

General Youth Prevention Resources

Webinars

Substance Abuse Prevention and Control- UCLA Lecture Series

<http://publichealth.lacounty.gov/sapc/media/lectureseries.htm>

The Lecture Series currently provides continuing education units for counselors, clinicians, nurses, and other professionals in the substance abuse field who attend the lecture. UCLA Integrated Substance Abuse Programs meets the qualifications to provide continuing education credits for MFT/LCSW as required by the California Board of Behavioral Sciences.

Program Evaluation

PRB Research - Adolescent Behavior

Preventing Problem Behavior Among Middle School Students

<http://www.nichd.nih.gov/about/org/despr/prb/research/Pages/preventing-problem-behavior.aspx>

This study tested the efficacy of a multi-component intervention for preventing multiple problem behaviors, including substance use, aggression, and misconduct. Seven middle schools in one school district were randomized to intervention or comparison groups and two cohorts of students were assessed at the beginning of middle school and at the end of 6th, 7th, 8th, and beginning of 9th grades. The intervention, called Going Places, consisted of a skills-oriented curriculum, school-wide intervention, and parent education. The evaluation of treatment group effects indicated that the program had significant effects on smoking progression, outcome expectations for smoking, and friends who smoked, but not on drinking, aggression, or misconduct. The effect on smoking progression was mediated by friends who smoked, indicating that the growth in friends who smoked was less among those in the intervention schools than those in the control schools. In a series of observational analyses, researchers found that parenting behaviors were protective against substance use, and that selection was at least as important as socialization in the progression of substance use. Analyses of this longitudinal dataset are ongoing.

General Prevention Approches

Drug prevention programmes for young people: where have we been and where should we be going?

<http://onlinelibrary.wiley.com/doi/10.1111/j.1360-0443.2009.02790.x/abstract;jsessionid=5A4E977C29F7078353AFDEAB59A04386.d04t04?deniedAccessCustomisedMessage=&userIsAuthenticated=false>

Aim: Substance use by young people has long been a concern of western society, but opinion is mixed as to which prevention approach offers the greatest benefit, and whether indeed there is any benefit at all. This paper reviews the nature of prevention programmes, the research evidence that underpins these programmes and the prevention objectives against which effectiveness is measured. The aim of this is to create better understanding of the elements that maximize programme effectiveness, what can be achieved by prevention programmes and how programmes can be improved.

Findings There is a range of prevention approaches for which there is evidence of effectiveness. Some are classroom-based; some focus upon parenting; some have substantial whole-of-school and community elements; and some target risk and protective factors in early childhood. All, however, are based substantially on the social influence model. In an attempt to improve practice lists of effective programmes have been developed, but there are concerns about the science behind selection. On balance, there is consistent evidence that social influence prevention programmes do have a small, positive effect on drug use, but this then raises the question as to whether harm, rather than use, would be the more worthwhile target for prevention. Prevention that seeks to reduce harm has been demonstrably effective, but has found little support in some jurisdictions.

Conclusion: Research has created a progressively better understanding of how to optimize programme effectiveness and what can be achieved realistically by even the most effective programmes. However, further research is required to identify which, if any, particular approach offers greater promise. The effectiveness of harm reduction should be compared with more traditional abstinence and the additional effects of whole of school, parent and community elements need to be measured more accurately. Contemporary social influence prevention programmes are flawed, but the approach is still the best way of influencing drug use behaviour in young people as a whole. Evidence-based refinement is the best option for greater benefit.

General Prevention

Cochrane Review: Universal school-based prevention programs for alcohol misuse in young people

<http://onlinelibrary.wiley.com/doi/10.1002/ebch.1829/abstract>

Summary:

Psychosocial and Developmental Alcohol Misuse Prevention in Schools can be effective. We conducted a Cochrane systematic review of 53 well-designed experimental studies that examined the effectiveness of school-based universal programs for the prevention of alcohol misuse in young people. The studies were divided into two major groups based on the nature of the prevention program: 1) programs targeting specifically prevention or reduction of alcohol misuse and 2) generic programs with wider focus for prevention (e.g., other drug use/abuse, antisocial behavior). In the review we found studies that showed no effects of the preventive program, as well as studies that demonstrated statistically significant effects. There was no easily discernible pattern in program characteristics that would distinguish studies with positive results from those with no effects. Most commonly observed positive effects across programs were for drunkenness and binge drinking. In conclusion, current evidence suggests that certain generic psychosocial and developmental prevention programs can be effective and could be considered as policy and practice options. These include the Life Skills Training Program, the Unplugged program, and the Good Behaviour Game.

High Risk

A Comprehensive Investigation of the Role of the Individuals, the Immediate Social Environment, and Neighborhood Trajectories of Adolescent Antisocial Behavior

<https://www.ncjrs.gov/pdffiles1/nij/grants/239910.pdf>

Abstract: The overall goal of this study was to acquire a greater understanding of the development of adolescent antisocial behavior using data from the Project on Human Development in Chicago Neighborhoods (PHDCN). Two objectives fell under this general goal: (1) Describe trajectories of substance use and delinquency across the adolescent period and (2) Assess important individual and social influences available in the PHDCN in terms of impact on the initial level and continuance of antisocial behavior. Longitudinal cohort data from the Project on Human Development in Chicago Neighborhoods (PHDCN) were analyzed to assess patterns of substance use and delinquency across three waves for three age cohorts (n=752 [Cohort 9]; 752 [Cohort 12]; 626 [Cohort 15]) and 78 neighborhoods. This analysis of existing PHDCN data used multiple cohort and multilevel latent growth models as well as several ancillary approaches to answer questions pertinent to the development of adolescent antisocial behavior. The first question was: (1) How are trajectories of substance use and delinquency across adolescence best described? This involved (a) an assessment of sample-average initial levels (Intercept) and trends (Slope) and their variance estimates; (b) plotting observed and expected trends across ages 9 to 19; and (c) testing group (cohort) differences in latent growth factors (Intercept, Slope). The second question was (2) To what extent do key individual and social influence measures available in PHDCN (e.g., self control, family influence, peer influence) impact the initial level of substance use/delinquency? This entails (a) testing the effects of individual, family, and peer covariates on the intercept; (b) assessing relevant interaction effects for individual and family/peers; and (c) examining cohort differences in covariate effects. Third, (3) To what extent do key individual and social influences impact the progression (slope) of substance use/delinquency over time? The same process as in question two was undertaken, but the focus was on the slope rather than the intercept. This shifts the emphasis to the enduring impact of these risk or protective factors. A “launch” perspective was used to frame the analysis around the second and third questions (see Hussong et al., 2008). Fourth, and finally, the analysis considered (4) Do youth trajectories of substance use and delinquency vary across neighborhoods? The process for answering this question is: (a) assess neighborhood cluster-level variance components for the Intercept and Slope; (b) assess neighborhood cluster-level variance components for covariate effects (i.e., neighborhood influences) where relevant and; (c) assess neighborhood influences on covariate effects (i.e., cross-level interactions) when variation was identified at the previous stage.

This set of general research questions provided several opportunities to describe trajectories of adolescent antisocial behavior and assess potential conditioning factors, which were among the initial goals of the PHDCN study (Earls & Reiss, 1994). Longitudinal patterns in substance use and delinquency mostly fit with broader population-level trends. Cohort differences in initial level and longitudinal trend as well as relationships with covariates were identified. Individual self control and exposure to antisocial peers tended to be the most robust predictors of values of the growth curve factors. Results from multilevel models find some neighborhood-level variation around the estimated growth factors. Despite some data and analytic limitations, the study found significant variation in several six-year developmental trajectories in antisocial behavior across PHDCN youth and neighborhoods. Some of the plausible individual and social influences captured at the initial stage of PHDCN measurement and neighborhood of residence were helpful in explaining this variation in these developmental trends. These findings offered some useful insights for understanding the processes that may

give rise to trends in antisocial behavior in adolescence while simultaneously identifying some points for prevention strategy

Parent Toolkit

Substance Abuse

toolkit.promoteprevent.org/issues/substance-abuse

Alcohol and other drug use among students threatens both their academic success and their health, and it can have far-reaching negative effects on schools, families, and communities. Students under the influence of alcohol or other drugs are at higher risk of absenteeism, diminished school performance, and significant reductions in school achievement. Additionally, students who abuse substances may be self-medicating for emotional, behavioral, or mental health disorders, or family, environmental, or personal problems. Simply put, substance abuse interferes with a student's ability to learn and a school's ability to educate.

High Risk: Native American and Military

Prevention of Substance Abuse and Mental Illness

www.samhsa.gov/prevention/

Creating communities where individuals, families, schools, faith-based organizations, and workplaces take action to promote emotional health and reduce the likelihood of mental illness, substance abuse including tobacco, and suicide. This Initiative will include a focus on the Nation's high-risk youth, youth in Tribal communities, and military families

Educator Toolkit

PREVENTION WORKS - Drug-Free Action Alliance

www.drugfreeactionalliance.org/files/RRtoolkit.pdf

To help you deliver prevention-focused messages to your students, the Ohio Department of Alcohol and Drug Addiction Services has partnered with the Ohio Department of Education and Drug Free Action Alliance to develop the attached toolkit and activity guide to help you share drug free messages in your classroom. The theme for Red Ribbon Week 2012 is "We are the Majority," which drives home the fact with students that a majority of their peers are alcohol and drug free.

Parent Toolkit

How to Prevent Drug Use at Every Age

http://theparenttoolkit.org/topic/understanding-teens

Whether your child is toddling through preschool, meandering through middle school or cruising through his/her '20s -- here are tips to help guide him/her toward a healthy life at every age!

Evaluation: Prevention Coalition

Implementation of the Communities That Care prevention system by coalitions in the Community Youth Development Study

http://onlinelibrary.wiley.com/doi/10.1002/jcop.20362/abstract?deniedAccessCustomisedMessage=&userIsAuthenticated=false

Although advances in prevention science over the past two decades have produced a growing list of tested and effective programs and policies for preventing adolescent delinquency and drug use, widespread dissemination and high-quality implementation of effective programs and policies in communities has not been achieved. The Community Youth Development Study (CYDS) is a randomized, community-level trial of the Communities That Care (CTC) system for promoting science-based prevention in communities. This study compares 12 community prevention coalitions implementing the CTC system in 12 intervention communities as part of the CYDS to prevention coalitions located in the 12 control communities. As hypothesized, the CYDS coalitions implemented significantly more of the CTC core intervention elements, and also implemented significantly greater numbers of tested, effective prevention programs than the prevention coalitions in the control communities. Implications of the findings for efforts to achieve widespread dissemination of effective prevention programs, policies, and practices are discussed.