

# Prevention

## Risk & Protective Factors:

## Why They Matter Across Systems

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New Hampshire Teen Institute

Executive Director, Marissa Carlson, MS, CPS

Program Director, Maura McGowan

# Objectives

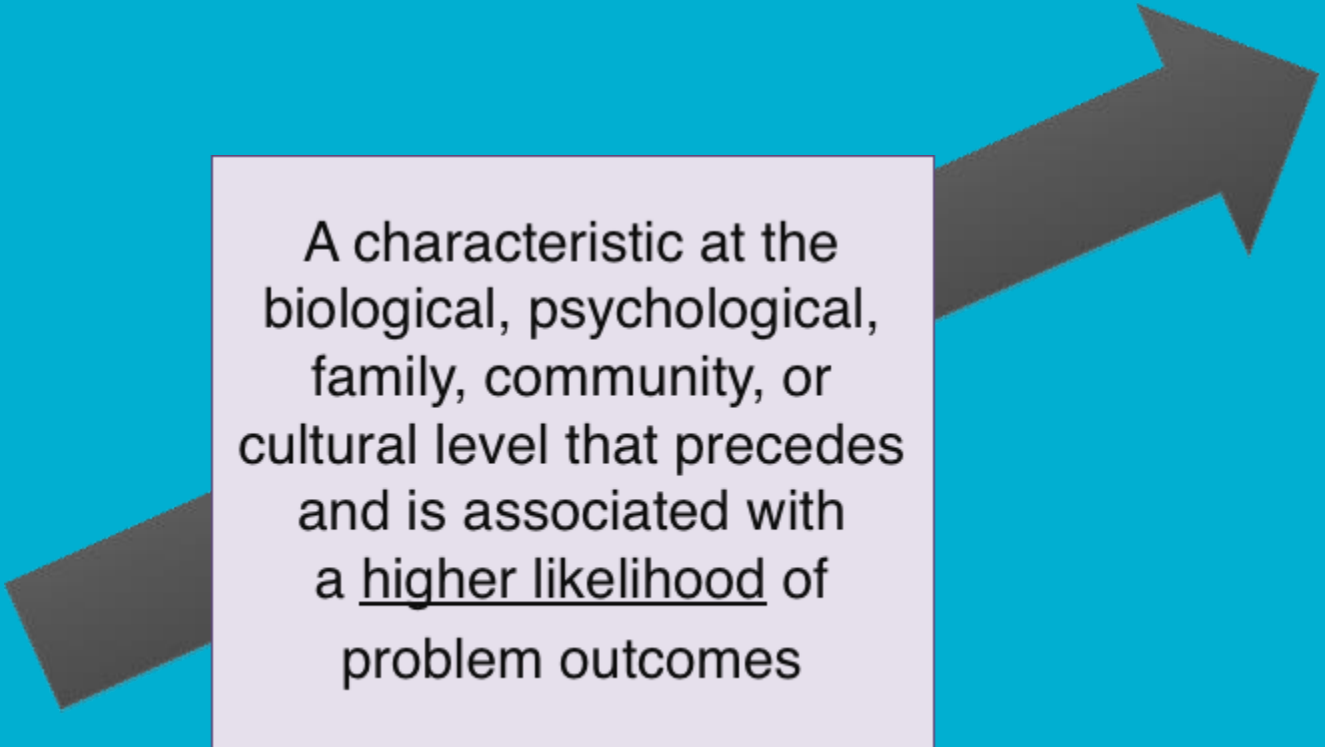
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- Identify risk and protective factors in the individual, family, and community domains
- Identify health and educational outcomes impacted by shared risk and protective factors
- Increase understanding of how substance use disorder prevention work aligns with a broader range of health and wellness focus areas

# Risk and Protective Factors

# Risk Factor<sup>1</sup>

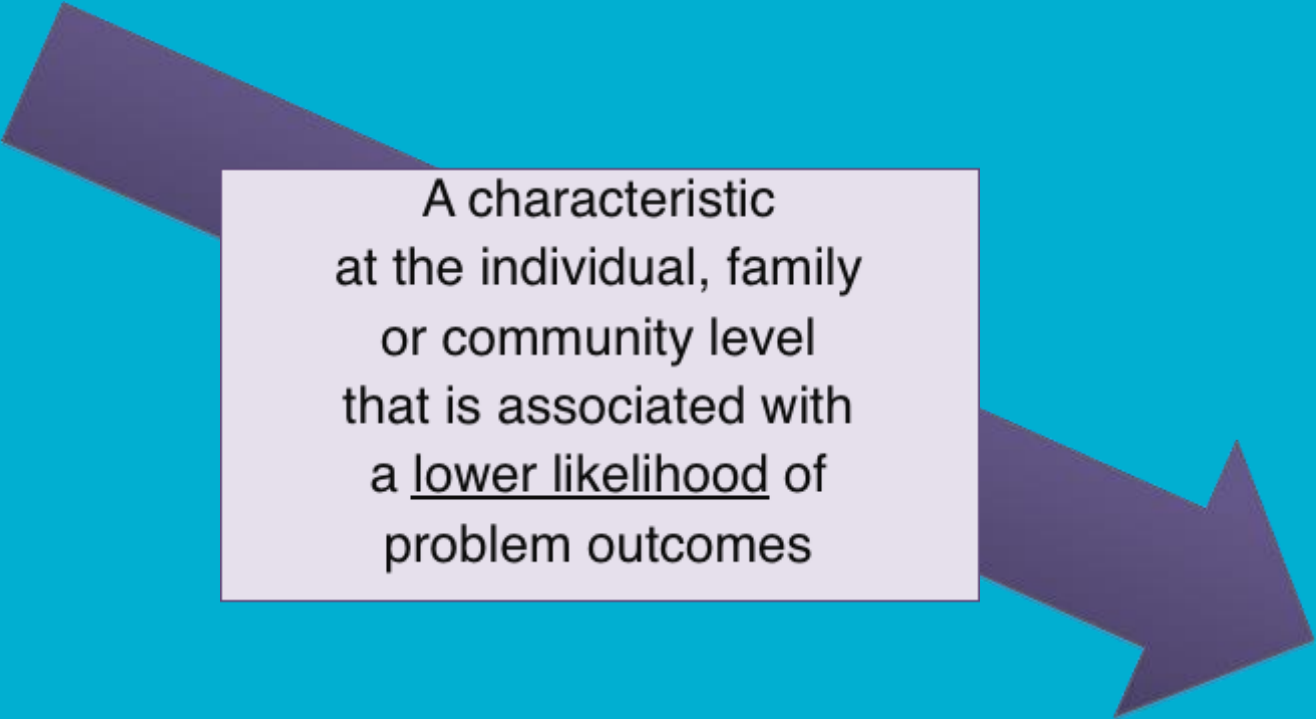
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A characteristic at the biological, psychological, family, community, or cultural level that precedes and is associated with a higher likelihood of problem outcomes

# Protective Factor<sup>1</sup>

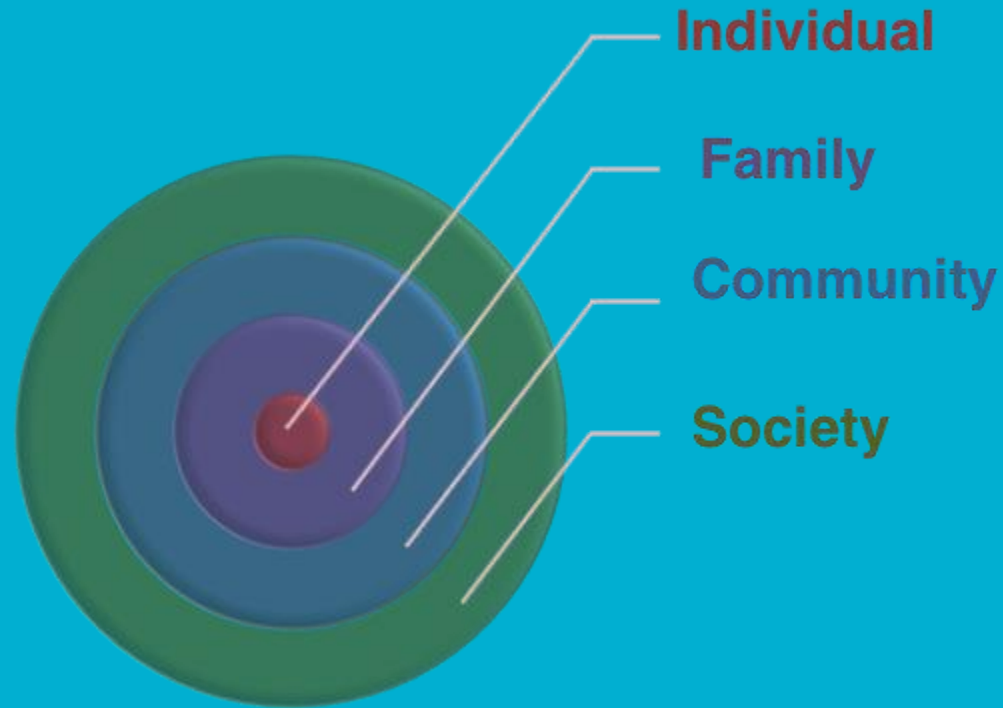
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A characteristic  
at the individual, family  
or community level  
that is associated with  
a lower likelihood of  
problem outcomes

# Multiple Contexts<sup>1</sup>

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# Small Group Activity

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Brainstorm SUD Risk and Protective factors in the  
Individual, Family, & Peer/School/Community contexts/domains

# Evidence-Based Risk and Protective Factors

## Substance Use - Adolescence<sup>1</sup>

### Individual Context

- Emotional problems in childhood (propensity toward negative emotions; behavioral disengagement coping [giving up])
- Conduct disorder
- Favorable attitudes toward drugs
- Rebelliousness
- Early substance use
- Anti-social behavior

### Family Context

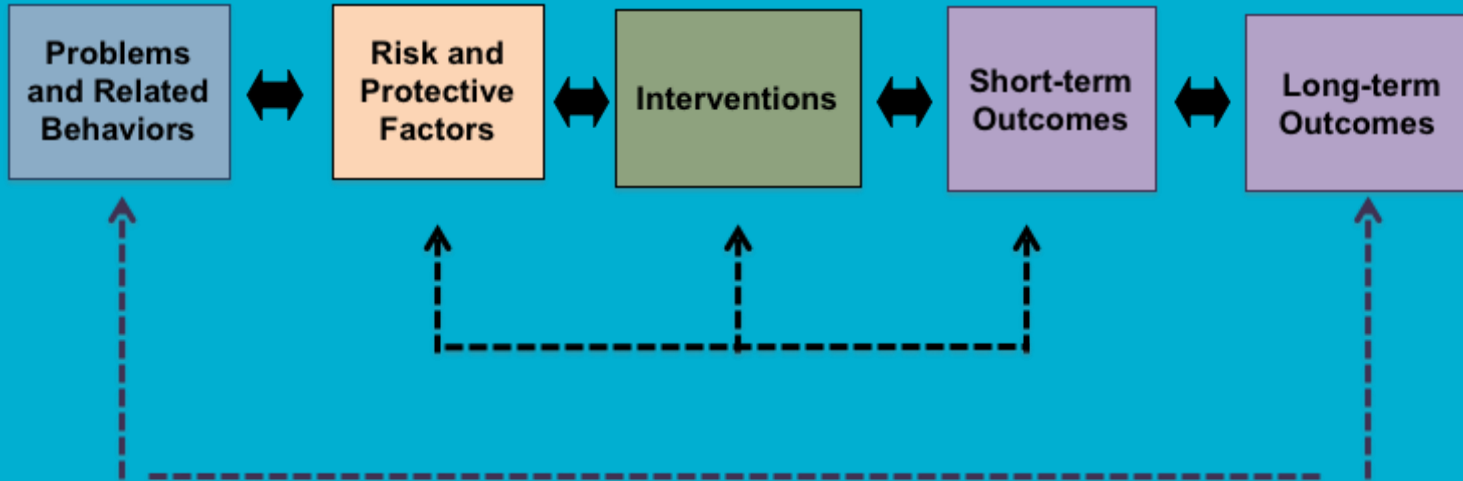
- Substance use among parents
- Lack of adult supervision
- Poor attachment with parents

### Peer/Community/School Context

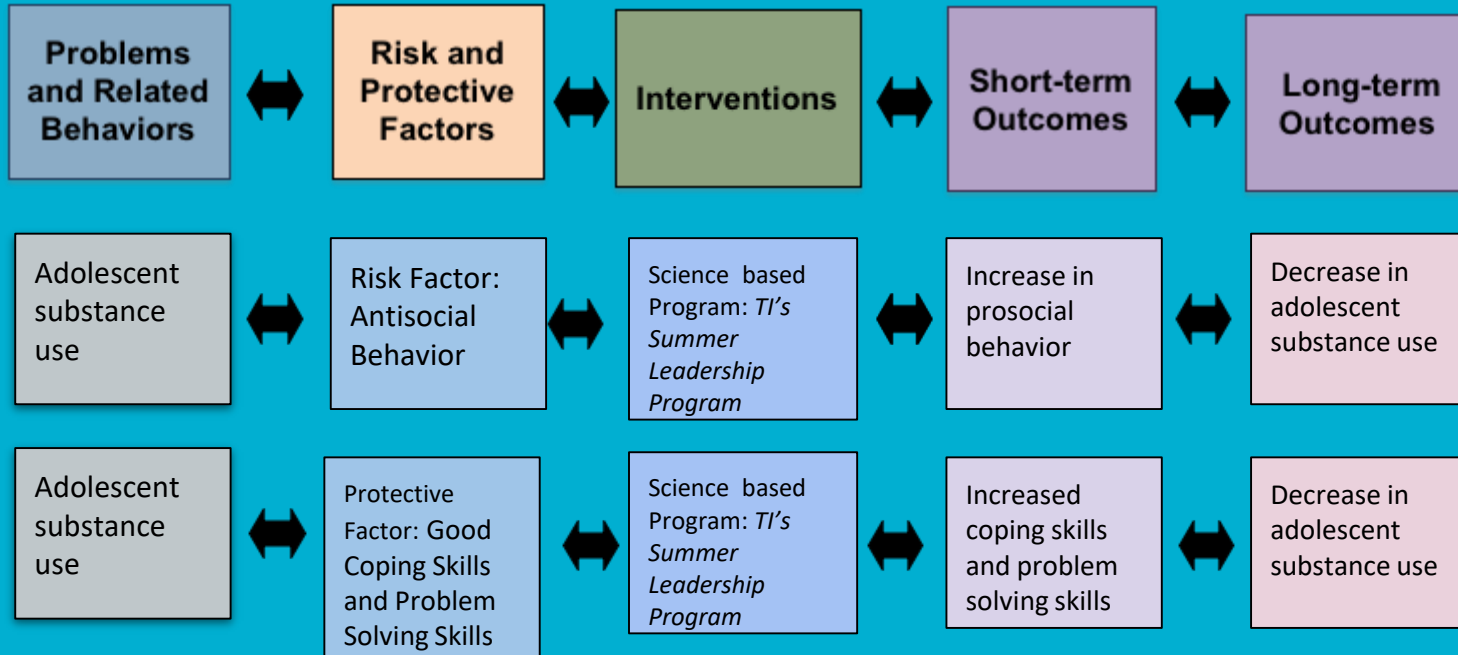
- School failure
- Low commitment to school
- Not college-bound
- Aggression toward peers
- Associating with drug-using peers
- Permissive societal/community norms about alcohol and drug use



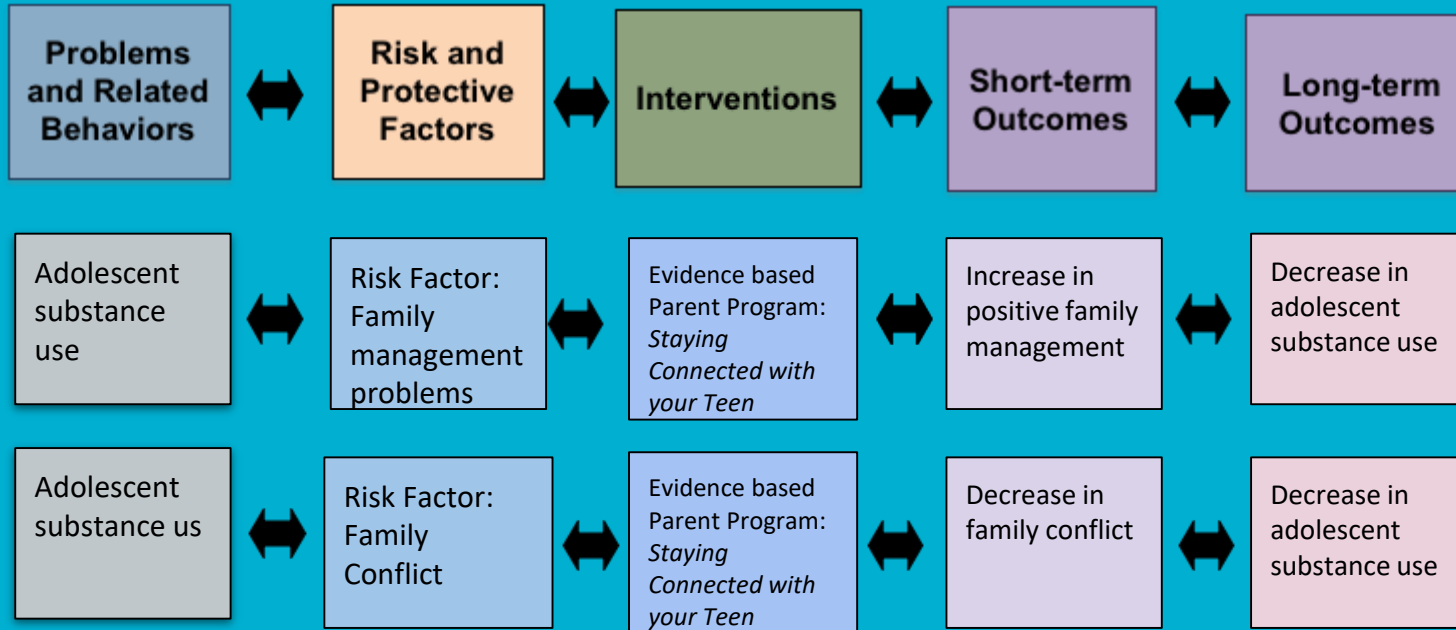
# Logic Model<sup>2</sup>



# Logic Model: Individual Context



# Logic Model: Family Context



# Small Group Activity

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## Identifying shared risk and protective factors among Mental, Emotional, and Behavioral Disorders

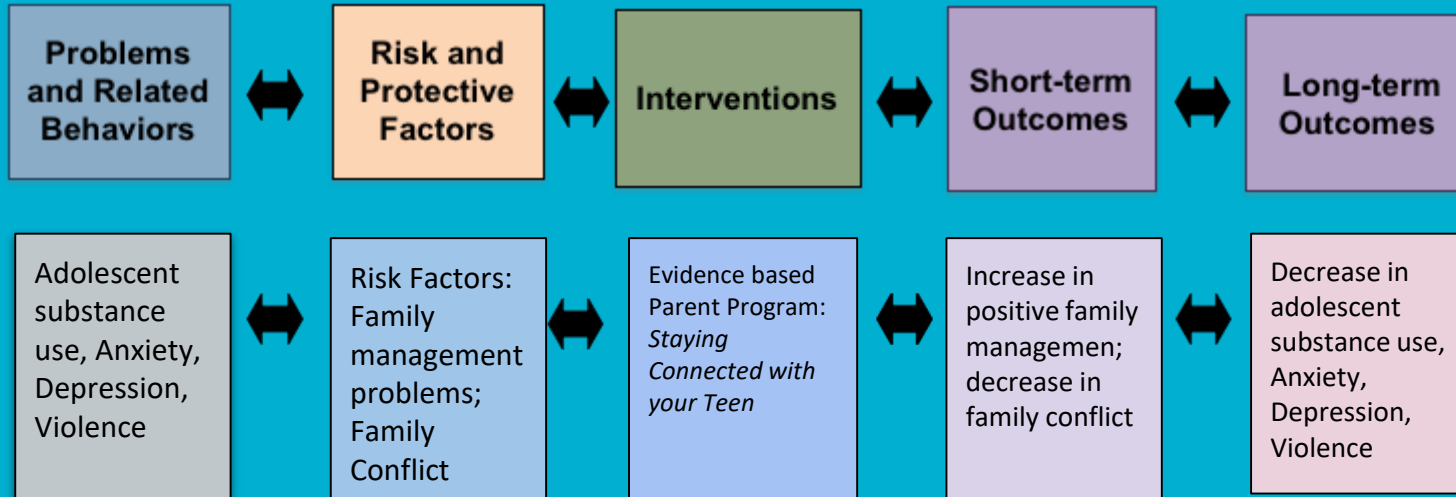
Look at the provided list of risk and protective factors for various mental, emotional, and behavioral disorders

Identify risk and protective factors that multiple disorders have in common in each context: Individual, Family, Peer/School/Community

Report back to whole group

# Logic Model: Multiple problem behaviors

## Family Context



# Small Group Activity

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Determining current or possible interventions for multiple disorders by addressing shared risk factors.

What are you/ your organization/your system doing currently or what could you do as interventions?

Rotate and Report Back



Reflections, Questions, Take-Aways

# Citations

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- 1. National Research Council and Institute of Medicine. (2009). *Preventing mental, emotional, and behavioral disorders among young people: Progress and possibilities* (O'Connell, M.E., Boat, T., & Warner, K.E., Eds.). Washington, DC: National Academies Press.**
- 2. From Substance Abuse Prevention Skills Training, Session 4, developed by CAPT: SAMHSA's Center for the Application of Prevention Strategies.**