



Substance Use Disorder (SUD) Prevention 101

Key Concepts in Prevention



Welcome to the Prevention 101 training.

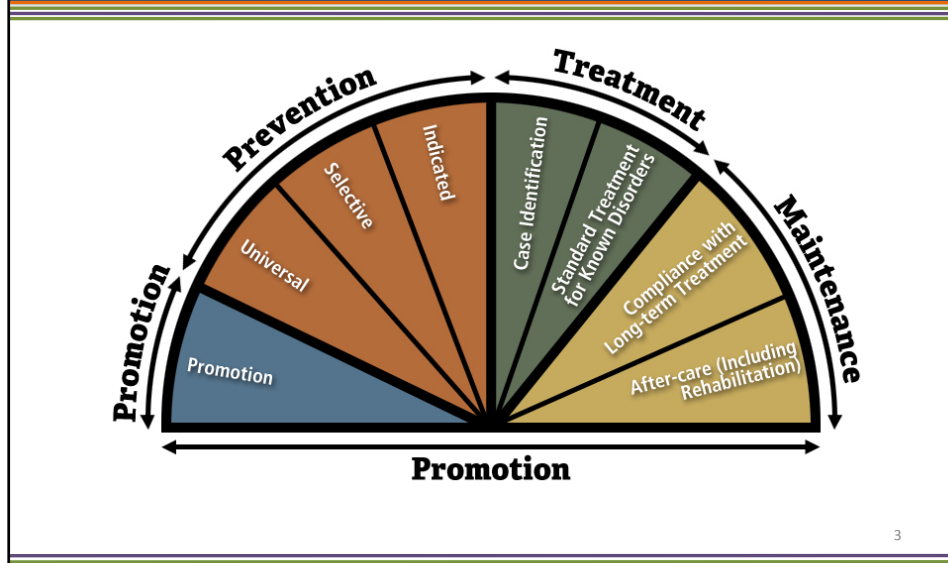
This training is brought to you by the Center for Applied Research Solutions, or CARS. CARS is the contractor implementing the Community Prevention Initiative for the California Department of Health Care Services.

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

**Individuals and Groups Served by
Prevention Programs**

The Institute of Medicine (IOM)

Prevention and the Continuum of Care in Behavioral Health



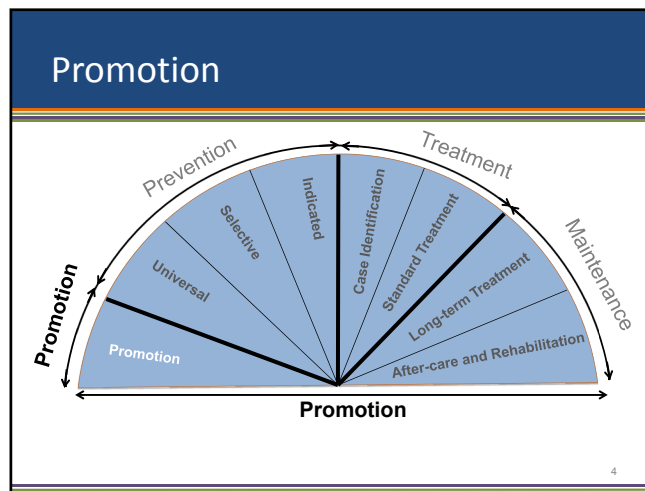
In California, SUD prevention is part of the behavioral health field.

The Continuum of Care (COC) framework informs the SUD service delivery. The Institute of Medicine initially presented the COC framework in 1994 specifically for mental health; later, the IOM expanded the COC to include substance use. The Continuum of Care describes the scope of SUD promotion, Pv, Tx, and recovery services by examining the Continuum of Care, we can place prevention in the context of a broader cycle of behavioral health care.

This model was first presented by the Institute of Medicine in 1994 as the mental health intervention spectrum, and it was expanded in 2009 to include promotion. The continuum of care describes the scope of behavioral health services for individuals before, during, and after they experience a behavioral health problem or disorder. It includes promotion, prevention, treatment, and maintenance. The continuum segments the need for care and the type of care required from various parts of the health care system. This means there are multiple opportunities for addressing behavioral health problems. It also underscores the interrelationship among promotion, prevention, treatment, and maintenance. While some services may be more specific, individualized, or costly than others, it shows that each phase along the continuum does not exist in isolation.

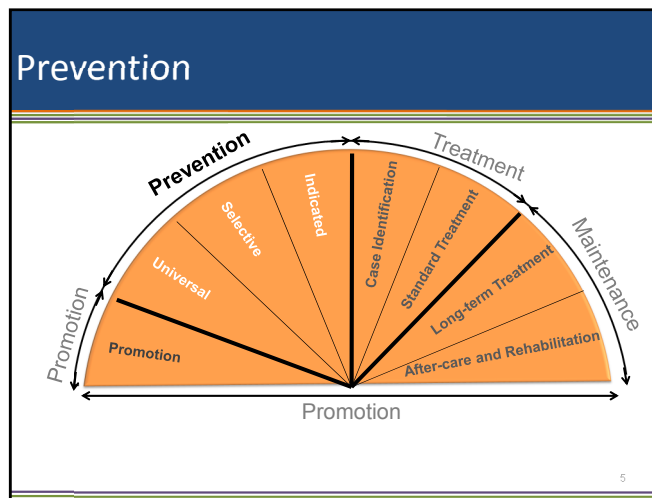
Source: <http://captus.samhsa.gov/prevention-practice/prevention-and-behavioral->

health/behavioral-health-lens-prevention/3



Promotion refers to programs or strategies that help people take charge of their well-being. Promotion focuses on the general population or a specific population group to strengthen their ability to cope with adversity. Promotion is also included along the bottom of the continuum as it is important to promote well-being throughout the continuum.

Source: Substance Abuse Prevention Skills Training (SAPST). www.captus.samhsa.gov.



Prevention strategies and activities are those that occur prior to the onset of a disorder and are intended to prevent or reduce risk for the disorder.

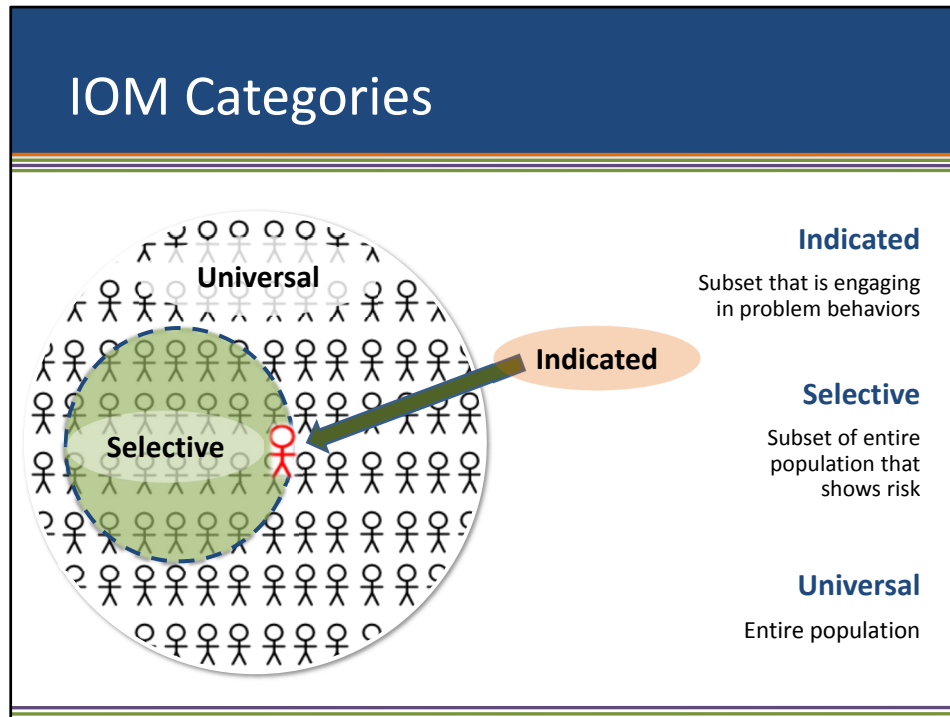
Prevention has been broken down into sub-categories of **universal, selective, and indicated**, which refer to a population group and their risk. (This will be explained, along with definitions of each, in the next slide.)

Preventing drug abuse and excessive alcohol use does the following:

- Improves quality of life, academic performance, workplace productivity, and military preparedness
- Reduces crime and criminal justice expenses, motor vehicle crashes and fatalities, suicides, and drownings
- Lowers health care costs

Source: Substance Abuse Prevention Skills Training (SAPST). www.captus.samhsa.gov.

IOM Categories



Also known as the “who” of prevention, the Institute of Medicine (IOM) model provides a systematic framework for thinking about the nature and degree of risk faced by multiple vulnerable populations. Preventive interventions are most effective when they are appropriately matched to their target population’s level of risk. This model defines three broad types of prevention interventions: Let’s take a look at each category.

Universal preventive interventions take the broadest approach, targeting “the general public or a whole population that has not been identified on the basis of individual risk” (O’Connell, 2009). Universal prevention interventions might target schools, whole communities, or workplaces.

Examples are: community policies that promote access to early childhood education, implementation or enforcement of anti-bullying policies in schools, education for physicians on prescription drug misuse and preventive prescribing practices, social and decision-making skills training for all sixth graders in a particular school system

Selective preventive interventions target “individuals or a population sub-group whose risk of developing mental or substance abuse disorders is significantly higher than average”, prior to the diagnosis of a disorder (O’Connell, 2009). Selective interventions target biological, psychological, or social risk factors that are more prominent among high-risk groups than among the wider population.

Examples are: prevention education for new immigrant families living in poverty with young children, and peer support groups for adults with a history of family mental illness and/or substance abuse

Indicated preventive interventions target “high-risk individuals who are identified as having minimal but detectable signs or symptoms foreshadowing mental, emotional, or behavioral health disorders” prior to the diagnosis of a disorder (IOM, 2009). Interventions focus on the immediate risk and protective factors present in the environments surrounding individuals.

Examples include: screening and referral for young adults who violate campus or community policies on alcohol and drugs; screening and brief intervention, consultation, and referral for families of older adults admitted to emergency rooms with potential alcohol-related injuries

To recap this information:

Universal prevention

- addresses the entire population
- Purpose is to prevent the use of AOD through a variety of broad approaches
- Universal population has low risk of use

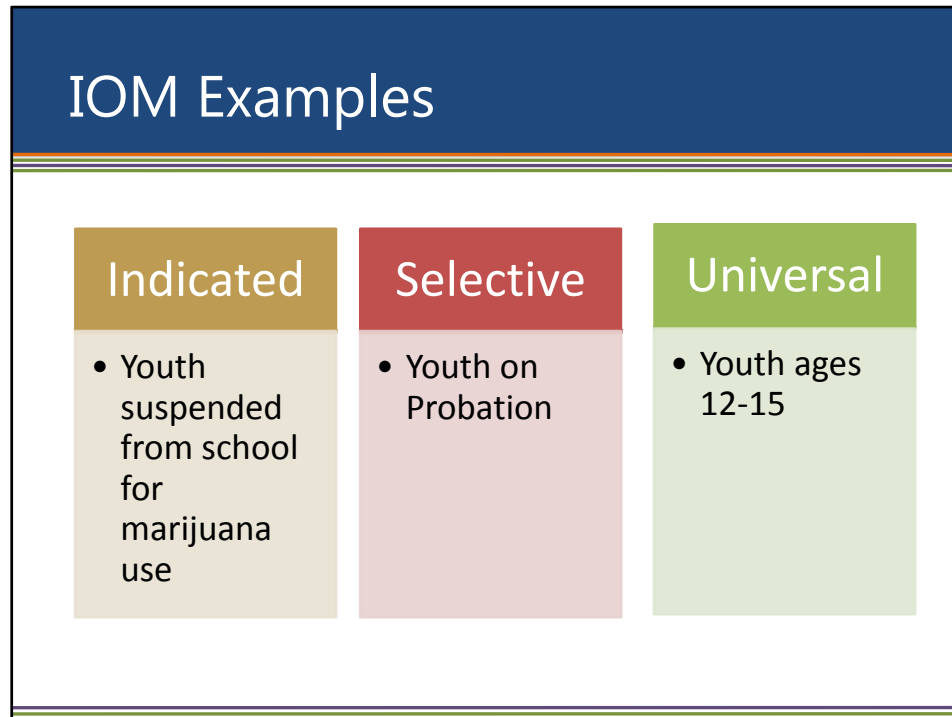
Selective prevention

- Addresses needs of population considered at risk because of their membership in a particular subgroup (foster youth, children of substance abusing parents)
- Selective population has moderate risk of use

Indicated prevention

- Addresses individuals exhibiting early signs or consequences of AOD use or problem behavior associated with AOD use
- Indicated population has high risk of use

IOM Examples



Some examples of types of selective, indicated and universal populations are:

Indicated: youth suspended from school for marijuana use

Selective: youth on probation

Universal: all youth ages 12-15 in a give area or community

Why is this important for prevention professionals? The IOM model and its categories provide prevention professionals with a framework from which to base their strategies and activities to ensure that they are matched to the right population and needs.

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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