

Implementing Evidence Based & Recommended Prevention Programing in Schools

William O. Livisay, LSW
Section Chief
Alcohol and Drug Abuse Program



COLUMBUS
PUBLIC HEALTH

Early Prevention



Who Does Prevention?

Parents

Grandparents

Youth

Teachers

Counselors

Prevention Specialists

Aunts/Uncles

You

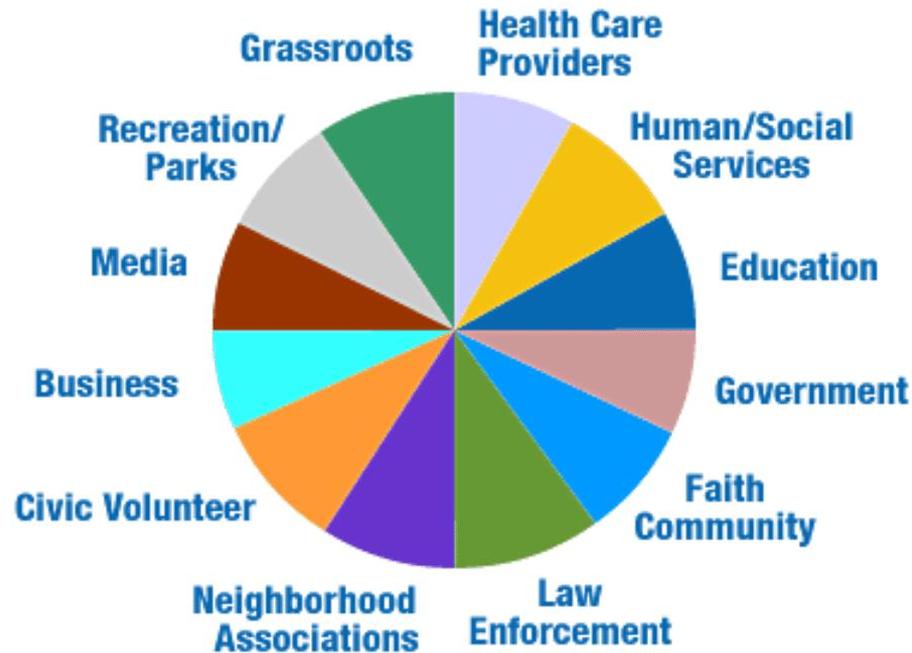
Community Members

Me

Treatment Providers

EVERYONE!

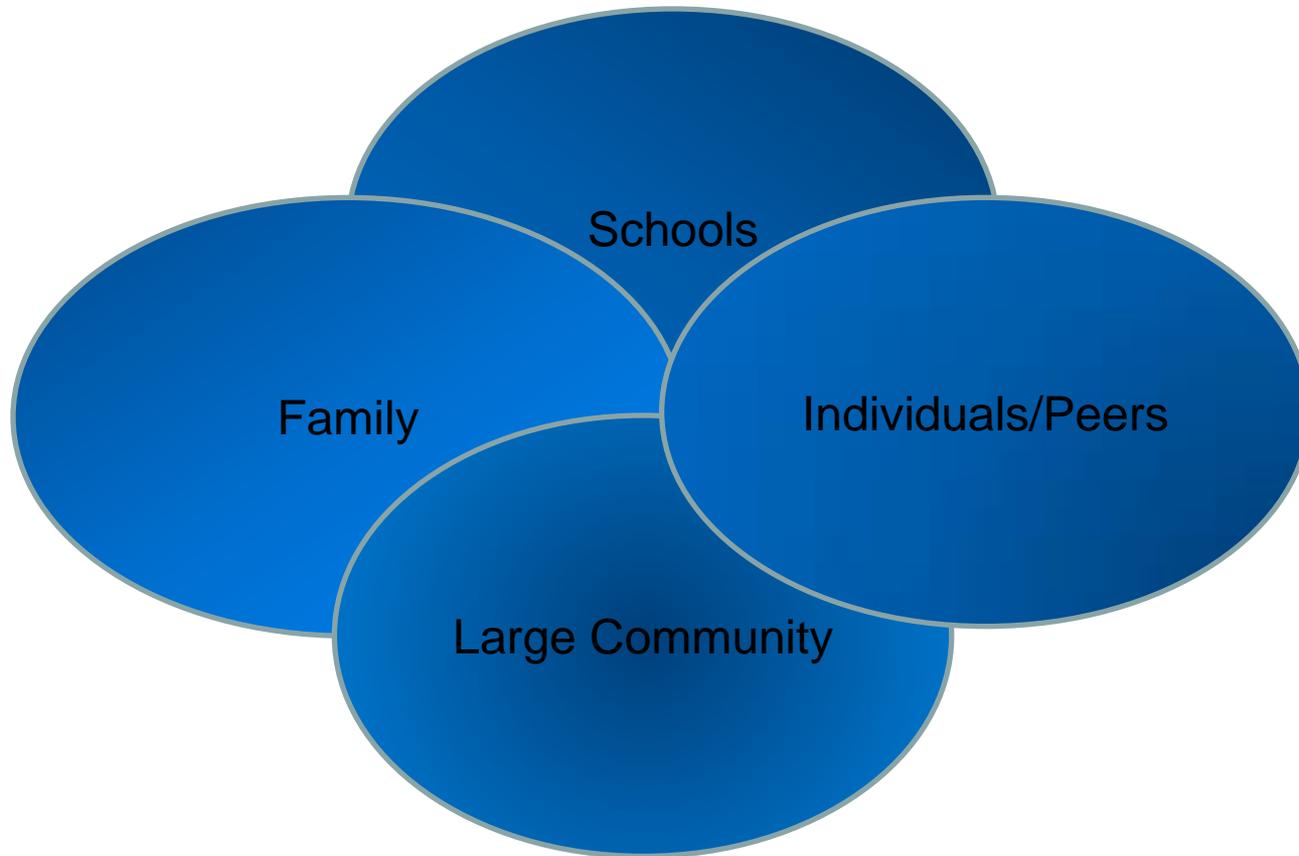
Everyone Does Prevention



The Community Wheel

www.MarinInstitute.org

Prevention Domains



Role of Prevention

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

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

Evidence Based

Definition

An intervention that has been identified as effective by a nationally recognized organization, a federal, or state agency, and has produced a consistent positive pattern of results on the majority of the intended recipients or target population. The intervention must also be implemented with fidelity as defined by the developer.

Registries

- National Registry of Evidence Based Programs (NREPP)
<http://www.samhsa.gov/data/evidence-based-programs-nrepp>
- Registries of Programs Effective in Reducing Youth Risk Behaviors
<http://www.cdc.gov/healthyouth/adolescent-health/registries.htm>
- Model Program Guide Office of Juvenile Justice and Delinquency Prevention (OJJDP) <http://www.ojjdp.gov/mpg/>
- Institute of Education Sciences; What Works Clearinghouse <http://ies.ed.gov/ncee/wwc/>

Elementary

- Y.E.S. (You're Extra Special) Program (U,S)
 - COA's/CODA's
 - Ages 7 -12 (family component)
 - Columbus Public Health
 - SAMHSA recommended resource
 - Resiliency focus
 - 12 session support and education program

Elementary through Adult

- Creating Lasting Family Connections (U,S,I)
- Family-focused program youth 9 to 17 years
- Resiliency focus
- Reduce the frequency of their alcohol and other drug (AOD) use
- Implemented through a community system
 - churches, schools, recreation centers, and court-referred settings
 - Six (6) modules over 18-20 weeks

Middle School

- **Leadership Resiliency Program**
 - Intensive substance abuse prevention program designed to serve adolescents (S,I)
 - Addresses extreme risk factors using *clinical prevention strategies*
 - Strategies identify and enhance internal strengths
 - Program targeted areas fall into three common resiliency areas:
 - healthy relationships
 - goal-setting
 - coping strategies.

Middle School

- Youth to Youth

- Founded in 1982 in Columbus, Ohio, as a community-based drug prevention and youth leadership program focusing primarily on middle school and high school students
- Original youth-driven, adult guided programming has set the standard for youth development and prevention programming across this country and around the world.
- Focuses its programs on issues that teens are most likely to face
 - Alcohol, tobacco and other drugs
 - Prescription drug abuse & misuse (Pharming Effects)
 - Relationships
 - Bullying
 - Stress, anxiety, peer pressure
 - Suicidal thought
 - Self-concept
 - Community responsibility

High School and Transitional Age Youth

- Leadership Resiliency Program
- Youth to Youth (Pharming Effects)
- Saving Our Selves (S.O.S.) (U,S,I)
- Columbus Public Health
 - built on the OhioMHAS Prevention Taxonomy model that follows the Strategic Prevention Framework (SPF).
 - designed to assist in the facilitation of age appropriate groups based on education and discussions involving sexual health, healthy relationships, alcohol and drugs and outcomes of high risk behavior
 - client/child centered that includes fourteen sessions
 - can be used within schools, community centers, counseling agencies, churches

Young Adults/Adults

- **SAGE**

- A education and problem identification program that targets those persons at higher risk for developing AOD abuse or dependence.
- SAGE uses a modified version of the Lifetime Risk Reduction PRIme for Life curriculum, Developed by the Prevention Research Institute (currently used statewide in Georgia, Hawaii, Indiana, Iowa, Kentucky, Maine, New Hampshire, North Dakota, South Carolina, and Utah, The U.S, Military and the Army Reserve)
 - The curriculum fosters reduction of risk factors.
 - The curriculum uses an interactive and persuasive approach.
 - Fosters identification of one's own risk factors
 - Makes specific recommendations for low risk choice
- One hour of education on the relationship of AOD use in acquiring HIV/STI infections has been added to the second session of the curriculum.
- HIV testing team is available to offer HIV/STI testing services which enhances the curriculum by reaching a high risk population for acquiring and transmitting HIV/STIs

Community/Environmental

- Community Coalitions
 - Community Anti-Drug Coalitions of America
 - Dublin ACT
 - DFC Grants
 - Drug Free Worthington
 - Drug Free Action Alliance

Connections

- Scharenbroich – Nice Bike
- Acknowledge
- Honor
- Connect

Connections

- Johann Hari
- Chasing the Scream
- <https://www.youtube.com/watch?v=ao8L-0nSYzg>
- “The opposite of addiction is not sobriety. The opposite of addiction is connection.”

Trauma Informed Care

- Three Phase Model (of treatment)
 - Safety and Stabilization
 - Processing of Traumatic Material
 - Reconnection and Reintegration

Safety and Stabilization

- Attention to basic needs including:
 - connection to resources
 - self-care
 - identification of support system
- Focus on the regulation of emotion and develop capacity to self-soothe
- Education on trauma and treatment process.

How Can I Help?

- Be familiar with signs and symptoms
- Promote prevention
- Make literature available and seen
- Know local treatment resources
- Be open and approachable
- Be a role model

WHAT TO DO - INDIVIDUAL

- Talk early and often with your child
- Get involved
- Be a good role model (“APPROPRIATE” use of prescription drugs)
- Monitor Your Child’s Activities
- Set Boundaries
- Have clear rules about alcohol and other drug use (Specific, Consistent, Reasonable)

WHAT TO DO - FAMILY

- Create an environment that discourages underage drinking, drug use
- Have consistent messages that communicate growing up safe and healthy
- Know your children's friends & parents and talk
- Communicate early and often your family values, history and beliefs around alcohol and other drugs
- Monitor prescription drug use and model "APPROPRIATE" use of prescriptions drugs

WHAT TO DO - COMMUNITY

- Get Involved
- Monitor
- Be Aware
- Develop capacity and leadership
- It's a Marathon not a sprint

How To Help, When Help Is Unwanted

- Addiction is strong
- Recovery cannot be forced
- Focus on your behavior, safety, and boundaries
- Don't deny/prevent negative consequences
- Don't bargain/enable
- Don't jeopardize the safety of others for the addict
- Be ready to help
- Take care of yourself

Resources

- Office of National Drug Control Policy (ONDCP) places an emphasis on community-based prevention programs, early intervention programs in healthcare settings, aligning criminal justice policies and public health systems to divert non-violent drug offenders into treatment instead of jail, funding scientific research on drug use, and, through the Affordable Care Act, expanding access to substance abuse treatment www.whitehouse.gov/ondcp
- Substance Abuse And Mental Health Services Administration (SAMHSA) for national trends, evidence-based approaches to care, funding www.samhsa.gov
- National Institute On Drug Abuse (NIDA) for research on the health aspects of drug abuse and addiction www.nida.nih.gov

Resources

- CADACA (Community Anti-Drug Coalitions of America), is the national membership organization representing over 5,000 coalitions and affiliates working to make America's communities safe, healthy and drug-free www.cadca.org
- Ohio Department of Mental Health and Addiction Services (OhioMHAS) for state trends, state data and state initiatives for care, funding www.mha.ohio.gov
- Governor's Cabinet Opiate Action Team is comprised of several state agencies that work together to combat opiate abuse by making a difference in each of their respective areas of influence www.mha.ohio.gov (Initiatives for resources such as the Health resources Toolkit for Addressing Opioid Abuse)

Resources

- Ohio Attorney General's Heroin Unit to provide Ohio communities with law enforcement, legal, and outreach assistance to combat the state's opiate problem www.ohioattorneygeneral.gov/Individuals-and-Families/Victims/Drug-Diversion
- “Start Talking” which gives parents, teachers, youth mentors and community leaders resources and discussion tips www.starttalking.ohio.gov
- Alcohol, Drug and Mental Health Board of Franklin County for mental health and substance abuse provider information. www.adamhfranklin.org

Resources

- Drug Free Action Alliance delivers up-to-date information and develop initiatives that serve the immediate needs of those working to prevent substance abuse throughout the State of Ohio and beyond www.drugfreeactionalliance.org
- Youth to Youth International engages young people through meaningful activities and experiences to develop and implement their own ideas to create positive change. Our original youth-driven, adult guided programming has set the standard for youth development and prevention programming across this country and around the world www.youthtoyouth.net

Resources

William O. Livisay, LSW

Section Chief

Alcohol and Drug Abuse Program

Columbus Public Health

614-645-6256

wolivisay@columbus.gov