



## SUBSTANCE USE PREVENTION

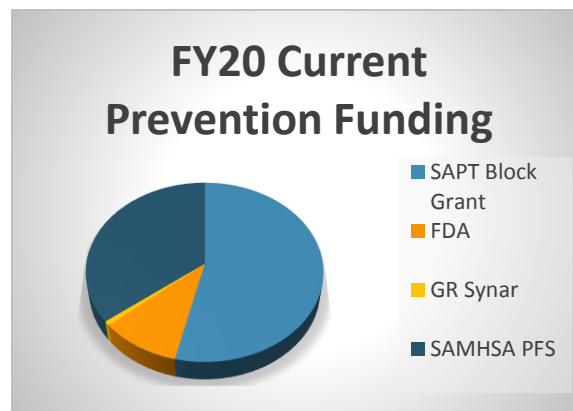
### WHAT IS PREVENTION?

Evidence-based actions taken to delay the initial use of alcohol, tobacco, and other drugs, and to prevent substance misuse in order to promote healthy behaviors.

### PREVENTION STRATEGIES

- 1) Universal prevention** intervenes before substance use occurs. These interventions target the general population and aims to deter substance use by providing information and building skills to make healthy, informed decisions.  
*Examples: School curriculum for all students; policies to modify advertising practices, screening.*
- 2) Selective prevention** interventions target specific populations who are at a greater risk for substance misuse.  
*Examples: Support groups for children with parents/caregivers with substance use problems; mass media campaign for high-risk groups.*
- 3) Indicated prevention** targets individuals already using substances or engaging in high-risk behaviors and involve them in special programs.  
*Examples: Mentoring programs for disengaged youth; parent/caregiver training for youth using substances.*

### RHODE ISLAND BHDDH FUNDING FOR PREVENTION



### PRIMARY PREVENTION STRATEGIES

SAMHSA's Center for Substance Abuse Prevention identifies six prevention strategies. A comprehensive prevention approach using as many strategies as possible has the greatest potential to reduce substance use.

#### Information Dissemination

One-way communication that provides information about the nature of drug use, misuse, and addiction and the effects on individuals, families, and communities on available prevention programs and services. *Examples: Media campaigns, brochures, health fairs.*

*Rhode Island Specific Examples: Count It, Lock It, Drop It Campaign, Parent Newsletter, Above the Influence Campaign, Learn the Truth about Vaping posters, and Talk. They Hear You Campaign.*

### **Prevention Educational Programs**

Two-way communication between educator and participants that provides information and activities aimed to affect critical life and social skills, including decision-making, refusal skills, and critical analysis.

*Examples: Classroom lessons, parenting classes.*

*Rhode Island Specific Examples: Project Success Prevention Education Series, Life Skills, Strengthening Families, Above the Influence, Project Northland, 3<sup>rd</sup> Millennium, and Too Good for Drugs.*

### **Alternative Activities**

Activities that exclude alcohol and drug use through the provision of constructive and healthy activities.

*Examples: Community drop-in centers, mentoring programs.*

*Rhode Island Specific Examples: Pre-Prom/Post Prom events, Students Against Destructive Decisions Groups, Youth to Youth Conference.*

### **Problem Identification & Referral**

Aims to identify those who have used drugs and to assess if their behavior can be reversed through education.

*Examples: DUI programs.*

*Rhode Island Specific Example: Student Assistance Programs.*

### **Community-Based Processes**

Enhances the ability and capacity of the community to more effectively provide substance use prevention services.

*Examples: Neighborhood action training; multi-agency coordination.*

*Rhode Island Specific Examples: Underage Drinking Town Hall Meetings, Community Needs Assessment, Coalition Meetings, and Logic Model development.*

### **Environmental Changes**

Establishes or changes community standards, codes, and attitudes, thereby influencing the incidence and prevalence of drug use in the general population.

*Examples: Advertisement restrictions, product pricing strategies, enforcement.*

*Rhode Island Specific Examples: Permanent Drug Disposal sites, Project Sticker Shock, Drug Take Back Day, Alcohol or Tobacco Compliance Checks, and Party Patrols.*

### **SAMHSA'S STRATEGIC PREVENTION PLANNING FRAMEWORK (SPF)**

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



### **OPPORTUNITIES FOR PREVENTION**

- Strengthening Individual Knowledge and Skills
- Promoting Community Education
- Educating Healthcare Providers and Other Professionals
- Fostering Coalitions and Networks
- Mobilizing Neighborhoods and Communities
- Changing Internal Practices and Policies of Agencies and Institutions
- Influencing Policy and Legislation