

Addressing the Opioid Epidemic: *Prevention Strategies and Best Practices in the Classroom*

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Learning Goals & Objectives

- Define evidence-based practices
- Identify effective evidence-based programs & best practices
- Distinguish between effective and ineffective programming
- Explain the process of choosing best practices for implementation
- Describe components and elements of comprehensive planning
- Develop a list of various evidence based programs, curriculums and best practice resources

Prevention is about the healthy & safe development of children, adolescents and adults

- To avoid or delay the initiation of the use of drugs, or, if started, to avoid progression to drug use disorders such as the dependence.
- **The broader aim is to address drug use by:**
 - helping the healthy and safe development of children and youth to realize their talents and potential becoming contributing members of their community and society.
 - Effective drug prevention contributes significantly to the positive engagement of children, youth and adults with their families, schools, workplace and community.

PREVENTION!
WORKS!

Substance Abuse Prevention



The Center for Substance Abuse Prevention (CSAP)

- Provides national leadership in the development of policies, programs, and services to prevent the onset of illegal drug use, prescription drug misuse and abuse, alcohol misuse and abuse, and underage alcohol and tobacco use
- Promotes effective substance abuse prevention practices that enable states, communities, and other organizations to apply prevention knowledge effectively

<https://www.samhsa.gov/about-us/who-we-are/offices-centers/csap>

CSAP Best Practices

Approach is based on 5 premises:

- The earlier prevention starts the more likely it is to succeed.
- Prevention programs should be knowledge based.
- Prevention programs should be comprehensive.
- Programs should include process as well as outcome evaluations.
- Programs should be initiated and conducted by communities and schools themselves

The Goals of Substance Abuse Prevention

- Create supportive workplaces, schools, and communities
- Produce drug-free and crime-free neighborhoods
- Expand positive connections with friends and family



What do we mean by *"Evidence-Based?"*

“Evidence Based Practice (EBP) is the use of systematic decision-making processes or provision of services which have been shown, through available scientific evidence, to consistently improve measurable client outcomes. Instead of tradition, gut reaction or single observations as the basis of decision making, EBP relies on data collected through experimental research and accounts for individual client characteristics and clinician expertise.”

(Evidence Based Practice Institute, 2012; <http://depts.washington.edu/ebpi/>)

Evidence-Based Approaches Equals Effective Prevention

Approaches to prevention or treatment that are based in theory and have undergone scientific evaluation have been proven most effective.

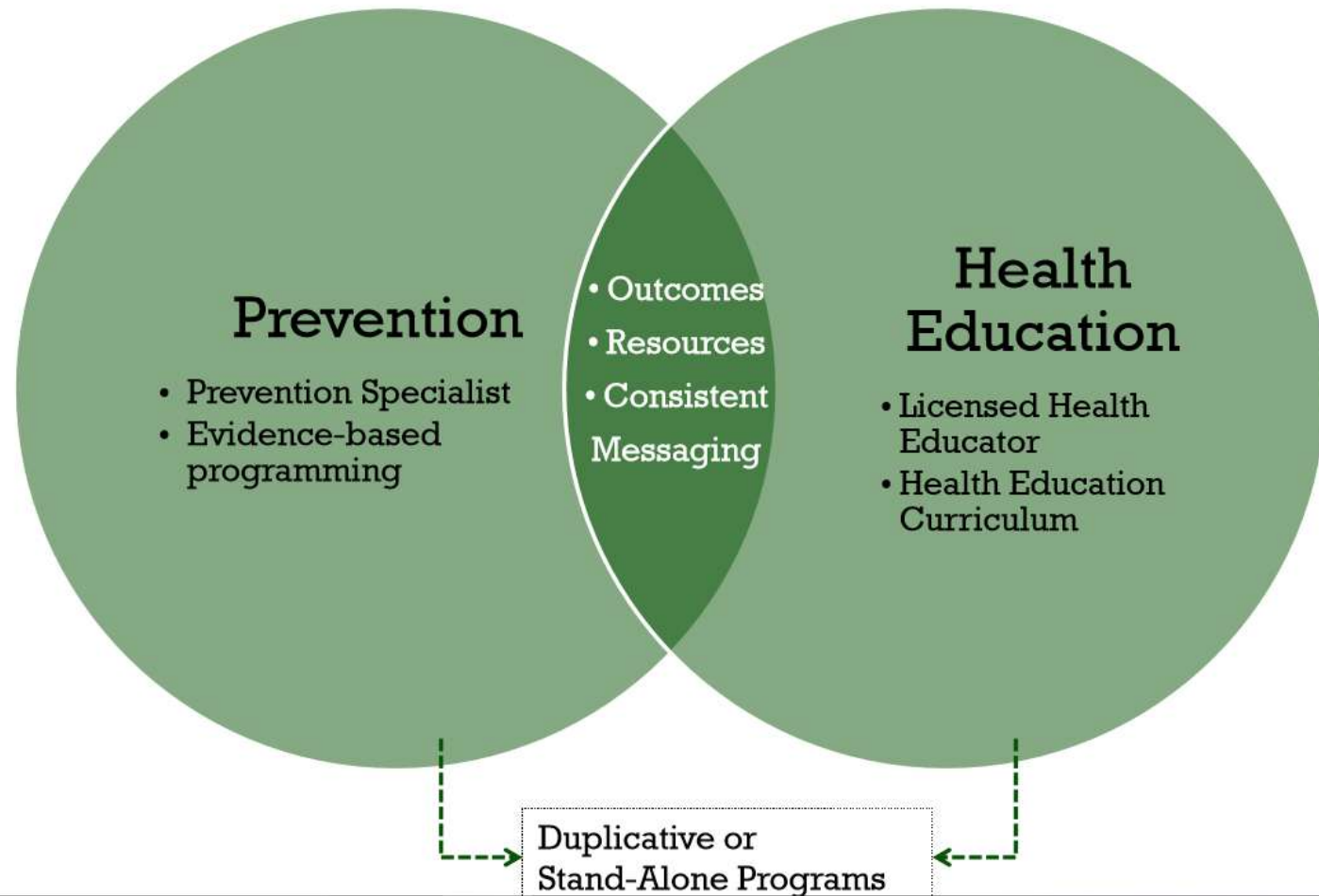
"Evidence-based" stands in contrast to approaches that are based on tradition, convention, belief, or anecdotal evidence."

effective

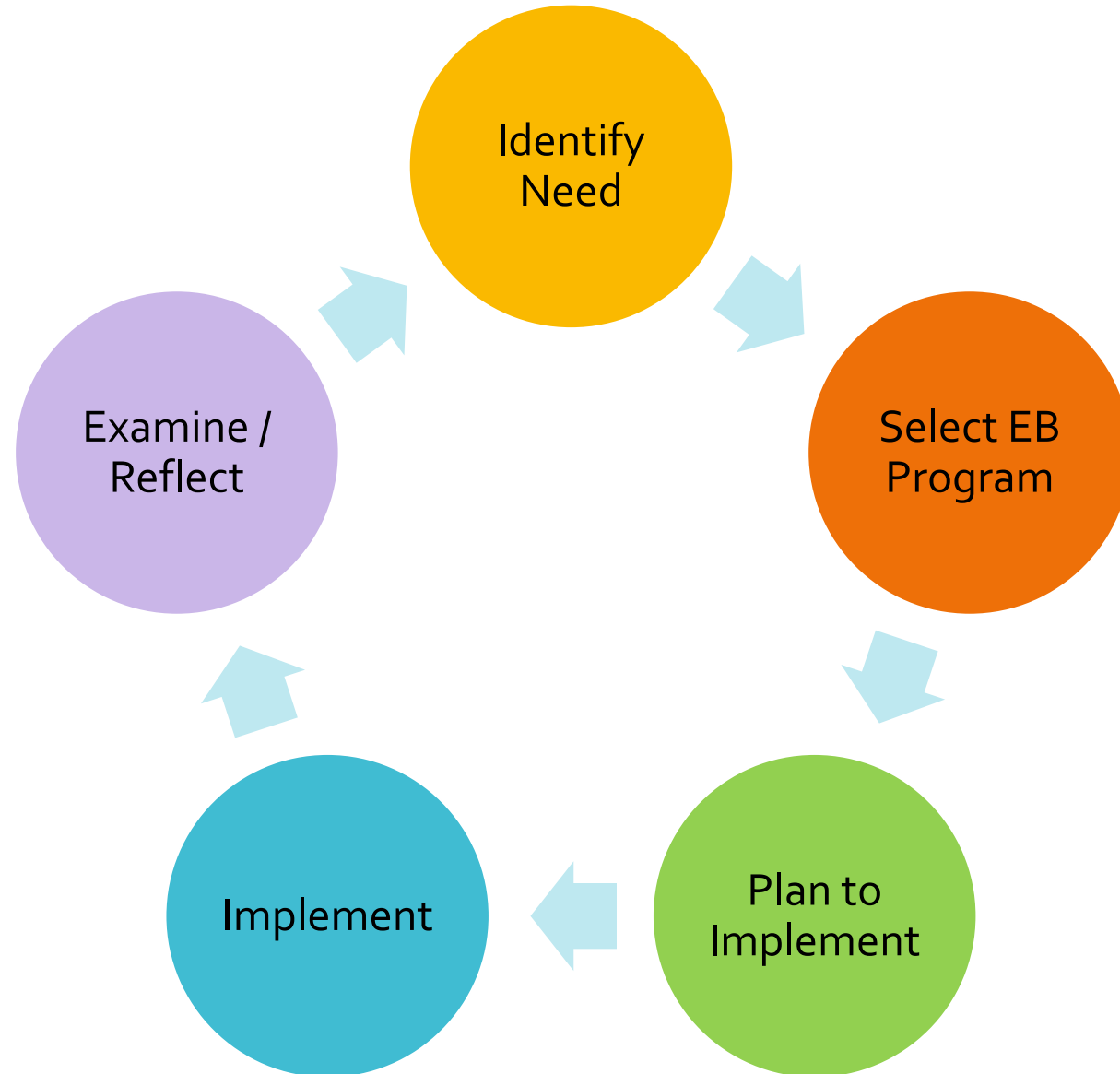
Effective Substance Abuse Prevention

- “...programs that support the whole person are key to substance abuse prevention. In the world of prevention, we end up addressing the “Drug of the Month”... we have this revolving substance issue and we fail to get to some of the underlying causes.”
- “...move past the symptoms and substances...and into the true substance of what is it that makes young people... live happier, healthier lives.”
- “...some of the most effective prevention programs never mention alcohol or drugs ...but look to build ... assets that provide a buffer against risk factors.”

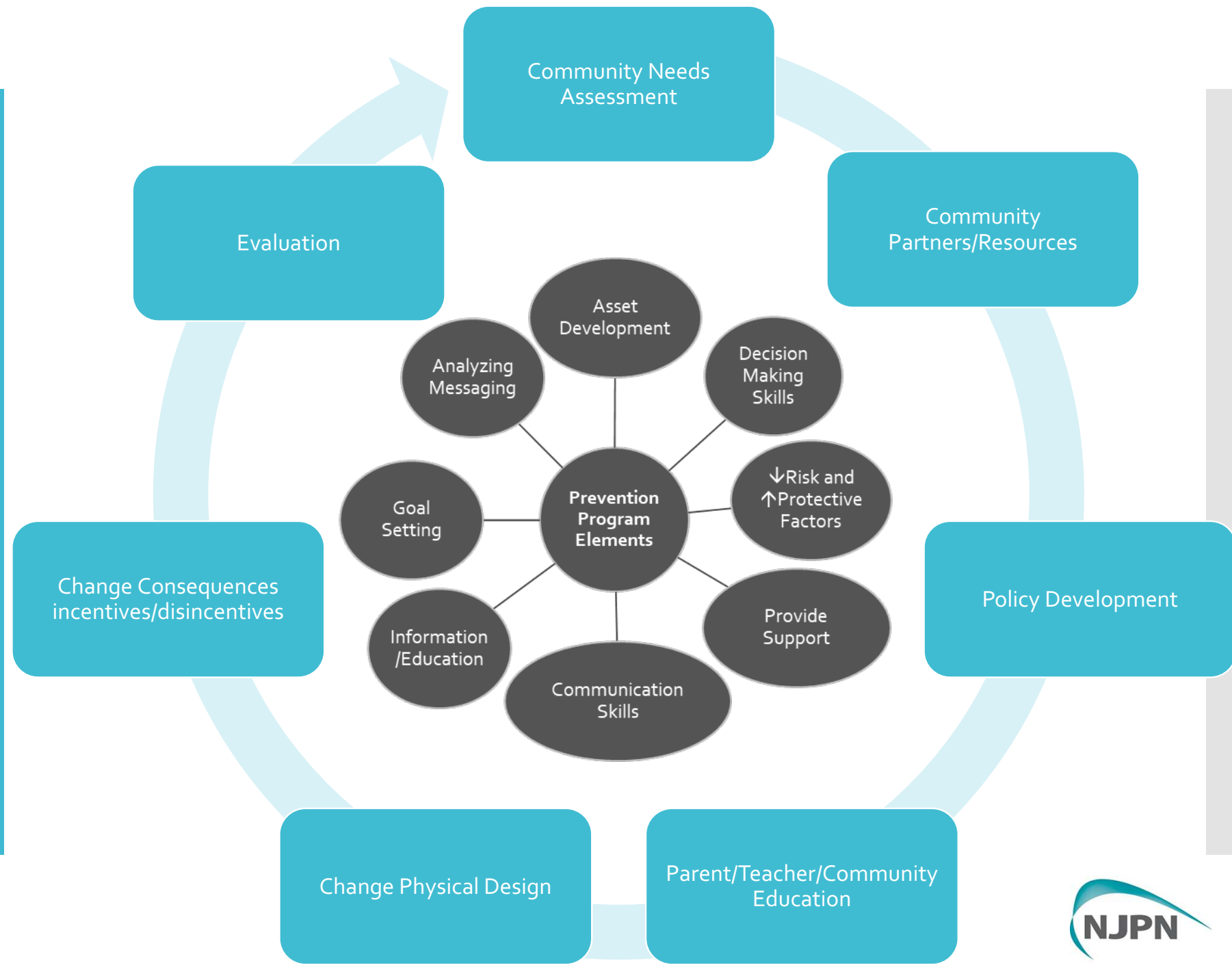
Prevention and Education



The Process of Choosing Best Practices



Components and Elements Comprehensive Prevention Programs



Why Implement Evidence Based Prevention Programs in Schools?

- Today, many foundations, government agencies, and state legislatures encourage or require the use of evidence-based programs in service delivery plans.
- Designed to bring about specific outcomes, for specific purposes or populations.
- Example: program designed and based on scientific principles designed to prevent drug abuse by children
- Scientifically proven effective outcomes for positive change
- Fit into the NJ Core Curriculum Standards
- Builds Character Education
- Develops Life Skills

More reasons to implement evidence- based programs in schools.....

- They need to know you care & give students a reason to care.
- Peer to Peer is effective.
- Classroom teacher is more effective than one-time presenter (consistent messaging)
- Do NOT show methods of drug use or specific products or paraphernalia.
- Address short & long-term consequences
- Girls are more likely to take risk info seriously, and boys are less likely.
- Scare Tactics DON'T work!

Do's & Don'ts

- Be more than facts (because they probably already know more than you).
- Engaging lessons (leave your speech for another time)
- Assemblies don't work unless they are followed up by reinforcing messages or work to address what was learned.
- Share the NORM – e.g. 80% of students have not misused prescription drugs.
- Reflection and commitment are great ways to put a drug free plan into action.

Effective and Ineffective

—How do I know the difference?

DOs: Effective Prevention Program Methods

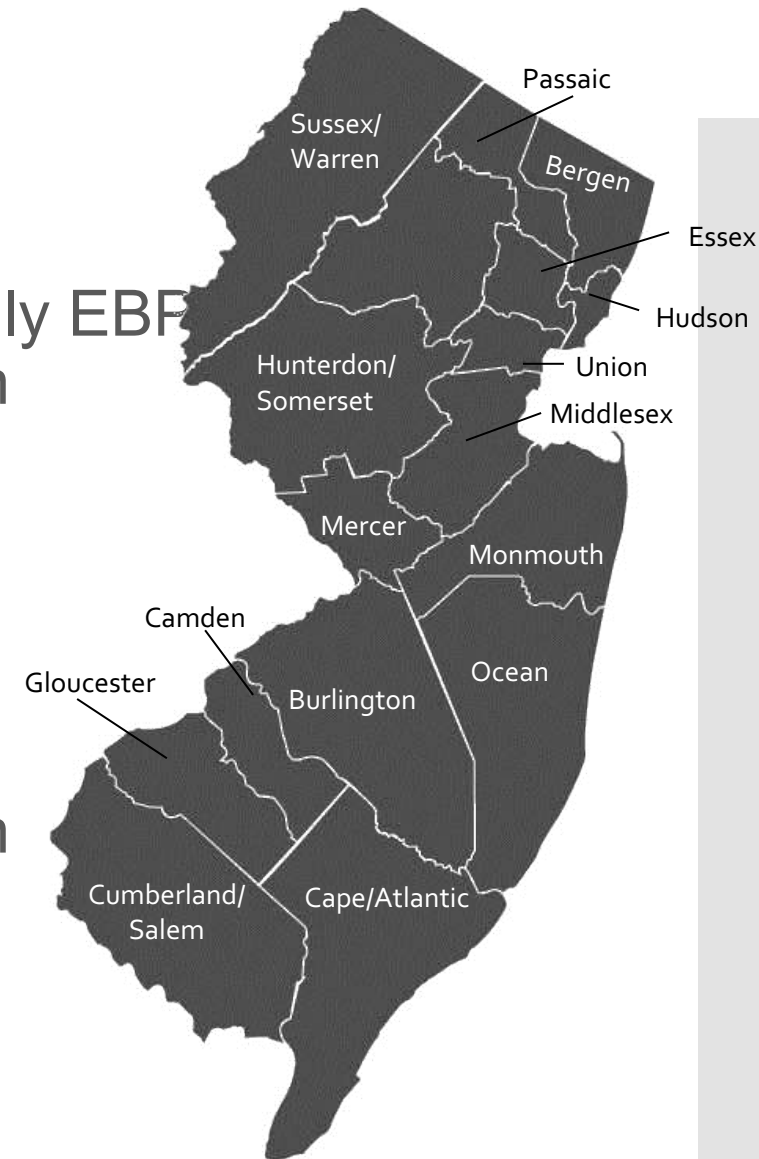
- Do rely on solid research design
- Do rely on a balance of individual, family, school and community level interventions
- Do appropriately match and consider target audiences (universal, selective, and indicated)
- Do provide cognitive behavioral skill sets
- Do provide a safe environment and a sense of connection to school
- Do provide multiple sessions (typically 6-10)
- Do provide interaction and time to practice learned skill sets
- Do include environmental approaches and address marketing tactics
- Do target multiple strategies at the same time (behavioral health, bullying, violence, substance use)
- Do provide a facilitator who is aware of the human element and is culturally sensitive
- Do reduce overall healthcare costs

DON'Ts: Ineffective or Harmful Program Methods

- Don't show methods of drug use or specific products or paraphernalia (stimulate or traumatize viewer)
- Don't use scare tactics (proven counterproductive)
- Don't promote people in recovery (not effective deterrent; May normalize the behavior)
- Don't provide one session/Assemblies (follow-up, reinforcing messages or processing transfer of information is needed)
- Don't provide information only. Info can include facts about drug laws and policies, and drugs and their effects. Although drug information is important, it **has not been found** to be an effective intervention by itself; that is, without additional prevention components.
- Don't only include pre and post tests
- Don't only explain what not to do with no other directions, options or choices on how to make healthier choices

What is Working in NJ

- Regional Coalitions
- Professional Prevention Agencies
- DMHAS funded Individual and Family EBF
 - Strengthening Families Program
 - Botvin's Life Skills
 - Keepin' it Real
 - Incredible Years
 - Footprints for Life (NJ)
 - Too Good for Drugs
 - Strengthening Families Program
 - Athlete Initiative
 - SBIRT
 - And many more.....



Implementation

How, when and where can these program be implemented?

- During school
- After school
- With small identified groups
- In traditional classrooms
- In community settings
- With parents and families

How can I find
evidence-based
prevention
programs?

- National Registry of Evidence Based Programs and Practices

<http://nrepp.samhsa.gov/>

The Environmental Approach: Effective School Policies and Practices Needed

- A Comprehensive Multi-Strategy Approach
- Advocate that every school have a qualified Student Assistance Counselor (SAC)
- Trauma Prepared Schools- School staff trained and school policies in place to support children who have experienced trauma
- Understanding that the integration of Life Skills development K – 12 is the best prevention for all substance abuse issues including opiates
- Implementation of Screening, Brief Intervention, and Referral to Treatment (SBIRT) – Universal screening for every 9th and 11th grader

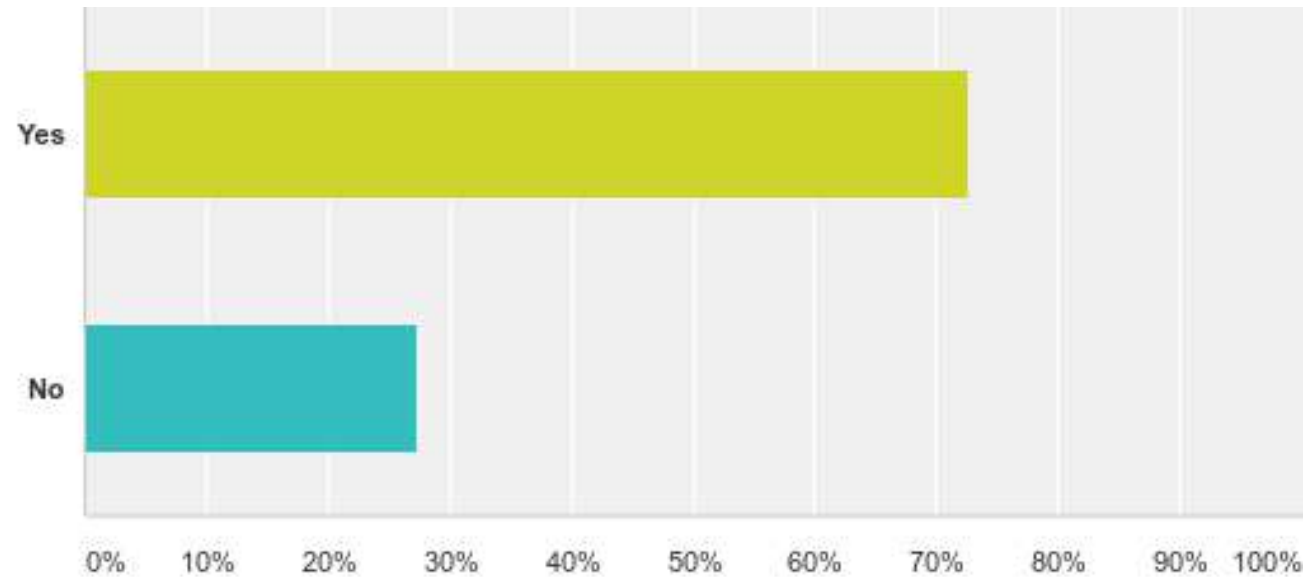
Student Assistance Counselor Survey

- In partnership with ASAP-NJ and Legal One
- Survey regarding current use of EBP
- Approximately 60 responses



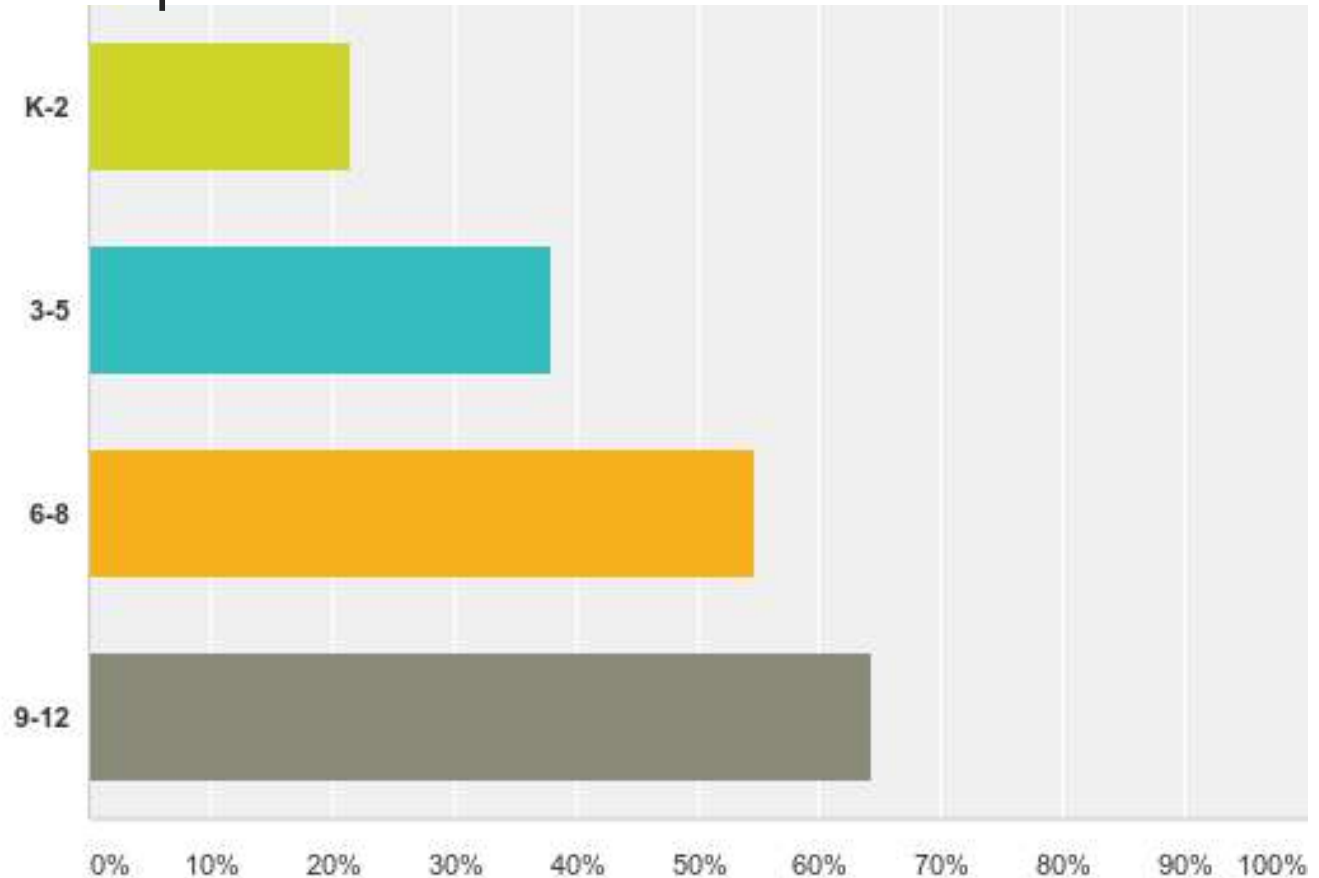
2017 Survey Response

Does your school implement Evidence-Based Drug and Alcohol Prevention Programs?



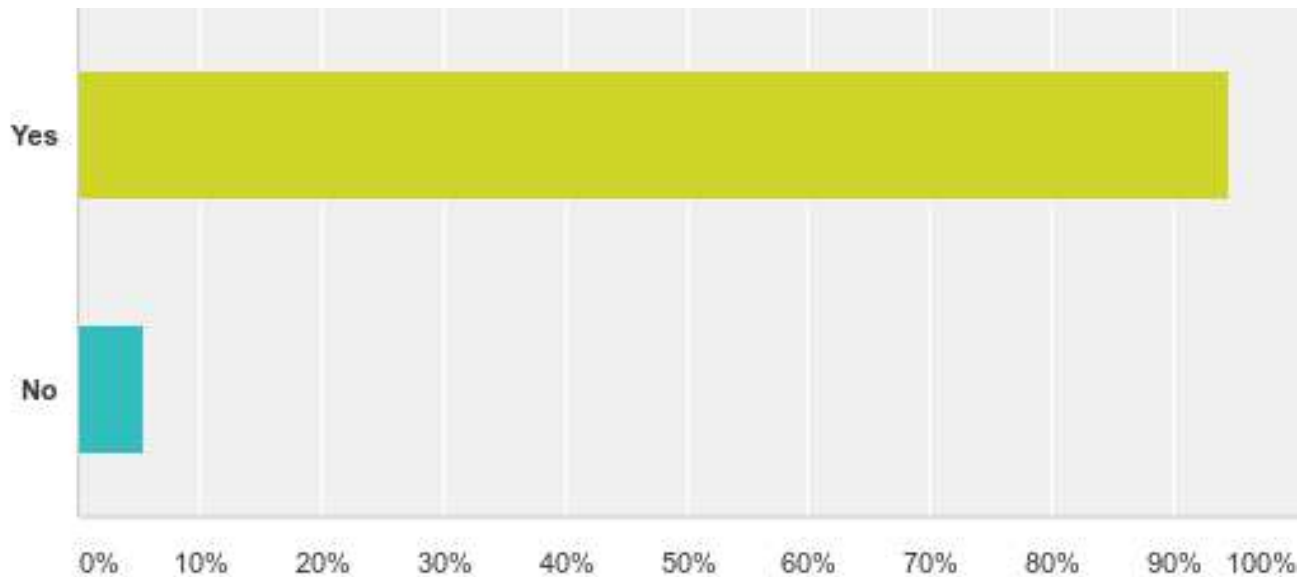
2017 Survey Response

In what grades are the Evidence-Based Drug and Alcohol Programs currently being implemented?



2017 Survey Response

Are opioids (i.e. prescription medications, synthetic opioids, and heroin) included in your health curriculum?



Next Steps

- Join a substance abuse prevention coalition in your county
- Research evidence based practices that fit the school/community need
- Utilize existing community and prevention resources
- Identify resources
- Make connections to families & integrate drug-free messages in your school and community.
- Advocate for EB programs to be implemented in your school or classroom
- Contact your local prevention agency

Resources & Supplemental Materials

- <http://education.ohio.gov/Topics/Other-Resources/Start-Talking>
- <http://www.parentchecknj.com/>
- <http://www.drugfreeworld.org/>
- <http://drugfreenj.org/school/school-based-programs/>

Summary

Prevention has developed into a respected, organized discipline that offers communities an opportunity to stop substance use disorders before they begin and offers hope for effecting community change to support healthy behaviors.

Thank you!

Questions or Comments

Please take a moment and respond to the evaluation for this session.