



# **Substance Use Disorder (SUD) Prevention 101**

## **Key Concepts in Prevention**



Welcome to the Prevention 101 training.

This training is brought to you by the Center for Applied Research Solutions, or CARS. CARS is the contractor implementing the Community Prevention Initiative for the California Department of Health Care Services.

The Community Prevention Initiative offers training and technical assistance to the substance abuse prevention field free of charge.

## Defining Substance Use Disorder Prevention

vigorous mind; the general  
the body or mind with  
soundness and vigor, the  
or the state of being pro  
preservation from injury  
**pre·ven·tion** /pri'ven.j  
preventing; effectual hin  
stay away from dangerou  
the identification, assess  
prioritization of risks; pe  
enjoying good health

## What is Substance Use Disorder Prevention?

Substance Use Disorder  
Prevention focuses on strategies  
to prevent all levels of substance  
use.

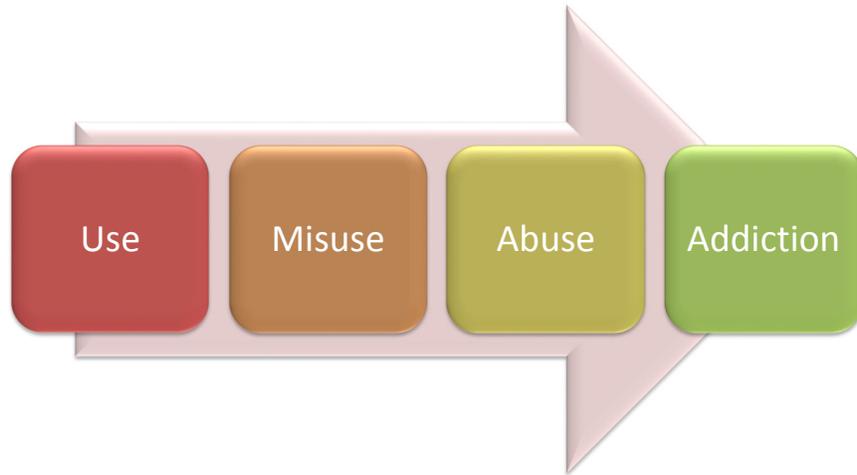
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SUD prevention focuses on strategies to prevent all levels of substance use and includes a range of services for individuals, families, communities, and society, at large.

The Code of Federal Regulations (CFR) defines primary prevention as “strategies directed at individuals not identified to be in need of treatment”. Pv services are appropriate for individuals who have not received a SUD diagnosis because of addiction to a substance. SUD prevention serves individuals, families, schools, communities, and society, referred to as domains, by implementing risk reduction Pv strategies \*.

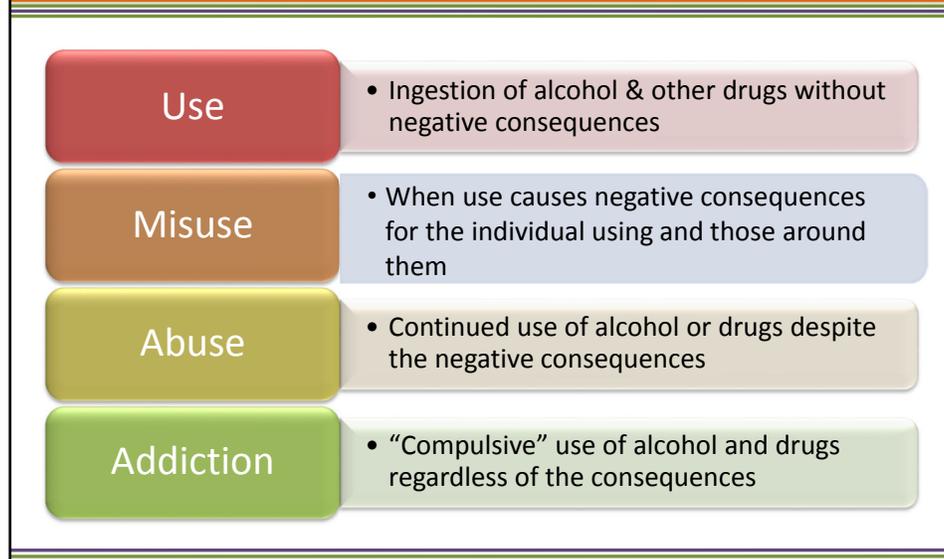
What is Substance use disorder prevention? Substance use disorder prevention focuses on strategies to prevent all levels of substance use.

## Spectrum of Use



What is substance abuse? It is defined through a continuum of terms that denote a person's level of use and the consequences of such use. Several of the substances we will be looking at have legal uses to treat medical symptoms, or in the case of alcohol, are only illegal for those under the age of 21. Therefore it is important to discuss the differences between use, misuse, abuse, and addiction. During this module, our definition of substance abuse refers to the use of drugs (including marijuana), alcohol, and misuse of prescribed medications.

## Levels of Substance Use



Defined by SAMHSA's Center for Substance Abuse Prevention, Centers for the Application of Prevention Technologies (CSAP's CAPTs).

Use of alcohol and drugs is not considered by most people to be a problem with respect to moderate use of alcohol and prescribed use of legal drugs

Misuse is a term used to describe the use of alcohol or drugs in a way that causes negative consequences for the individual using and for those around them (including physical surroundings that may result in property damage) of which they may or may not be aware

The term abuse is often used to describe a higher degree of misuse whereby the person continues to use alcohol or drugs despite the presence of negative impacts

Addiction or dependence is defined as the compulsive use of alcohol or other drugs despite the presence of serious negative consequences

When discussing the spectrum of use, it is important to remember that alcohol is illegal for person's under the age of 21. Misuse and abuse of prescription drugs may occur when individuals use the prescribed substance for reasons other than their intended, prescribed use.

More is available for you!

Visit the CPI website for more  
no-cost resources, webinars, and  
trainings on prevention topics:

<http://www.ca-cpi.org/>



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