

STRATEGIC PREVENTION FRAMEWORK - KEY PRINCIPLES

- 1. PREVENTION IS AN ORDERED SET OF STEPS ALONG A CONTINUUM TO PROMOTE INDIVIDUAL, FAMILY, AND COMMUNITY HEALTH, PREVENT MENTAL AND BEHAVIORAL DISORDERS, SUPPORT RESILIENCE AND RECOVERY, AND PREVENT RELAPSE**

Prevention activities range from deterring diseases and behaviors that contribute to them, to delaying the onset of disease and mitigating the severity of symptoms, to reducing the related problems in communities. This concept is based on the Institute of Medicine model that recognizes the importance of a whole spectrum of interventions.

- 2. PREVENTION IS PREVENTION IS PREVENTION**

The common components of effective prevention for the individual, family or community within a public health model are the same -- whether the focus is on preventing or reducing the effects of cancer, cardiovascular disease, diabetes, substance abuse or mental illness.

- 3. COMMON RISK AND PROTECTIVE FACTORS EXIST FOR MANY MENTAL HEALTH AND SUBSTANCE USE PROBLEMS. GOOD PREVENTION FOCUSES ON THESE COMMON RISK FACTORS THAT CAN BE ALTERED**

For example, family conflict, low school readiness, and poor social skills increase the risk for conduct disorders and depression, which in turn increase the risk for adolescent substance abuse, delinquency, and violence. Protective factors such as strong family bonds, social skills, opportunities for school success, and involvement in community activities can foster resilience and mitigate the influence of risk factors.

- 4. RESILIENCE IS BUILT BY DEVELOPING ASSETS IN INDIVIDUALS, FAMILIES, AND COMMUNITIES THROUGH EVIDENCE-BASED HEALTH PROMOTION AND PREVENTION STRATEGIES**

For example, youth who have relationships with caring adults, good schools, and safe communities develop optimism, good problem-solving skills, and other assets that enable them to rebound from adversity and go on with life with a sense of mastery, competence, and hope.

- 5. SYSTEMS OF PREVENTION SERVICES WORK BETTER THAN SERVICE SILOS**

Working together, researchers and communities have produced a number of highly effective prevention strategies and programs. Implementing these strategies within a broader system of services increases the likelihood of successful, sustained prevention activities.

6. BASELINE DATA, COMMON ASSESSMENT TOOLS, AND OUTCOMES SHARED ACROSS SERVICE SYSTEMS CAN PROMOTE ACCOUNTABILITY AND EFFECTIVE PREVENTION EFFORTS

A Strategic Prevention Framework can make it easier for federal agencies, states, and communities to identify common needs and risk factors, adopt assessment tools to measure and track results, and target outcomes to be achieved.

UTILIZE THIS FRAMEWORK IN ORDER TO:

- ⇒ **PREVENT THE ONSET AND REDUCE THE PROGRESSION OF SUBSTANCE ABUSE, INCLUDING CHILDHOOD UNDERAGE DRINKING.**
- ⇒ **REDUCE SUBSTANCE ABUSE-RELATED PROBLEMS IN COMMUNITIES, AND**
- ⇒ **BUILD PREVENTION CAPACITY AND INFRASTRUCTURE AT THE STATE AND COMMUNITY LEVEL**