venues, etc.

### Tertiary

- Needle exchanges run by community organizations



## Opportunities for Partnership

- Community coalitions, boards, and taskforce involvement



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# Major Challenges Facing Mental Health Services

- Lack of access and affordability
- A mental health workforce shortage
- Social media
- Systemic inequities and racism

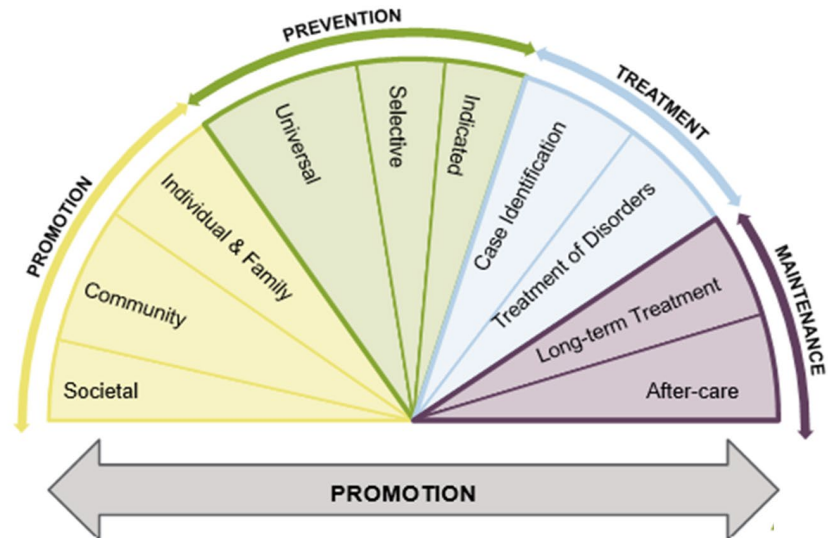


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# Summary



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# Chat Discussion

How will you use the information to improve how you work across the MEB Spectrum?



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Let's hear from you!  
What are your questions?

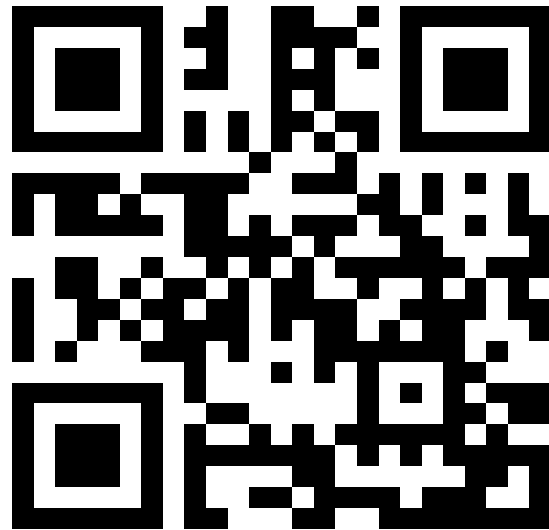


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# Your Feedback Is Important!



Survey Link:

<https://ttc-gpra.org/P?s=982000>



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# Resources

- [Opioid-Overdose Reduction Continuum of Care Approach Practice Guide 2023](#) (check out pg. 4!)
- Dept. of Labor:
  - Recovery-Ready Workplace Resources - <https://www.dol.gov/agencies/eta/RRW-hub>
  - Preventing Substance Use in the Workplace - <https://www.dol.gov/agencies/eta/RRW-hub/Getting-started/Preventing-substance-use>
- Finding Evidence-Based Programs, Strategies, Interventions:
  - Blueprints: <https://www.blueprintsprograms.org/program-search/>
  - SAMHSA E-B Practices Resource Center: <https://www.samhsa.gov/resource-search/ebp>



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# Resources

- Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth, (2019), <https://nap.nationalacademies.org/catalog/25201/fostering-healthy-mental-emotional-and-behavioral-development-in-children-and-youth>
- Spectrum of Mental, Emotional, and Behavioral Interventions, (2023) <https://pttcnetwork.org/wp-content/uploads/2023/04/Spectrum-of-MEB-Interventions.pdf>



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