



SAPC Prevention Provider Orientation 2022-2023 Fiscal Year

Substance Abuse Prevention & Control
Prevention Services
Community & Youth Engagement



Welcome



Agenda – Day 1

- **Basic Prevention Concepts**
- **SAPC Prevention Goals**
- **Prevention Contracts**

- **Guest Speaker (PTTC)**
 - **Alyssa O’Hair**
 - **Rick Collins**
 - **Effective Prevention Strategies**

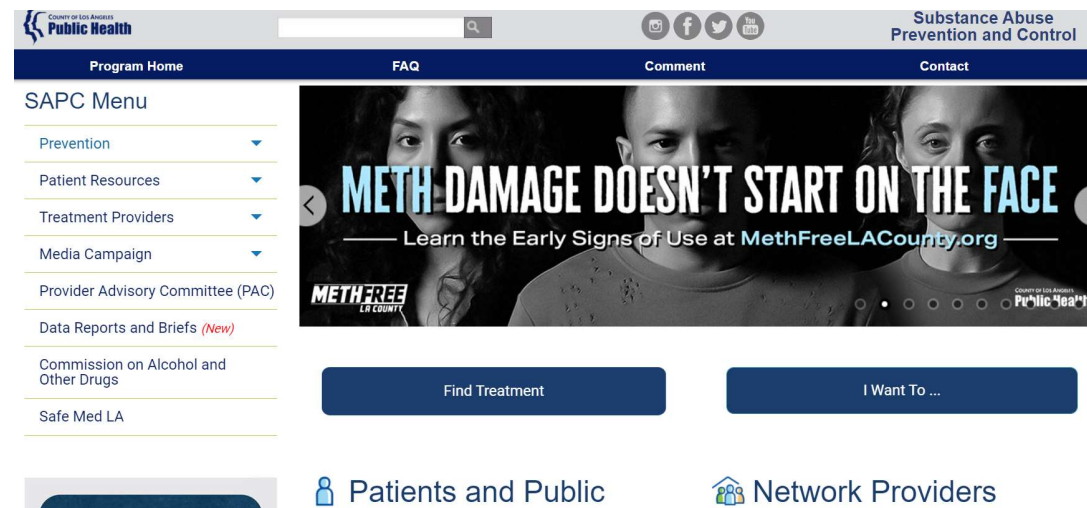
Los Angeles County Dept. of Public Health

Operations
Support

Disease
Control

Health
Protection

Health
Promotion



Substance Abuse Prevention and Control (SAPC) is a division within DPH's Health Promotion Bureau

Substance Abuse Prevention and Control

Vision

Healthy communities that are safe and free from substance use problems.

Mission

To implement effective prevention initiatives, guided by best practices and data, to systematically reduce community substance use problems



SAPC's Divisions



Community and Youth Engagement Team



Stephanie Chen – Chief

- La Tasha Barber
- Farimah Fiali
- Kristy Lloyd-Tangermann
- Lanakila Opelousas
- Rangell Oruga
- Kim Richard
- Barbara Roberts
- Tim Young

Primary Prevention Services



Prevention and the Road to Wellbeing

EARLY INTERVENTION & HARM REDUCTION

Provide timely and engaging services for individuals who are using substances and most at-risk for developing a substance use disorder.

PRIMARY PREVENTION

Implement effective prevention initiatives to systematically reduce community substance use problems.

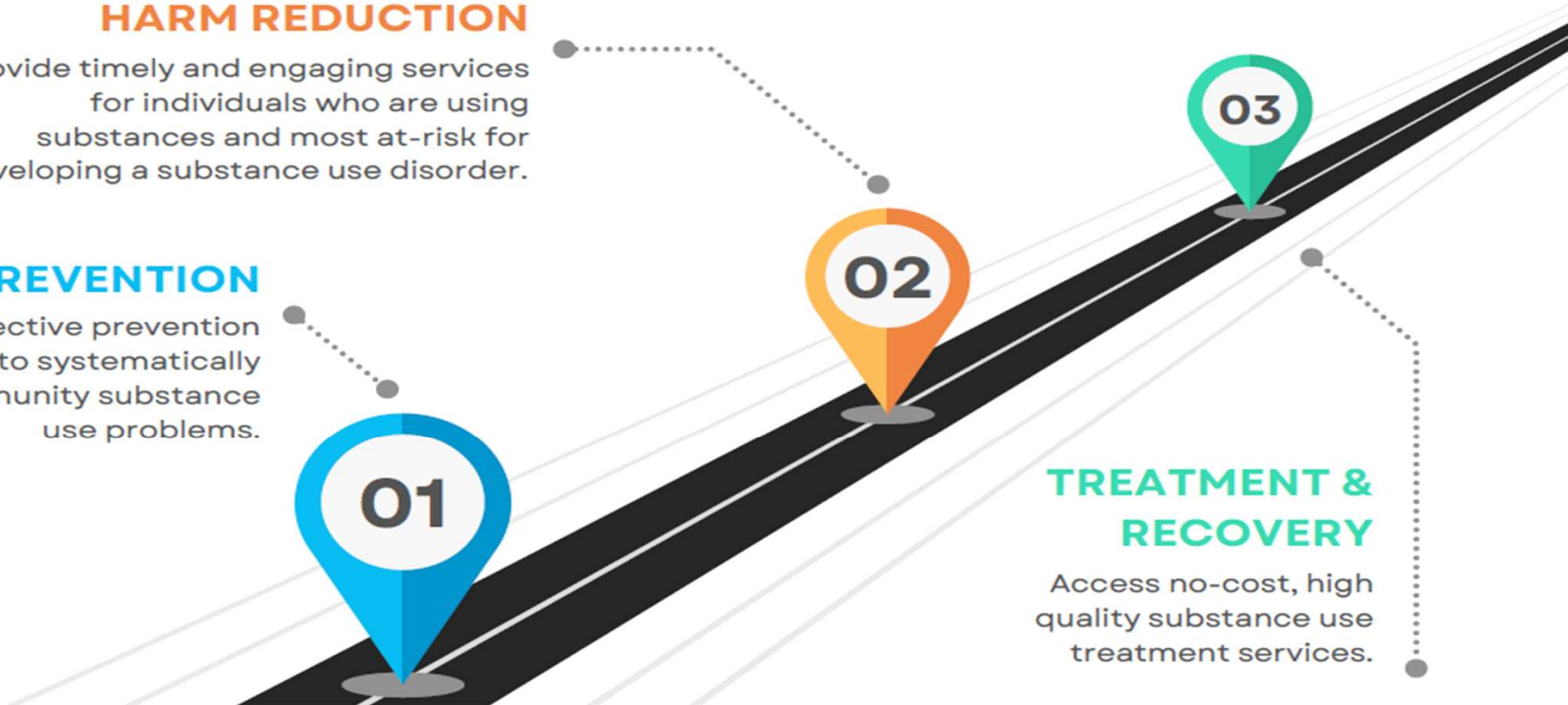
01

02

03

TREATMENT & RECOVERY

Access no-cost, high quality substance use treatment services.



A Quick Look at Prevention

Prevention includes strategies and activities that occur prior to the onset of a disorder and are intended to prevent or reduce risk for the disorder.

Primary prevention is based on strategies, programs, and services directed at individuals who have not been determined to require treatment for a substance use disorder.



Photo courtesy of TTC

Preventing Substance Misuse/Abuse

- Improves quality of life (including academic performance, workplace productivity, and military preparedness)
- Reduces violent crimes, intimate partner violence, child and elder abuse
- Reduces criminal justice expenses, motor vehicle crashes and fatalities, suicides, drowning accidents, and health care costs!



Source: Substance Abuse Prevention Skills Training (SAPST). www.captus.samhsa.gov.
<https://www.dhcs.ca.gov/provgovpart/Pages/Substance-Abuse-Block-Grant-SABG.aspx>

Substance Use Prevention Funding



Substance Use Prevention activities are funded through the federal Substance and Mental Health Services Administration (SAMSHA) Substance Abuse Prevention and Treatment (SAPT) Block Grant (SABG) Prevention Set-aside Funds.

Some activities are **disallowed** (more on Day 2)
Example: Lobbying

Title 42, US Codes. Section 300x-22(a) requires the Department of Health Care Services (DHCS) to spend a minimum of twenty percent of the total SAPT block grants (SABG) Award on Primary prevention services.

SABG Funding Requirements

For the SAPT **Primary Prevention** Set-Aside funds, counties must have:

1. Strategic Prevention Plan (SPP) (adheres to SAMHSA's SPF)
 - SPP identifies the **Priority Areas**
2. **Strategies Selected based on research-supported evidence** to best address the priority areas and populations being served
3. Combination of **individual** and **population-based** services, using one or more of CSAP strategies

Prevention Basics



Prevention Frameworks

Three distinct prevention frameworks are utilized in unison to provide the most effective prevention services:

1. Strategic Prevention Framework (SPF)
2. Institute of Medicine (IOM) Classification System
3. SAMHSA Center for Substance Abuse Prevention (CSAP) Prevention Strategies

SPF has five Steps



1. **Assessment:** Identify priority problems; collect risk/protective factor data
2. **Capacity Building:** Appropriate strategies for the community; internal capacity to implement programs
3. **Planning:** Select EBP that addresses local risk/protective factors, and develop a plan of action
4. **Implementation:** Deliver and monitor evidence-based programs and practices as intended with Fidelity to the program
5. **Evaluation:** Examine the process and outcomes of programs and practices; monitor and improve the implementation for future direction

SPF: 2 Guiding Principles

- **Cultural competence** or the ability to understand and interact effectively with people who have different values, lifestyles, and traditions based on their distinctive heritage and social relationships.
- **Sustainability** to build adaptive and effective system to achieve and maintain the desired long-term results.



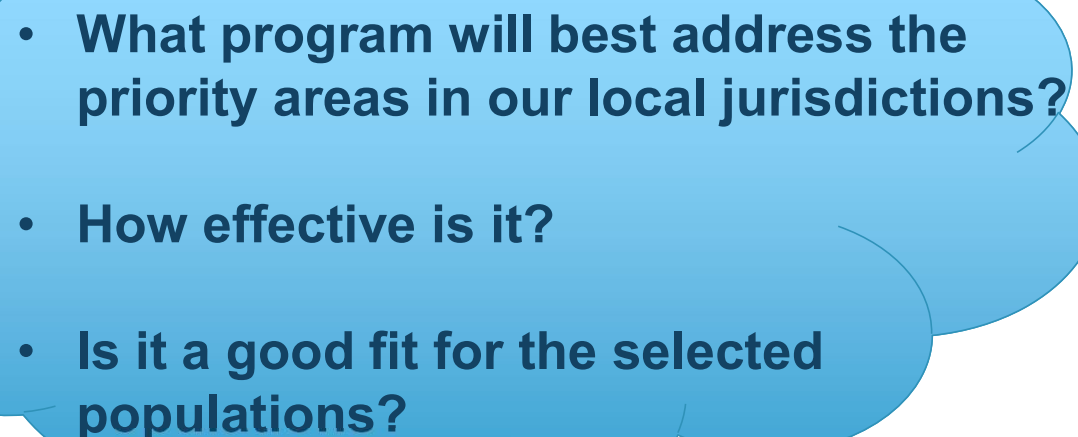
STRATEGIC PREVENTION FRAMEWORK (SPF)



Program Selection

SPF will determine:

- Priority substances
- Risks/protective factors
- Community readiness and internal capacity (Capacity building)
- Program Selection:

- 
- What program will best address the priority areas in our local jurisdictions?
 - How effective is it?
 - Is it a good fit for the selected populations?



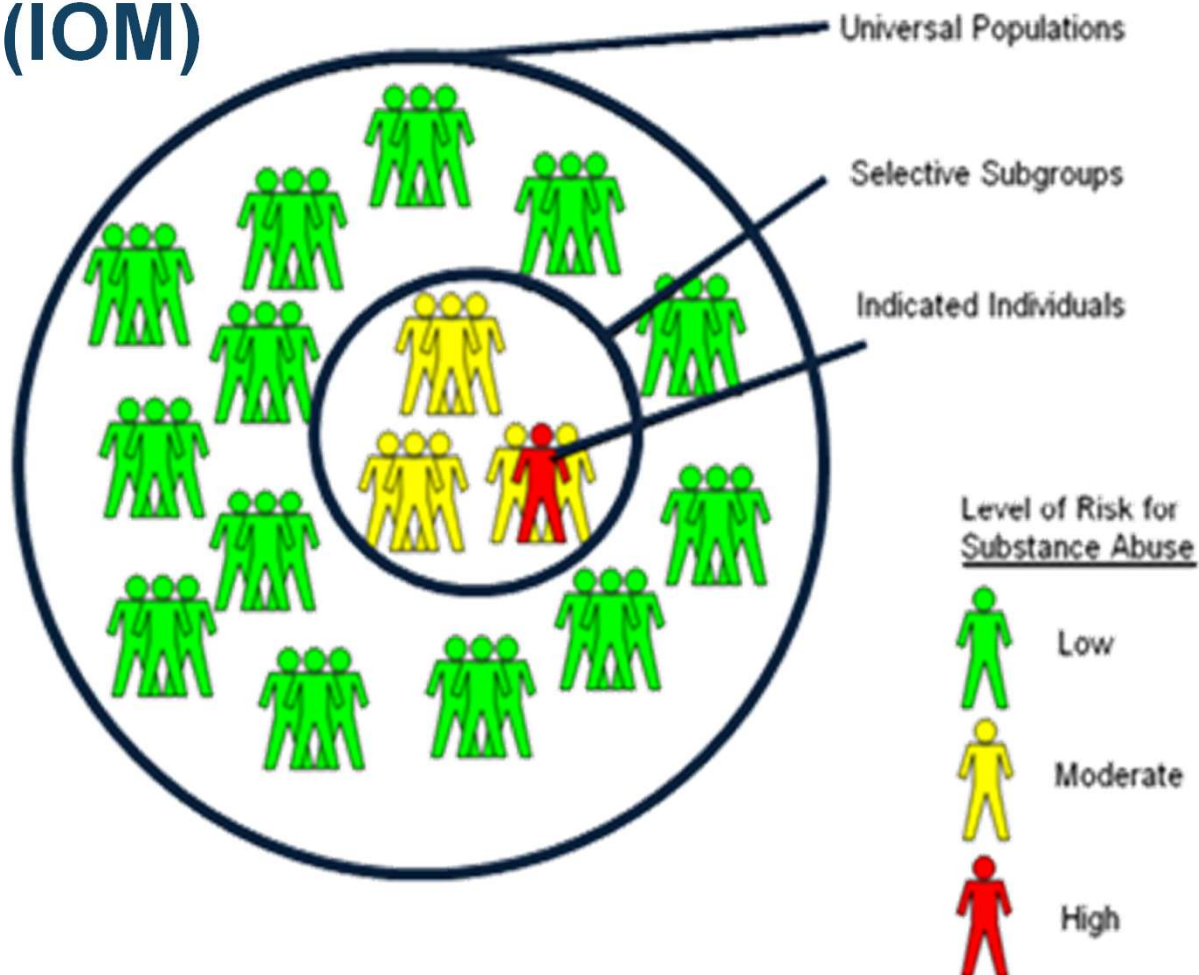
Evidence-based practices are selected based on **scientific evidence** that a program is effective (It does what it's supposed to do).

<https://www.samhsa.gov/resource-search/ebp>

Institute of Medicine (IOM) Classification

Institute of Medicine (IOM) Classification System

- **Universal**
 - *Direct*
 - *Indirect*
- **Selective**
- **Indicated**



Center for Substance Abuse Prevention (CSAP) Prevention Strategies

CSAP has developed
6 major prevention strategies

These strategies are effective
in preventing substance use
disorders.

1. Information Dissemination
2. Education
3. Alternatives
4. Problem ID and Referral
5. Community-Based Processes
6. Environmental

CSAP Prevention Strategies: Information Dissemination

Awareness and knowledge of:

- Nature and Extent of alcohol and drug use/misuse and addiction
- The effects on individuals, families, and communities.
- Available prevention programs and services.

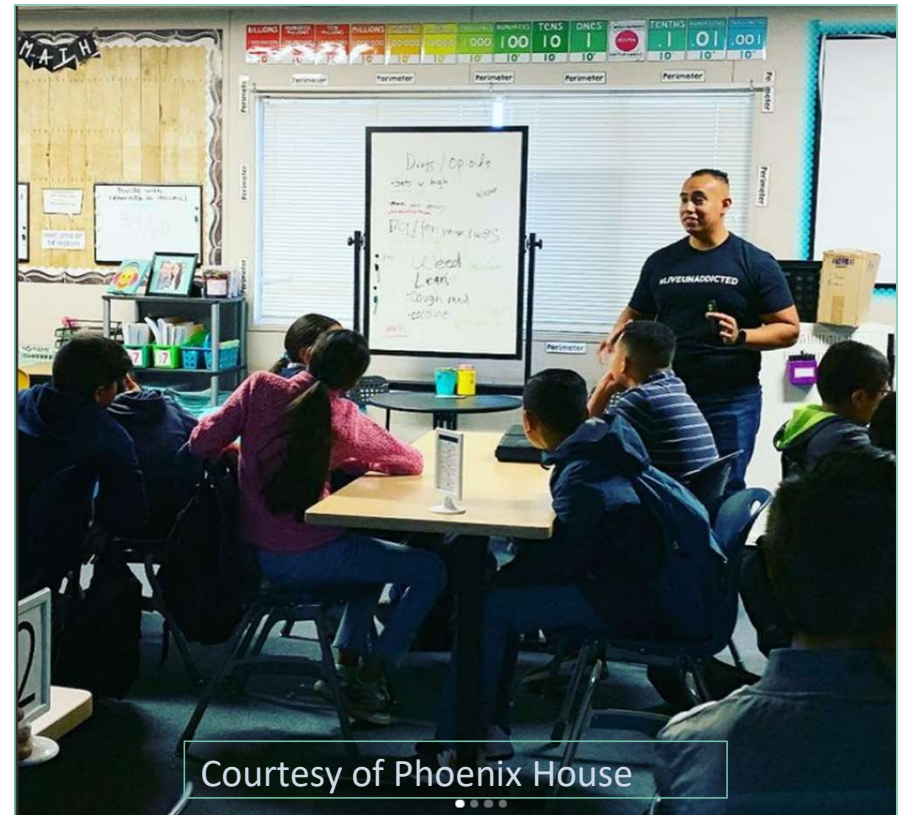


“Characterized by **one-way communication** from the source to the audience, with limited contact between the two.”

CSAP Prevention Strategies: Education

Involves:

- **Two-way communication** with interaction between the educator and the participants
- Improves critical life and social skills, including decision making and refusal skills



CSAP Strategies: Alternative

- Provide **opportunities** to participate in safe and healthy activities
- **Positive alternatives** to drug use and other unhealthy choices.
- Social/Recreational **events/activities** for youth and adults that **exclude substance use.**



Alternative Strategies

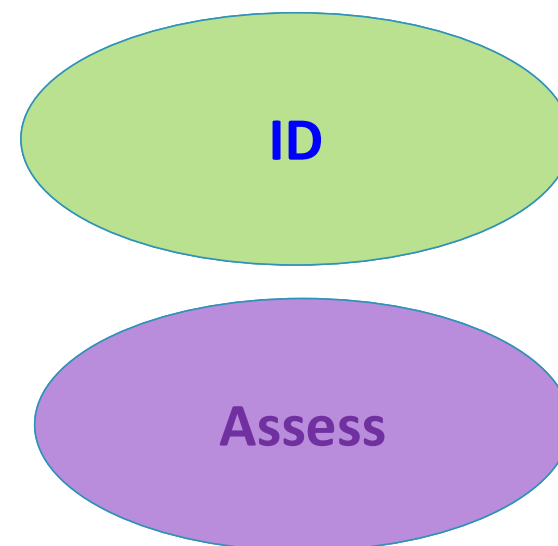


- Free social & recreational events
- Community drop-in centers
- Community service activities
- Youth and adult leadership activities

CSAP Strategies: Problem ID & Referral

Prevention Screening & Referral Services

- **Identification** of those individuals who are exposed to multiple risk factors or those who have experimented with substances
- **Assess** if their behavior can be reversed through education.

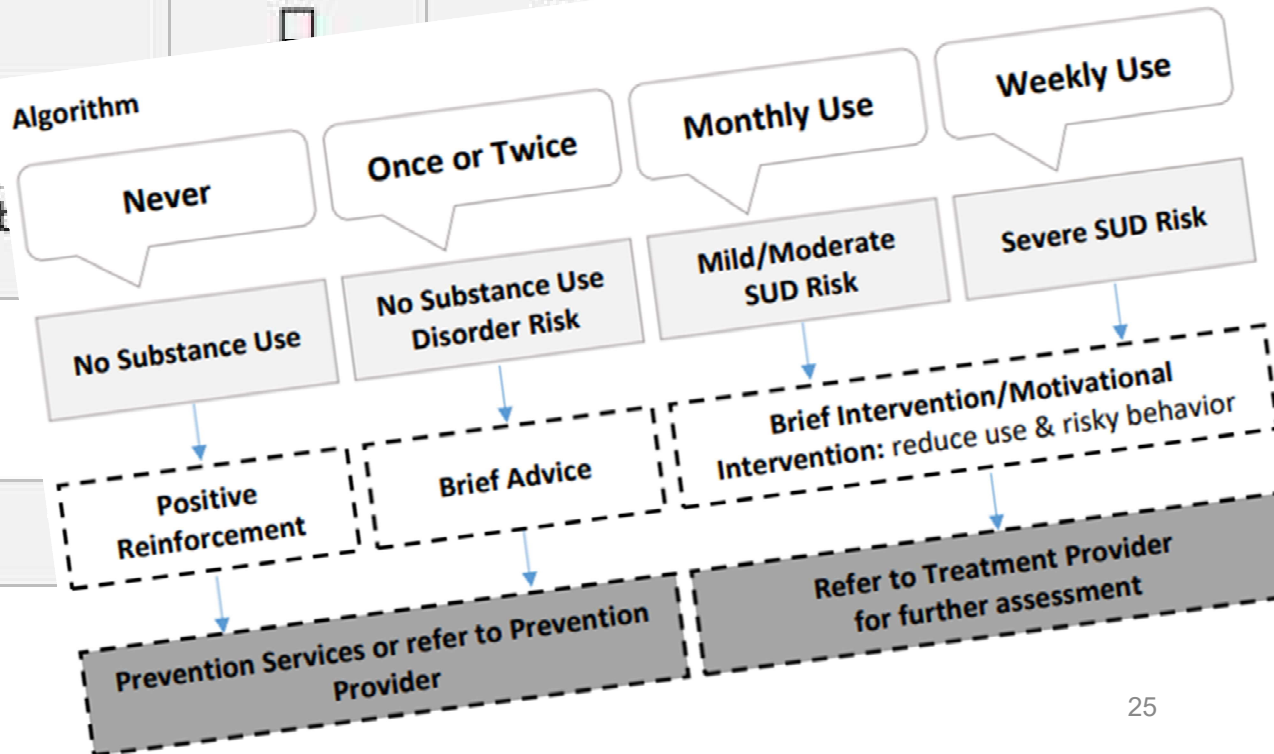


**Use SAPC Prevention Screening Tools
(SBIRT is NOT allowed)**

Problem ID & Referral: Prevention Screening Tools

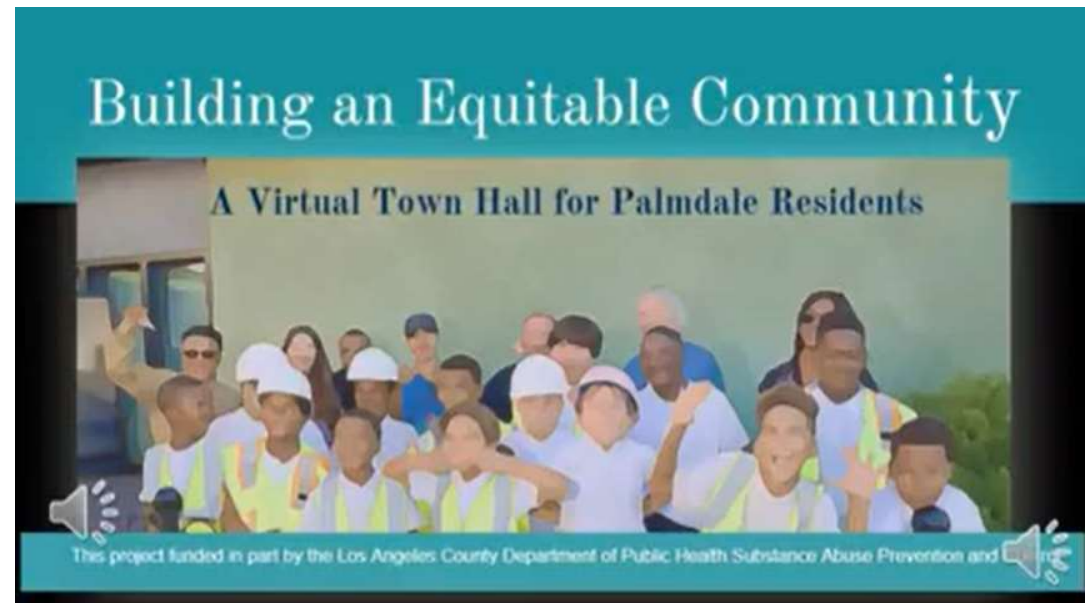
In the past year, how many times have you used [X]?	Never	Once or Twice	Monthly	Weekly
1. Alcohol	<input type="checkbox"/>			
2. Marijuana				
3. Prescription drugs that were not prescribed to you (i.e. Pain Medication or Adderall)				
4. Methamphetamine				
5. Other Illicit Drugs				

Algorithm



CSAP Strategies: Community-Based Processes

To enhance the ability of the community to more effectively provide prevention services for substance use disorders



PYS Palmdale Virtual Townhall

Includes Organizing, planning, and enhancing the efficiency and effectiveness of services implementation, interagency collaboration, coalition building, and networking.

Community-Based Processes Activities



Courtesy of AADAP, Inc.

- Coalition/Workgroup Activities
- Evaluating Services and Outcomes
- Intra/Inter-Agency Coordination & Collaboration
- Program Development / Improvement
- Strategic Prevention Planning (for county use only)
- Training and Technical Assistance (TTA)

CSAP Strategies: Environmental

- Exemplify the spirit of the public health approach
- Include policies, regulations, media strategies, compliance efforts, social norms marketing, community development, and neighborhood mobilization efforts.
- Focus on community-level impact, rather than individual level prevention.



Environmental Strategies & Activities

This strategy is divided into 2 subcategories:

- Legal/Regulatory initiatives
- Service/Action-oriented initiatives

Activities Include:

- Advertising Policy and/or Restriction
- Community and Neighborhood Mobilization (Must integrate with other environmental service activities)
- Driving Under the Influence (DUI) Checkpoints
- Drug Paraphernalia Ordinance



Spa 8 Social Media Campaign
NCADD-BHS

Environmental Strategies & Activities

- Retail Compliance
- School/College Policy
- Social Host Ordinance
- Social Marketing (Must integrate with other environmental service activities)
- Surveillance Activities
- Zoning Ordinance

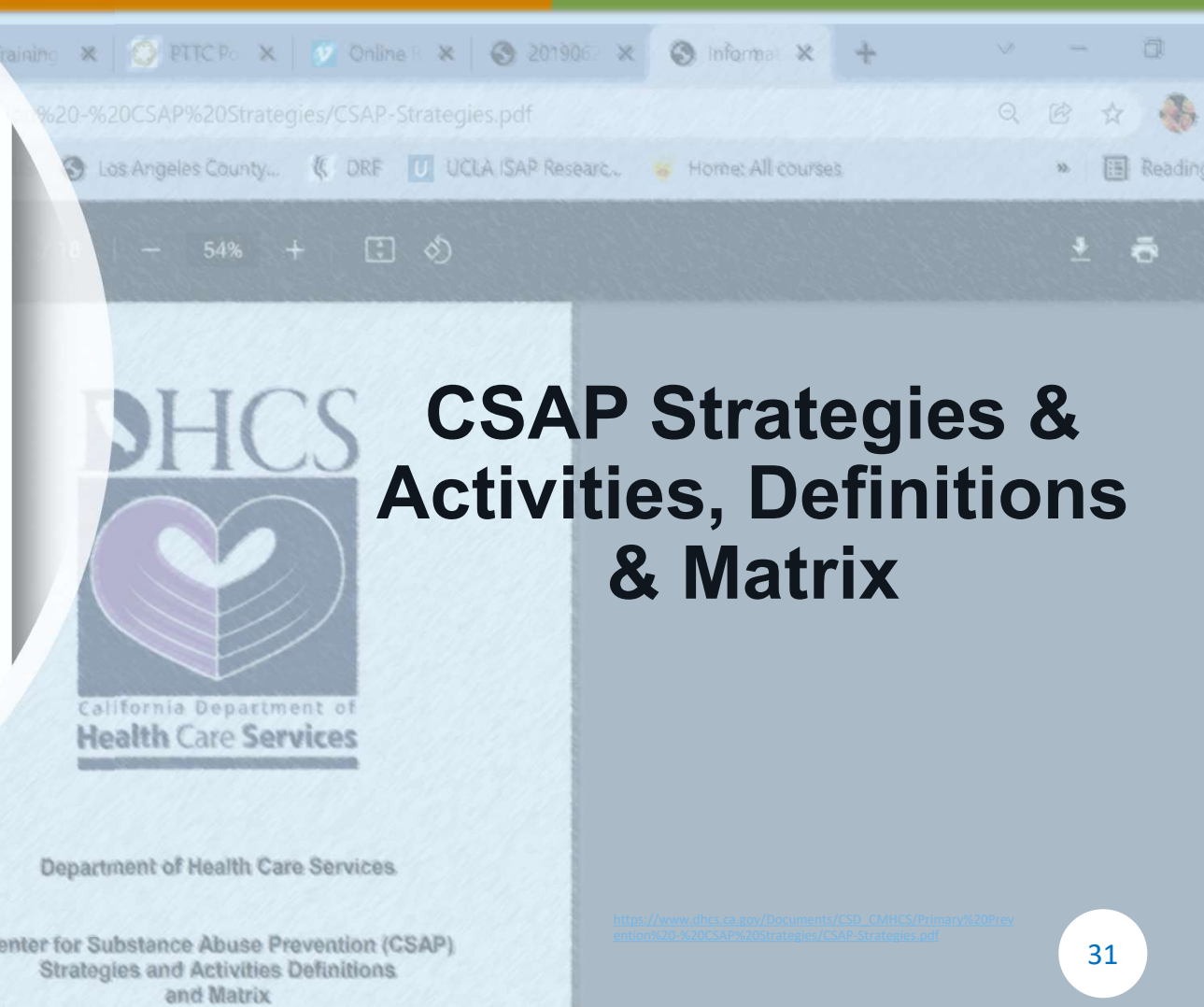




Department of Health Care Services

**Center for Substance Abuse Prevention (CSAP)
Strategies and Activities Definitions
and Matrix**

Approved July 24, 2017
Updated October 2019



CSAP Strategies & Activities, Definitions & Matrix

https://www.dhcs.ca.gov/Documents/CSO_CMHCS/Primary%20Prevention%20CSAP%20Strategies/CSAP-Strategies.pdf

CSAP Strategies, Activities, & Matrix

CSAP Strategies and Activities Definitions and Matrix

CSAP Activity Matrix

CSAP Strategy	CSAP Activity	Demographics Reported	IOM Category If there is more than one checkmark, pick the IOM Category that best describes the service recipients.			
			Universal Indirect	Universal Direct	Selective	Indicated
Information Dissemination	Community/School Outreach Events	No	✓			
	Multi-Media	No	✓			
	Printed Materials	No	✓			
	Resource and Information Services	No	✓			
	Social Media Development and Maintenance	No	✓			
	Presentations	No	✓			
Education	Classroom/School Educational Services	Exact Count		✓	✓	✓
	Community Educational Services	Exact Count		✓	✓	✓
	Mentoring	Exact Count		✓	✓	✓
	Parenting/Family Management Services	Exact Count		✓	✓	✓
	Peer Leader/Helper Programs	Exact Count		✓	✓	✓
	Student Assistance Programs - Educational Component	Exact Count		✓	✓	✓
Alternative	Community Service Activities	Exact Count		✓	✓	✓
	Social/Recreational Events/Activities	Exact Count		✓	✓	✓
	Youth/Adult Leadership Activities	Exact Count		✓	✓	✓
Problem ID & Referral	Employee Assistance Programs	Exact Count		✓	✓	✓
	Prevention Screening and Referral Services	Exact Count			✓	✓
	Student Assistance Programs - Screening and Referral Component	Exact Count			✓	✓

https://www.dhcs.ca.gov/Documents/CSD_CMHCS/Primary%20Prevention%20-%20CSAP%20Strategies/CSAP-Strategies.pdf

Spectrum of Prevention



Spectrum of Prevention

Policy/Society

Spectrum of Prevention Levels	Definition
Influencing Policy Legislation	Developing strategies to change laws and policies to influence outcomes
Changing Organizational Practices and Community Norms	Adopting regulations and norms to improve health and safety and creating new models
Fostering Coalitions and Networks	Bringing together groups and individuals for broader goals and greater impact
Educating Providers	Informing providers who will transmit skills and knowledge to others
Promoting Healthy Communities	Supporting groups of people with information and resources to promote health and safety and mobilize communities and neighborhoods
Supporting self-efficacy, knowledge, and skill acquisition for individuals	Enhancing an individual's capability of preventing injury or crime and promoting well-being

UNIVERSAL -----SELECTIVE-----INDICATED
PREVENTION

capacity

Achieving Community Change

Individual-focused Services

- Provide Information
- Develop Skills
- Provide Social/emotional Support

Environmentally-focused Services

- Access and Availability
- Consequences/Incentives
- Alter Physical design of the environment
- Change Policies and rules

SAPC's Commitment to Prevention



Consider the impact of the physical and social environments on health

Implement effective prevention strategies

Build rapport and credibility through a Collective Effort model

Work collaboratively to maintain Cultural Competency and Sustainability prevention strategies

Our Primary Prevention Programs

Coalition-Building

Convening groups and individuals for broader goals and greater impact

School-Based Programs

Partnering with schools to provide educational programs and youth leadership initiatives

Community-Based Programs

Promoting community outreach and educational information and resources

PRIMARY PREVENTION

Implement effective prevention initiatives, guided by best practices and data, to systematically reduce community substance use problems.

Positive Youth Development Programs

Enhancing youth capacity to promote the health and safety of communities

Our Primary Prevention Programs

Coalition-Building

Goal: Convening groups and individuals for broader goals and greater impact.

Programs: Community Collaboration Program, Safe Med Los Angeles, Rethinking Access to Marijuana, LA County Methamphetamine Taskforce

Community-Based Programs

Goal: Promoting community outreach and educational information and resources.

Programs: Prevention Education Program, Community Collaboration Program, Media Campaigns, CORE Centers

Positive Youth Development Programs

Goal: Enhancing youth capacity to promote the health and safety of communities.

Programs: LA County Our SPOT Program, DPH Positive Youth Development Initiative, Charles Drew University Program, My Brother's Keeper Program

School-Based Programs

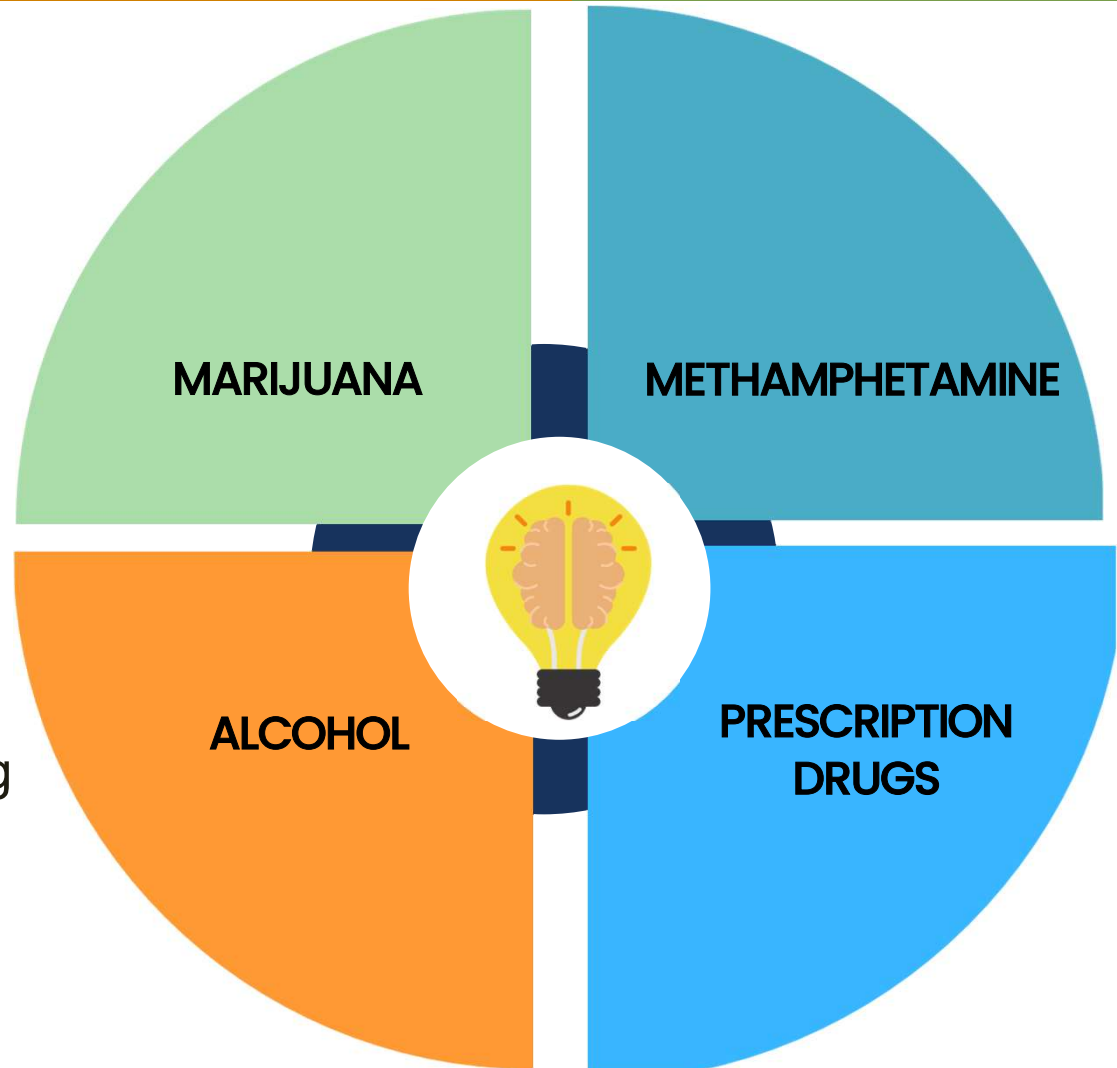
Goal: Partnering with schools to provide educational programs and youth leadership initiatives.

Programs: Student Well-Being Centers, Prevention Education Program, Friday Night Live

Los Angeles County Substance Use Priority Areas Goals and Objectives



4 Priority Substances



The Four Priority Areas

were defined through conducting a local community needs assessment and analyzing existing substance use data.

LA County Strategic Prevention Plan

Priority 1: Decrease alcohol use among youth.

Priority 2: Decrease marijuana use among youth.

Priority 3: Decrease methamphetamine use among youth and adults.

Priority 4: Decrease prescription drug misuse or abuse among youth and adults.

Alcohol

Alcohol consumption rates among youth are high due to low perception of harm, availability of alcohol to teens by retailers, lack of life skills to develop resiliency around their own health and wellness, and the use of alcohol prior to sexual intercourse.



Marijuana

Marijuana use is a priority in LAC following legalization. The low perception of harm by youth, increased availability of marijuana by retailers, lack of resiliency skills, and use of marijuana prior to sexual intercourse among youth contribute to increased marijuana use among youth.



Methamphetamine

Methamphetamine use is a priority in LAC. Use of methamphetamines prior to sexual intercourse among youth, a lack of community awareness of methamphetamine use, and the lack of life skills to develop resiliency around health and wellness among youth contribute to increased methamphetamine use among youth and young adults.

Rx/OTC

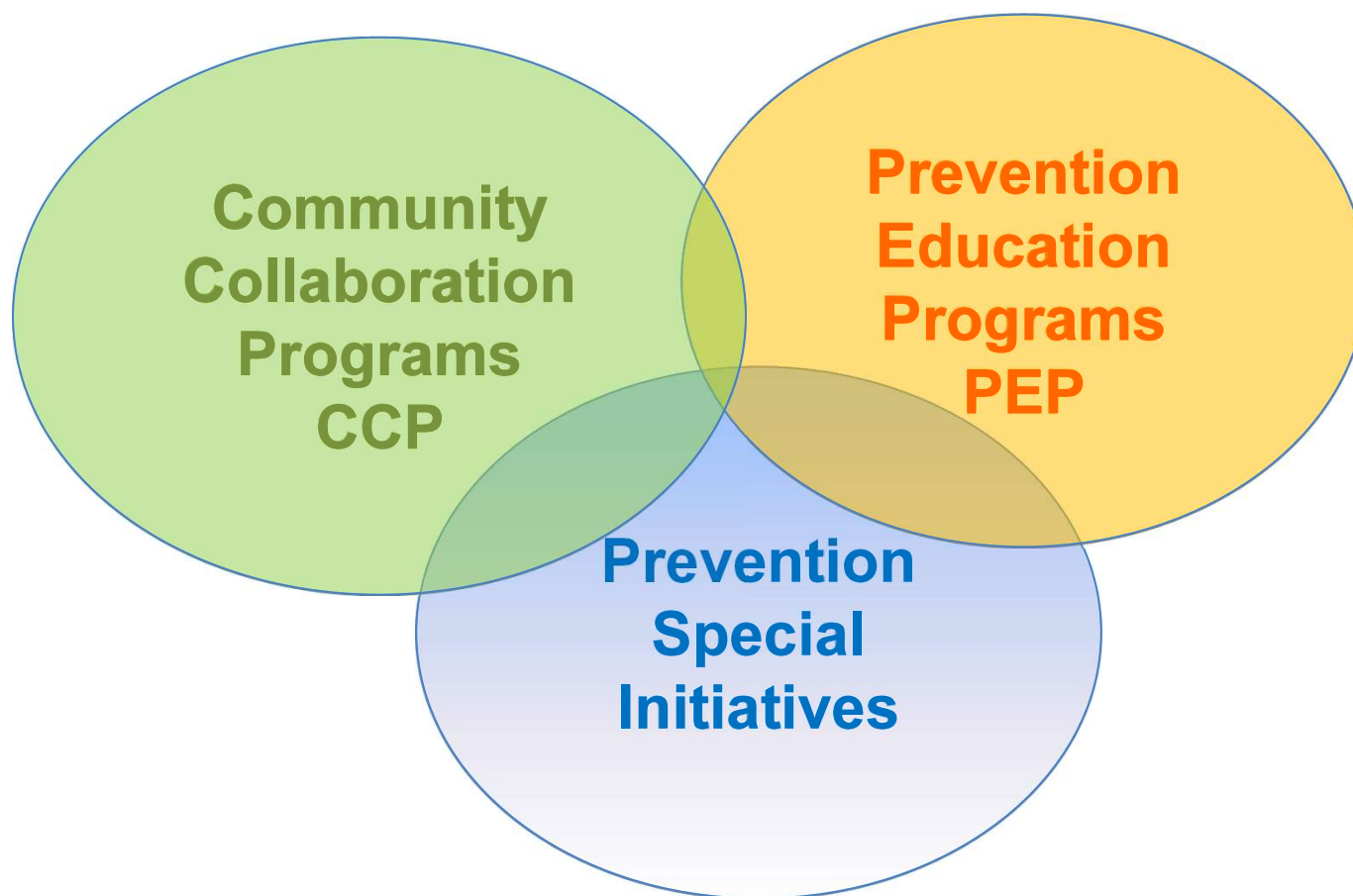
Excessive prescribing among adults, lack of community awareness of proper disposal methods, lack of resiliency skills around prescription drug use among youth, and the use of prescription drugs prior to sexual intercourse among youth contribute to an increase of the misuse and abuse of prescriptions drugs.



SAPC Prevention Contracts



SAPC Prevention Services



Prevention Special Initiatives

County Prevention Program	Los Angeles County (LAC) Partner/Affiliate
Los Angeles County “Our Social Places and Opportunities for Teens” (Our SPOT) Program	LAC Department of Parks and Recreation
My Brother’s Keeper (MBK) Program	LAC Libraries
Pathways to Health Program	LAC Department of Mental Health
Connecting Opportunities for Recovery and Engagement (CORE) Centers	LAC Department of Public Health
Student Wellbeing Centers (SWC)	LAC Department of Public Health
Prevention Media Campaigns	LAC Department of Public Health

Prevention Education Program (PEP)

- Engage community members through prevention education/outreach efforts
- Build awareness of identified substance use issues within local communities
- Engage local community members and agencies to address the County's identified goals and objectives



Photo courtesy of

Community Collaboration Programs (CCP)

- Engage a diverse group of community members from the public and private sectors in their targeted area(s)
- Lead and facilitate collaborative and community capacity-building efforts with all SAPC funded prevention providers
- Address policy and community advocacy needs and guide population-level change while also addressing LAC's identified goals and objectives.



Photo courtesy of SFVP



