

MISSION STATEMENT
PreventionFIRST! implements best practice strategies to reduce the risk of behavioral health disorders.

VISION STATEMENT
All communities apply prevention strategies for every stage of life.

CORE VALUES

- Collaboration
- Empowering
- Evidence-based
- Enduring

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prevention

Interventions that occur prior to the onset of a disorder that are intended to prevent or reduce risk for the disorder

Our work is
Prevention

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The Problem: The Scope of Substance Misuse

In the United States

- Alcohol misuse contributes to **88,000 deaths** each year
- Approximately **47,000 people** died from an opioid-involved overdose in 2018
- Mental health problems in youth are often associated with other health & behavioral risks-
 - increased risk of drug use
 - experiencing violence
 - higher risk sexual behaviors



In Ohio

- On average, **5,739 deaths** are attributable to excessive alcohol use annually
- Approximately **5,000 Ohioans** died from unintentional drug overdose in 2020 *HIGHEST year on record for the state
- Approximately **104,000 Ohioans** met the diagnostic criteria for opioid use disorder in 2017

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The Problem: The Scope of Substance Misuse

In the United States

- Marijuana use among youth and adolescents is a major public health concern. In 2019, about **1 in 8 adolescents aged 12 to 17** (13 percent) used marijuana in the past year, about 3.3 million people.
- In 2018, approximately **2.2 million youth ages 12 to 17 reported using illicit drugs** and 2.2 million used alcohol in the past month, with approximately half of those youth reporting binge drinking. **Each day**, about **3,700 youth** try marijuana for the first time and about **6,500** try alcohol for the first time.



In Ohio

- Excessive alcohol use cost the United States \$223.5 billion, or \$1.90 per drink consumed, in 2006 as a result of lost workplace productivity, healthcare expenses, and crime (5). In Ohio, **excessive alcohol use cost \$7.6 billion**, or \$1.92 per drink.
- In Ohio, 20.1% of adults and 23.7% of high school students reported binge drinking in 2011

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Impact of Substance Misuse:

2.6 percent of young adults have a cooccurring SMI and SUD compared to 1.7 percent of adults aged 26 to 49 years and 0.5 percent of adults aged 50 years and older.

Of greatest concern are consequences of substance misuse among young adults with mental health diagnoses who already face significant obstacles navigating the developmental challenges of adulthood.²¹ These consequences include **greater risk for dropping out of school, unemployment, and legal problems, and functional impairment.**

Excessive drinking among young adults is also associated with **increased physical and sexual assaults**, insults and humiliation, preventing others from studying/sleeping, and **vandalism**. Of particular concern are the effects of substances on the **developing brain, links to chronic disease**, and injury and death resulting from motor vehicle accidents.

Substance use can **permanently affect the developing brain leading** to addiction and other negative changes in cognitive functioning.

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Impact of Prevention:

Preventive intervention is needed to delay onset of substance use during adolescence and reduce substance misuse and associated harms during young adulthood.

Effective prevention practices aim to mitigate risk factors associated with increased substance misuse by promoting protective factors for universal, selective, and indicated populations.

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Impact of Prevention:

If effective prevention programs were implemented nationwide:

- Substance abuse initiation would **decline for 1.5 million youth** and be **delayed for 2 years** on average
- 8 percent fewer youth ages 13 to 15 would not have engaged in binge drinking
- 11.5 percent fewer youth would not have used marijuana
- **45.8 percent fewer youth would not have used cocaine**
- 10.7 percent fewer youth would not have smoked regularly

The average effective school-based program in 2002 costs \$220 per pupil including materials and teacher training, and these programs could save an estimated \$18 per \$1 invested

A full implementation of school-based effective programming in 2002 would have had the following fiscal impact:

- **Saved State and local governments \$1.3 billion**
- Including \$1.05 billion in educational costs within 2 years
- Reduced social costs of substance-abuse-related medical care, other resources, and lost productivity over a lifetime by an estimated \$33.5 billion
- **Preserved the quality of life over a lifetime valued at \$65 billion**

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A Comprehensive Approach



Reduce of stigma associated with substance use disorders



Implement evidence-based prevention programs and policies



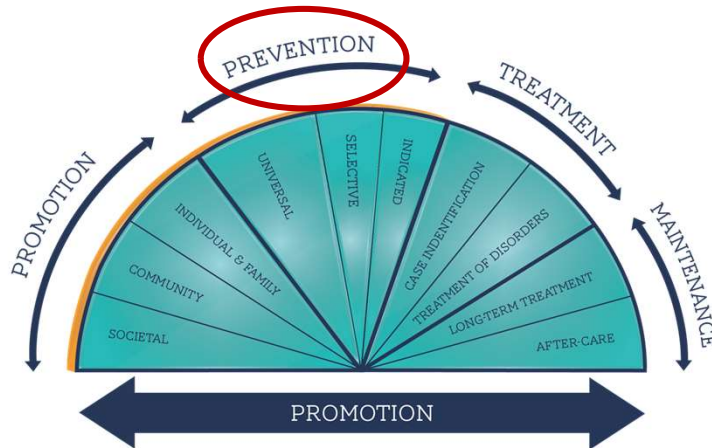
Develop community coalitions with cross sector representatives



Increase high quality treatment programs and trained prevention professionals

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Institute of Medicine (IOM) Continuum of Care

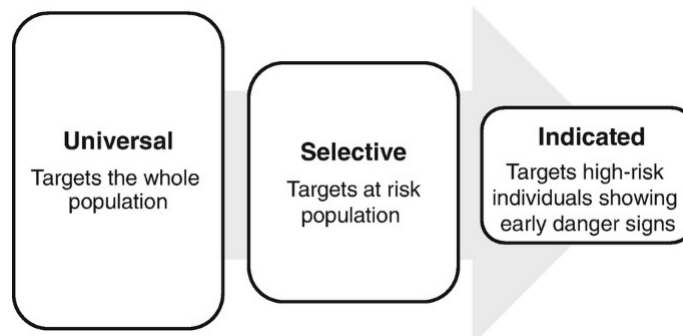


- National Academies of Sciences' Committee on Fostering Healthy Mental, Emotional, and Behavioral Development Among Children and Youth, 2019

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Universal, Selective and Indicated

Prevention Populations



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Strategic Prevention Framework (SPF)



Strategic Prevention Framework (SPF) is a dynamic, data-driven planning process that prevention practitioners can use to understand and more effectively address the substance abuse and related mental health problems facing their communities.

- Assessment
- Capacity
- Planning
- Implementation
- Evaluation

Ensuring a Culturally Competent Collaboration
Sustainability

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Risk Factors:

- A characteristic at the biological, psychological, family, community, or cultural level that precedes and is associated with a HIGHER likelihood of problem outcomes.



Protective Factors:

- A characteristic at the individual, family or community level that is associated with a LOWER likelihood of problem outcomes.
- Protective factors can reduce the negative impact of risk factors.
- Resilience is the ability to recover from or adapt to adverse events.
- Prevention is not just about eliminating a negative behavior; it is also about supporting protective factors and striving to optimize well-being.

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Evidence-Based Practices

To practice effective prevention, practitioners need to:

- Understand substance misuse prevention within the larger context of behavioral health
- Apply SAMHSA's Strategic Prevention Framework (SPF)
- Incorporate epidemiology into prevention planning
- Apply prevention approaches that address factors that contribute to or protect against identified problems and are a good match for the community

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Ineffective Prevention:

Information dissemination alone

Alternatives alone

One-shot presentations

Signs & symptoms education

Relapse/overdose prevention (not prevention!)

Scare tactics

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Scare Tactics Do Not Work

Scare Tactics: A Definition

- Emphasizing the worst dangers of drug use in order to create fear and anxiety, in hopes that the fear alone will prevent or stop risky behaviors.

Scare Tactics

Not only ineffective, but may lead to damaging effects

Exaggerated dangers & false information present to teens lead to disbelief and discrediting of information/professionals

Even less effective when youth have been in environments of substance misuse

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Center for Substance Abuse Prevention (CSAP)

Prevention Strategies:

- Alternative Activities
- Community-Based Process
- Education
- Environmental
- Information Dissemination
- Problem Identification and Referral

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Advantages of environmental strategies

- Reach entire populations
- Create short & long-term change
- Increase the impact of individual strategies
- Inexpensive & easy to sustain
(compared to other strategies)

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Effective Strategies Target

Access & Availability

Media Messaging/Community Norms

Policy & Enforcement

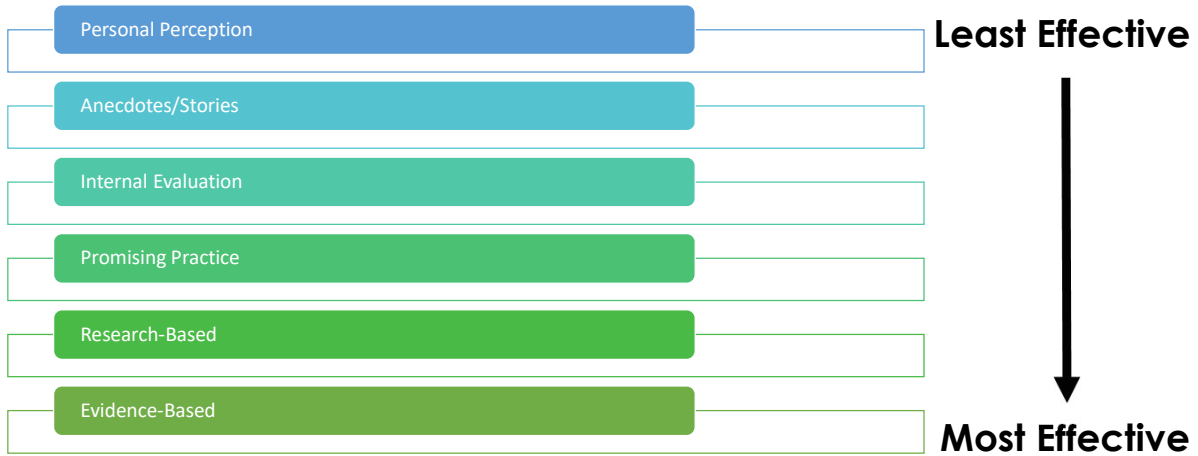
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Checklist for Effective Prevention:

- Planned sequence
- Culturally appropriate
- Science driven strategies
- Facilitate attitude/behavior change
- Individuals and or communities
- Prevent/delay behavioral health problems onset

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Ineffective Prevention:



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Prevention Approaches

If we only focus on individuals, they are expected to make healthy choices in an environment that often supports and encourages the opposite!

Individual	Community
<ul style="list-style-type: none"> • Focus on behavior and behavior change • Focus on the relationship between the individual and the alcohol/drug-related problem • Short-term focus on program development • Individual generally does not participate in the decision making • Individual as audience 	<ul style="list-style-type: none"> • Focus on policy and policy change • Focus on the social, political and economic context of the alcohol/drug-related problem • Long-term focus on policy development • People gain power by acting collectively • Individual as advocate

The Coalition Impact: Environmental Prevention Strategies

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Prevention Resources

Prevention
Action Alliance



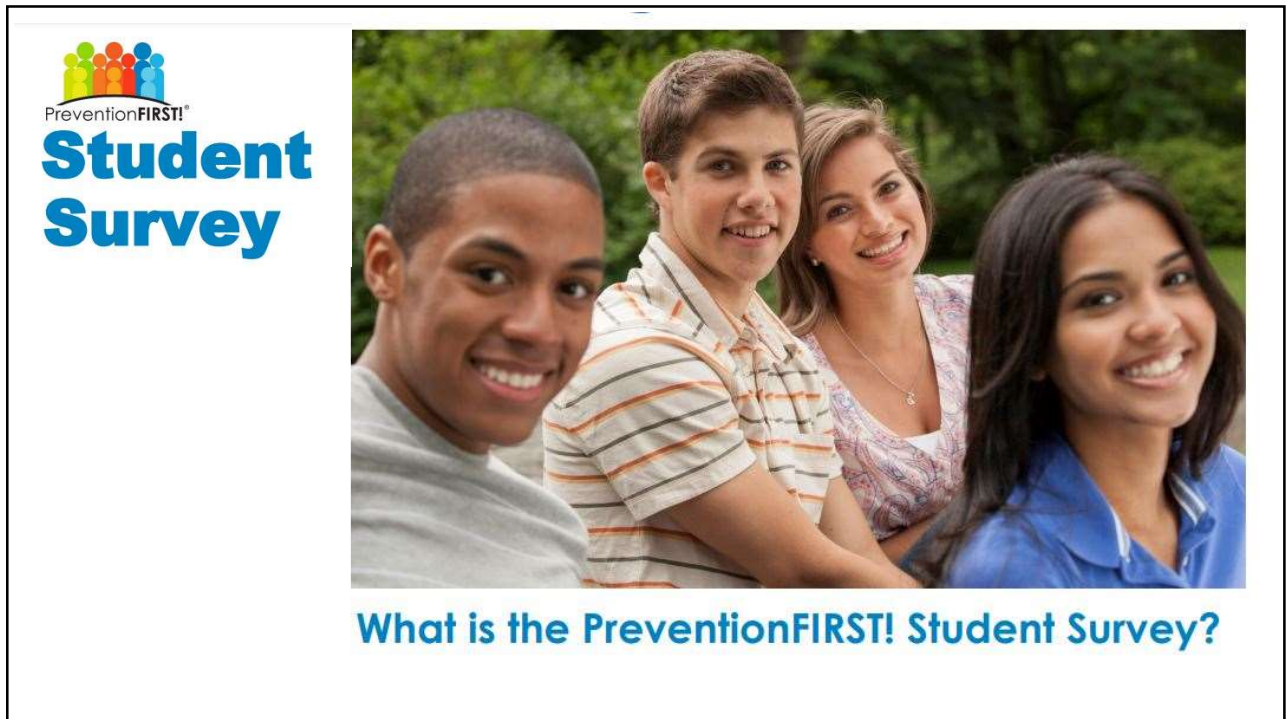
CADCA Building drug-free communities



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What Types of Questions are Asked?

- Substances and Use: 45%
- Perception of Risk/Parental and Friend Disapproval: 20.3%
- Student Information/Risk and Protective Factors: 15.7%
- Safety/Health and Wellness: 12.4%
- Gambling: 6.6%

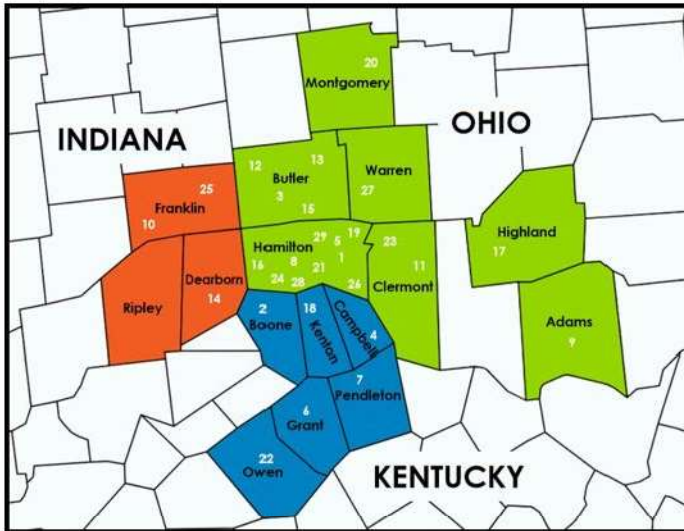


2022 Results

Available Spring 2022

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Communities Engaged in Prevention



- Service Area: Southwest Ohio, Southeast Indiana, Northern Kentucky
- 35 Coalitions across the tri-state!

Get Involved.

Find your local coalition!

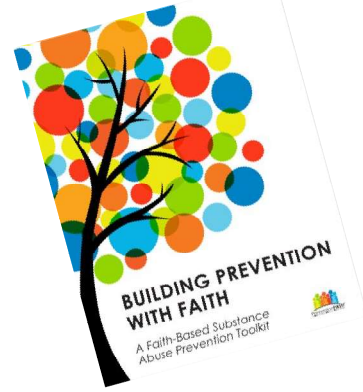
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BUILDING PREVENTION WITH FAITH

The Goals of our faith-based prevention work:

- Provide substance use/misuse and suicide prevention education
- Build relationships among faith community leaders from various denominations and prevention professionals
- Distribute the *PF! Building Prevention with Faith Toolkit* and provide training to support its use

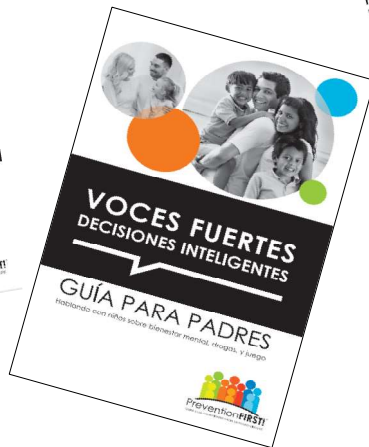
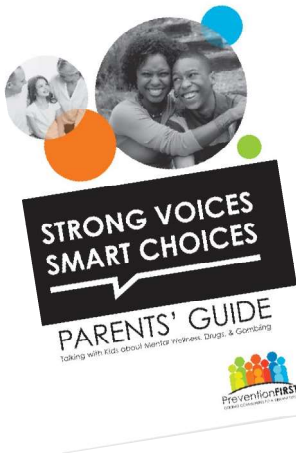


Get Involved.

Connect with your faith sector!

*Training and toolkit currently available at no cost to Ohioans

Resources for Parents



Contact us to order!



Safe Medication Disposal
PF! Safe Disposal Q & A Video

Prescription Drug Abuse Prevention

The purpose of this area of focus is to identify and examine the conditions and variables that are indicators of the prescription/OTC drug abuse epidemic highlight prevention efforts to help communities understand and address the issue.

Request a Deterra Bag!



Ohio residents can request a Deterra Bag at no cost to them.

ohiorxdisposal.com

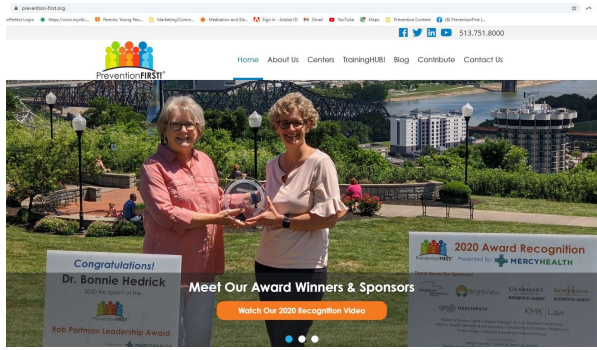
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Partnerships:

- Hamilton County Addiction Response Coalition (ARC)
- Ohio Suicide Prevention Foundation Ohio Department of Education
- Ohio Problem Gambling Network of Ohio (PGNO)
- Hamilton County Mental Health and Recovery Services
- Ohio Mental Health & Addiction Services (OhioMHAS)
- Miami University
- University of Cincinnati
- Interact for Health
- The Ohio State University Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery
- Northeast Ohio Medical University (NEOMED)
- Prevention Action Alliance
- Substance Abuse Mental Health Services Administration (SAMHSA)
- Urban Minority Alcoholism & Drug Abuse Outreach Program (UMADAOP) of Cincinnati

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www.prevention-first.org



- Find a coalition
- Trainings
- Prevention strategies
- Resources
- Partnerships
- Prevention focus

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PreventionFirst
 @PreventionFirst Nonprofit Organization

[Send Message](#)

Hi! Please let us know how we can help.



@PreventionFirst


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Substance Use Trends

**Trainings
Professional Development
Continuing Education**



Effective Prevention Strategies

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SOURCES OF STRENGTH | OHIO

About

Sources of Strength is a comprehensive wellness program that focuses on suicide prevention but impacts other issues such as substance abuse, bullying and violence. Sources of Strength is available for elementary and secondary grades and can be implemented in schools or community settings.



Contact info website
Social Media?

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