

NC Institute of Medicine

Task Force on Substance Abuse Services
Prevention: Evidence Based Strategies Focused on
Children and Adolescents

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What is prevention?

A proactive process or activity that educates, supports and empowers individuals, families, communities and systems to effectively meet life's challenges and transitions by creating and sustaining healthy and safe lifestyles.

Role of the state

Division of MH/DD/SAS state plan:

- Prevention Focused
- Promotes prevention and early intervention policy and practice
- Provide guidance for LMEs, providers, consumers, advocates and other stakeholders to utilize evidence-based programs, practices and policies

What is evidence-based programs for prevention?

- Evidence-based refers to the guidelines for documented effectiveness of a program
 - (1) Based on a solid theory or theoretical perspective validated by research
 - (2) Supported by a documented body of knowledge
 - (3) Judged by a consensus among informed experts to be effective

Policy for NC-LMEs

- NC adopted the policy guidance for evidence based programs as a pilot with the first State Incentive Grant Initiative (2000-2003)
- Prevention professionals at LMEs and provider agencies were trained in evidence based models approved by SAMHSA and implemented them accordingly

Policy for NC-LMEs

- Strengthening Families Program (SFP) showed significant results when implemented with fidelity and with periodic evaluations to assess effectiveness.
- SFP model adopted by NC as an approved prevention intervention; block grant funds utilized to support implementation and evaluation
- Currently being studied by IOM Child Maltreatment Prevention Task Force

Policy for LMEs

- The three classifications within the IOM model of prevention was adopted by the state for prevention services:
 - (1) Universal—targeted to the general public or a whole population that has not been identified on the basis of individual risk
 - (2) Selective—targeted to a subgroup of the population whose risk of needing services is significantly higher than average (children of substance abusers/mild behavior problems
 - (3) Indicated—targeted to individuals with detectable signs or symptoms of a problem identified as high risk or may have minimal experimentation issues.

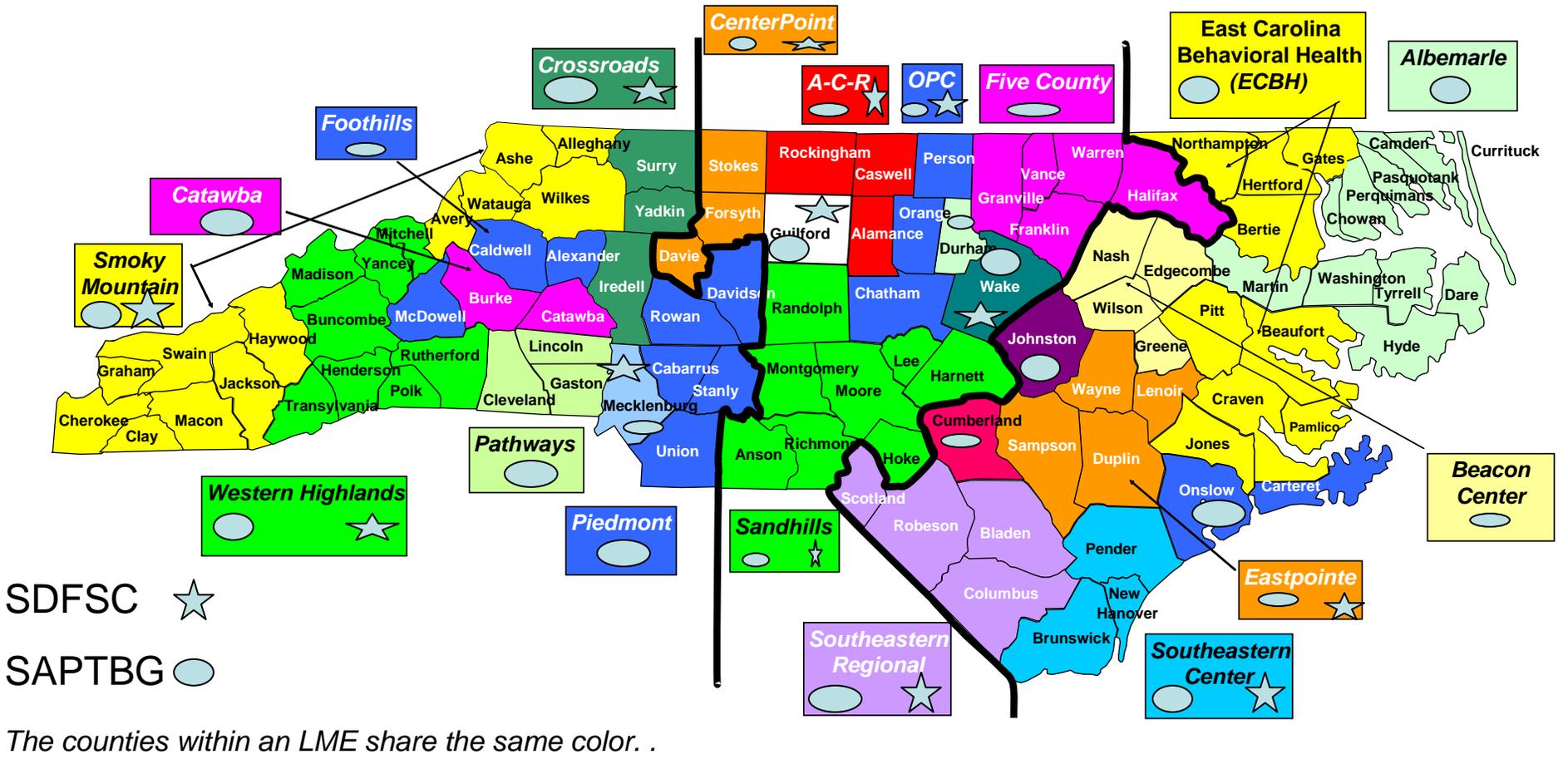
Where are the evidence-based programs?

- The adoption of the IOM model for prevention-universal, selective and indicated populations-led to the inclusion of evidence based program language in SAPT Block Grant requirements
- Safe and Drug-Free Schools-Gov. Portion also required the use of evidence based programs for selective and indicated target populations

Where are the evidence-based programs?

- Through the SAPT block grant, the LMEs are allocated funds for prevention services and report the use of evidence-based programs on semi-annual reports
- The RFP process for SDFS applications included a process for LMEs and provider organizations to apply for funds—12 LMEs were awarded contracts

Safe and Drug Free Schools and Communities (SDFSC) & Substance Abuse Prevention and Treatment Block Grant Programs (SAPTBG)



Evidence Based Programs

Project Alert
 Allstars
 Reconnecting Youth
 Project TND
 Early Risers
 I Can Problem Solve
 Children in the Middle

Project Venture
 Life Skills
 Guiding Good Choices
 I'm Special
 Strengthening Families
 Dare To Be You
 Street Smart

Too Good for Drugs
 Brief Strategic Family Therapy
 Nurse Family Partnership
 Project Success
 Keeping it Real
 Smart Moves
 Incredible Years

Parenting Wisely
 Soft Dates
 Second Step
 Good Touch Bad Touch
 Positive Action
 Families and Schools Together (FAST)
 Nurturing Parents

Resources for evidence-based programs

- SAMHSA National Registry of Evidence-based Programs and Practices (NREPP)- also includes programs for mental health promotion
- OJJDP Blueprints
- DOE List of effective programs

How do we continue implementation of evidence-based programs

- Utilize current needs assessments to identify gaps in services
- Focus on programs that reflect the needs of the community
- Ensure professionals are trained to deliver the program
- Provide technical assistance and training to ensure programs are implemented with fidelity and are evaluated

Policy for Sustainability

- Utilize the Practice Improvement Collaborative to approve evidence based programs for prevention
- Provide support to prevention professionals to get needed training
- Utilize the Centers for Prevention Resources (CPRs) to maintain technical assistance and training efforts to local providers
- Provide support for continuous evaluation of the programs

Relevant Reports

- Join Together Special Report: Prevention Education in America's Schools: Findings and Recommendations from a survey of educators
- Special Report: Preventive Interventions under managed care: Mental Health and Substance Abuse Services
- Identifying and Selective Evidence-Based Interventions—Guidance Document for the Strategic Prevention Framework State Incentive Grant. SAMHSA-Dept of HHS

Contact Information

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Sample evidence based program

- Project TND is a science-based curriculum developed by Dr. Steve Sussman and his colleagues at the University of Southern California. Project TND targets high school youth 14 to 19 years of age who are at risk for drug abuse. Key components of the highly interactive, teacher-led, 12 session classroom-based curriculum include motivational activities, social skills training, and decision-making skill development through group discussions, games, role playing, a video, and student worksheets, all with a strong message emphasizing resistance to using drugs.

Evidence Based Programs By LME

Alamance Caswell Rockingham (A-C-R)

- Project Toward No Drug Abuse (Project TND) 
- AllStars 
- Project Alert  
- Life Skills 
- Project Success 
- I'm Special  
- Not On Tobacco (NOT) 

Albemarle.....None Reported

Beacon Center

- AllStars 
- Reconnecting Youth 
- Second Step 
- Early Risers 
- Substance Abuse Family Education 

Catawba

- Smart Moves 
- Project Alert 
- Project TND 
- Nurturing Parent/Teen 

CenterPoint

- Reconnecting Youth  
- Early Risers 
- Keeping it Real  

Crossroads

- Life Skills 
- Reconnecting Youth  
- Early Risers  
- AllStars  

Cumberland

- Project Alert 
- Strengthening Families 

Durham Center

- Early Risers 
- Reconnecting Youth 
- Keeping It Real 

EastPointe

- Project Alert  
- AllStars  

East Carolina Behavioral Health (ECBH)

- Reconnecting Youth 
- Project Alert 
- I'm Special 
- Project TND 

Five County

- Project TND 
- Nurse Family partnership 
- Brief Strategic Family Therapy 

Foothills

- Allstars 
- Second Step 
- I'm Special 

Guilford

Project Alert	★	○
Project TND	★	○
Life Skills	○	
AllStars	○	
I'M Special	★	

Johnston

Guiding Good Choices	○	
Project Success	○	

Mecklenburg

I'M Special	○	
Project TND	○	
Safe Dates	○	
Parenting Wisely	○	
Dare to be You	★	
Families and Schools Together (FAST)	★	
Reconnecting Youth	○	

Orange Person Chatham (OPC)

Reconnecting Youth	★	○
Early Risers	○	
Project Alert	○	
Keeping it Real	★	

Onslow Carteret

Project TND	○	
Project Alert	○	

Pathways None Reported

Piedmont

AllStars	○	
Project TND	○	
Project TNT	○	

Sandhills

Reconnecting Youth	★	○
I'M Special	○	
Early Risers	○	
Keeping It Real	○	
AllStars	○	
Project Alert	○	
Project TND	○	

Smoky Mountain

AllStars	★	
Project TND	○	
Children in the Middle	○	
Safe Dates	○	
Good Touch Bad Touch	★	
Positive Action	○	
Parenting Wisely	○	
Project Alert	○	
Nurturing Parents	○	
Reconnecting Youth	★	
Project Venture	★	

Southeastern Center

- Project TND 
- Project TNT 
- Project Venture 
- Project Alert 
- AllStars 
- Guiding Good Choices 
- Project Success 
- I'M Special 
- Strengthening Families 

Southeastern Regional

- AllStars 
- Too Good For Drugs 
- Project TND 
- Positive Action 
- Good Touch Bad Touch 
- Guiding Good Choices 
- Incredible Years 
- Children in the Middle 

Wake

- Reconnecting Youth 
- Dare To Be You 
- I Can Problem Solve 
- Project TND 
- Project Alert 

Western Highlands

- Positive Action 
- AllStars 
- Project Alert 
- Project TND 
- Nurturing Skills 
- Children In the Middle 
- Nurturing Parent 
- Parenting Wisely 