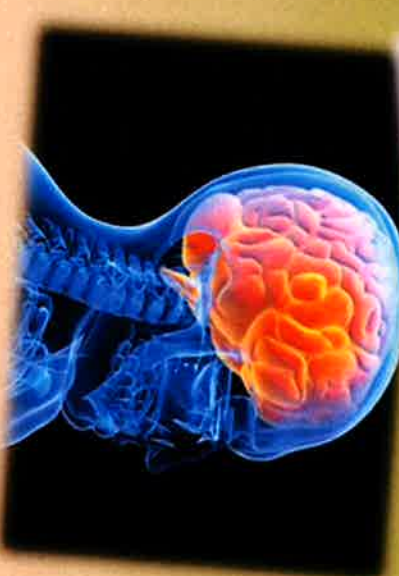


1-7-2020 IPRTF
Behav. Health Comm.
Jill Fuller

Mental Health Promotion & Substance Abuse Prevention



"An ounce of prevention is worth a pound of cure." Benjamin Franklin

Prevention Frameworks

Planning & Service Frameworks:

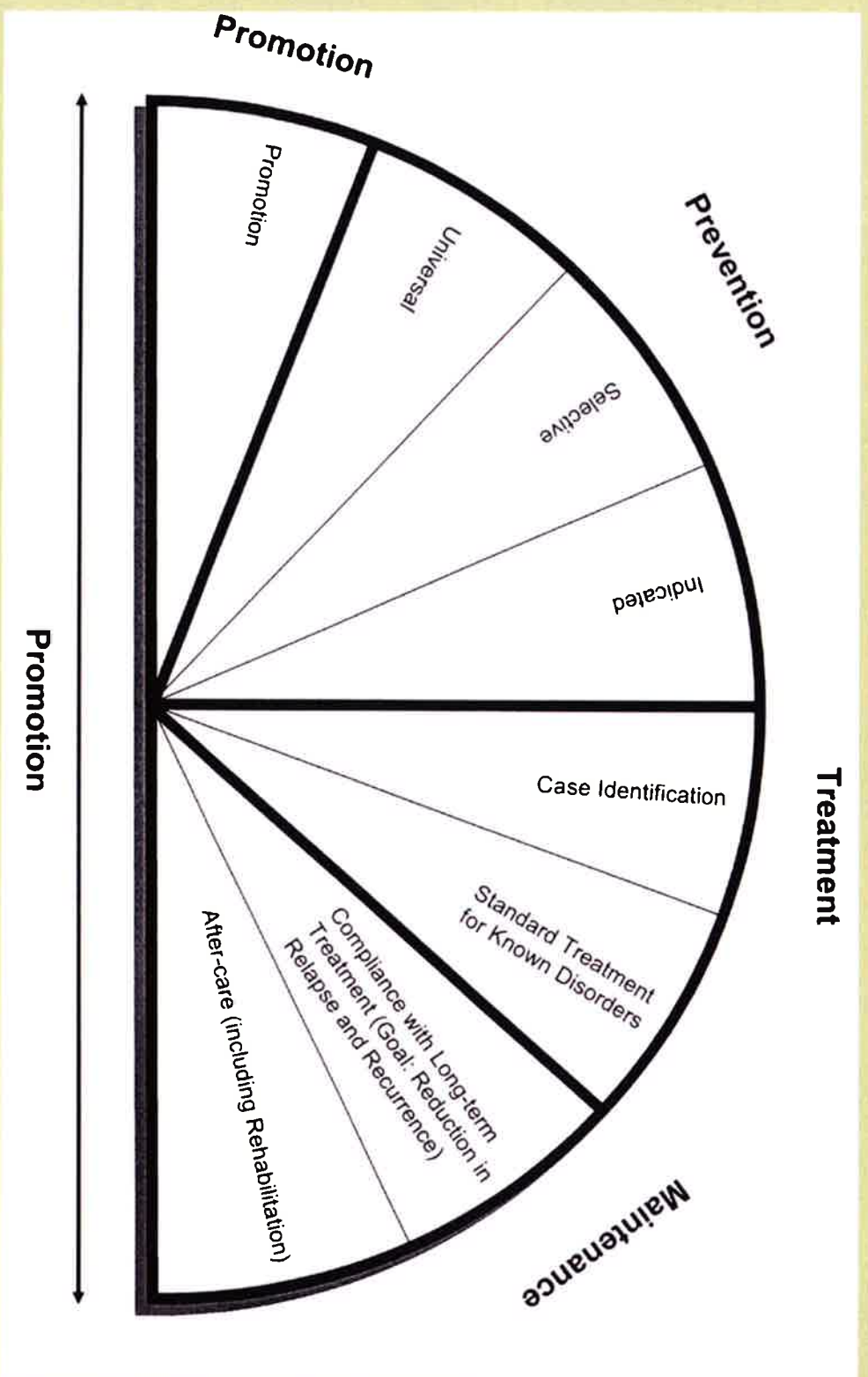
- PITA
- Strategic Prevention Framework

Prevention Science:

- Risk & Protective Factor Model
- ACEs (Adverse Childhood Experiences)
- Hope Science
- Positive Childhood Experiences

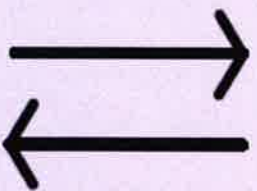
Service Continuum

- Prevention services are not generic, they are designed to target populations at different levels of risk

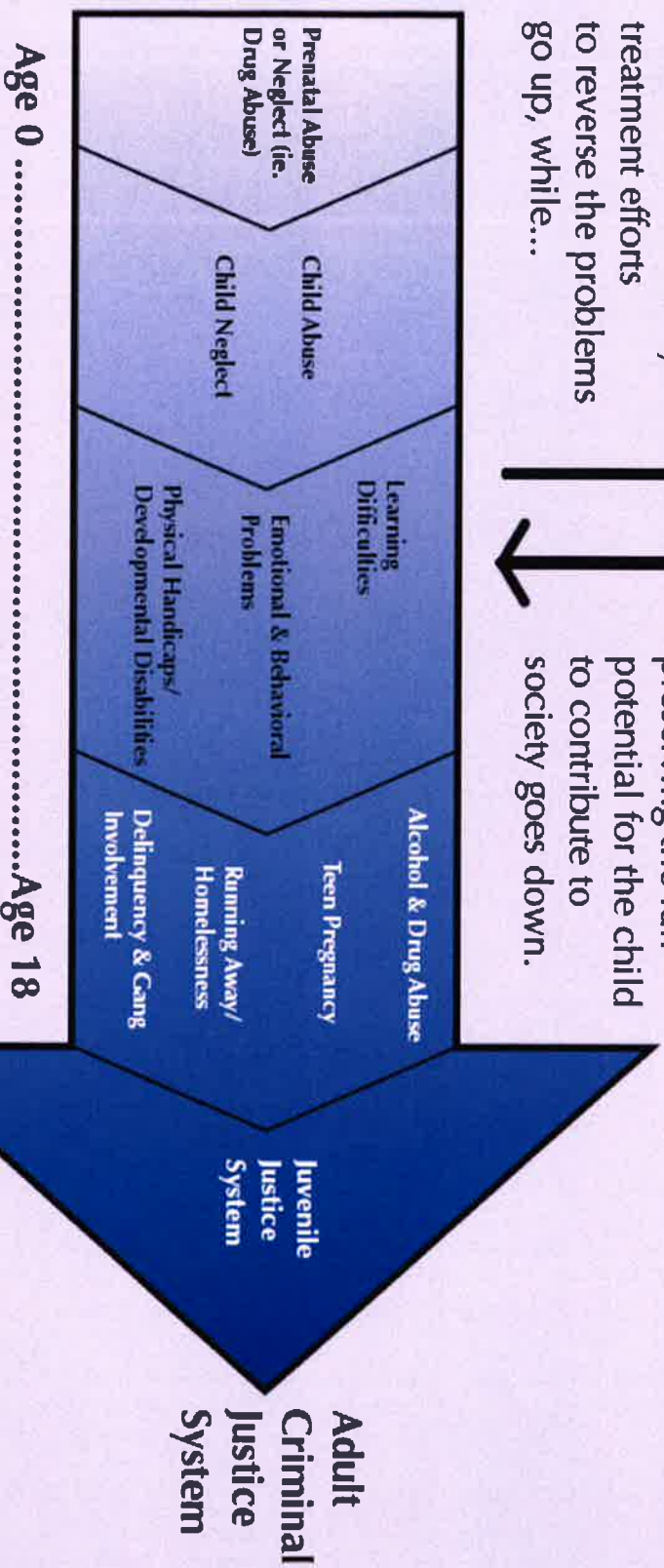


The Cost of Waiting

As time goes by
the cost and intensity of
treatment efforts
to reverse the problems
go up, while...



the likelihood of
preserving the full
potential for the child
to contribute to
society goes down.



Robin Karr-Morse 2003. Used by permission.

Strategic Prevention Framework

- **5 step recurring process based in science from SAMHSA**
- **Addresses both risk and protective factors**



Shared Risk Factors

- Many services reduce risk for multiple problem behaviors simultaneously.
- Risks are present in four domains

Risk factors are conditions that increase the likelihood of a young person becoming involved in drug use, delinquency, school dropout, and/or violence

	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
Community						
Low Neighborhood Attachment	✓	✓			✓	
Perceived Availability of Drugs	✓				✓	
Perceived Availability of Handguns		✓			✓	
Community Laws and Norms Favorable Toward Drug Use, Firearms and Crime	✓	✓			✓	
Family History of Antisocial Behavior	✓	✓	✓	✓	✓	✓
Poor Family Management	✓	✓	✓	✓	✓	✓
Family Conflict	✓	✓	✓	✓	✓	✓
Parental Attitudes Favorable Toward Drugs and Antisocial Behavior	✓	✓	✓	✓	✓	✓
School						
Academic Failure	✓	✓	✓	✓	✓	✓
Low Commitment to School	✓	✓	✓	✓	✓	✓
Rebelliousness	✓	✓	✓	✓	✓	
Gang Involvement	✓	✓	✓	✓	✓	
Peer / Individual						
Perceived Risk of Drug Use	✓	✓	✓	✓	✓	
Attitudes Favorable Toward Antisocial Behavior and Drug Use	✓	✓	✓	✓	✓	
Friends Use of Drugs	✓	✓	✓	✓	✓	
Interaction with Antisocial Peers	✓	✓	✓	✓	✓	
Depressive Symptoms	✓			✓		✓

Protective Factors

Peers

- Knowing right from wrong
- Interaction with healthy peers
- Social skills

Family

- Have fun with parents
- Eat dinner together
- Family rules about drugs are clear
- Could ask parents for help with a personal problem
- Involvement in family decisions
- Opportunity for healthy family involvement

School

- Participate in supervised after-school activities
- Have friends who participate in school clubs or activities
- Opportunities for students outside of class (sports, clubs, etc.)
- Opportunities for healthy school involvement

Community

- Can talk to neighbors
- Activity clubs available (YMCA, B&G Club)
- Service clubs available (scouts, camp, 4-H)
- Sports and Recreation
- Opportunities for healthy community involvement

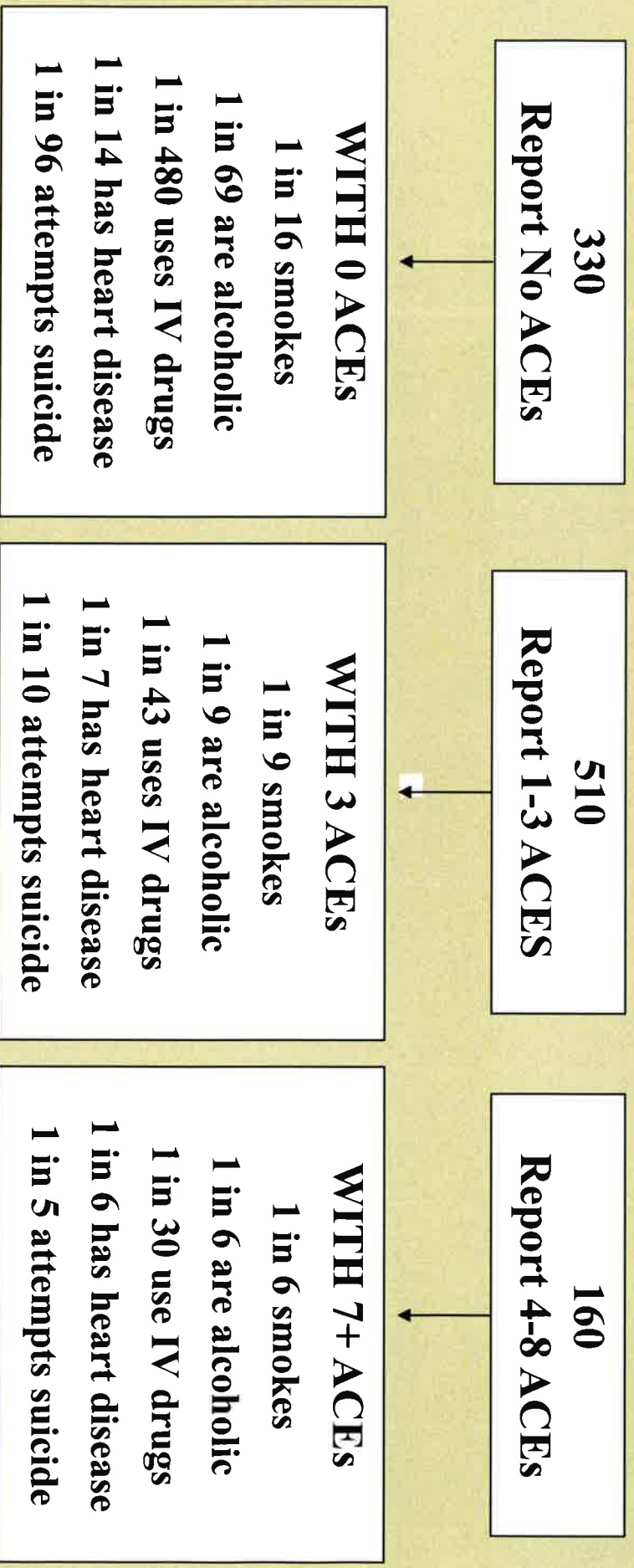
Connection to one healthy adult can make the difference!

Compared to an individual with 0 ACEs, individuals with

4 or more ACE's increase the risk of:

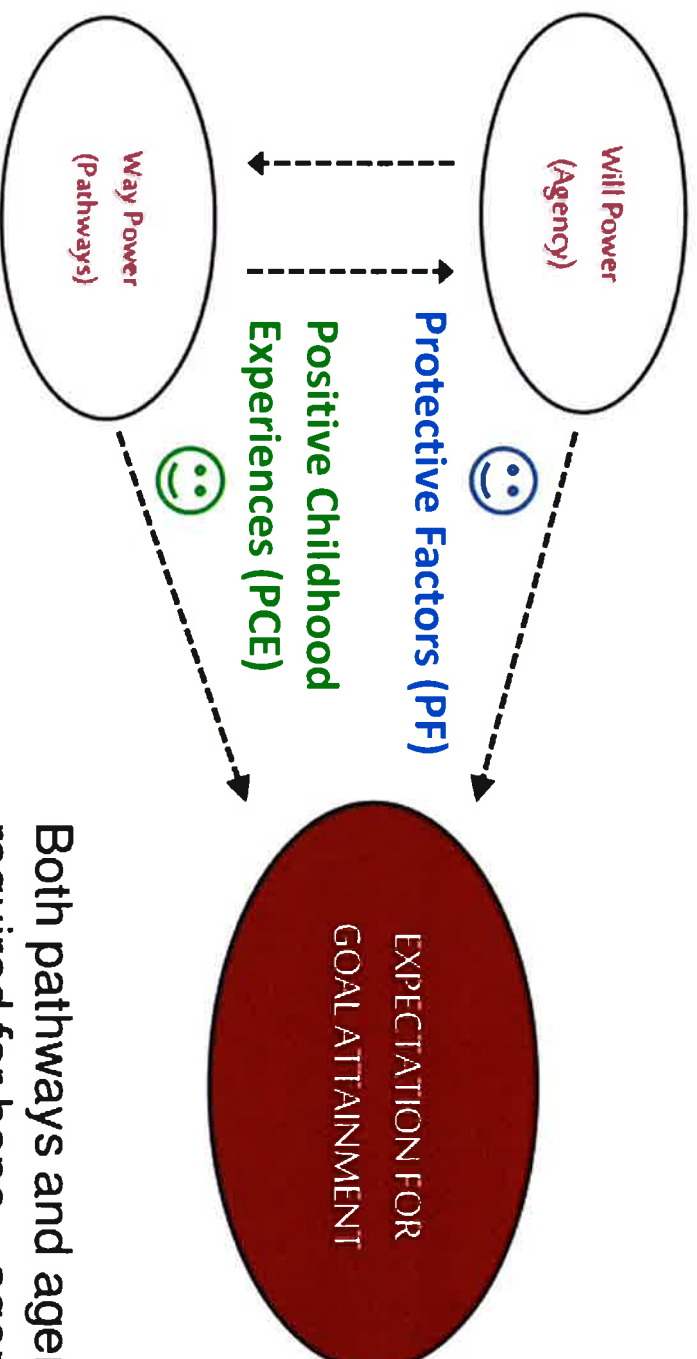
- panic reactions 2.5 fold increase
 - anxiety 4
 - depressed affect 3.6
 - hallucinations 2.7
 - sleep disturbance 2.1
 - smoking 1.8
 - alcoholism 7.2
 - illicit drug use 4.5
 - injected drug use 11.1
 - perpetrating intimate partner violence 5.5
- Also, 1.1% lifetime prevalence of at least one suicide attempt (no ACE's) compared to 35.2% for those who reported seven or more ACEs.

PROBABILITY OF SAMPLE OUTCOMES GIVEN 1,000 AMERICAN ADULTS



Source: Family Policy Council

HOPE THEORY



Both pathways and agency are required for hope...agency without pathways is more likely a wish!

Service Considerations

- Evidence-based Best-Practices (EBP's)
- Cost-Benefits

Washington State Institute for Public Policy

HOME PUBLICATIONS **BENEFIT-COST** CURRENT PROJECTS

ALL

Benefit-Cost Results

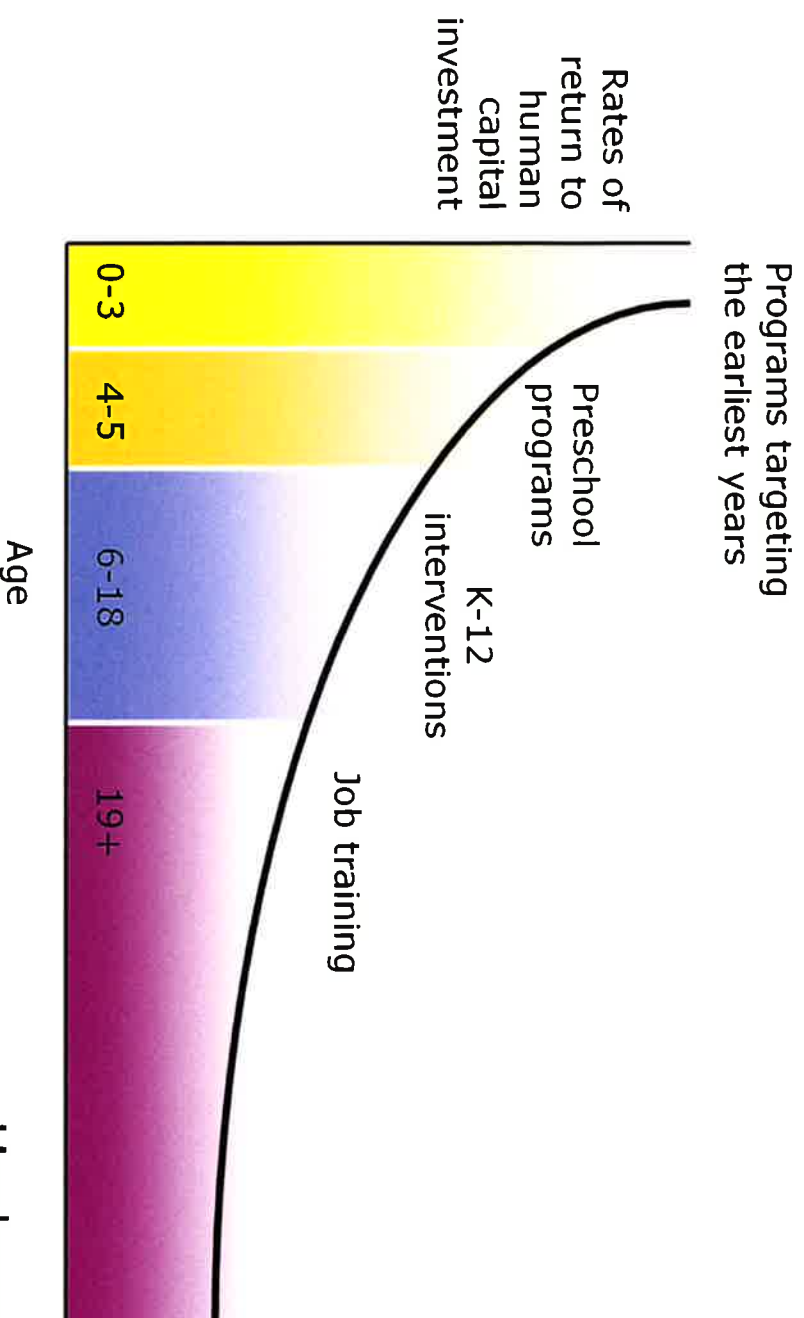
Since the 1990s, the Washington State legislature has directed WSIPP to identify "evidence-based" policies. The goal is to provide Washington policymakers and budget writers with a list of well-researched public policies that can, with a high degree of certainty, lead to better statewide outcomes coupled with a more efficient use of taxpayer dollars.

Blueprints-Certified Program Tiers

All Blueprints are identified through development, evaluation, and demonstration programs for youth, families and communities that, based on scientific considerations, have strong evidence of effectiveness. These programs are rated as either Promising, Model or Model Plus. When assessing the quality of programs, each tier will indicate the program's rank.

		
PROMISING	MODEL	MODEL PLUS

Preventive Intervention is More Efficient and Produces Higher Returns than Later Remediation



Heckman, J. (2007)

Police Chiefs Rate Parent Coaching and Pre-Kindergarten Programs as Effective Crime Prevention

Police Chiefs nationwide were asked: "Please rate the following strategies on a scale of 1 to 5 on their value as a crime prevention tool." This chart shows the percentage for each strategy that received a "1" rating by the Police Chiefs.



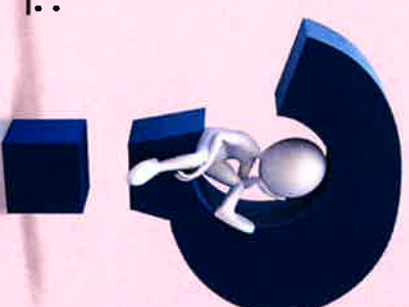
S. Keeter & S. Mastrofski, 1999

FIGHT CRIME: INVEST IN KIDS WASHINGTON

What is happening in Whatcom?

- **Community Building efforts**
- **Direct Service Programming**
- **Training**
- **Other efforts and initiatives**

Questions?



For questions or more information contact:

Joe Fuller

Program Specialist

Whatcom County Health Department

360-778-6045

jfuller@whatcomcounty.us

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER COMMUNITY