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Best Practices in Education and Prevention: Substance Abuse Prevention Toolkit, Part 2

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Why Prevention Matters?

It Works – Long-term return on investment

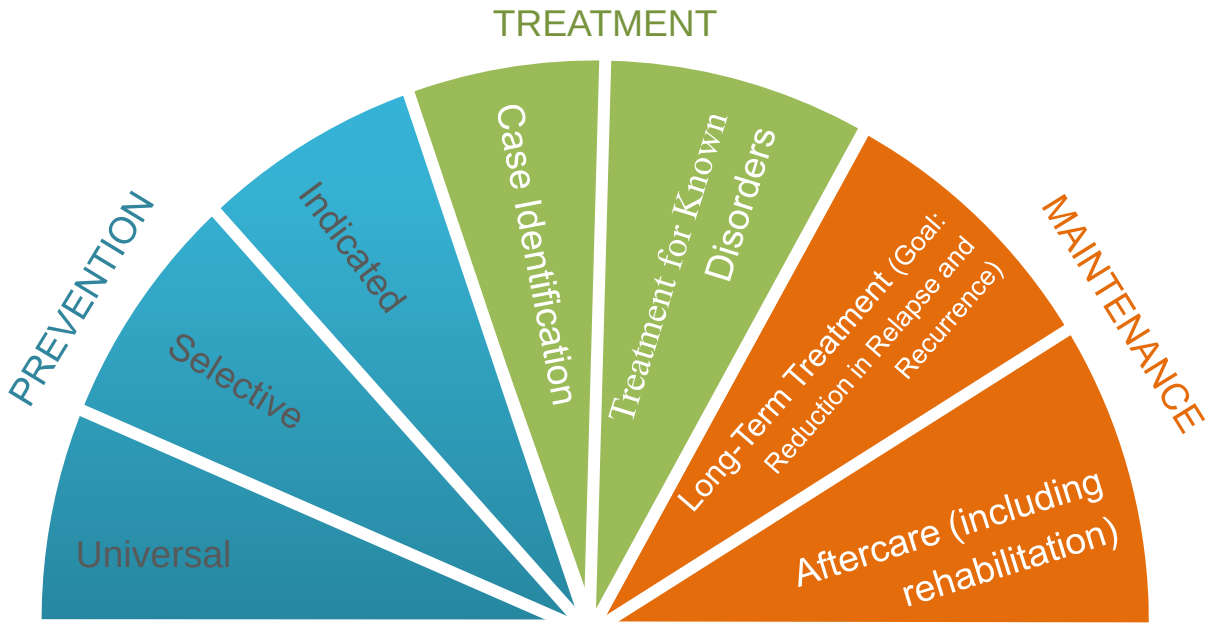
What is the Strategic Prevention Framework?

Why Prevention IS Difficult?

- It is often unclear what we are trying to **Prevent**
- Diffusion of Innovation – the lag between **Developing** and **Implementing** best practices
- How do we measure the **Impact** of prevention
- We can't measure what **Didn't** happen

Where do we begin?

We start with a public health framework.

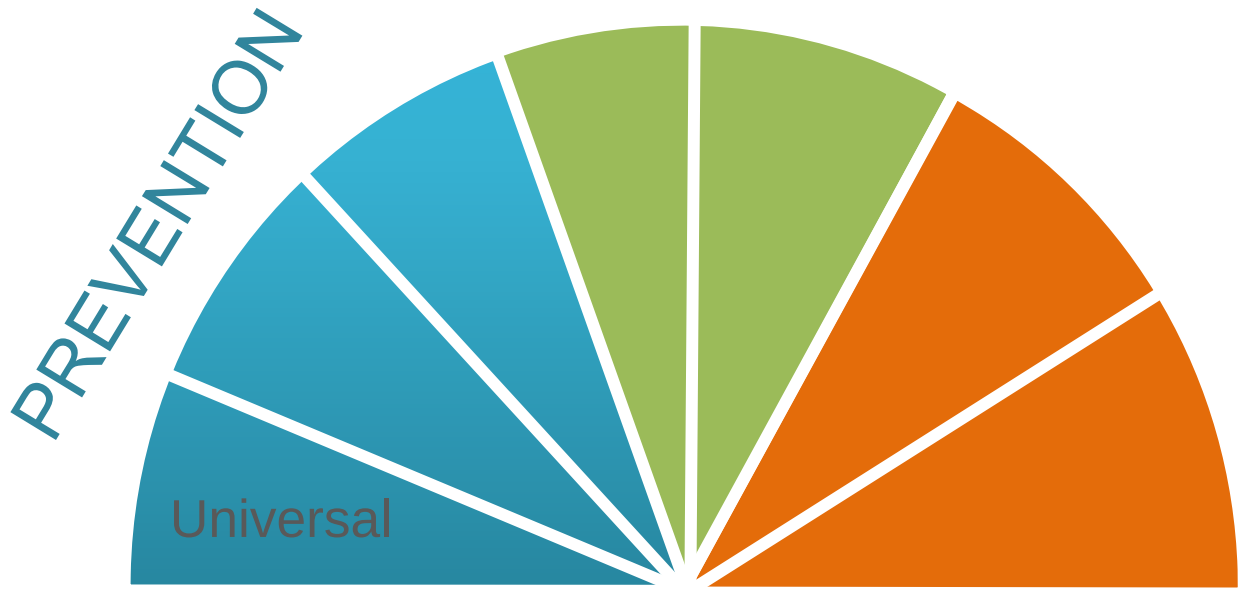


Source: Institute of Medicine

Specific Prevention Strategies

- Information Dissemination
- Skill-Building
- Problem Identification & Referral Services
- Campus-Based Processes
- Environmental

Problem Identification & Referral



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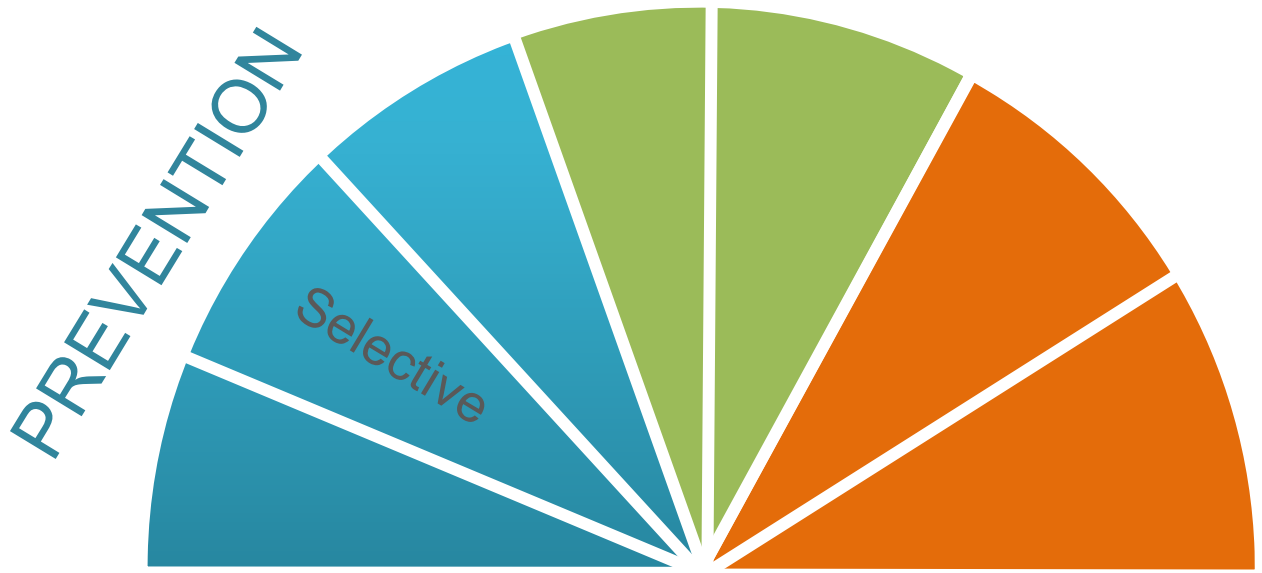
Information Dissemination

Increase awareness and knowledge of the potential for abuse and available campus/community resources

Examples of Information Dissemination:

- **Make Students aware of how to read Rx drug labels**
- **Help students to understand interactions and potential side effects**
- **Identify risks associated with mixing prescription and non-prescription drugs**
  (e.g., using Xanax with alcohol may be fatal)
- **Raise awareness about counterfeit pills**
  (e.g., a pill labeled as Xanax may actually be fentanyl)
- **Identify signs and symptoms of alcohol drug overdoes or withdrawal**

Problem Identification & Referral



Source: Institute of Medicine

Skill-Building Strategies

Improve skills to reduce risk and foster protective behaviors.

Improve critical life and social skills:

- Decision-making
- Refusal Skills
- Systematic Judgment Abilities

Strategies

- Facilitate small group sessions with high-risk groups
- Develop bystander training for university staff and peer educators

Problem Identification & Referral

Problem Identification & Referral

Enhance use of protection strategies and eliminate or reduce risk

*Does not include activities designed to assess need for treatment

Best Practices for Alcohol Use

BASICS (Brief Alcohol Screening and Intervention for College Students)

Best Practices for Rx Drugs

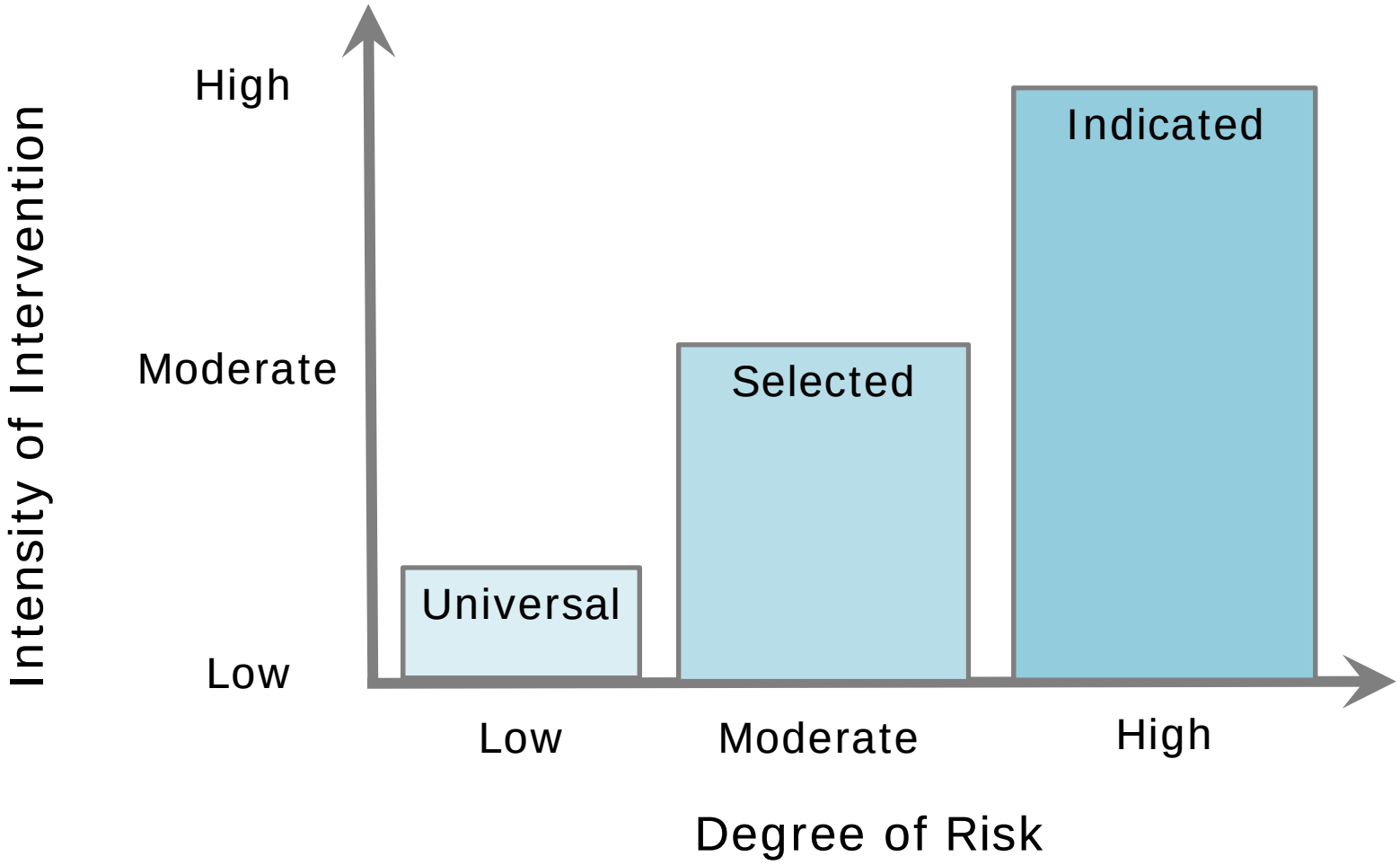
Navigating and implicit or explicit assumption about stigma of illicit drug use

Strategies:

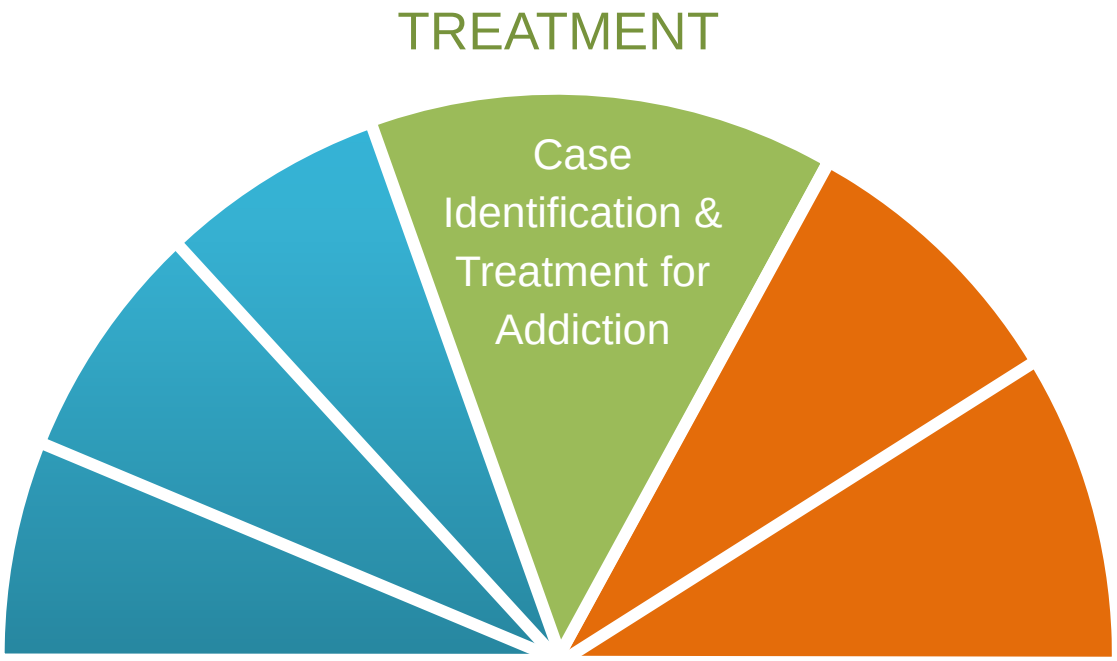
Factors that indicate a student will benefit from a referral:

- Identify health threats related to at-risk behaviors
- Partner with student conduct, law enforcement or court systems to assess if education can reduce a student's risk of harmful consequences due to Rx drug abuse
- Develop relationships with student organizations to ask for help when they are concerned about a member or members

Intensity Versus Degree of Risk



Case Identification



Case Identification

Reduce severity and intensity of risk factors and impede progression to disorder

Strategies

- Rank order risks associated with substance use
- Identify pros/cons of engaging in risky behavior
- Weigh the pros/cons of changing that behavior
- Identify risk and protective strategies
- Determine if treatment is appropriate

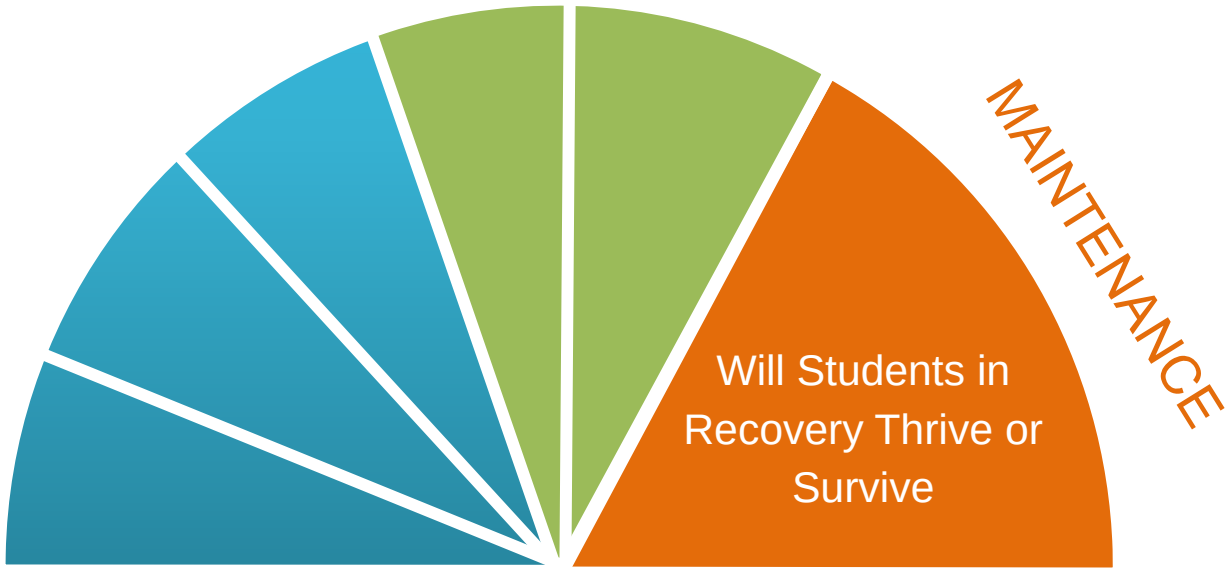
Treatment

Change substance use & addictive behaviors
Identify coping strategies

Strategies

- Identify triggers and high-risk situations interfering with attaining a reduction, or abstinence goal
- Identify and address interpersonal behaviors interfering with reduction, or abstinence goal
- Identify social activities that support a reduction or abstinence goal

Relapse Prevention & Recovery Support



Relapse Prevention & Recovery Support

On Campus Recovery Support

Why is on campus support important?

- Students with a substance use disorder who cannot moderate their substance use need support for long-term abstinence
- Stigma & implicit bias are barriers to seeking supportive networks
- Students in recovery contribute to their community through service and setting positive examples
- Students in recovery exemplify resilience and hope for change

Specific Prevention Strategies

- Information Dissemination
- Skill-Building
- Problem Identification & Referral Services
- **Campus-Based Process**
- Environmental

Campus-Based Practices

Suggestions to more effectively make prevention and treatment available for students

We CAN lead by raising awareness and building sustainable practices, including:

- Acknowledge stigma associated with substance use disorders
- Advocate for bystander training similar to existing training for suicide prevention, sexual assault, and domestic violence
- Create a statewide SUS AOD coalition comprised of director and senior level administrators to identify system-wide prevention goals and strategies
- Integrate prevention, treatment, and recovery services to create a continuum of care
- Participate in your drug-free community coalition

Specific Prevention Strategies

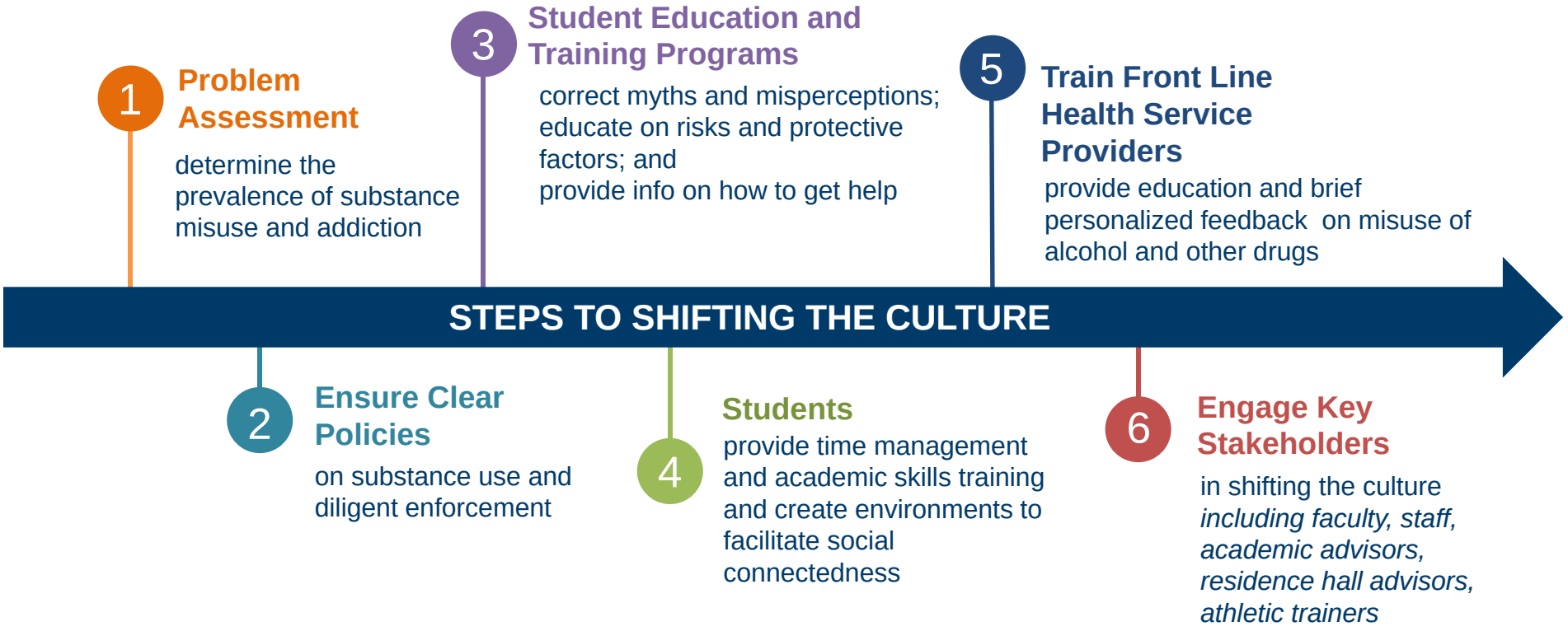
- Information Dissemination
- Skill-Building
- Problem Identification & Referral Services
- Campus-Based Process
- **Environmental**

Environmental Strategies

Establish or change policies or rules to strengthen the campus and community and support prevention

- Create or refine policies to ensure they are appropriate, timely, clearly written, and effectively communicated
- Conduct a campus and community needs assessment to determine what resources are needed
- Identify available resources and determine appropriateness of the resources

Steps to Shifting the Culture



Final Thoughts

- Fostering well-being is our best **sustainable prevention** strategy
- More than the absence of disease, student well-being is manifested by positive **emotions, campus engagement, positive relationships,** and a **feeling of accomplishment** and connection to the campus community
- As we evolve, our best prevention efforts will move in the direction of **fostering student well-being**

Discussion

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