

Prevention Strategies Meth Symposium November 1, 2017

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Evolution of Prevention

- From scare tactics to education to environmental change
- Research shows that prevention works
- Bridging the gap between research and practice
- Risk and protective factors

Risk & Protective Factors

Individual, Family, Peer, & Community

For example:

Family Risk Factor: Lack of parental supervision

Family Protective Factor: Parental monitoring and support

Community Risk Factor: Easy access to alcohol/drugs from retail/parents

Community Protective Factor: Enforcement of laws & policies re: drug use

Risk & Protective Factors cont.

- Predicts substance use and related behavioral health problems (violence, delinquency, school dropout, mental health problems, risky sex, risky driving)
- Effective across diverse groups
- Different communities have different issues and different needs

Prevention Models and Strategies

- **Prevention Models:** replication of research-based curriculum; application of research-based approaches
- **Prevention Strategies:** individual and environmental approaches; comprehensive programs; evaluation of programs; media campaigns; culturally sensitive

Challenges of Alcohol and Drug Misuse

- Negative impact on individuals, families & society
- Crime and violence
- Abuse/neglect of children
- Increased healthcare costs
- Economic impact of \$249 billion for alcohol misuse and \$193 billion for illicit drug use.

The Surgeon General's Report on Alcohol, Drugs & Health, 2017

Consequences of Underage Drinking/Drug Use:

- ✓ school problems (failing grades)
- ✓ social problems (fighting)
- ✓ legal problems (DUI)
- ✓ greater risk of suicide/homicide
- ✓ memory problems
- ✓ physical problems
- ✓ disruption of normal growth/development
- ✓ physical/sexual assault
- ✓ alcohol-related car crashes/unintentional injuries
- ✓ abuse of other drugs
- ✓ changes in brain development/lifelong effects
- ✓ death from alcohol poisoning

Strategic Prevention Framework

- ✓ Data drives assessments
- ✓ Build Capacity & Create a Plan
- ✓ Implement Strategies
- ✓ Evaluate Actions

Elements of Effective Solutions

- ✓ Achievable Goals
- ✓ Age and culturally appropriate
- ✓ Target Multiple Sectors & Engage Partners
- ✓ Implement with Fidelity
- ✓ Individual and environmental approaches

Effective Prevention Strategies

Environmental Strategies:

- ✓ changing the environment
- ✓ includes decreased access, changing community norms, reinforcing or establishing laws or policies that limit drug use
- ✓ community education that leads to community change
- ✓ pledging to start or stop a particular behavior that leads to drug availability or use

Effective Prevention for Methamphetamines

1. Focus prevention activities on local data
2. Guide community coalitions through prevention planning - focus on building a collaborative prevention infrastructure
3. Media campaigns should focus on raising awareness of meth with deliberate messages that don't cause unintended effects
4. Augment existing prevention programs with meth-specific lessons/messages
5. Utilize environmental prevention to counter impacts
6. Be a source of information dissemination in your community