

# Creating a Community for Youth Prevention



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# Prevention

**Prevention Science:**  
A multidisciplinary field devoted to the scientific study of the theory, research, and practice related to the prevention of social, physical, and mental health problems, including etiology, epidemiology, and intervention.\*



\*IOM "Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities" pg xxvii

# “An ounce of prevention is worth a pound of cure”

*Benjamin Franklin 1736*

- We are told to vaccinate our children to prevent sickness.
- We buy software to protect/prevent our computers from viruses.
- We wash our hands to prevent the spread of disease.
- But what should we do to prevent tobacco use, alcohol abuse, and illicit drug use?



## Why is prevention important?

# Substance abuse clearly is among the most costly health problems in the United States.

- Studies show the annual cost of substance abuse to the Nation to be **\$510.8 billion**. (Harwood, 2000)
  - ✓ *Lost productivity, health care costs, treatment, crime, and the criminal justice system.*
  - Alcohol abuse cost the Nation ~ \$191.6 billion.
  - Tobacco use cost the Nation ~ \$167.8 billion.
  - Drug abuse cost the Nation ~ \$151.4 billion.

Miller, T., & Hendrie, D. (2009). *Substance abuse prevention dollars and cents: A cost-benefit analysis SAMHSA*



Research shows that prevention programs not only prevent substance abuse there is also a potential cost savings as a result of its implementation.

- **Every \$1 spent** on Substance Abuse Prevention **saves between \$2 to \$20 (in benefits)**.  
(benefits are estimates of savings over a period of time resulting from reduced demand for health and social services)
- Despite differences in demographics, regions of the country, and different program strategies, every study consistently found **benefits of substance abuse prevention outweigh costs by at least 2 to 1**.

The Journal of Primary Prevention Costs-Benefits of Prevention October (2004)



When it comes to preventing drug and alcohol abuse, there is no one-fits-all approach.

It takes solutions that are based on a community's unique problems and circumstances.

Substance abuse prevention follows a science based approach and employs effective community problem-solving strategies.

Community Anti-Drug Coalitions of America (CADCA)



Prevention should be woven into all aspects of our lives, including where and how we live, learn, work and play.

Everyone - businesses, educators, health care institutions, government, communities and every single American - has a role in creating a healthier nation.

**What will this look like in your community?**



Community members and prevention professionals have an important role in preventing substance abuse and promoting positive mental/behavioral health.

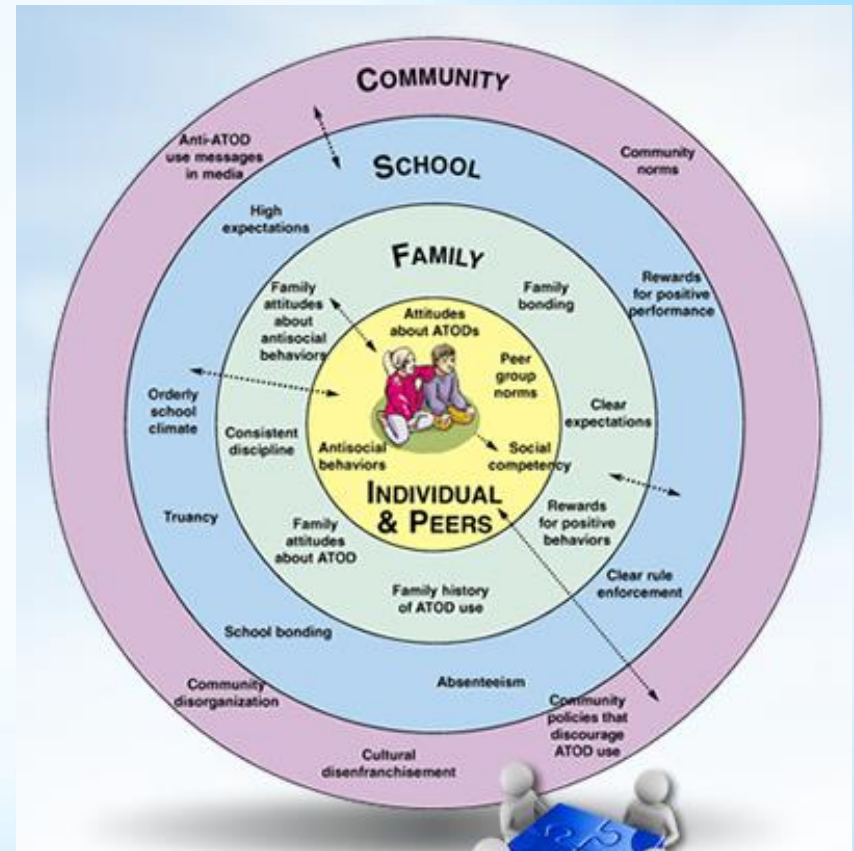
A goal of community prevention is to increase protective factors in communities and at the same time minimize a communities risk factors.





# Risk Factors & Protective Factors

A number of factors have been identified that protect adolescents or, alternatively, put them at risk for drug use and other high-risk behaviors. These factors concern different personal and environmental factors, e.g. the community, the school setting, family, peer group and individual characteristics



# SAMHSA'S Strategic Prevention Framework

Substance Abuse and Mental Health Services Administration

**Assessment**-collect data to determine the population needs, resources, and gaps.

**Capacity**-mobilize and/or build up resources to meet goals.

**Planning**-development of a comprehensive plan.

**Implementation**-carrying out of the plan, using evidence-based prevention programs.

**Evaluation**-monitoring the implementation, measuring impact, and determining needed improvements.

*Always be mindful of:*

**Sustainability**-process of integrating prevention into ongoing operations.

**Cultural Competence**-interacting with audiences from diverse backgrounds.

## Strategic Prevention Framework



# Moving Prevention Strategies into Practice



Profile population needs, resources, and readiness to address problems and gaps in service delivery.

A substance use issue must be assessed correctly through the collection and analysis of data that show the extent and location of a problem, risk and protective factors associated with it, community assets and resources, gaps in services and capacity, and readiness to act.



What do you do to profile needs in your communities?



Mobilize and build capacity to address needs.

Key tasks include convening leaders and stakeholders, building coalitions, and training community stakeholders to help keep activities going.



What do you do to build capacity within your communities around prevention?



## Develop a prevention plan.

The strategic plan expresses a vision for prevention activities and a roadmap for conducting them. It describes policies and relationships, incentives for groups to work together, and evidence-based actions that will be taken. The plan also identifies milestones and outcomes for gauging performance.

**PREVENTION  
WORKS!**



Who puts together prevention plans in your communities?

## Conduct prevention activities.

Supported by training and technical assistance, local stakeholders select programs, policies, and practices proven to be effective in research settings and in communities. Culturally competent revisions are made without sacrificing core elements of the program.



What organizations within your communities conduct prevention strategies/activities?



## Monitor and evaluate results and the ability to continue.

Ongoing monitoring and evaluation are vital to determining whether the desired outcomes are achieved, assessing the quality of service delivery, and identifying improvements needed. Sustaining what has worked well should be an ongoing process.



What are different ways to evaluate prevention activities within your communities?



# World Café:

## Time to Discuss



# Discussion Question

What are the needed resources that your communities need to have around prevention services?



Community based substance abuse prevention and mental/behavioral health promotion have proven to be successful and save money. ***This must be a public health priority.***

- We need our federal, state, and local partners to continue to fund our efforts.
- We need to continue to invest in substance abuse prevention, and mental health research.
  - We need to continue to fund and promote prevention educational opportunities for our prevention professionals.



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