

Effective Approaches for Youth Substance Use Prevention

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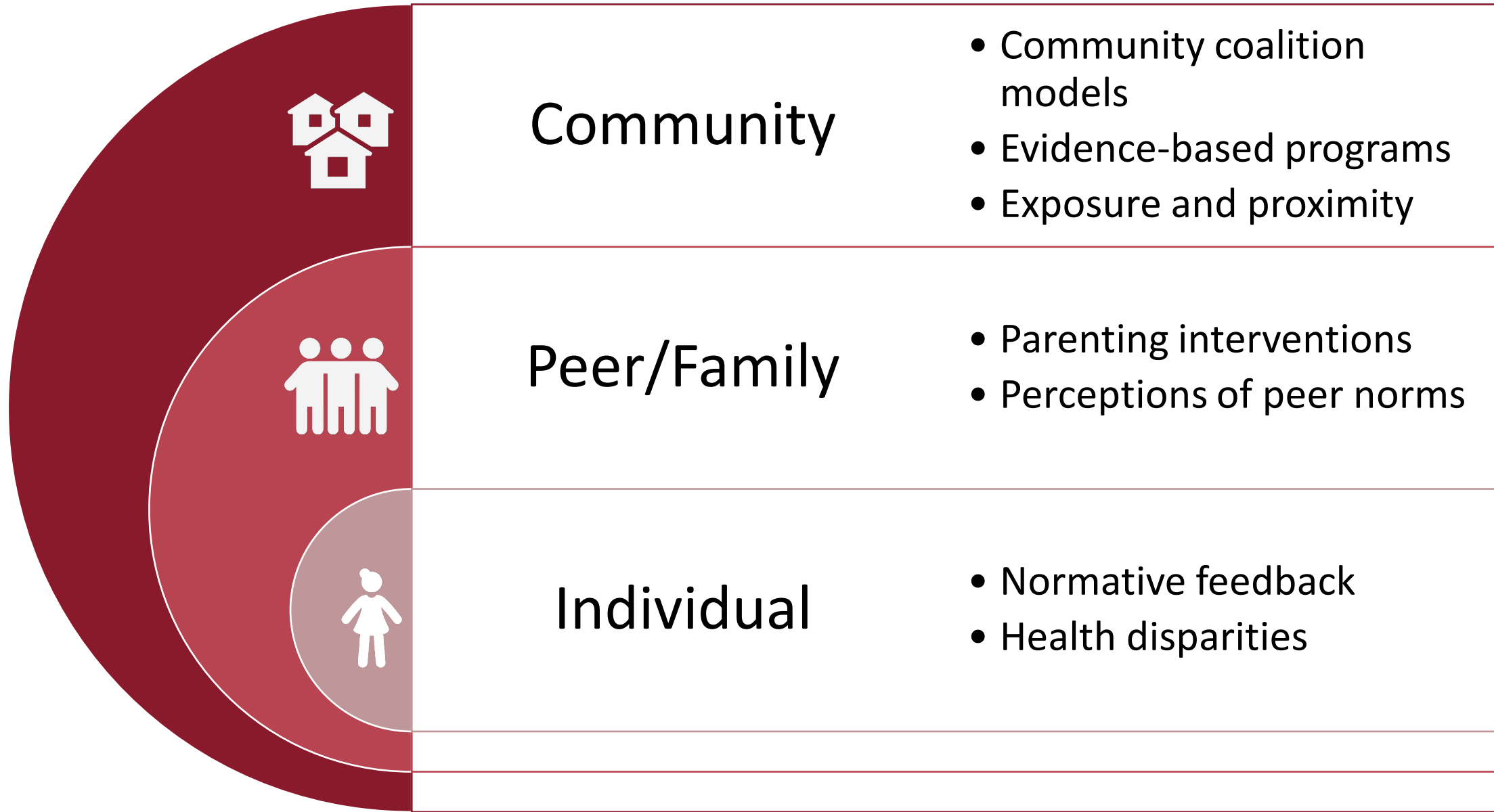
House Commerce and Gaming Committee Work Session



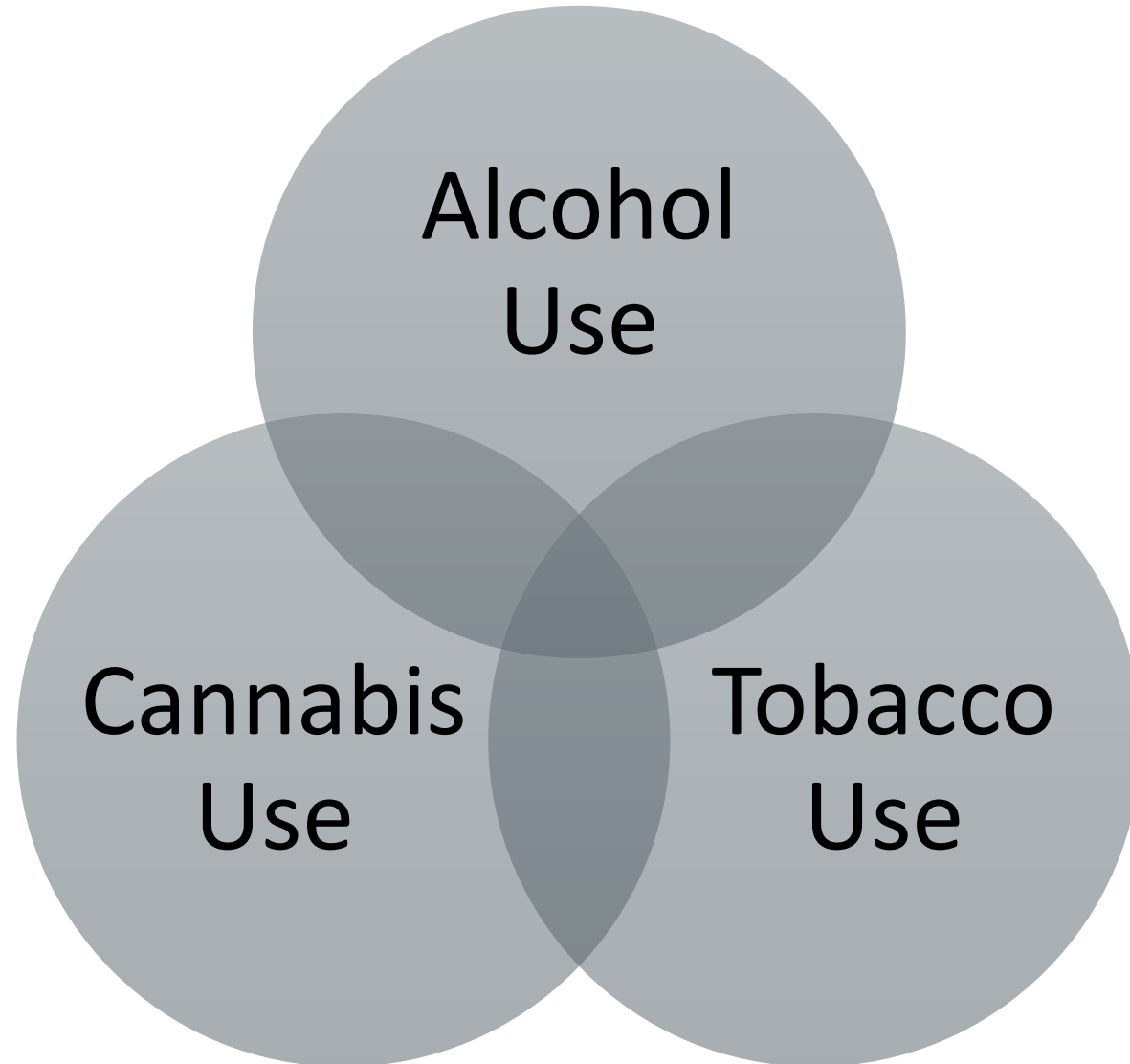
Youth Substance Use: Ecological Systems



Youth Substance Use: Research & Programs



Shared Risk and Protective Factors



Select Individual Risk/Protective Factors



- ✗ Favorable attitudes towards substance use
- ✗ Early initiation of substance use
- ✗ Loss of cultural identity

- ✓ Positive self concept
- ✓ Cultural identity and connection
- ✓ Engagement in positive meaningful activities



Personalized Normative Feedback



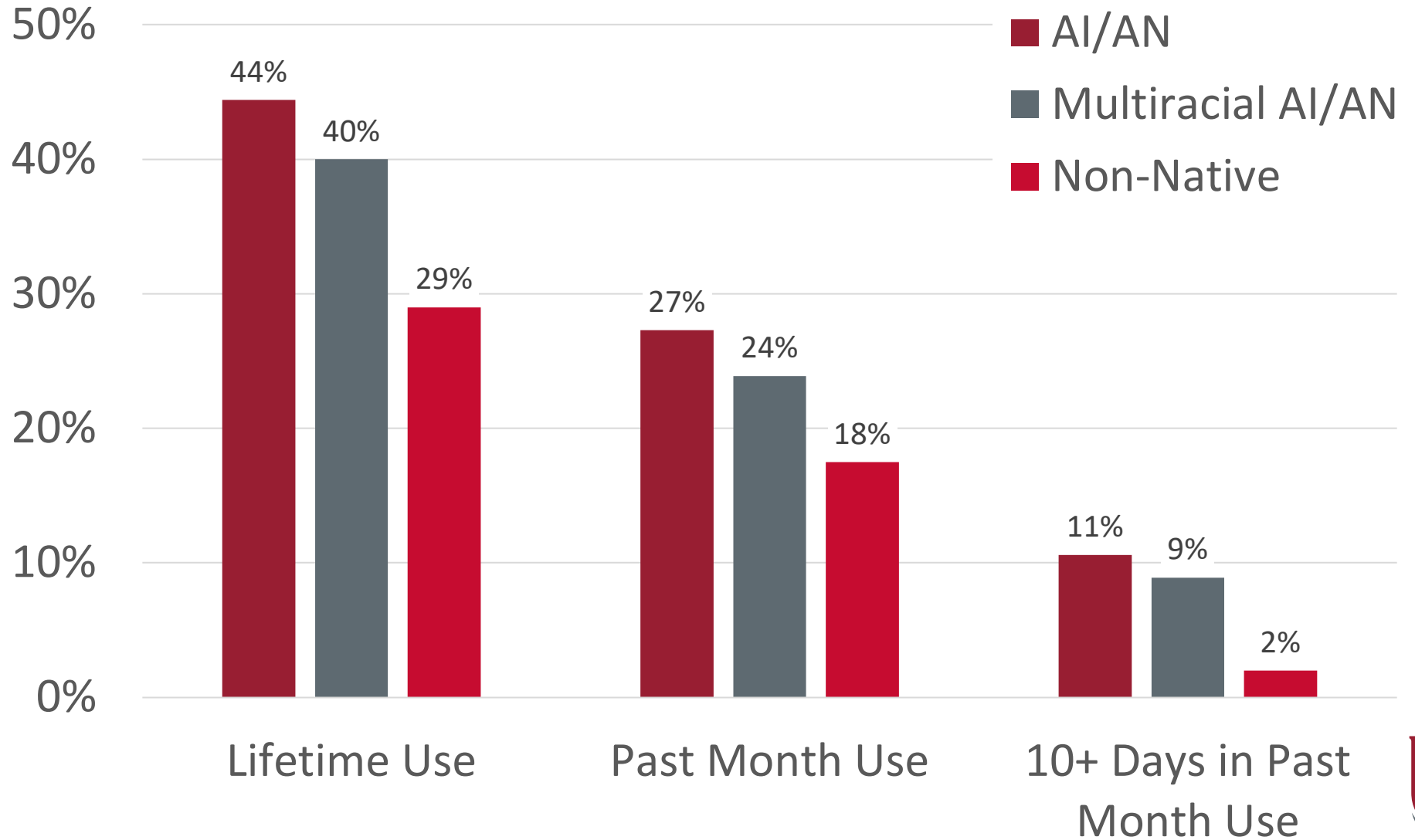
In the last month, how often do you think a typical student at your school used marijuana?



You told us you believe... Most young people your age have never used drugs or alcohol.



Health Disparities in Youth Cannabis Use



Select Family/Peer Factors



- ✗ Favorable attitudes toward substance use
- ✗ Family management problems
- ✗ Family conflict

- ✓ Connection to family
- ✓ Positive parenting style
- ✓ Higher parental expectations about school



Parent-Child Relationships in Early Adolescence



Who is coming? Program participation is greater in communities with:

- ↑ prevention programs offered
- ↑ perceived availability of substances
- ↓ median income

What are the outcomes? Improvement from pre- to post-test on:

- family management
- better outcomes for families who struggle with conflict and rewarding prosocial behaviors



Parent-Child Relationships in Early Adolescence

Training and Technical Assistance

Substance Specific Adaptations

- Cannabis
- Opioids



BALANCING FIDELITY AND ADAPTATION: A GUIDE FOR EVIDENCE-BASED PROGRAM IMPLEMENTATION

Abstract

The adoption of an effective program is only the first step toward achieving the positive youth and family outcomes community-based organizations aim to achieve. Research has shown that... comparison to people who did not receive the program. The only explanation for these better outcomes is the program.

However, prevention science is increasingly recognizing that research evidence is only one piece of the puzzle (Kazdin, 2010). The program coordinators and implementers charged with delivering these evidence-based programs have years of experience and expertise about what works in their communities and this type of evidence should also play a role in determining which evidence-based program to adopt and how to implement that program in a specific community (<https://www.evidencebasedprevention.org/understanding-evidence/>).

Making decisions about how to adhere to the dosage, content and structure of the program as it was originally designed (i.e. program fidelity) while adapting to local contexts is challenging and complex, particularly with limited resources, and program implementers are often left to make these decisions without much guidance. Fortunately, this fact sheet can offer some help.

Fidelity versus Adaptation: What does the research say?

Within the field of prevention science, there is still some debate about whether evidence-based programs should be implemented in local contexts versus delivered with some adaptations (Chambers and Nostrom, 2015). Those who argue that it is best to maintain fidelity...

UPCOMING TRAININGS

SFP 10-14 Virtual Adaptation Training for Facilitators and Support Staff

In this two-part virtual delivery training, AnaMaria Diaz Martinez will review the virtual curriculum adaptation for Strengthening Families Program 10-14. In Part 1 of the training, she will discuss content delivery strategies for sessions 1-3. Part 2 is scheduled for February 2021. Participants will leave with an understanding of how to deliver SFP 10-14 in a virtual setting (actual application/practice will happen during training). **Part 1: 10 am - 12 pm** **Part 2: 10 am - 12 pm**

SFP10-14 Virtual Adaptation Information Primer

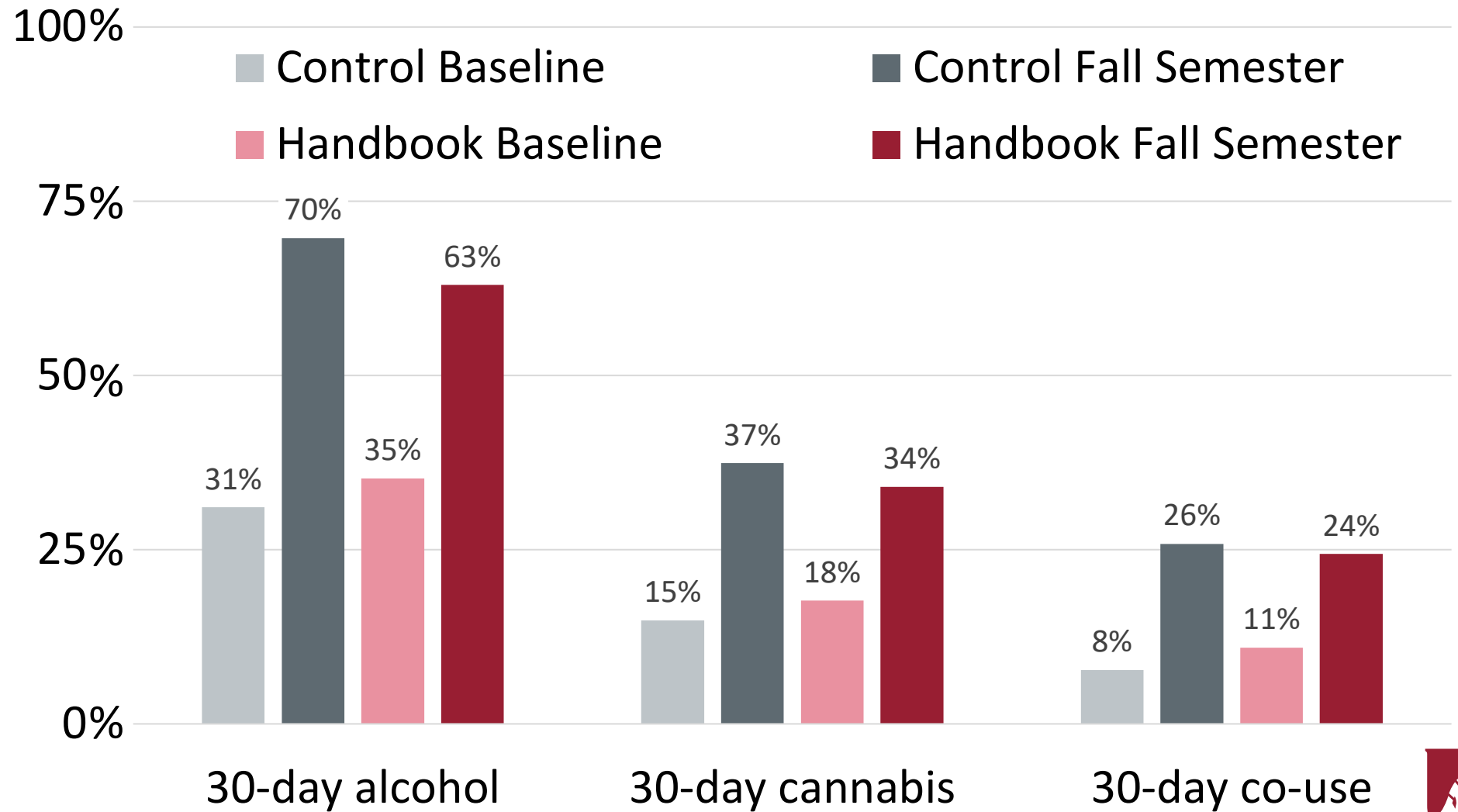
In this one-hour readiness primer, AnaMaria Diaz Martinez, from Washington State University will describe the steps for preparing to deliver the Strengthening Families Program 10-14 virtually along with the recommended adaptations. She will review the practical requirements (e.g. virtual and technology requirements, facilitator preparations, family engagement packets, etc.) for virtual implementation of SFP 10-14, and will work with attendees to determine their readiness for virtual implementation of SFP 10-14. Participants will leave with an understanding of what is needed to deliver SFP 10-14 virtually.

STRENGTHENING Families PROGRAM FOR PARENTS AND YOUTH 10-14

SFP 10-14 COMMUNITY OF PRACTICE

JANUARY 2021

Parent-Child Relationships in Late Adolescence



Social Media Sharing of Cannabis Content

What were they posting?

- 31% shared cannabis content online
- memes (24%), pictures (13%), video (11%)

Posting on social media is associated with:

- ↑ peer cannabis use
- ↑ perceived parent approval
- ↓ perceived parental monitoring, but not media monitoring



Select Community Risk/Protective Factors

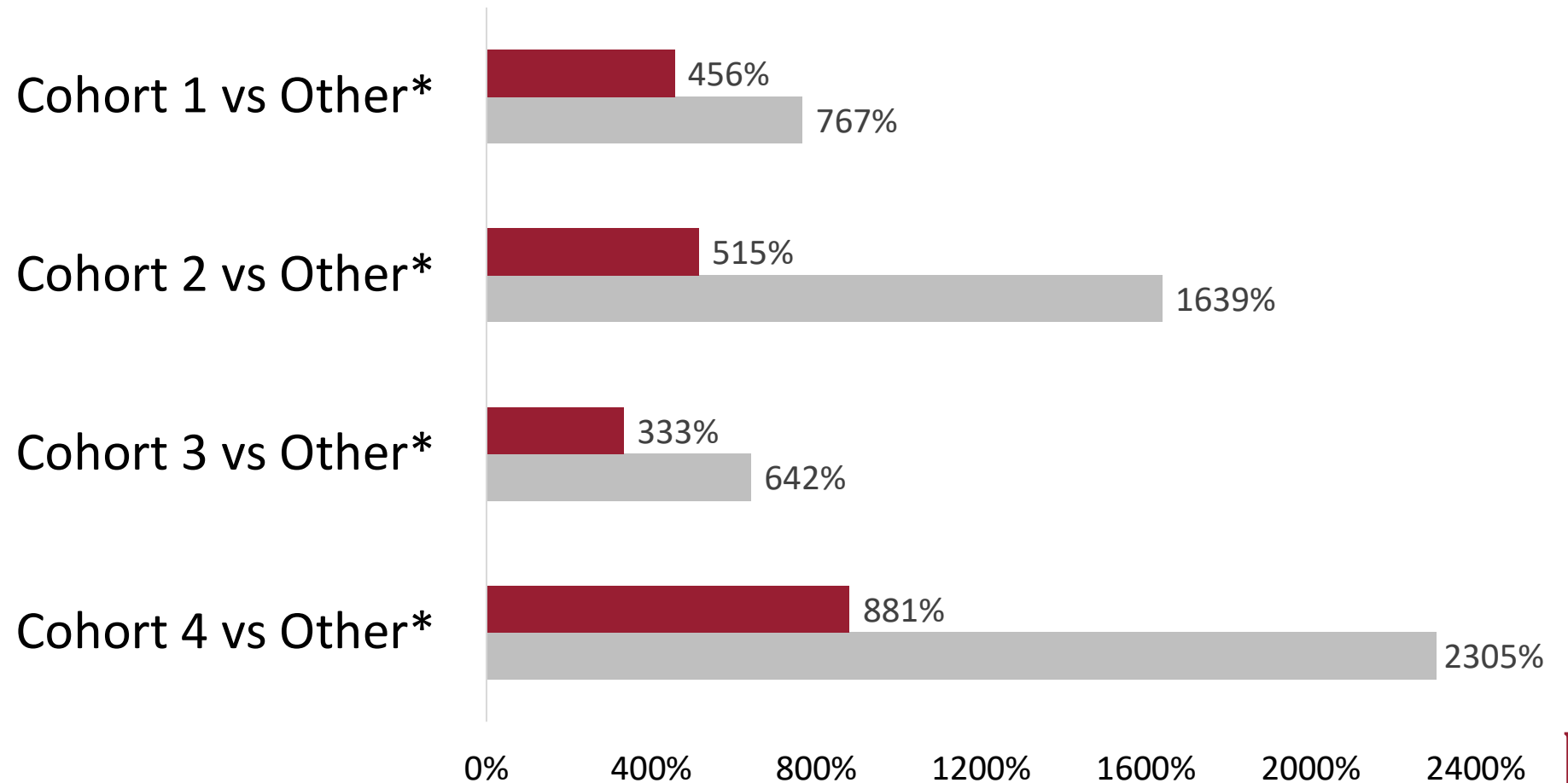


- ✗ Availability of alcohol and other drugs
- ✗ Community laws and norms favorable to drug use
- ✗ Low neighborhood attachment
- ✓ Connection to other positive adults
- ✓ Strong community infrastructure
- ✓ Policies that support healthy norms and youth programs

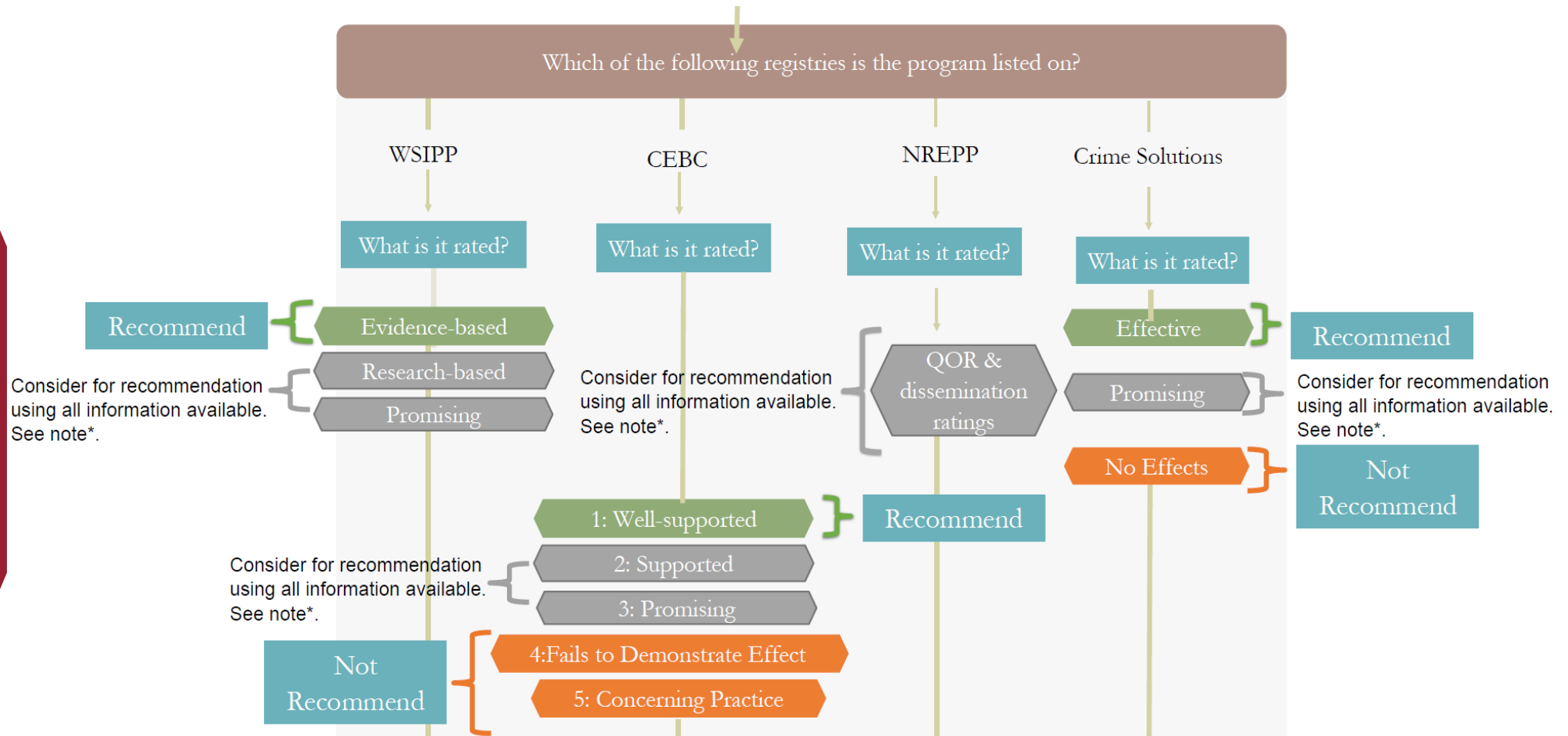


Community Prevention and Wellness Initiative

Percent Increase in Alcohol Use in Past 30 Days from 6th to 12th Grade



Evidence-Based Program Decision Tool



Exposure and Proximity to Cannabis

What is the impact of proximity to cannabis retailers?

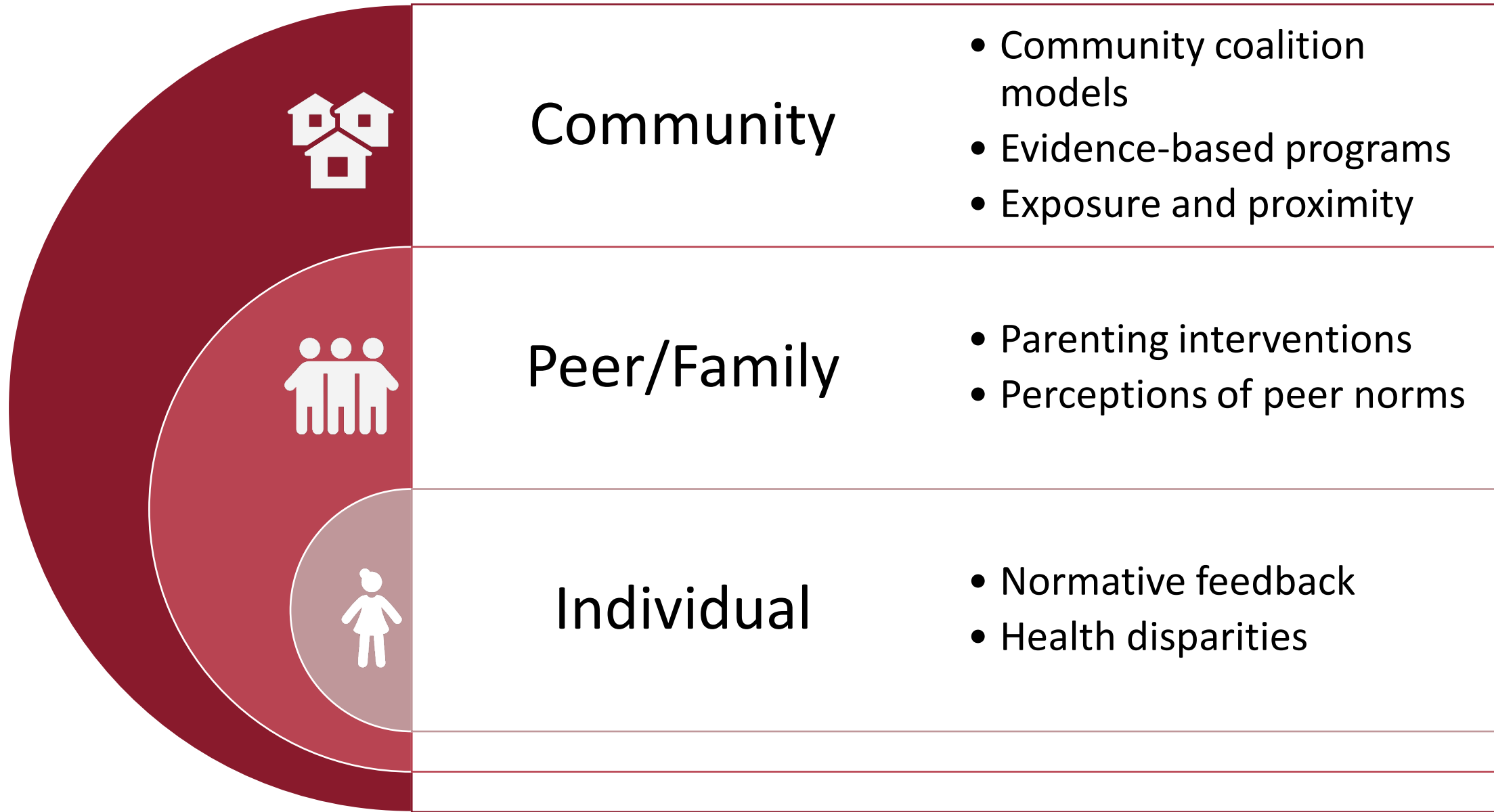
- Density alone was not associated with intentions to use
- ↑ intentions to use for those with *perceived* proximity

What is the impact of exposure to cannabis advertising?

- ↑ intentions to use, especially for those with greater distance from a retailer



Youth Substance Use: Research & Programs



Thank you

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Adolescent Substance Use

Community Risk Factors

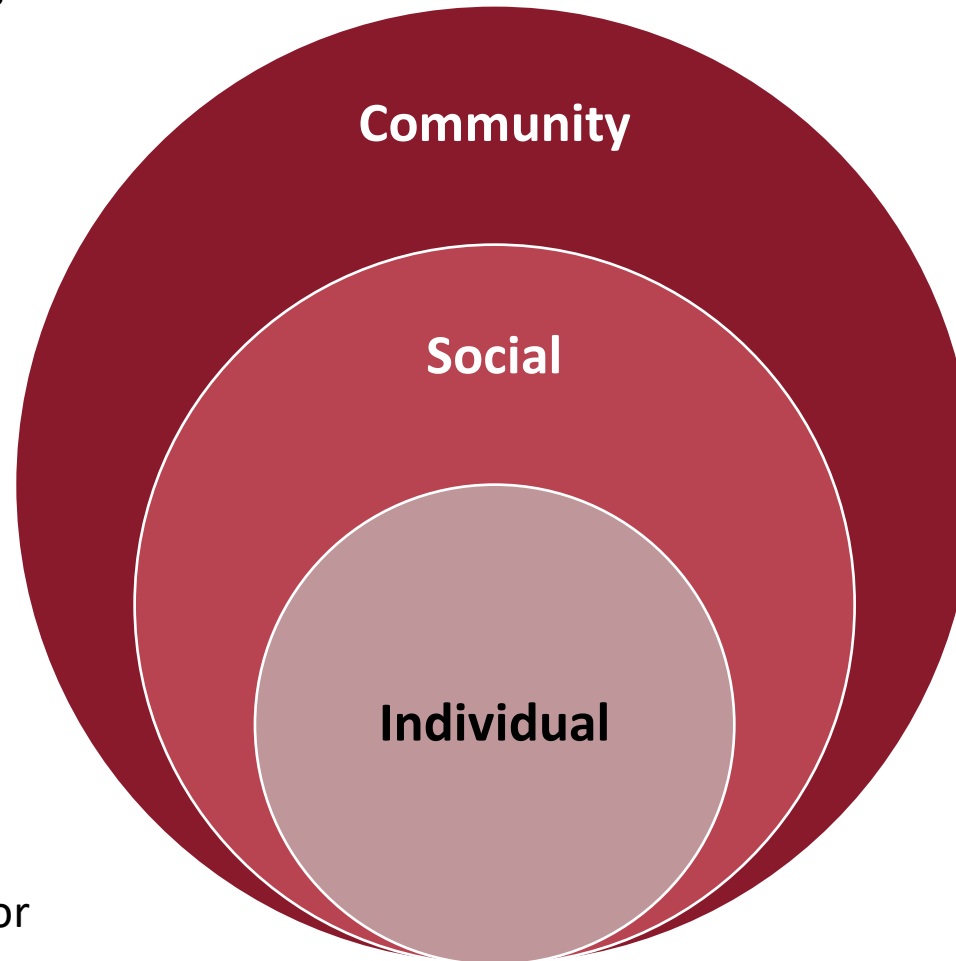
- ✗ Availability of alcohol/other drugs
- ✗ Low neighborhood attachment
- ✗ Community disorganization
- ✗ Community laws and norms favorable to drug use

Social Risk Factors

- ✗ Family management problems
- ✗ Family history of substance use
- ✗ Family conflict
- ✗ Favorable parental attitudes toward substance use

Individual Risk Factors

- ✗ Early initiation of substance use
- ✗ Loss of cultural identity
- ✗ Early/persistent antisocial behavior
- ✗ Favorable attitudes toward substance use



Community Protective Factors

- ✓ Connection to other positive adults
- ✓ Strong community infrastructure
- ✓ Policies that support healthy norms
- ✓ Policies that support youth programs

Social Protective Factors

- ✓ Connection to family
- ✓ Positive parenting style
- ✓ Higher parental education
- ✓ Higher parental expectations about school

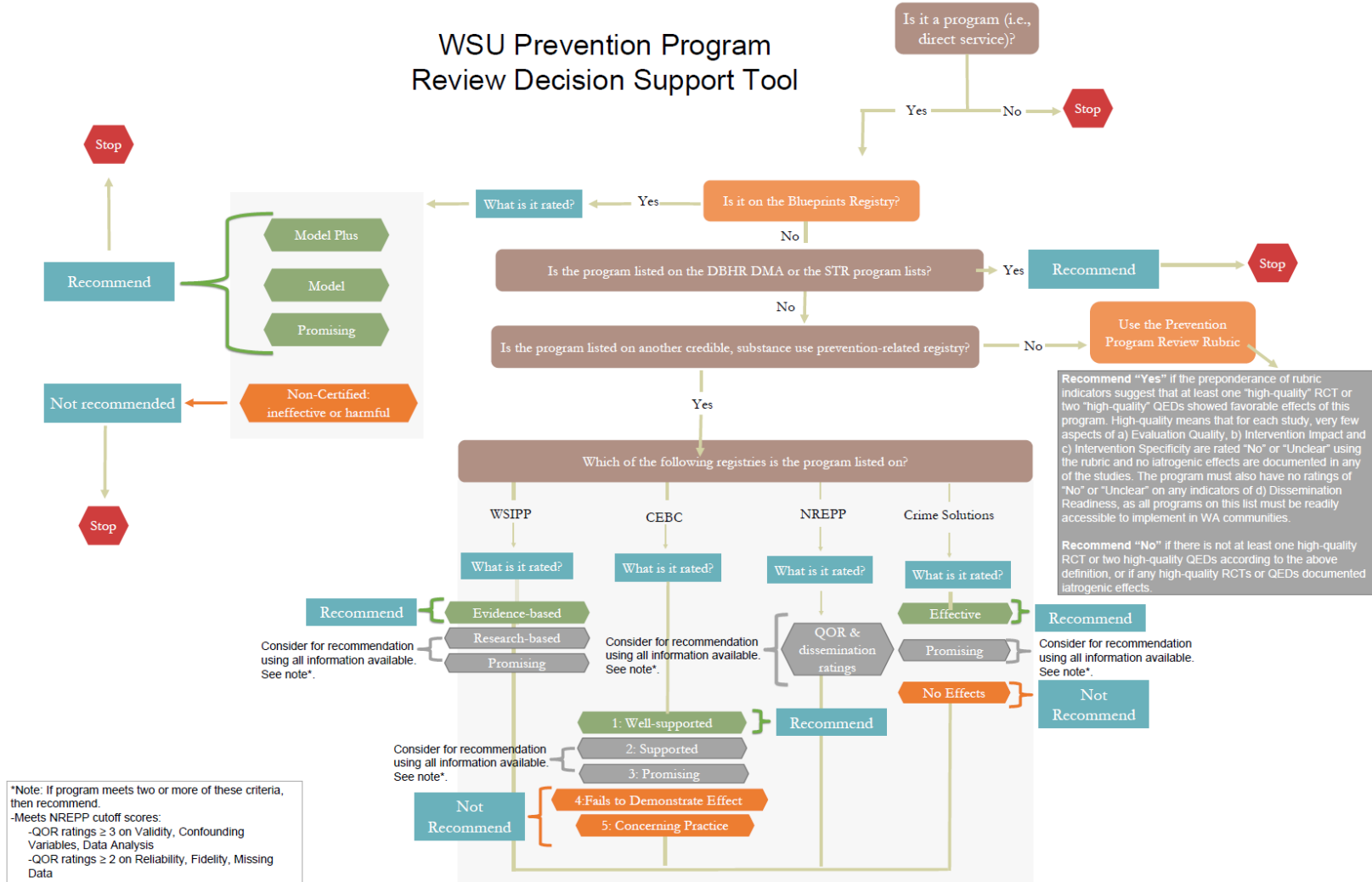
Individual Protective Factors

- ✓ Engagement in positive meaningful activities
- ✓ Positive self concept
- ✓ Religious or spiritual beliefs
- ✓ Cultural identify/connection



Evidence-Based Program Registry

WSU Prevention Program Review Decision Support Tool



*Note: If program meets two or more of these criteria, then recommend.
 -Meets NREPP cutoff scores:
 -QOR ratings ≥ 3 on Validity, Confounding Variables, Data Analysis
 -QOR ratings ≥ 2 on Reliability, Fidelity, Missing Data
 -RFD ratings ≥ 3
 *Must also have 1 RCT or 2QED – or be ranked as Supported or Well-Supported on CEBC, or Promising or Effective on CS.
 -WSIPP Promising or Research-Based
 *Must also have 1 RCT or 2QED – or be ranked as Supported or Well-Supported on CEBC, or Promising or Effective on CS.
 -CEBC Promising or Supported

