



Substance Use Prevention in Schools

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Prevention refers to the “strategies offered prior to the onset of a disorder that are intended to prevent or reduce the risk for its development.”



Domains of Prevention



Evidence Based Risk and Protective Factors for Substance Use

Risk Factor
Early initiation of substance use
Favorable attitudes towards substance use and low perception of risk
Peer substance use
Academic failure beginning in late elementary school
Lack of commitment to school -When a young person no longer considers the role of the student as meaningful and rewarding, or lacks investment or commitment to school
Low cost of substances -Low alcohol sales tax, happy hour specials, and other price discounting
High availability of substances -High number of retail outlets, social access through family members or friends
Community laws and norms favorable to substance use -Community reinforcement of norms suggesting alcohol and drug use is acceptable for youth, including low tax rates on alcohol or tobacco or community beer tasting events



Evidence Based Risk and Protective Factors for Substance Use

Protective Factors

Social, emotional, behavioral, cognitive, and moral competence: interpersonal skills that help youth integrate feelings, thinking, and actions to achieve specific social and interpersonal goals.

Self-efficacy: An individual's belief that they can modify, control, or abstain from substance use.

Spirituality: Belief in a higher being, or involvement in spiritual practices or religious activities.

Resiliency: An individual's capacity for adapting to change and stressful events in healthy and flexible ways.

Opportunities for positive social involvement

Recognition for positive behavior

Bonding: Attachment and commitment to, and positive communication with, family, schools, and communities.

Healthy beliefs and standards for behavior: Family, school, and community norms that communicate clear and consistent expectations about not misusing alcohol and drugs.

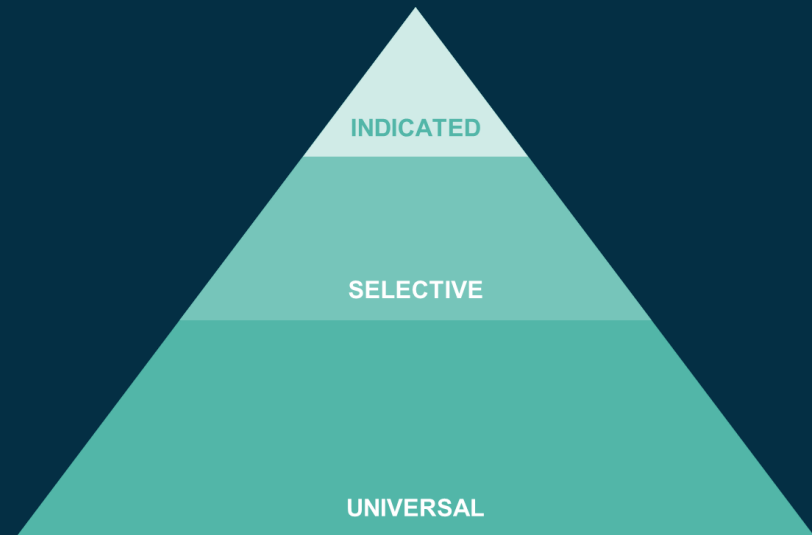
Prevention in the School Environment

- Every community and every school is different
- What strategies you want to implement in your district/building will depend on:
 1. Substances used at your school
 2. Root causes-why and how students are using
 3. Capacity
 4. Readiness



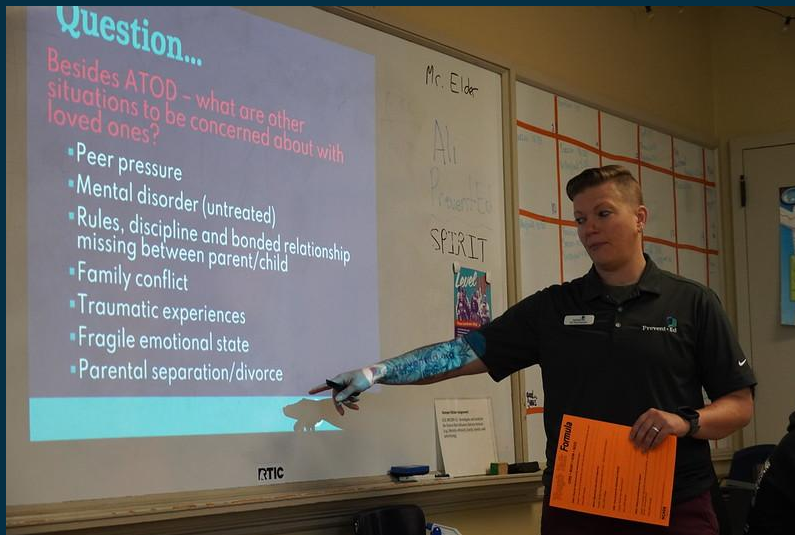
Prevention

- **Universal**-for the entire population, regardless of risk
- **Selective**-populations with a higher risk of developing substance use
- **Indicated** –“high risk populations that have minimal but detectable signs or symptoms, but who do not meet diagnostic levels at this time”



Universal Prevention Strategies

- School based prevention education
 - PreventEd, Stanford, American Lung, Project Towards No Drug Abuse



Universal Prevention Strategies

- Peer to Peer education



Universal Prevention Strategies

- Changing Policy or Environmental Factors
 - Vape Disposal Boxes
 - Best Practice School Policies



Universal Prevention Strategies

Campaigns in the School Environment

- Breathe Easier – 3 day saturation campaign with a peer education element



Universal Prevention Strategies

Campaigns in the School Environment

- How Full is Your Cup – peer to peer campaign that empowers youth to identify the impact of stress on their mental wellbeing and builds protective factors by equipping them with healthy coping skills



- Hope Is Here



Universal-Protective Factors

- Teen leadership opportunities around substance use and mental health
 - Teen Institute
 - Hear Us
 - Atlas Youth Advisory Board
 - SADD Chapters
 - Hope is Here Youth Group
- Healthy Ways to Cope –Seckman STUCO



Teen Institute and Hear Us



Indicated Prevention



Tree Grant

- Cessation: American Lung Association Not On Tobacco (N-O-T)

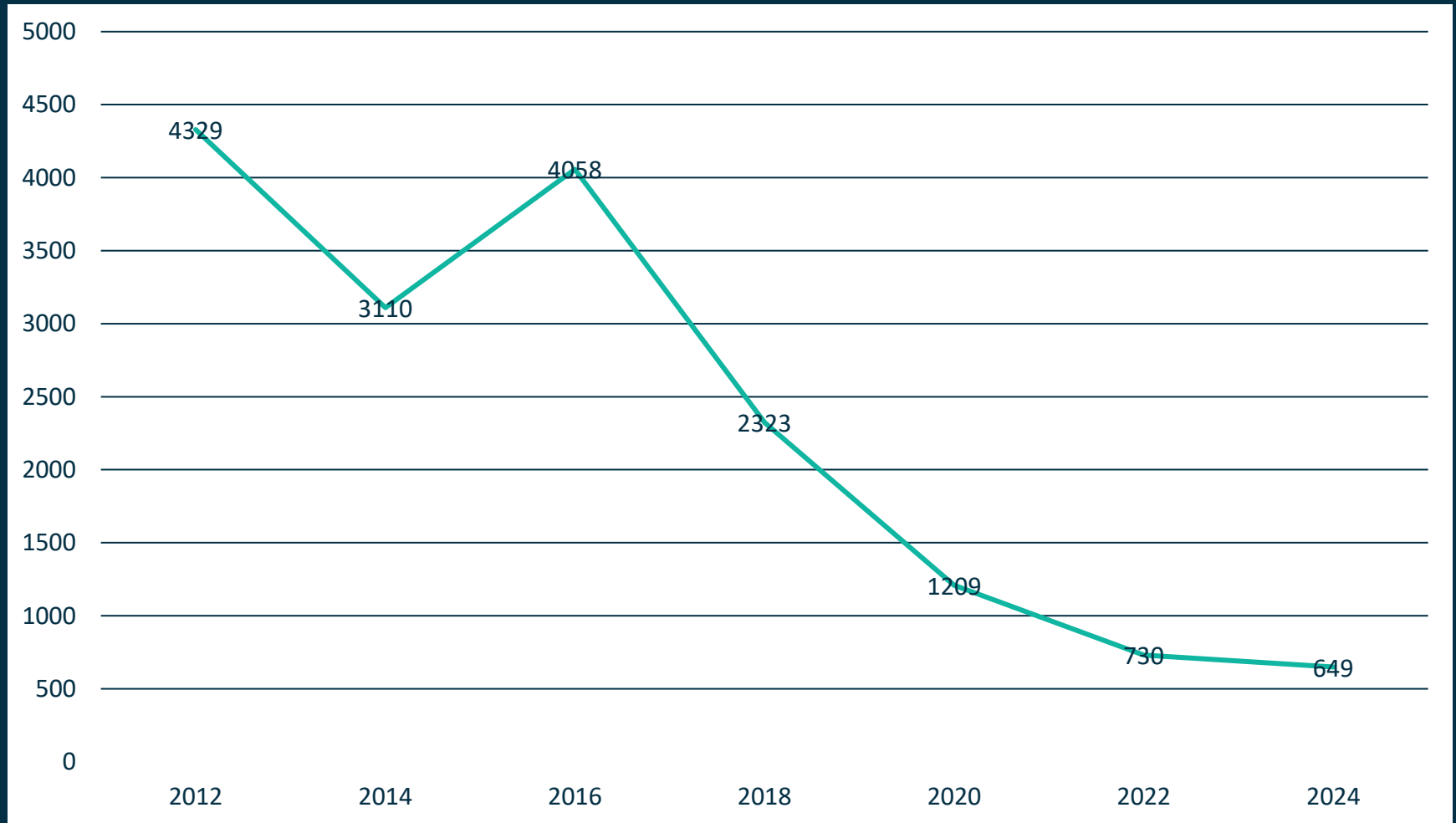


Missouri Student Survey

- Every 2 years
- School participation is voluntary
- Data is only reported in aggregate-the public will never have access to school level data
- No participation is too small



Missouri Student Survey Participation in Jefferson County





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