



Steps to Building a Prevention Program

Psychology 470

Introduction to Chemical Addictions

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Many Aspects

- Does not need to cost a lot of money
- Does not need major governmental oversight or funding
- Does need to have ongoing evaluation

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Steps

- Increase the readiness of the community
- Assess the levels of risk and protective factors
- Translate data into priorities
- Examine community resources that decrease risk factors and increase protective factors
- Target efforts
- Use best practices and guiding principles
- Evaluate

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Community Readiness

- Must have community buy in or the program may fail.
- Identify community readiness to change
 - Ranges from:
 - no knowledge or tolerance of the problem
 - Prevention program is run by a professional staff
 - Identify strategies to assist the community

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Assess Risk

- Need to collect data
- Idaho www.class.uidaho.edu/sasi
- Other states you will have to search out the information.
- Can use
 - Archival data
 - Conduct surveys
 - All take time and money
- Analyze data or have someone do it

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Prioritize the Data

- Do you have all the data you need
- Identify the greatest risks and protective factors in your community
- Is there a cluster of risk factors?
- Which do you focus on first

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Examine Community Resources

- May have lots of resources
- Many have few formal resources but lots of informal resources
- May have no resources at all.

- Identify gaps
- Avoid duplication of services
- Build collaboration among providers

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Target Your Efforts

- Universal Strategies
 - Focus on entire population
- Selective
 - Focus on subsets of a population
- Indicated
 - Focus on individuals who are showing early danger signs
 - Poor grades, consumption of gateway drugs (alcohol, cigarettes)

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Which Community do you Choose?

- What will you focus on
 - Whole community or particular group?
- What strategy will you use
 - Media, peer-to-peer, etc
- Do you have the resources to complete the project

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Use Best Practices

- Practices have already been done and work – are validated empirically.
- Try to increase protective factors
- Target all forms of drug abuse

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Evaluate

- Is the most important component
- Least focused on by the users
- Need good experimental or quasi-experimental designs
 - Need to determine if your program is working or not working

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Conclusion

- Lots of stuff to know
- Lots of stuff to do
- Let others help you
- Prevention is a community effort
 - One person will usually fail.
 - Need local buy in.

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