The Power of (Youth-Led) Prevention

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Agenda

- Learning Objectives
- Prevention Basics
- Intro to Youth-Led
- Youth Role in Prevention
- Strategic Planning
- Connection to Your Work
Recall key definitions and concepts of prevention.

Recognize the relationship between youth-led programming & prevention work.

Identify opportunities for connecting youth to prevention services.
Prevention Basics

- Defining prevention
- The parable of the river
- Continuum of Care
- Risk & protective factors
Prevention Definition:

- Promotes the health & safety of individuals & communities
- Reduces the likelihood of or delays the onset of behavioral health problems, including:
  - Substance misuse
  - Mental illness
  - Suicide
  - Problem gambling
The River

Trying to fix the problem before it grows
Prevention Populations

**Universal**
- Everyone regardless of level of risk

**Selective**
- Persons or groups who have a higher than average risk (biological, psychological, or social) for developing a SUD.

**Indicated**
- Individuals identified as minimal but detectable signs or symptoms of SUDs*  
  *but not indicate a diagnosis
Prevention Goals:

INCREASE PROTECTIVE FACTORS  
DECREASE RISK FACTORS
Risk Factor Definition:

A characteristic at the...

- Biological,
- Psychological
- Family
- Community
- Or cultural

...level that precedes and is associated with a higher likelihood of problem outcomes.
Risk Factor Examples:

- Early aggressive behavior
- Availability/access to substances
- Lack of supervision
- Poverty
- Violence

Remember: *risk* does not equal *destiny*. 
A characteristic at the...

- Individual,
- Family
- Community

...level that is associated with a lower likelihood of problem outcomes.
Protective Factor Examples:

- Policies limiting access to substances
- Resource availability
- Parental involvement
- Positive relationship to an adult who is not a parent
Intro to Youth-Led

- Definition
- Goals
- Benefits of YLP
- Foundational Frameworks
- Strategic Planning
What Do We Mean by *Youth-Led*?

**Programming in which...**

- Youth have an active voice in prevention,
- Adults guide,
- Skill-building focuses on positive strengths & attributes,
- Youth learn from their peers about how to handle issues.
Youth-Led is Not...

- Youth doing all the grunt work
- Recruiting youth to an activity designed by adults,
- Having token youth on adult boards and committees,
- Telling youth what they’ll be doing,
- Doing everything youth want,
- Adults providing programming FOR and TO youth.
The Ultimate Goal of Youth-Led Programming:

Youth Empowerment
Empowerment Definition:

The ability to influence social and political systems that affect our lives.
Advantages of YOUTH-Led

• Unique perspectives
• Different approaches
• Fresh ideas
• Latest technology
• Credibility

Best understanding of what’s happening in the schools and community.
Benefits for Youth Members

- Positive youth development
- Youth empowerment
- Skill-building
- Reinforcement of healthy choices
- Positive peer & adult interactions
- Integration into a stable & healthy peer network
Two Underpinning Frameworks


The Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Department of Health and Human Services funds the Strategic Prevention Framework State Incentive Grant (SPF SIG).
Strategic Planning

Problem of Practice

Population of Focus

Risk & Protective Factor

Strategy

Activity
Strategic Prevention Framework

A 5-step process to create community-level change.
Step 1: Assessment

Define the Problem & Population

• Define priorities
• Collect data on the issue
• Research community & historical context
Frequently Targeted Risk Factors:

- Perception of risk and harm
- Perception of peer disapproval
- Perception of parental disapproval
- Family communication
Step 2: Capacity-Building

- Recruitment
- Funding
- Resource acquisition
- Leadership development
Steps 3-4: Planning & Implementation

Choose a strategy

Plan an activity

Mobilize resources

Act
How We Play

1. Each “student” team must have at least three participants.
2. Your host will show the group a picture of a person. As a team you must decide if you think this person is a celebrity, role model, or leader.
3. There can only be one answer per team, so you must reach consensus on your team as to how you will answer.
4. You will have 90 seconds or less to discuss each picture & come to consensus. Write the person’s name as well as the characteristics your group believes makes them a celebrity, role model, or leader.
5. Your host will call “time!” & ask your team to share their answer.

Prevention Strategies

• Alternative activities
• Community-Based Process
• Information Dissemination
• Problem Identification & Referral
• Prevention Education
• Environmental Strategies
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Prevention Activities

• Alternative activities
• Community-Based Process
• Information Dissemination
• Problem Identification & Referral
• Prevention Education
• Environmental Strategies

→ Drug-free dances
→ Youth-led prevention
→ Poster campaign
→ Screen, Brief Intervention, & Referral to Treatment (SBIRT)
→ Life Skills Program
→ Changing the school code of conduct
Step 5: Evaluate

- Collect data on outputs
- Track short- & long-term outcomes
- Reflect:
  - What went well?
  - What impact did we have?
  - What should we do next?
<table>
<thead>
<tr>
<th>Connecting to Your Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scope of practice</td>
</tr>
<tr>
<td>Risk &amp; protective factors</td>
</tr>
<tr>
<td>Connecting youth to prevention programming</td>
</tr>
<tr>
<td>Supporting youth empowerment</td>
</tr>
</tbody>
</table>
Scope of Practice

• How does the Continuum of Care relate to your work?
• Where are your patients on the Continuum?
  • Their children?
  • Their younger siblings?
Scope of Practice

• How do risk & protective factors relate to your work?
• What kinds of risk factors are most prevalent in your case loads?
  • Protective factors?
Scope of Practice

- What opportunities exist for you to link youth to prevention programming?
  - What would be the benefit of doing so?
Scope of Practice

• What outcomes would you expect out of your youth patients or the children of your patients joining youth-led prevention groups?
Prevention Action Alliance
Lifetime Prevention | Lifetime Wellness

Prevention Action Alliance is a 501(c)3 nonprofit based in Ohio dedicated to leading healthy communities in the prevention of substance misuse and the promotion of mental health wellness.