

## **Prevention Definitions and Strategies**

### **Institute of Medicine (IOM) Classification System**

The IOM model, often referred to as a continuum of services, care, or prevention, classifies prevention interventions according to their target population. Classification by population provides clarity to differing objectives of various interventions and matches the objectives to the needs of the target population. The IOM identifies the following three categories based on level of risk: Universal, Selective, and Indicated.

- **Universal**

Universal interventions target the general population and are not directed at a specific risk group.

Universal prevention measures address an entire population (national, local, community, school, or neighborhood) with messages and programs aimed at preventing or delaying the use of alcohol, tobacco, and other drugs. The mission of universal prevention is to deter the onset of substance abuse by providing all individuals with the information and skills necessary to prevent the problem. The entire population is considered at risk and able to benefit from prevention programs.

- **Selective**

Selective interventions target those at higher-than-average risk for substance abuse; individuals are identified by the magnitude and nature of risk factors for substance abuse to which they are exposed.

Selective prevention measures target subsets of the total population that are considered at risk for substance abuse by virtue of their membership in a particular segment of the population. Selective prevention targets the entire subgroup, regardless of the degree of risk of any individual within the group.

- **Indicated**

Indicated interventions target those already using or engaged in other high-risk behaviors to prevent heavy or chronic use.

Indicated prevention measures are designed to prevent the onset of substance abuse in individuals who do not meet the medical criteria for addiction, but who are showing early danger signs. The mission of indicated prevention is to identify individuals who are exhibiting problem behaviors and to involve them in special programs.

## **Center for Substance Abuse Prevention (CSAP) Domains**

CSAP articulates that risk and protective factors and an individual's character interact through six life or activity domains. Within each domain are characteristics and conditions that can function as risk or protective factors, thus each of these domains presents opportunities for prevention. The six domains are as follows: Individual, Family, Peer, School, Community, and Environment/Society.

- **Individual**

Lack of knowledge in negative consequences of alcohol, tobacco, and other drug use, favorable attitudes towards use, early onset of use, biological or psychological disposition, antisocial behavior, sensation seeking, and lack of adult supervisions are risk factors associated within the individual or personal domain.

- **Family**

Parental and sibling drug use or approval of use, inconsistent or poor family management practices, and lack of parental involvement, family conflict, generational differences in family acculturation, and low family bonding are risk factors associated within the family domain.

- **Peer**

Peer use, peer norms favorable towards use, peer activities favorable to use, high rates of substance use in a community, and participation in social activities where use takes place are risk factors associated within in the peer domain.

- **School**

Lack of commitment to education, poor grades, negative school climate, and lenient school policies or unclear norms regarding use of substances are risk factors associated with the school domain.

- **Community**

Lack of bonding/attachment to social and community institutions, lack of community awareness of substance abuse problems, community norms favorable to use and tolerant of abuse, and inability for a community to address a substance abuse issue are risk factors within the community domain.

- **Environment/Society**

Norms are tolerant of use and abuse, existing policies which enable use and abuse, and lack of enforcement of laws are risk factors within the environment/society domain.

Based on the target population within the domains universal, selective, and/or indicated interventions may be utilized. For example, the risk factors associated within the individual domain may be addressed by indicated interventions aimed change (increase) knowledge about and attitudes towards substance abuse as a means of influencing behavior.

## **Substance Abuse Prevention and Treatment (SAPT) Prevention Strategies**

As a result of the Substance Abuse Prevention and Treatment Block Grant (SAPT BG) CSAP developed and recognizes the delivery of prevention services through a comprehensive, multi-strategic prevention approach. Using as many or all six of the following strategies has the greatest potential to reduce and prevention substance abuse by reducing risk and increasing protective factors: Information Dissemination, Prevention Education, Alternative Activities, Community Based Processes, Environmental Approaches, and Problem Identification and Referral.

### ○ **Information Dissemination**

This strategy provides information about the nature of drug use, abuse, addiction and the effects on individuals, families and communities. It also provides information of available prevention programs and services. The dissemination of information is characterized by one-way communication from the source to the audience, with limited contact between the two.

Examples of methods used for this strategy include the following:

- Clearinghouse and other information resource centers
- Resource Directories
- Media Campaigns
- Brochures
- Radio and Television Public Service Announcements
- Speaking Engagements
- Health Fairs

### ○ **Prevention Education**

This strategy provides information and activities aimed to affect critical life and social skills, including decision-making, refusal skills and critical analysis. Prevention education is characterized by two-way communication based on an interaction between the educator and the participants.

Examples of methods used for this strategy include the following:

- Classroom and Small Group Sessions
- Parenting and Family Management Classes
- Peer Leader and Peer Helper Programs
- Education Programs for Youth Groups
- Groups for Children of Substance Abusers

### ○ **Alternative Activities**

This strategy provides for the participation of the target populations in activities that exclude alcohol and drug use through the provision of constructive and healthy activities.

Examples of methods used for this strategy include the following:

- Drug-free Social and Recreational Activities (i.e. Dances or Parties)
- Youth and Adult Leadership Activities

- Community Drop-in Centers
- Community Service Activities
- Mentoring Programs

○ **Community-Based Process**

This strategy aims to enhance the ability of the community to more effectively provide substance abuse prevention services. Activities in this strategy include organizing, planning, enhancing the efficiency and effectiveness of service implementation, building coalitions and networking.

Examples of methods used for this strategy include the following:

- Community and Volunteer Training (i.e. neighborhood action training, training of key people in the system)
- Systematic Planning
- Multi-Agency Coordination and Collaboration (i.e. leveraging resources, developing strategic partnerships)
- Accessing Service and Funding
- Community Team-Building

○ **Environmental Strategies**

This strategy seeks to establish or change community standards, codes and attitudes, thereby influencing the incidence and prevalence of drug abuse in the general population.

Examples of methods used for this strategy include the following:

- The Establishment and Review of Drug Policies in Schools
- Technical assistance to communities to maximize local enforcement procedures governing the availability and distribution of drugs.
- The review and modification of alcohol and tobacco advertising practices
- Product pricing strategies
- Social norms strategies
- Media literacy

○ **Problem Identification & Referral**

This strategy aims to identify those who have indulged in the illegal use of drugs in order to assess if their behavior can be reversed through education. It should be noted, however, that this strategy does not include any activity designed to determine if an individual is in need of treatment.

Examples of methods used for this strategy include the following:

- Driving-while-intoxicated Education Programs
- Employee Assistance Programs
- Student Assistance Programs
- Teen Courts

## Resources

To obtain further information about the Strategic Prevention Framework, data driven planning, and effective policies, programs, and practices, applicants are strongly encouraged to use the resources listed below.

### National Resources

- Substance Abuse and Mental Health Services Administration (SAMHSA): [www.samhsa.gov](http://www.samhsa.gov)
- SAMHSA's Prevention Platform: <http://preventionplatform.samhsa.gov/>
- Center for Substance Abuse Prevention (CSAP): <http://prevention.samhsa.gov/>
- CSAP Centers for the Application of Prevention Technologies (CAPT): <http://captus.samhsa.gov/>
- NIAAA (National Institute on Alcohol Abuse and Alcoholism): <http://www.niaaa.nih.gov/>
- National Institute of Drug Abuse (NIDA): <http://drugabuse.gov/> or [www.nih.gov](http://www.nih.gov)
- NREPP (National Registry of Evidence-based Practices): <http://www.nrepp.samhsa.gov/>
- CSAP Prevention Pathways [http://pathwayscourses.samhsa.gov/ev/ev\\_toc.htm](http://pathwayscourses.samhsa.gov/ev/ev_toc.htm)
- CADCA (Community Anti-Drug Coalitions of America): <http://cadca.org/>
  - Handbook for Community Anti-Drug Coalitions <http://www.cadca.org/resources/detail/handbook-community-anti-drug-coalitions>

### State Resources

- Delaware SPF-SIG: <http://www.dhss.delaware.gov/dhss/dsamh/spfsig.html>
- Division of Substance Abuse and Mental Health (DSAMH): <http://www.dhss.delaware.gov/si06/about.html>
- Division of Prevention and Early Intervention (DPBHS): <http://kids.delaware.gov/pbhs/pbhs.shtml>

Delaware Drug and Alcohol Tracking Alliance (DDATA): [www.udel.edu/delawaredata](http://www.udel.edu/delawaredata)