

# SUBSTANCE USE DISORDER

## **PREVENTION 101**

Key Concepts in Prevention





**This training is offered through  
the Community Prevention Initiative  
(CPI), which is funded by the California  
Department of Health Care Services  
and administered by the Center  
for Applied Research Solutions.**

# AGENDA

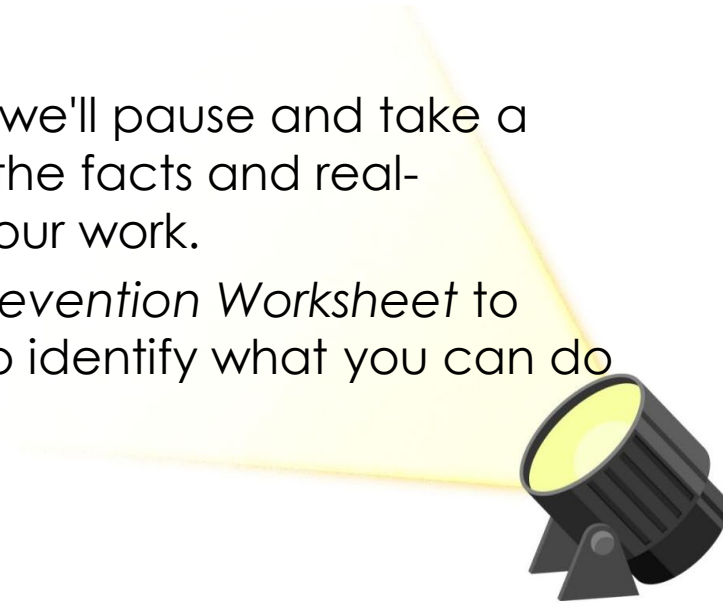


- Part 1: June 6
  - Defining Prevention
  - Drug Classifications
  - The National and State Prevention Systems
- Part 2: June 13
  - Foundational Prevention Theories
  - Individuals and Groups Served By Prevention Programs
- Part 3: June 27
  - Types of Prevention Strategies
  - Planning for Prevention The Strategic Prevention Framework (SPF)

# SPOTLIGHT ON PREVENTION

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- Throughout the series, we'll pause and take a moment to reflect on the facts and real-world application to your work.
- Use the *Spotlight on Prevention Worksheet* to frame your learnings to identify what you can do in your work.



# ACTIVITY: CONOCIMIENTO


## GETTING TO KNOW ONE ANOTHER



- Share name, workplace, and primary role
- What brought you to the prevention field?
- What topics or issues are you seeing that are of utmost importance for prevention?


## DEFINING PREVENTION

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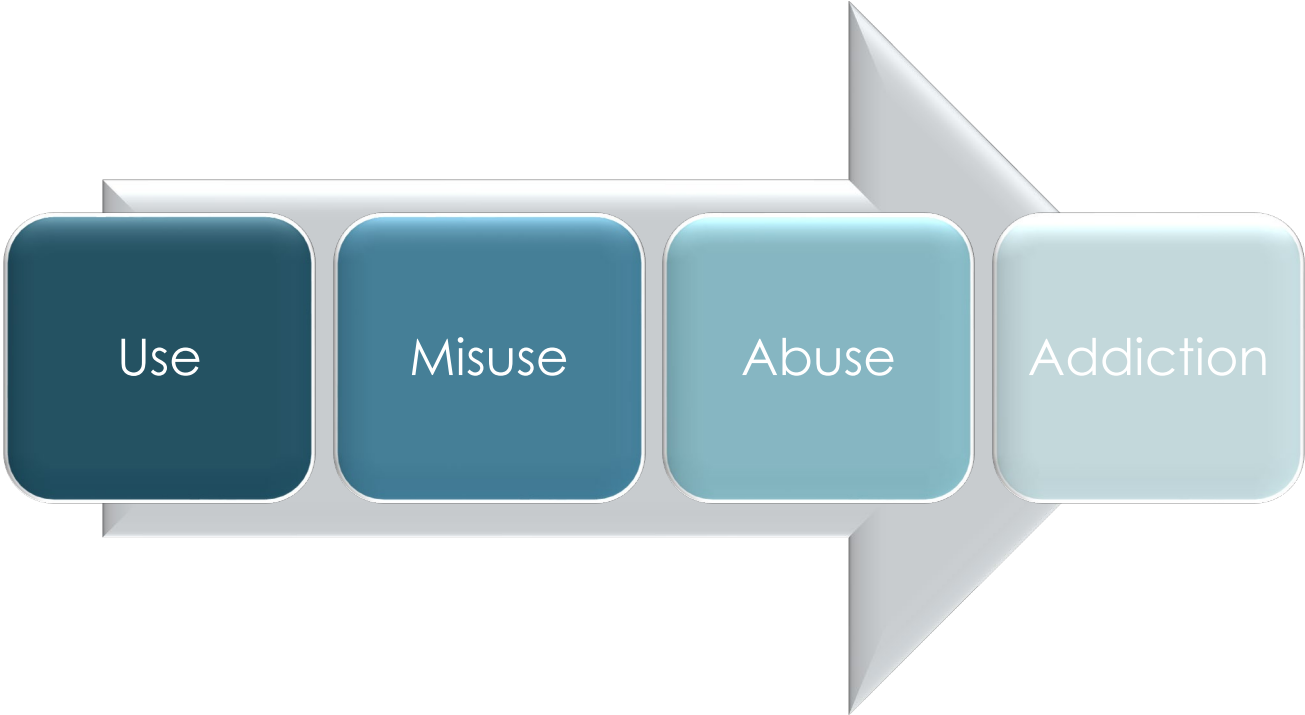


# **WHAT IS SUBSTANCE USE DISORDER PREVENTION?**

Substance Use Disorder Prevention focuses on strategies to prevent all levels of substance use.



# SPECTRUM OF USE



Use

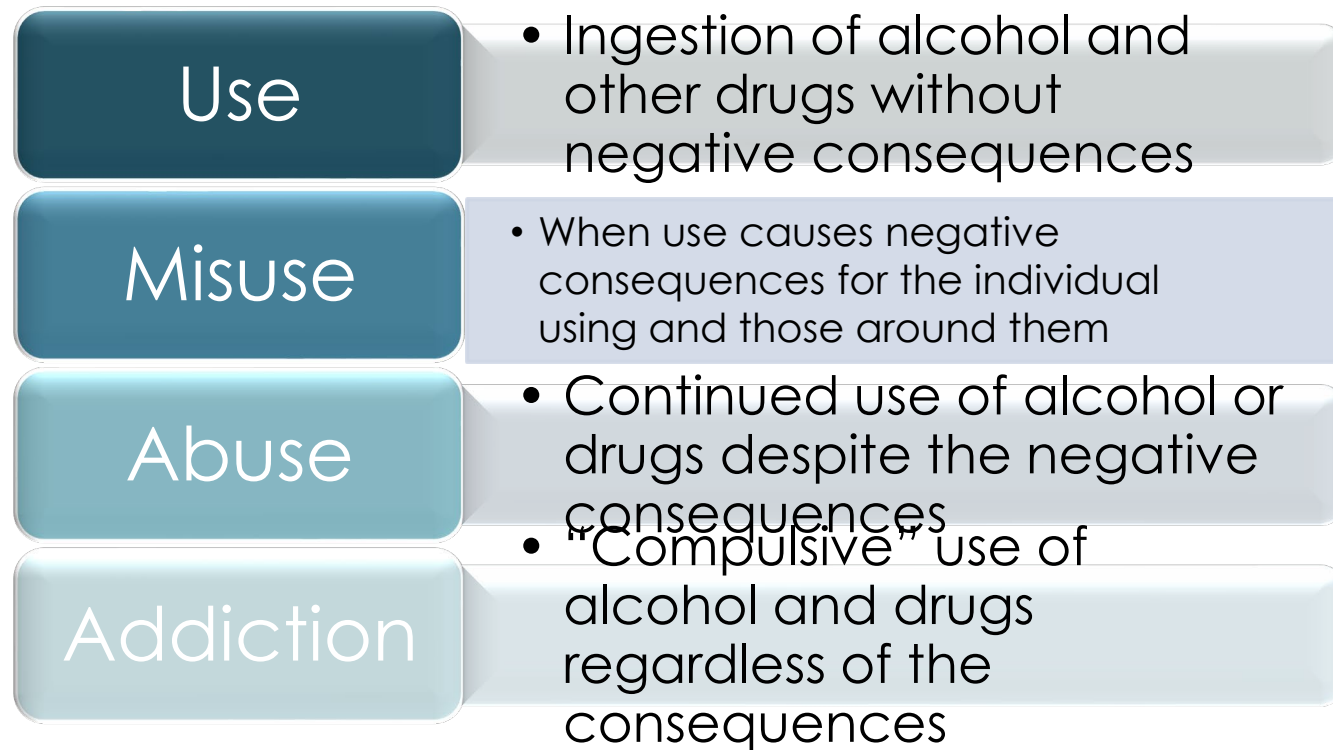
Misuse

Abuse

Addiction



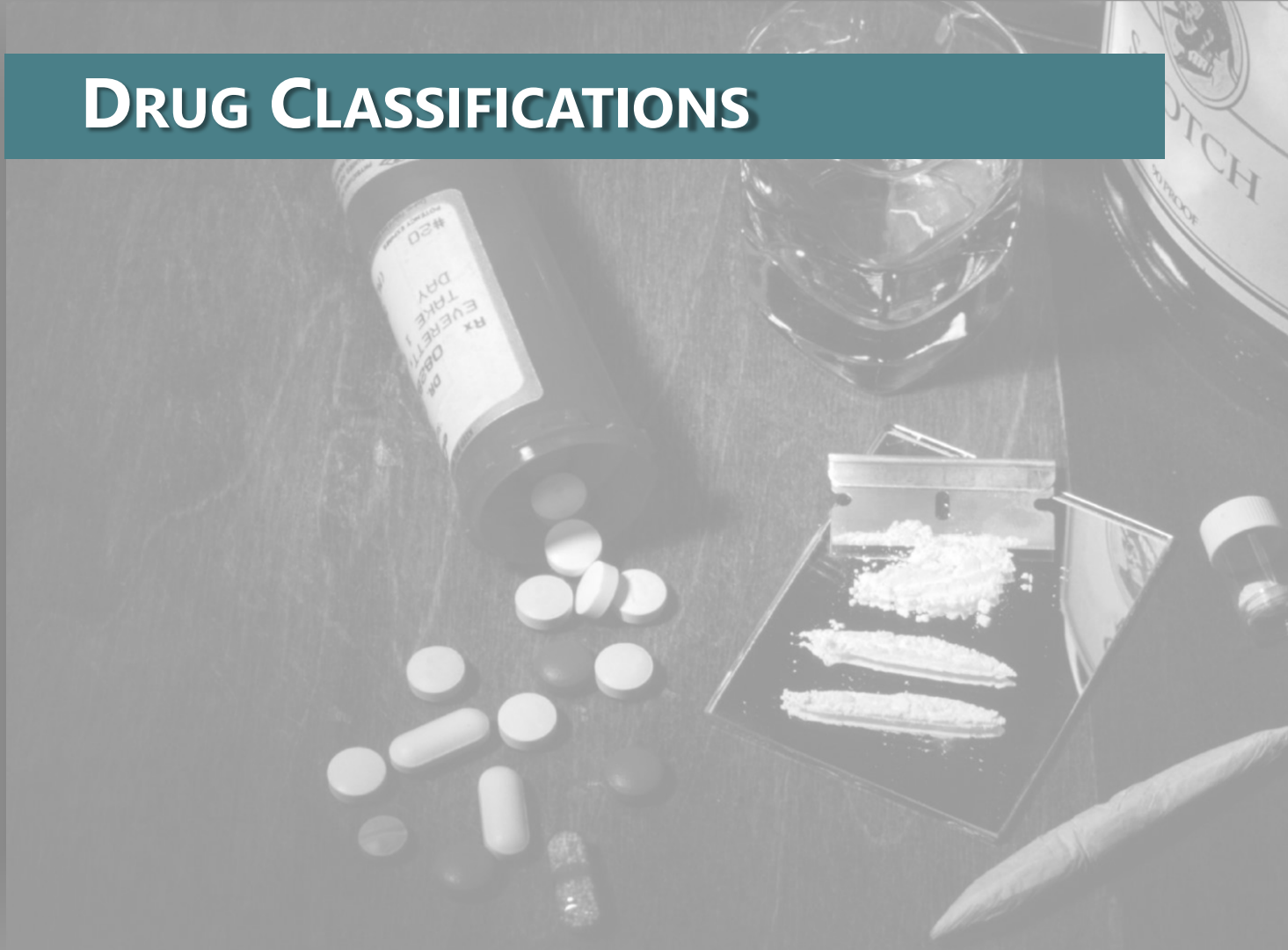
# LEVELS OF SUBSTANCE USE



# PREVENTION ACRONYMS



# DRUG CLASSIFICATIONS



# CENTRAL NERVOUS SYSTEM STIMULANTS

## What are they?

- Amphetamines

## What do they do?

- Increase alertness, attention and energy
- Stimulate dopamine and norepinephrine receptors



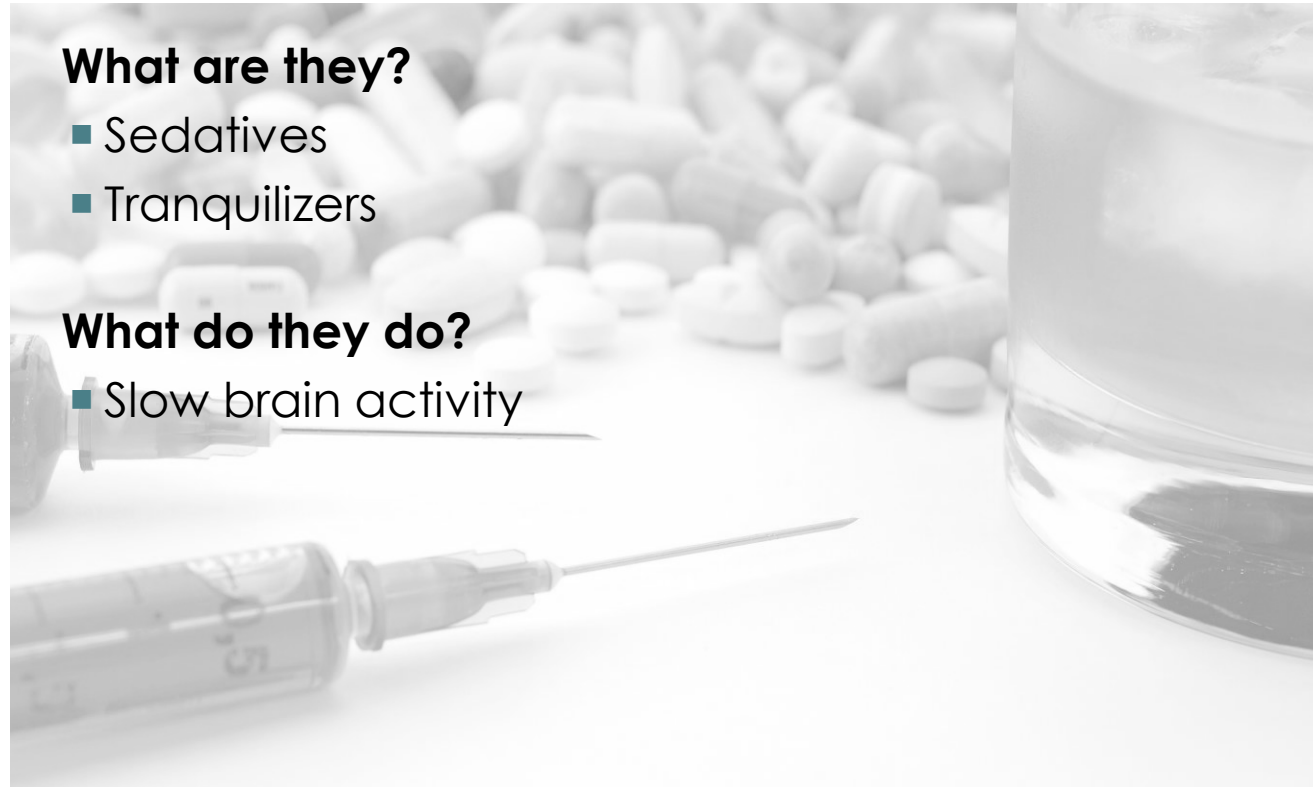
# CENTRAL NERVOUS SYSTEM DEPRESSANTS

## What are they?

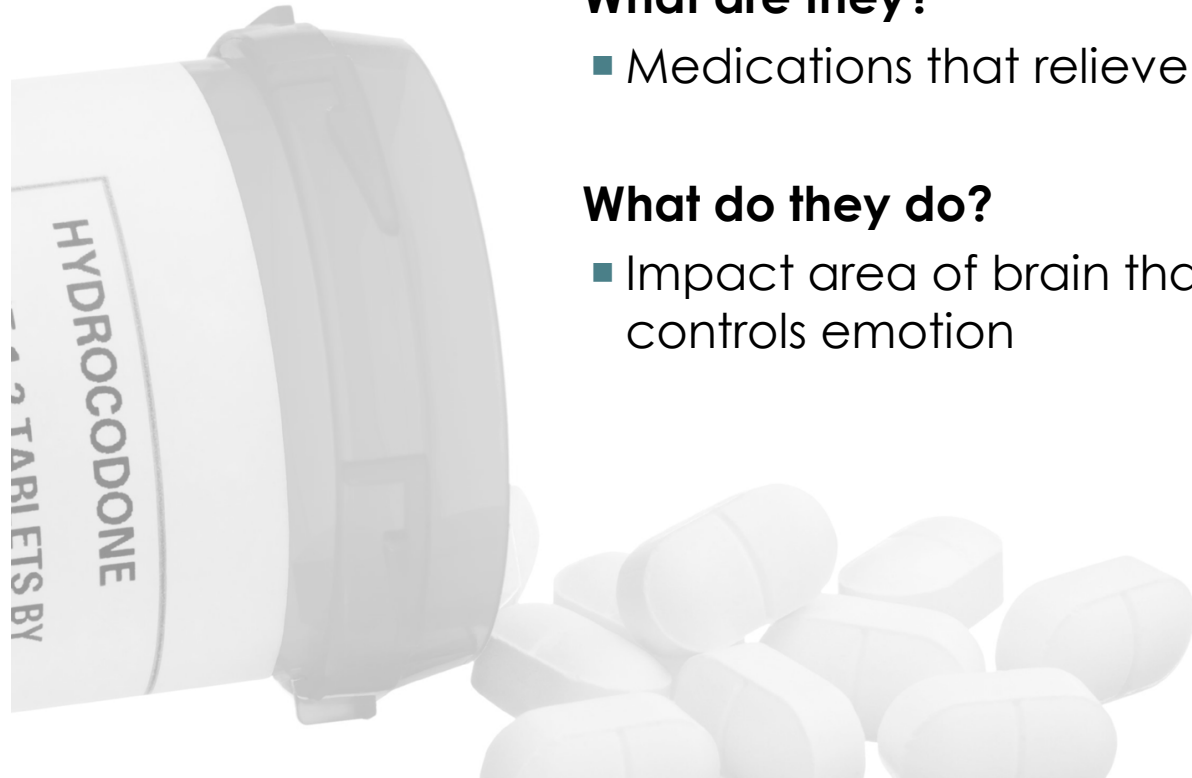
- Sedatives
- Tranquilizers

## What do they do?

- Slow brain activity



# OPIOIDS



## What are they?

- Medications that relieve pain

## What do they do?

- Impact area of brain that controls emotion

# HALLUCINOGENS



## **What are they?**

- Drugs that cause hallucinations

## **What do they do?**

- Disrupts interactions between nerve cells and serotonin

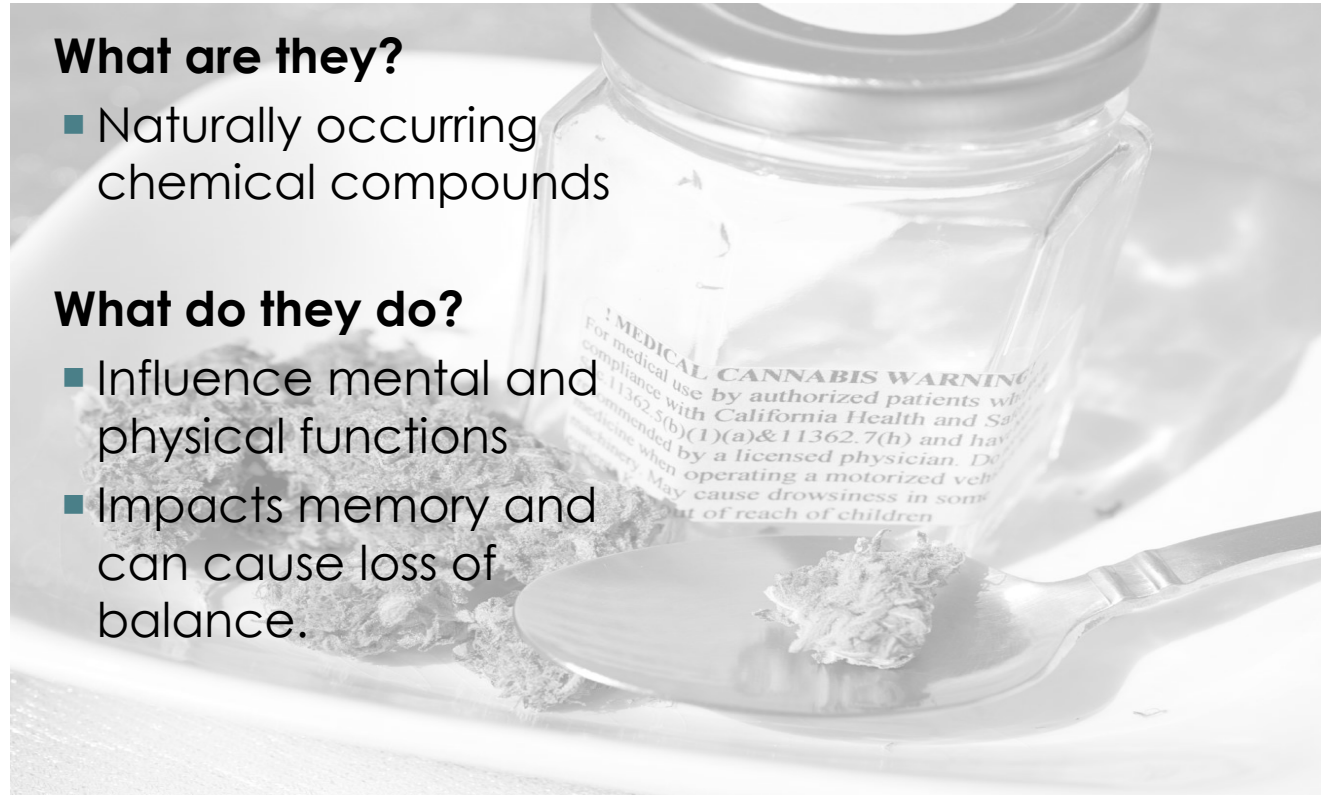
# CANNABINOIDS

## What are they?

- Naturally occurring chemical compounds

## What do they do?

- Influence mental and physical functions
- Impacts memory and can cause loss of balance.





# INHALANTS

## What are they?

- Breathable chemical vapors

## What do they do?

- Cause mind-altering effects



# STERIODS

## What are they?

- Synthetic substances
- Similar to male sex hormones

## What do they do?

- Increase testosterone
- Increases and repairs muscle



# MORE INFORMATION ON DRUG CLASSIFICATIONS



- National Institute on Drug Abuse (NIDA)

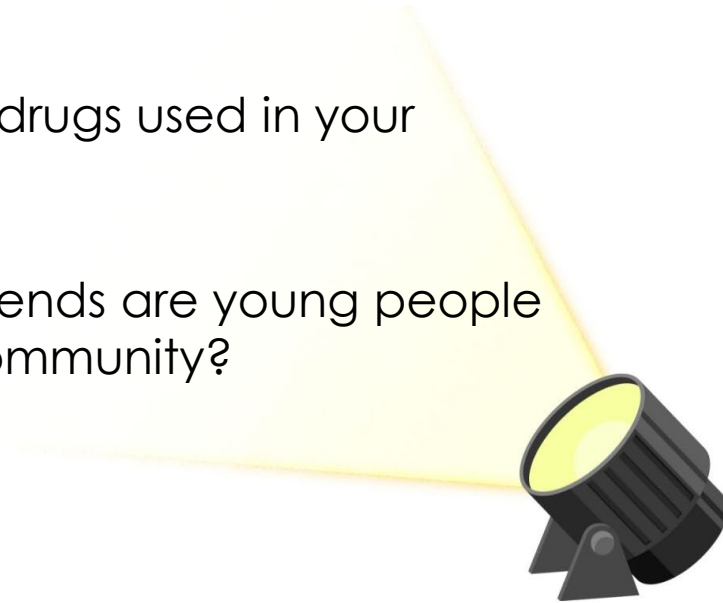
- <http://www.drugabuse.gov/drugs-abuse>

- Commonly Used Drug Charts

- <https://nida.nih.gov/download/2918/commonly-used-drugs-charts.pdf?v=297a7d6c889a22228d2e4ab83541d494>

# SPOTLIGHT ON PREVENTION

- What are the top two drugs used in your community?
  - How do you know?
- What substance use trends are young people engaging in in your community?
  - How do you know?



# ACTIVITY: DRUG CLASSIFICATIONS

## SMALL GROUP DISCUSSIONS



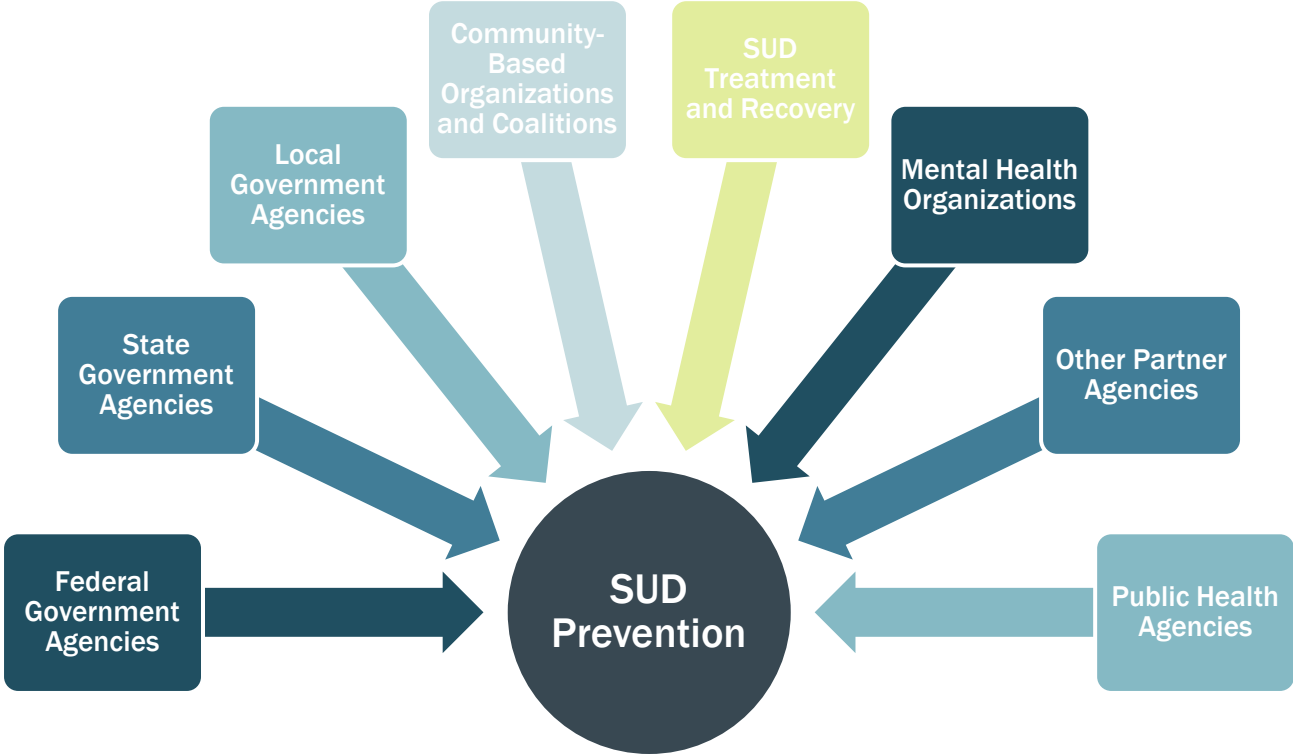
- Join the Group that best represents you (e.g., school, community provider, county agency)
- What substances are being abused and by whom?
- How do you know it's a problem?
- Discuss what you need to know about the impact of these kinds of drug on your community.
- Identify what else you need to know about this drug on your local conditions.

- Focus on knowing community needs related to substance use. It's important to understand what data is available and where you can find it.





# A NETWORK OF CROSS-SYSTEM COLLABORATION





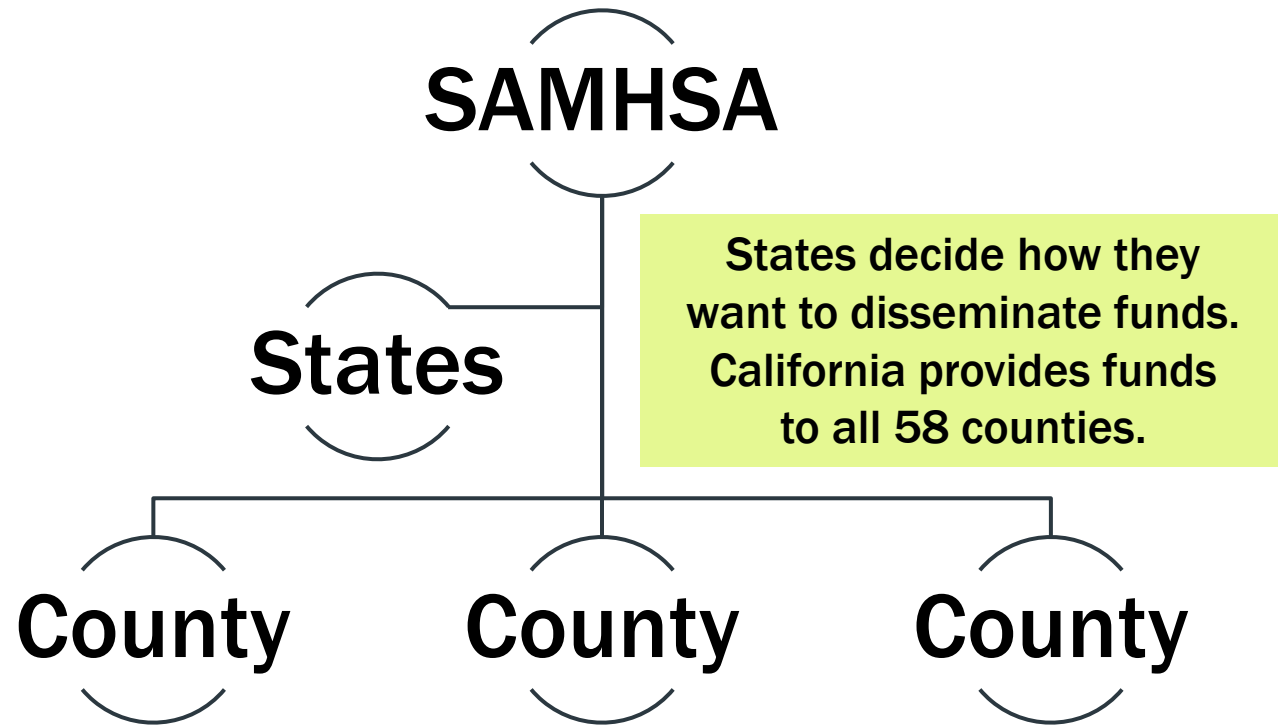
# SUBSTANCE ABUSE PREVENTION AND TREATMENT BLOCK GRANT PROGRAM



SAMHSA is a department under the U.S. Department of Health and Human Services (HHS).

*SAMHSA's mission is to "reduce the impact of substance misuse and mental illness on America's communities."*

SAMHSA administers the Substance Abuse Prevention and Treatment Block Grant to each State (SABG).



# CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES (DHCS)



# LOCAL GOVERNMENT AGENCIES



# **CODE OF FEDERAL REGULATIONS (CFR)**

## **45 PART 96**

**Defines primary prevention services for the purposes of distribution of federal block grant funds.**

*“Primary Prevention Programs are those directed at individuals who have not been determined to require treatment for substance abuse. Such programs are aimed at educating and counseling individuals on such abuse and providing for activities to reduce the risk of such abuse.”*

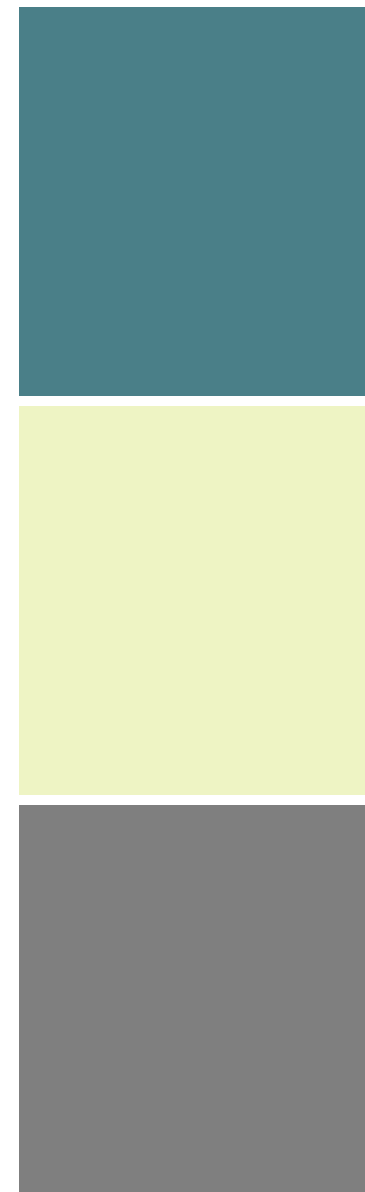
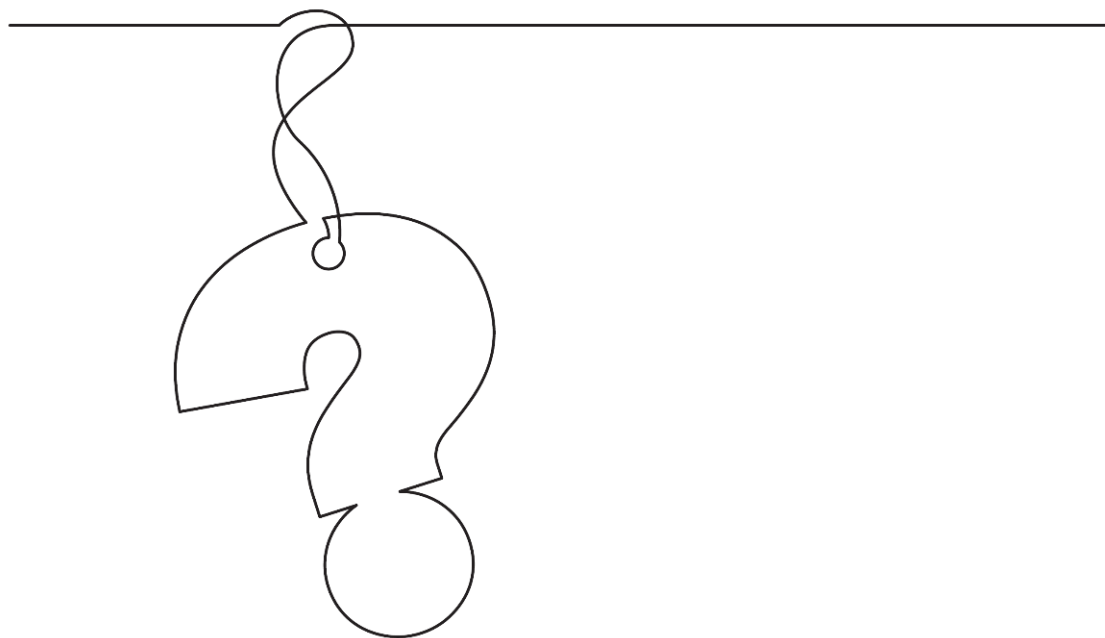
# SPOTLIGHT ON PREVENTION

- How do you ensure that your prevention activities are both allowable and effective?



# LOOKING THROUGH THE LENS OF WHAT YOU CAN DO

- What did you learn? How will you implement it in your daily prevention services?



**QUESTIONS/COMMENTS**



# JOIN US NEXT WEEK FOR PART 2!



- Part 2: June 13
  - Foundational Prevention Theories
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# MORE IS AVAILABLE FOR YOU!

Visit the CPI website for more  
no-cost resources, webinars, and  
trainings on prevention topics:

[www.ca-cpi.org](http://www.ca-cpi.org)



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WELCOME TO THE COMMUNITY PREVENTION INITIATIVE (CPI)

CPI provides no-cost technical assistance and training in substance use disorder prevention.



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