Seminar Presenter

Jane Goble-Clark, MPA, CSAPC

Phone number: (704) 375-3784
Email address: goble-clark@preventionservices.org
Today’s Learning Objectives

1. Describe at least three historical stages of the substance abuse prevention field
2. Describe the phases of the Strategic Prevention Framework (SPF)
3. Describe the National Prevention Strategy and why prevention is health reform
4. Describe how substance abuse prevention fits with treatment and recovery
It’s All In Your Perspective: quicherbellyaching
Audience Polling Question #1

Do you think substance abuse prevention is relevant to treatment and/or recovery?
Audience Polling

Text Preventionista to 37607
Then type your answer (yes or no)
Type leave when you’ve voted.
Audience Polling Question #2

Do you already do substance abuse prevention?
Audience Polling

Text *Preventionista* to 37607
Then type your answer (yes or no)
Type *leave* when you’ve voted.
Prevention in Real Life
The Basics of Prevention
Common Prevention Phrases

A Stitch in Time Saves Nine

An apple a day keeps the doctor away

O2 Prevention Lb Cure
CSAP’s Definition of Prevention

“Prevention is a proactive process. It empowers, individuals, and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.”
- William Lofquist

http://www.samhsa.gov/about-us/who-we-are/offices-centers/csap
Who Does Prevention?

- Parents
- Grandparents
- Aunts/Uncles
- Teachers
- Preventionists
- Counselors
- Treatment Providers
- Aunts/Uncles
- Youth
- Community Members
- Me
- You

EVERYONE!!
How Does Everyone Do Prevention?

The Community Wheel

- Grassroots
- Health Care Providers
- Human/Social Services
- Education
- Government
- Faith Community
- Law Enforcement
- Neighborhood Associations
- Civic Volunteer
- Business
- Media
- Recreation/Parks
- www.MarinInstitute.org
The Continuum of Care

Prevention
- Universal
- Selective
- Indicated

Treatment
- Case Identification
- Standard Treatment for Known Disorders
- Compliance with Long-term Treatment (Goal: Reduction in Relapse and Recurrence)
- After-care (including Rehabilitation)

Recovery

Promotion
IOM Prevention Components

**Universal Prevention:**
- Addresses the *entire* population
- Aim is to prevent/delay use of ATOD. Deters onset by providing individuals with information/skills

**Selected Prevention:**
- Targets *subsets* of the population considered at risk by virtue of their *membership* in a particular segment of the population
- *Key* Selected Prevention targets the *entire* subgroup regardless of the degree of risk of any individuals in the group

**Indicated Prevention:**
- Targets *individuals* who are exhibiting early signs or consequences of ATOD use
Prevention Domains

- Individual/Peer
- Family
- School
- Community

Each domain presents an opportunity for preventive action.

*Individual/Peer/Family = Individual-level strategies*

*School/Community/Society = Environmental strategies*
CSAP’s 6 Prevention Strategies

• Information Dissemination
• Prevention Education
• Alternatives
• Problem Identification & Referral
• Community Based Processes
• Environmental Approaches
Which of the 6 Prevention Strategies is Most Effective?

- Information Dissemination
- Prevention Education
- Alternatives
- Problem Identification & Referral
- Community Based Processes
- Environmental Approaches
The Role of Prevention

- Healthy environments at work & in school
- Supportive communities and neighborhoods
- Connected to families and friends
- Alcohol, tobacco, and other drug-free lifestyles
- Addiction and crime-free individuals and communities
History of Prevention

1950s  Scare Tactics
1960s  Scare Tactics and Information
1970s  Drug Education and Alternatives to Drug Use
1980s  Education, Alternatives, and Trainings
1980s-1990s  Parent, School, and Community Partnerships
1990s  Use of Evidence-based “Model Programs”
2000s  Risk and Protective Factors and the Strategic Prevention Framework
2010 forward  Health Reform
Risk and Protective Factors

What are Risk Factors?
• Conditions or situations that increase the likelihood that a child will develop one or more health and/or behavior problems in adolescence.

What are Protective Factors?
• Conditions or situations which decrease the likelihood of future behavior problems.

Where are they found?
• In four domains: Community, School, Family, Peer/individual
SAMHSA's Strategic Prevention Framework

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

**Capacity**
Mobilize and/or build capacity to address needs

**Sustainability and Cultural Competency**

**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

**Samh.sa's**

Strategic Prevention Framework
Benefits of the Strategic Prevention Framework

- Creates an objective community profile
- Identifies how to effectively and efficiently use resources
- Assists in the selection and implementation of effective strategies
- Unifies the power of individual citizens and institutions
- Create a comprehensive plan in which everyone in the community has a stake
- Holds community institutions accountable
Prevention Forward
Prevention & ACA

• Preventing diseases and promoting wellness is a major theme in the Act.

• Targeted prevention activities funded through commercial insurance, Medicare, and Medicaid.

• Community Prevention activities funded through a variety of grant programs

  - Prevention and Public Health Trust Fund
    ($15B over 10 yrs)

  - Community Transformation Grants
    ($100M, 75 grants)
The Affordable Care Act (ACA)

The Affordable Care Act Becomes Law

- On March 23, 2010, President Obama signed the Affordable Care Act. The law expands health coverage and puts in place comprehensive health insurance reforms that will roll out over four years and beyond, with most changes taking place in 2014. Other improvements are already in place.

- [Healthcare.gov ACA timeline](http://www.medicaid.gov/AffordableCareAct/Timeline/Timeline.html) has information on other Affordable Care Act provisions.

Source: [http://www.medicaid.gov/AffordableCareAct/Timeline/Timeline.html](http://www.medicaid.gov/AffordableCareAct/Timeline/Timeline.html)
Why the NPS is Important

• The U.S. spends more on health care than any other country but ranks lower than several other nations in life expectancy, infant mortality, and other healthy life indicators*

• Shifting our nation’s focus toward preventive health will not only result in cost savings, but more importantly, will save and improve lives

• Health and vitality are critical to the productivity and innovation essential to our nation’s future.

What is the National Prevention Strategy?

- This 2010 document is the nation’s first ever National Prevention and Health Promotion Strategy

- First time in our national history that a cross-sector, integrated national strategy has been developed to identify priorities for improving the health of Americans

What is the National Prevention Strategy?

- Called for in the Patient Protection and Affordable Care Act*

- Developed by the National Prevention Council

- Moves us from a system of sick care to one based on wellness and prevention

“This strategy for disease prevention must become America’s plan. All of us, together, must take ownership of our health, and we must collaborate and cooperate to achieve a healthy and fit America.”

- Regina Benjamin, MD, MBA, VADM, Previous U.S. Public Health Service Surgeon General (through Dec.2014)*

www.surgeongeneral.gov

Public and Private sector collaboration:

- Trained and knowledgeable **prevention workforce**
- **Businesses** supporting workplace wellness
- **Health providers** enhancing care quality & delivery
- **Educators** incorporating prevention competencies into relevant curricula
- **Individuals** incorporating prevention activities into daily lifestyle
The Advisory Group on Prevention, Health Promotion, and Integrative and Public Health was created under the ACA to “develop policy and program recommendations and advise the National Prevention Council on lifestyle-based chronic disease prevention and management, integrative health care practices, and health promotion.”
“One role of the NPC is to ensure federal health and prevention efforts are coordinated, aligned, and championed.”*

The NPC is comprised of 17 member departments, agencies, and offices—representing sectors such as housing, transportation, education, environment, and defense, etc.

NPC Commitments:
- Identify opportunities to consider prevention and health within its departments and encourage partners to do so voluntarily as appropriate
- Increase tobacco free environments ....
- Increase access to healthy, affordable food ....

The NPS envisions a **prevention-oriented society** where all sectors recognize the value of health for individuals, families and society.

The NPS vision is **working together** to improve the health and quality of life for individuals, families and communities by moving the nation from a focus on sickness and disease to one based on prevention and wellness.
**The National Prevention Strategy:**

**Strategic Directions and Priorities**

**4 Strategic Directions:**

1) Healthy and safe community environments
2) Clinical and community preventive services
3) Empowered people
4) Elimination of health disparities

**7 Priority Areas:**

1) Tobacco-free living
2) Preventing drug abuse and excessive alcohol use
3) Healthy eating
4) Active living
5) Injury- and violence-free living
6) Reproductive and sexual health
7) Mental and emotional well-being
Students who are healthy and fit come to school ready to learn.

Health and Vitality are Critical.... in educational systems!
Employees who are free from mental and physical conditions take fewer sick days, are more productive, and help strengthen the economy.

Health and Vitality are Critical.... in the workforce!
Older adults who remain physically and mentally active are more likely to live independently*


Health and Vitality are Critical.... across the lifespan!
Our government is striving to change our health-care system for the better, and prevention is essential.

We need to weave disease prevention into the everyday fabric of our lives, including where we live, work, learn and play.

Health and Vitality are Critical.... and Prevention is ESSENTIAL
The foundation for all prevention efforts and the basis for a prevention-oriented society

Each can stand alone and can guide actions that will demonstrably improve health

Combined, they create the web needed to fully support individuals in leading longer and healthier lives
Outline of Each Strategic Direction

- Key Facts
- Recommendations: What can be done?
- Key Indicators
- Actions
  1. The Federal Government will ...
  2. Partners can ...
  3. Businesses and Employers can ...
  4. Health Care Systems, Insurers, and Clinicians can ...
  5. Early Learning Centers, Schools, Colleges &Universities can ...
  6. Community, Non-Profit, and Faith-Based Organizations can ...
  7. Individuals and Families can ...
- Key Documents
The seven Priorities are designed to improve health and wellness for the entire U.S. population, including those groups disproportionately affected by disease and injury.

Why these priorities?

Because obesity, tobacco use, misuse of alcohol and other substances, and community stressors (e.g., job and home losses, discrimination, family issues, violence, etc.) are serious threats to health.
Partners in Prevention

Aligning and coordinating prevention efforts across a wide range of partners is central to the success of the NPS.

Engaging partners across disciplines, sectors, and institutions can change the way communities conceptualize and solve problems, enhance implementations of innovative strategies, and improve individual and community well-being.
Benefits of Prevention / Health Promotion

• When we invest in prevention, the benefits are broadly shared (individual to community; home to work; workforce to economy)

• Most of our nation’s pressing health problems can be prevented

• Investments in prevention complement and support treatment and care
Benefits of Prevention / Health Promotion

• Prevention policies and programs can be cost-effective
• Many of the strongest predictors of health and well-being fall outside of the health care setting
Measuring Progress

The NPS includes key indicators for:

a) The overarching goal
b) The leading causes of death
c) Each strategic direction and priority

Indicators and 10-year targets are drawn from existing measurement efforts, especially Healthy People 2020.

Detailed information is located in Appendix 2 of the NPS.
How You Can Promote Prevention of Substance Abuse and Related Behavioral Health Issues

- Call your local prevention service providers for resources
- Become active in your local coalitions
- Talk to your children, grandchildren, nieces, and nephews
- Be active in your community and in children’s lives
How You Can Promote Prevention of Substance Abuse and Related Behavioral Health Issues

- Raise awareness in your own profession
- Share resources with clients
- Destigmatize behavioral health issues
- Integrate prevention into your work and/or agencies
What is YOUR piece of the prevention puzzle?
THANK YOU!

Presented by: Jennifer La, MSPH and Mayanthi Jayawardena, MPH
Phone number: (704) 375-3784
Email address: La@preventionservices.org

Jayawardena@preventionservices.org
Presentation Developed By:

Jane Goble-Clark, MPA, CSAPC
Phone number: (704) 375-3784
Email address: goble-clark@preventionservices.org