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Overview

- 6 CSAP Strategies for Prevention
- Best Practices for Prevention Education
- What Doesn't Work in Substance Abuse Prevention



Multiple Strategies Across Multiple Domains

Because substance abuse is influenced by multiple risk factors in multiple domains, its prevention may be most effectively accomplished using multiple strategies across multiple domains.



Six Prevention Strategies

Center for Substance Abuse Prevention (CSAP)

- 1. Information Dissemination**
- 2. Prevention Education**
- 3. Alternative Activities**
- 4. Community-Based Processes**
- 5. Environmental Approaches**
- 6. Problem Identification and Referral**



Six Prevention Strategies

Center for Substance Abuse Prevention (CSAP)

1. Information Dissemination

- Complementary to more interactive approaches
- Increases knowledge and awareness

2. Prevention Education

- Use interactive teaching methods & booster sessions
- Involve parents and children together
- Include social skill component

3. Alternative Activities

- Part of comprehensive prevention plan



Six Prevention Strategies

Center for Substance Abuse Prevention (CSAP)

4. Community-Based Processes

- **Trained coalitions sharing a common vision**
- **Reflective of entire community**

5. Environmental Approaches

- **Focus on changing community norms**
- **Enforcement of laws, excise taxes**
- **Social Marketing**

6. Problem Identification & Referral

- **Combined with family therapy**



Utilizing Prevention Strategies

To be as comprehensive as possible, best practices addressing prevention strategies in all areas of the community (family, school, individual, peer, society/community) should be implemented.



Best Practices – Prevention Education

- Information alone is insufficient to change behavior
- Combine education with skills teaching and promotion of protective factors
 - Use interactive teaching methods
- Peer-teaching components are effective



Best Practices – Prevention Education

- Social skills training targets many risk factors and delay the onset of substance use
- Use natural environments to practice social skills
- Video-assisted skill training is effective and cost efficient
- Complement intensive education with booster sessions



Best Practices – Prevention Education

- Involve parents in prevention curricula
 - Parent and child skills training
 - Practice skills separately and together
 - Separate parent and child groups
 - Reduce family stress

- Provide meals, child care and transportation

Brownstein, P., Sweig, J., & Gardner, S. 1998. *Science-based practices in substance abuse prevention: A guide*.
Rockville, MD: Center for Substance Abuse Prevention



What Doesn't Work in Substance Abuse Prevention

- Alternative activities (e.g. midnight basketball, drug-free dances) as stand-alone strategies
- Drug Abuse Resistance Education (DARE)
- Fear tactics, moral appeals
- Self-esteem enhancement programs

Methamphetamine Prevention- A New Frontier

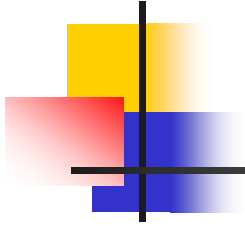


- Community-based coalitions
- Comprehensive approaches (community, family, school, peer)
- Individual and environmental approaches addressing acceptability of use
- Control access to pre-cursor chemicals
- Protective services for drug-endangered children
- Social norms marketing
- Culture-based programs



Summary

- 6 CSAP Strategies for Prevention
- Best Practices for Prevention Education
- What Doesn't Work in Substance Abuse Prevention



Let us put our minds together and see
what life we can make for our children.

Sitting Bull

Children have never been very good at
listening to their elders, but they have never
failed to imitate them.

James Arthur Baldwin

Nothing you do for children
is ever wasted.

Garrison Keillor