

# The Power of (Youth-Led) Prevention

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# Welcome!



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# Agenda

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Learning  
Objectives

Prevention  
Basics

Intro to  
Youth-Led

Youth Role in  
Prevention

Strategic  
Planning

Connection  
to Your Work

# Learning Objectives

1

Recall key definitions and concepts of prevention.

2

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

3

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

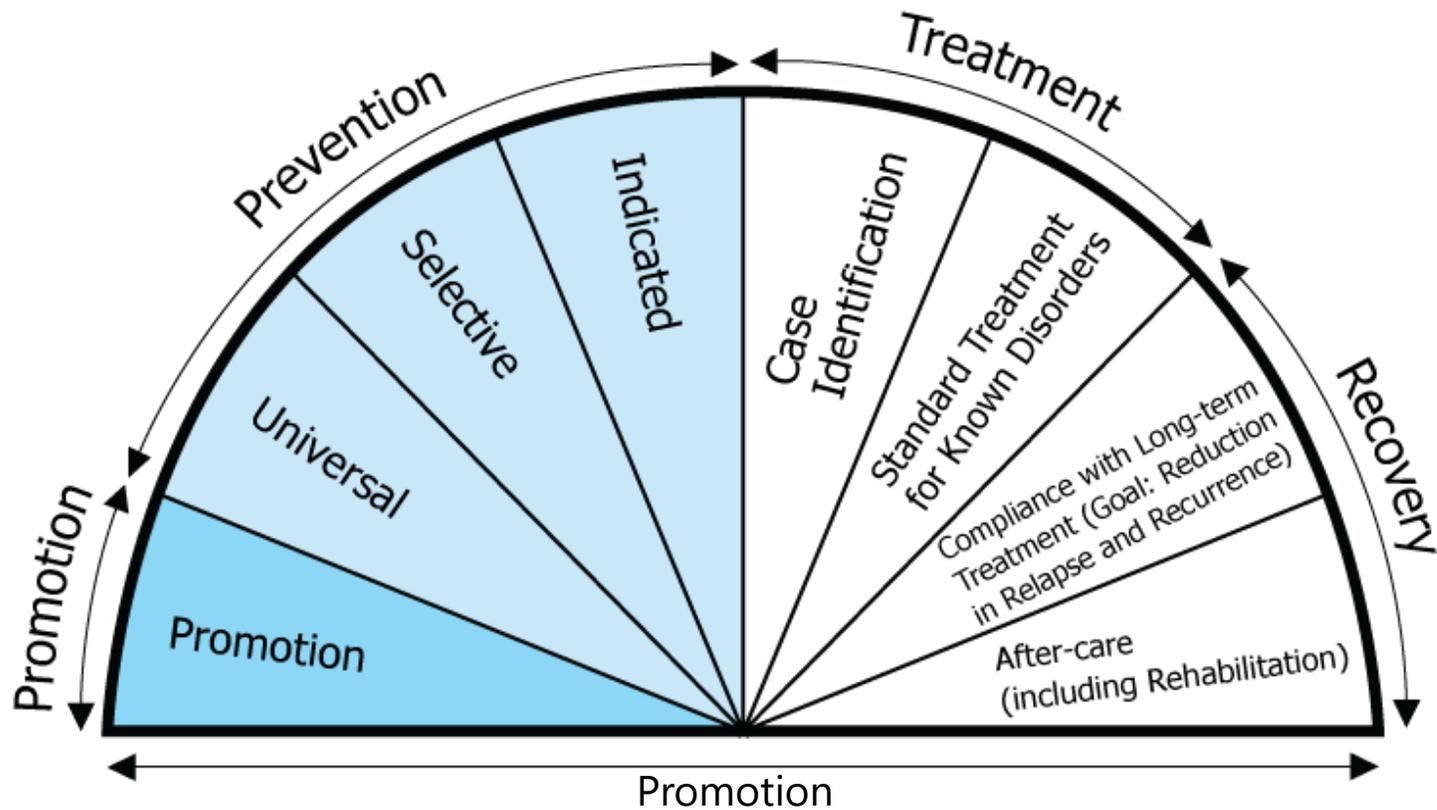
# The River

**Trying to  
fix the  
problem  
before it  
grows**





# Continuum of Care



# Prevention Populations

## Universal

- Everyone regardless of level of risk

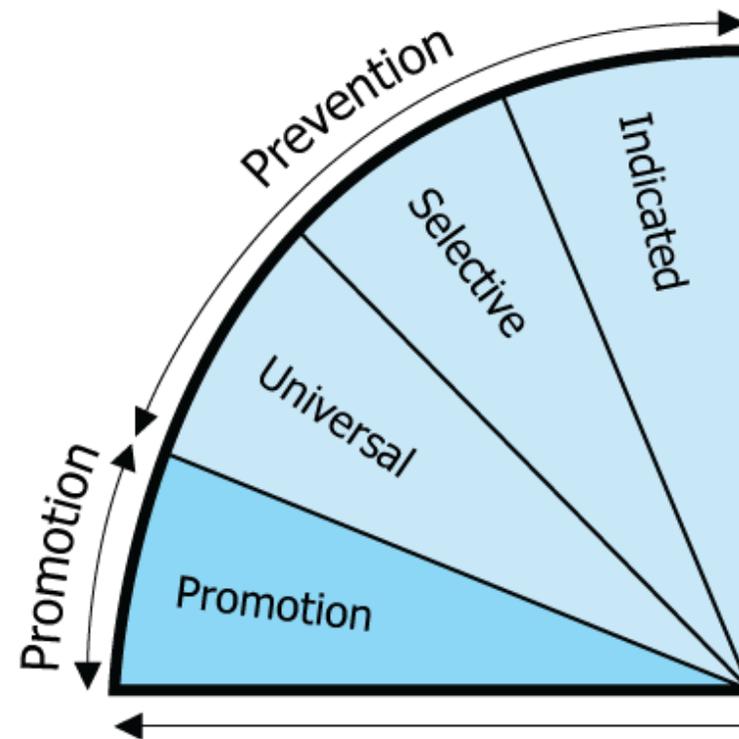
## Selective

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

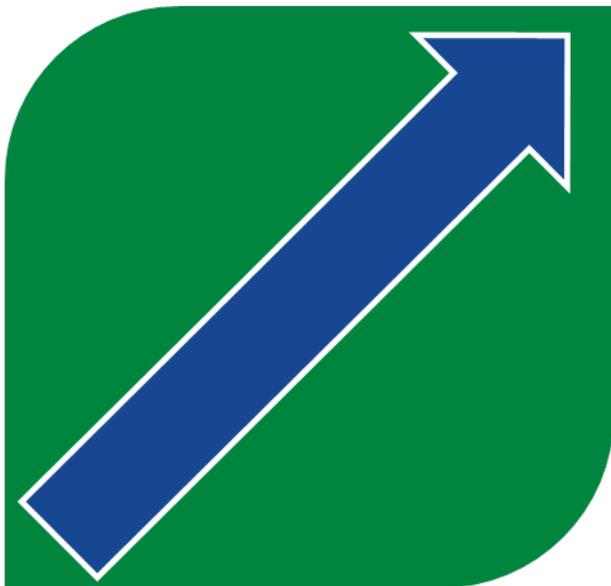
## Indicated

- Individuals identified as minimal but detectable signs or symptoms of SUDs\*

\*but not indicate a diagnosis



# Prevention Goals:



**INCREASE PROTECTIVE FACTORS**

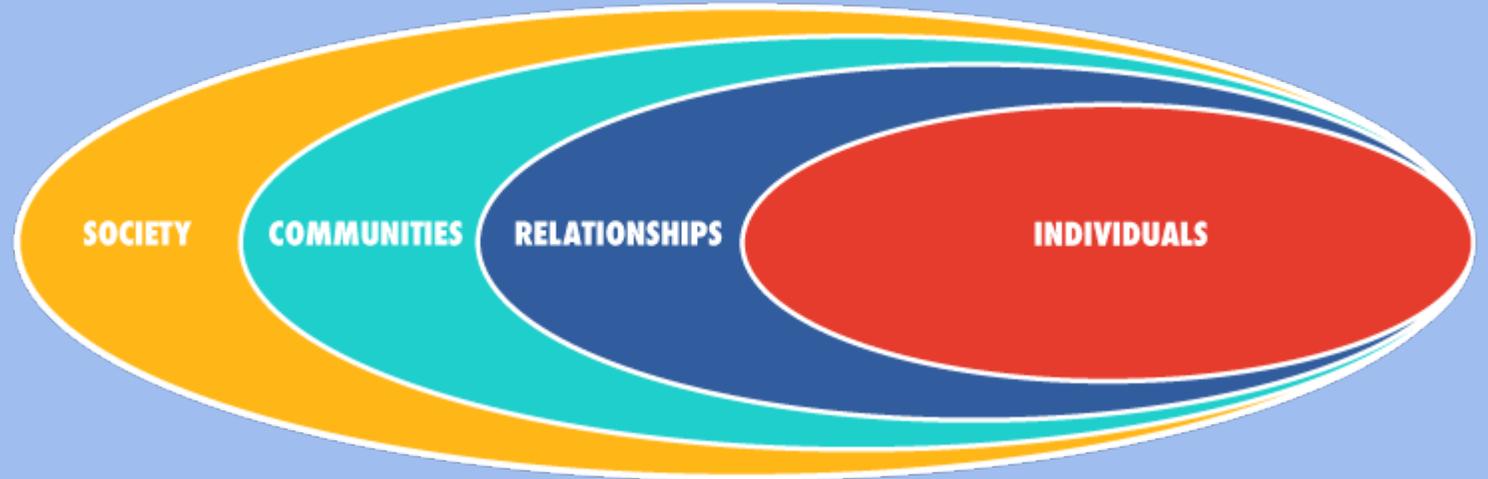


**DECREASE RISK FACTORS**

# 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:

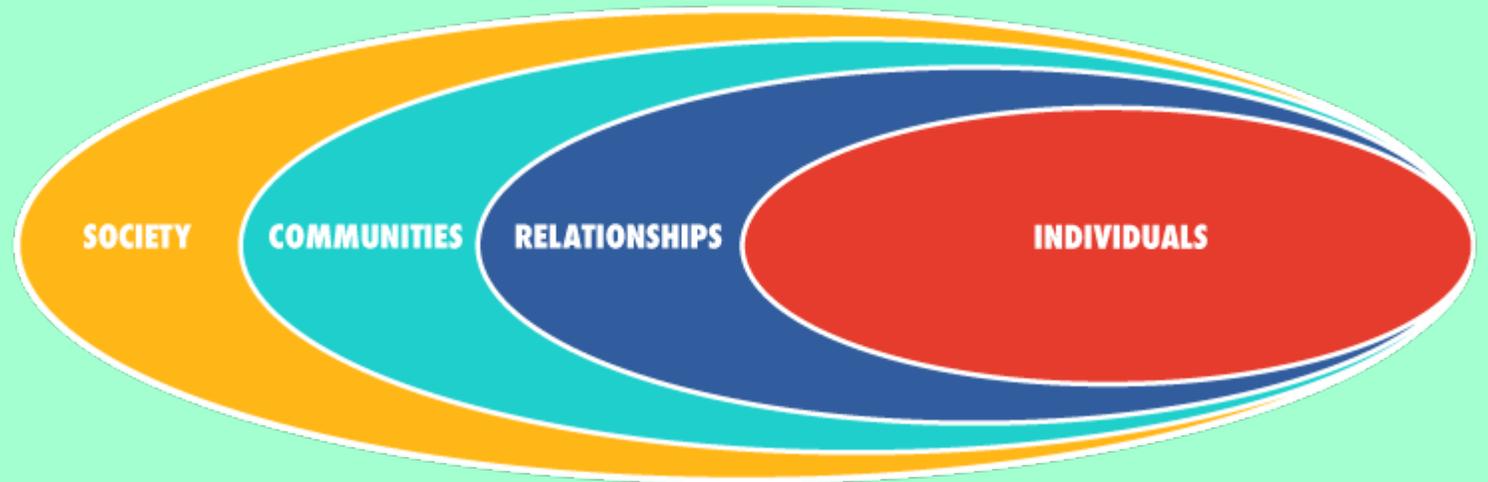
- Early aggressive behavior
- Availability/access to substances
- Lack of supervision
- Poverty
- Violence

**Remember:**  
*risk does not  
equal destiny.*

# Protective Factor Definition:

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



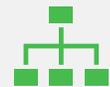
Definition



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

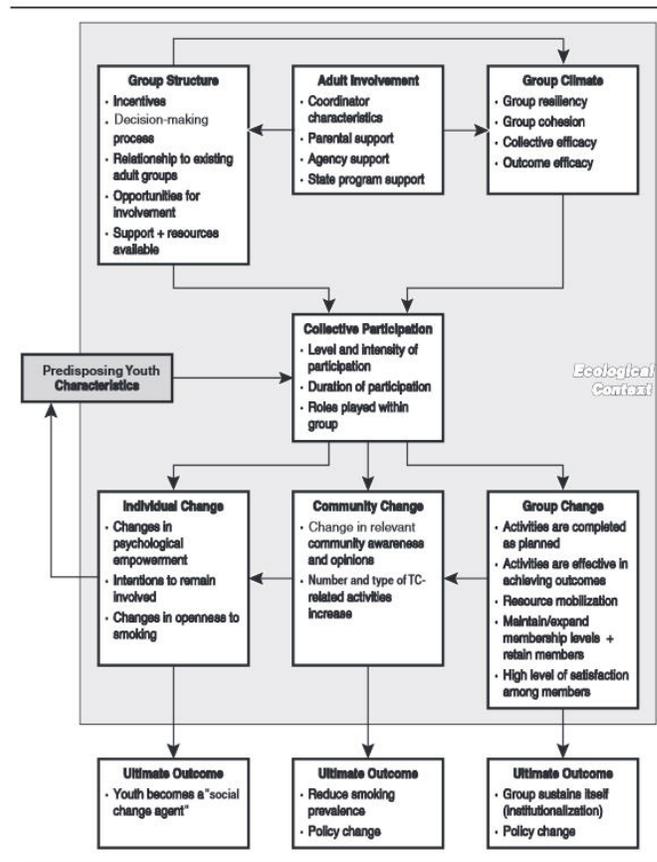


Figure 1. Youth empowerment conceptual framework.

Holden D. J., Messeri, P., Evans, W. D., Crankshaw, E., Ben-Davies, M. (2004). Conceptualizing youth empowerment within tobacco control. *Health Education & Behavior*, 31, 548-563.



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

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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

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**Recruitment**



**Funding**



**Resource  
acquisition**



**Leadership  
development**

# Steps 3-4: Planning & Implementation

Choose a strategy

Plan an activity

Mobilize resources

Act



# Prevention Strategies

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





# Prevention *Activities*

- Alternative activities
  - Drug-free dances
  - Youth-led prevention
  - Poster campaign
  - Screen, Brief Intervention, & Referral to Treatment (SBIRT)
- Community-Based Process
- Information Dissemination
- Problem Identification & Referral
- **Prevention Education**
  - **Life Skills Program**
- **Environmental Strategies**
  - **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?



# Connecting to Your Work



Scope of practice



Risk & protective factors



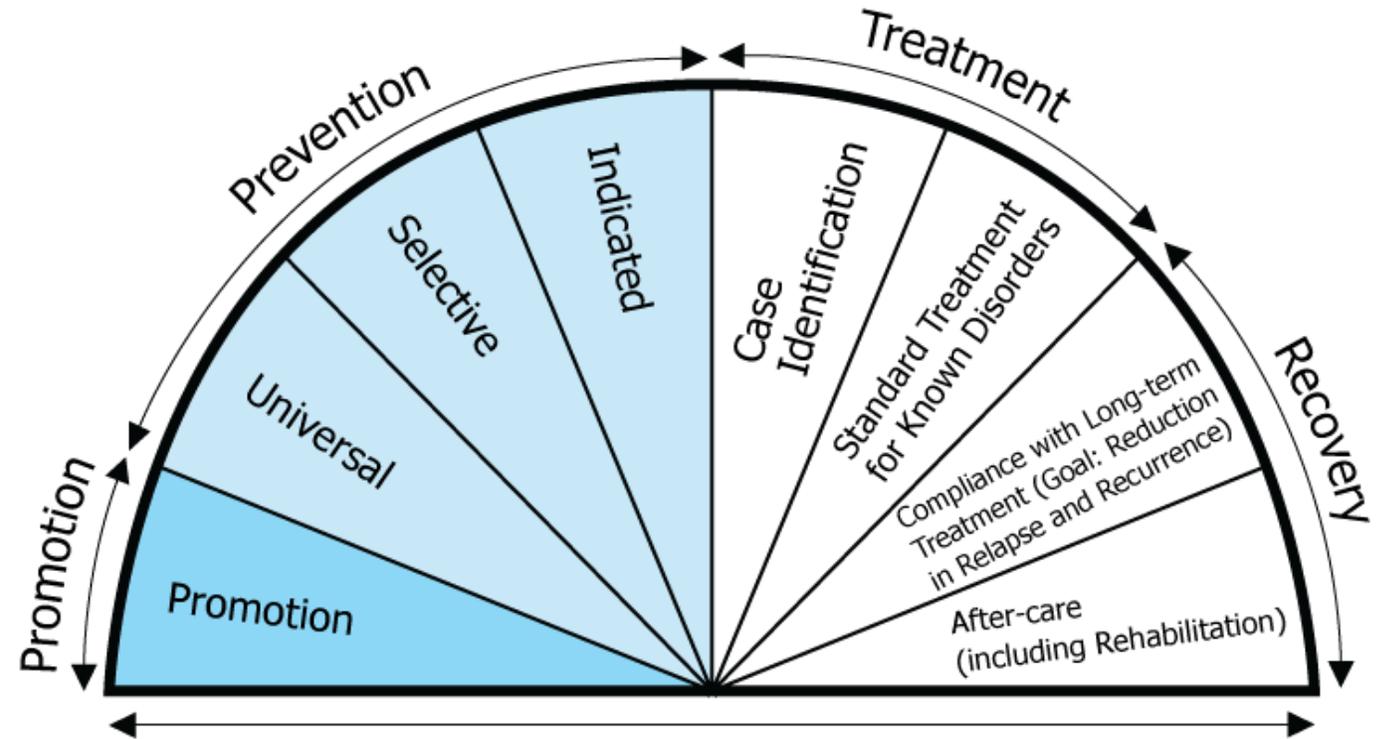
Connecting youth to  
prevention programming



Supporting youth  
empowerment

# 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

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- 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

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



# Scope of Practice

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- What outcomes would you expect out of your youth patients or the children of your patients joining youth-led prevention groups?



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# Prevention Action Alliance

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*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.*