



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.



Strategic Prevention Framework



The Strategic Prevention Framework (SPF) is a guiding framework that was adopted and required by the Center for Substance Abuse Prevention (CSAP). It provides substance abuse prevention professionals with five basic planning steps that are meant to occur in a dynamic, iterative, and overlapping process.

This graphic depicts the circular nature of the prevention framework with sustainability and cultural competence included in each step.

SPF Components

Assessment

Profile population needs, resources, and readiness to address needs and gaps

Capacity

Mobilize and/or build capacity to address needs

Planning

Develop a Comprehensive Strategic Plan

Implementation

Implement evidence-based prevention programs and activities

Evaluation

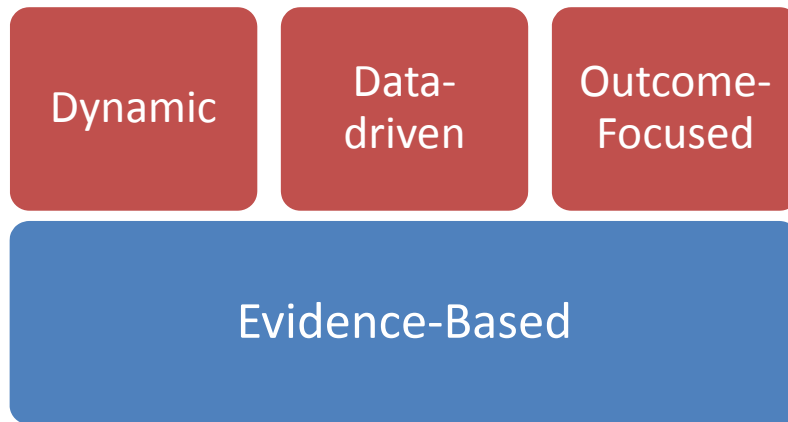
Monitor, evaluate, sustain, and improve or replace those that fail



The SPF is grounded in data-driven, outcome-based planning principles that can be adapted beyond the substance abuse prevention field, such as mental health, early childhood development, public health, child abuse prevention, and violence prevention.

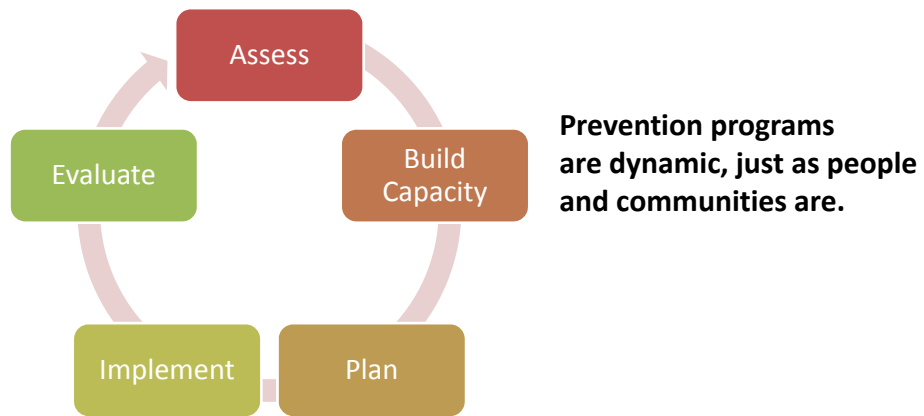
- 1) The first activities in prevention planning are focused on the assessment of needs, your community's existing resources to address those needs, and also an analysis of what the resource and service gaps might be.
- 2) If a thorough assessment process has been completed, the community is able to build capacity to address unmet needs and gaps in services.
- 3) Developing a strategic plan that is both comprehensive and based on a thorough assessment begins even while capacity building activities may continue. The link between capacity building and planning is important, because the process of mobilizing the community with information should also engage important stakeholders in your community to participate in the process. Evaluation should be considered in the planning phase to assess whether the programs identified can be evaluated.
- 4) Once a strategic plan is in place, the concrete implementation of evidence-based strategies, programs and activities can begin. Having a sound plan in place and ensuring that the community has clarity about the plan will foster effective implementation.
- 5) Evaluation is an essential and ongoing component of strategic planning because it provides the community with a basis to determine whether programs and services should be sustained, improved or replaced.

Characteristics of the SPF



The SPF contains the building blocks necessary for prevention program planning. These characteristics will help you understand the essential elements necessary to complete a successful prevention plan. Let's take a look at each.

Dynamic



The SPF is a continuous process. As communities change, the plan will need to change in order to reflect emerging priorities and the selection of appropriate prevention strategies to address those priorities.

Data-Driven

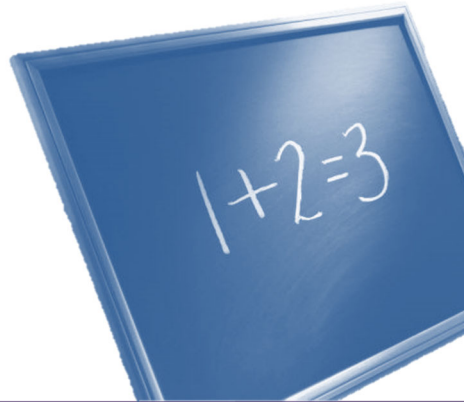
- Needs assessment data is critical to developing your program plan.
- Begin with a review of existing data and assessment of needs



Needs assessment data is critical to developing your prevention plan. By following the SPF, you will begin the planning process with an assessment and end with an evaluation to ensure that proposed outcomes are met.

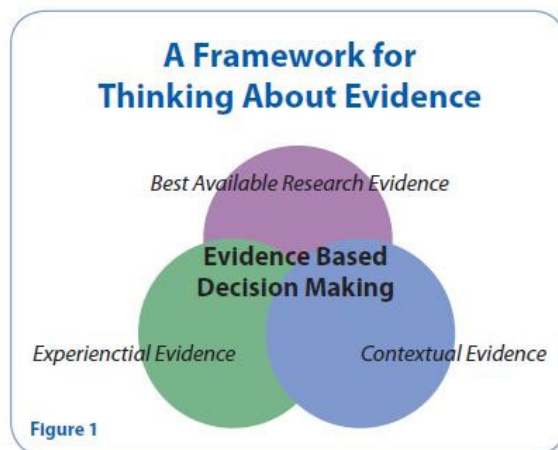
Outcome-Focused

- Measures should be in place to assess ongoing outcomes.
- Remember the goal of your program or strategy!



Evidence of effectiveness for prevention strategies is key. Measures to assess the effective impact of a strategy or intervention are necessary to ensure sustainable prevention services. For more information on creating an effective evaluation plan, take the online training on Evaluation.

Evidence-Based



Puddy, R. W. & Wilkins, N. (2011). Understanding Evidence Part 1: Best Available Research Evidence. A Guide to the Continuum of Evidence of Effectiveness. Atlanta, GA: Centers for Disease Control and Prevention.

The prevention field is committed to implementing evidence-based strategies – strategies that have been proven effective based on solid research methods. Evidence-based strategies can be matched to prioritized community needs in response to the most pressing problems found in the community. In addition, many communities are implementing new and innovative strategies that promise to be effective in their local setting. For both evidence-based and locally innovative strategies, the key is to maintain a focus on what will work best in addressing priority community issues. As shown in the graphic, evidence that supports decision making on prevention strategies can be derived from multiple sources, including the best available research, the experience in other communities having used the strategy, and factors associated with the local environment or context in the community.

Strategies Respond to Identified Problems

Strategies...

- Focus on the issue the program is addressing
- Utilize the results of the needs assessment to produce measurable outcomes.



Strategies that combat the problems identified in the needs assessment should be identified and implemented.

For example:

Issue: lack of positive adult role models

Strategy: adult to youth mentoring program

Issue: data shows youth access alcohol at home

Strategy: social host policy & education for parents

Potential group question:

What is a problem identified by your assessment? What is the strategy you are hoping to implement? Does it match the problem?

Culturally Relevant

Prevention strategies should:

- Effectively address a community's unique history, strengths, challenges, and cultural diversity.
- Integrate the community in all aspects of substance abuse prevention planning.



Every community has a culture and cultural responsiveness should always be a primary principle of substance abuse prevention. However, while substance abuse is a public health issue, its consequences are also embedded within systems of inequality, including institutional racism and poverty. Attention to issues of race, class, and immigration status are especially critical to the success of prevention efforts. These realities may condition the appropriateness of some strategies, even if these strategies have been proven effective in other neighborhoods.

Sustainable

- Engages the community
- Encourages collaboration
- Adaptable
- Demonstrates success
- Takes into consideration agency fit and resources
 - Staffing Needs
 - Program Costs
 - Future Funding Opportunities

prevention *Tactics*

Sustaining Prevention: Eight Capacity Building Factors for Success

By Paul Nolfo

Over the past twenty years prevention science has made great strides in moving from research to practice. We now have many prevention interventions that are theory-based, proven to be effective, and applicable to real life situations. The major challenge for the prevention field today is: How do we continue or expand prevention interventions in an environment of limited resources? As we have become more adept at implementing effective prevention strategies, and measuring the difference they make, we are also being asked to effectively serve a larger and more diverse segment of the population. Cost-benefit for all types of social programs has become an important criterion for funding. To address these issues, we need to seek resources to improve and expand our existing prevention efforts and support new prevention innovations. The challenge is to develop a strategy to leverage existing resources.



of the program may be institutionalized as individual components or program ownership may be transferred to the community in its entirety or in parts. (Shediac-Rizkallah & Bone 1998). "Continued ability" indicates that the capability to ensure that time, money, and other resources required to continue a prevention effort are in place. Having stable resources is especially important when the initial funding has ended to ensure that the prevention effort can continue at a reduced, similar, or expanded scale.

Prevention strategies should be sustainable. Sustainability is the continued ability of a prevention effort to meet the needs of its stakeholders (Johnson et al., 2004). When thinking about ways to build sustainability, the following capacity building factors should be implemented by prevention professionals:

- Engage the community by identifying champions and leaders to support the prevention effort;
- Collaborate among partners and between agencies;
- Use evaluation to assess and demonstrates success; and
- Adapt to the needs of the community.

Select prevention strategies that fit in the organization, taking into consideration necessary resources to ensure success. Remember to consider professional development, overall staffing needs, physical (e.g. office space), technological, and informational resources.

Please read the prevention tactic: ***Sustaining Prevention: Eight Capacity Building Factors for Success*** for more information on the eight elements to support sustainability of prevention efforts.

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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