



Northwest (HHS Region 10)

PTTC

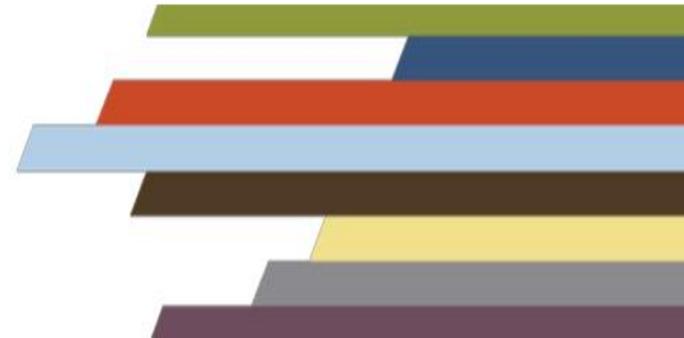
Prevention Technology Transfer Center Network

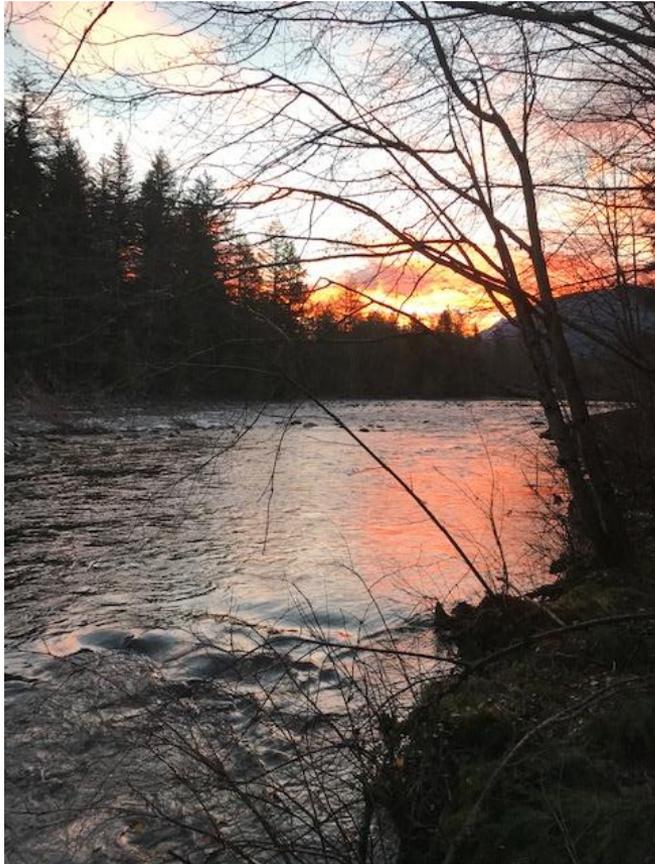
Funded by Substance Abuse and Mental Health Services Administration



Prevention Foundations: Shared Risk and Protective Factors

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Endowed Professor of Prevention
UW, School of Social Work
Director, Social Development Research Group
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I acknowledge that we are all on the traditional lands of different peoples. Where I sit, I am situated on the ancestral lands of the Snoqualmie (Costal Salish) People. We have a responsibility to acknowledge our Indigenous connections and the histories of Indigenous land dispossession.

To identify the stewards of your land, type your location into <https://native-land.ca/>

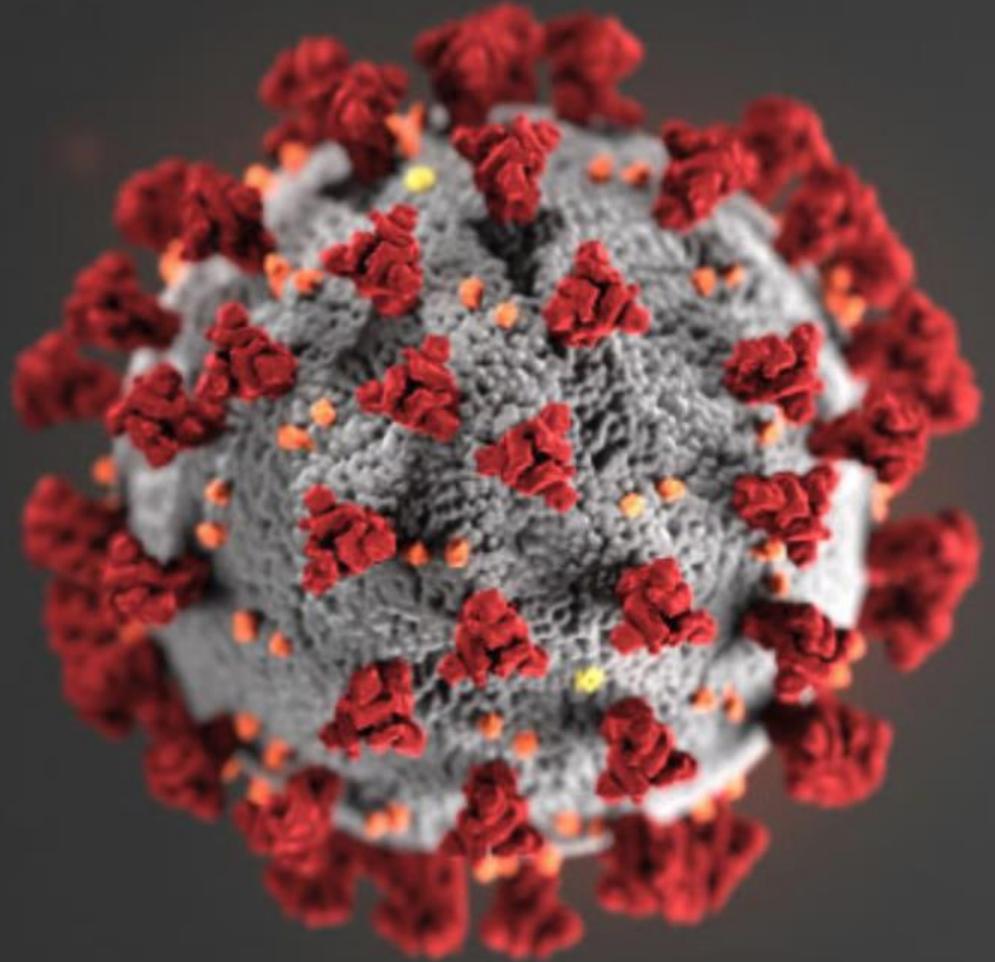
Feel free to acknowledge in the chat if you desire

Check out Real Rent Duwamish
<https://www.realrentduwamish.org/>

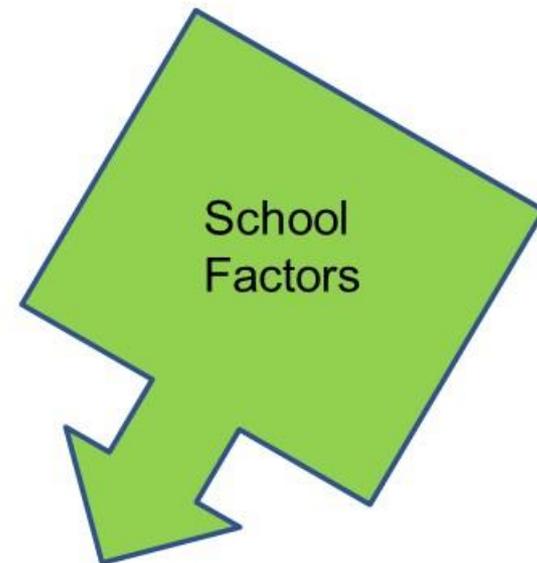
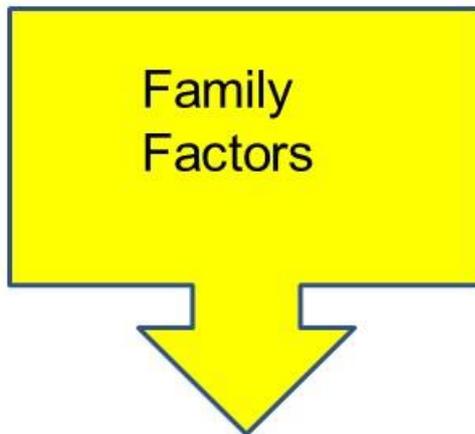
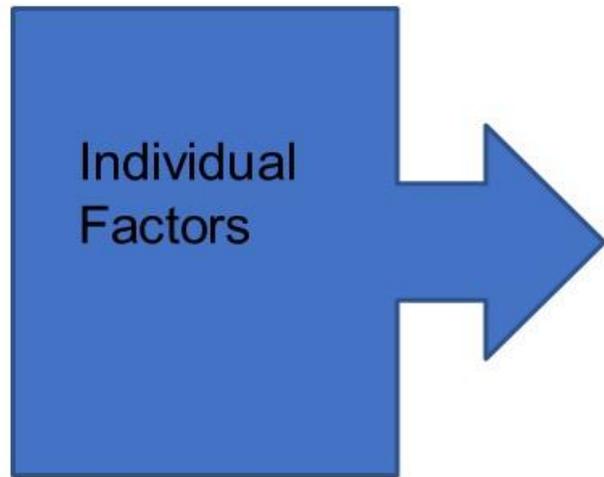


COVID VACCINE in just one year!

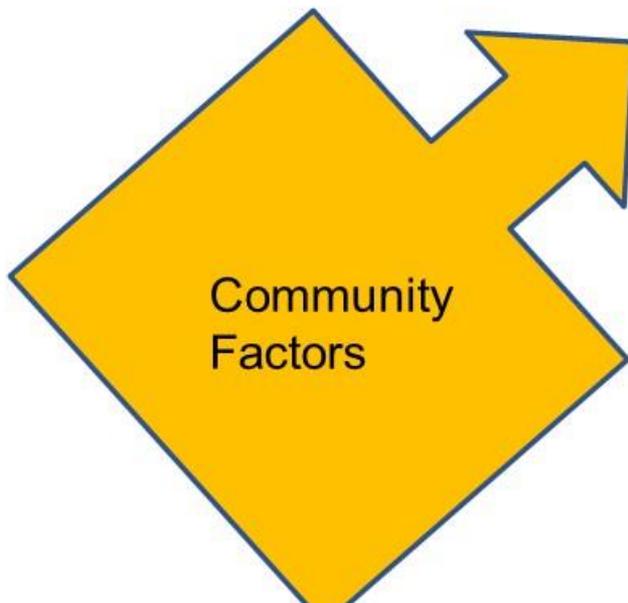
Inoculate
against the
virus.....



Multiple Pathways to Substance Misuse



Substance Misuse



My experience ...

Please consider this question,
then type a quick reply in the
'chat' room

- *What's a time when you noticed a risk or protective factor active in your own life?*



Objectives

Participants will be able to:

- Explain the ‘what’: what are ‘shared risk and protective factors’?
- Describe the ‘how’: how do we use risk and protective factors to select evidence based programs?
- Discuss ‘what’s new’: how is our understanding of shared risk factors evolving over time?
- Explore the ‘so what’: what does understanding about risk factors mean for your community’s work in prevention?

Early Prevention Efforts were Ineffective

Example: Substance Abuse Prevention

- **Strategies:**
 - Information
 - Fear arousal
 - Just say “no”
- **Outcomes:**
 - No decreases in drug use
 - Some programs *increased* drug use (Tobler, 1986)

Lesson: Untested ideas can sometimes make things worse.

When Helping Hurts

<https://freakonomics.com/podcast/when-helping-hurts/>

Policy Making is not a Science....Yet

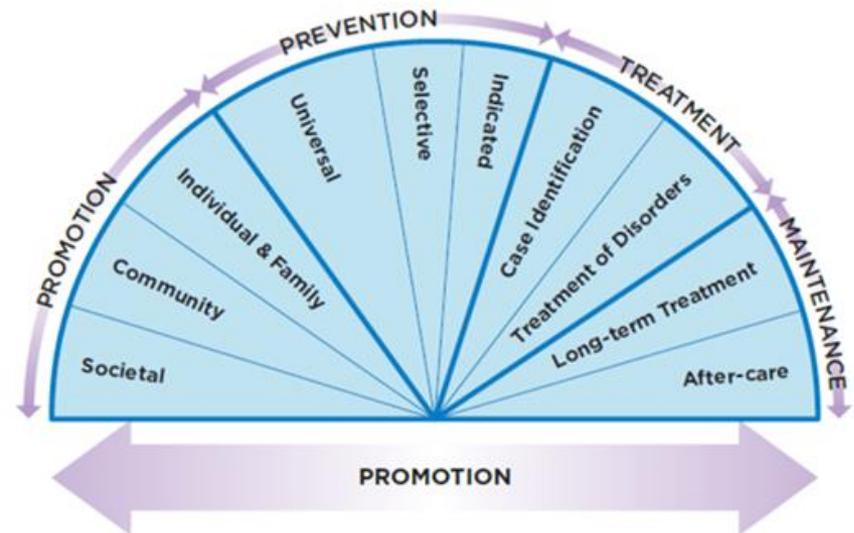
<https://freakonomics.com/podcast/scalability/>

CPWI: The Spirit and the Science

Community owned
and operated

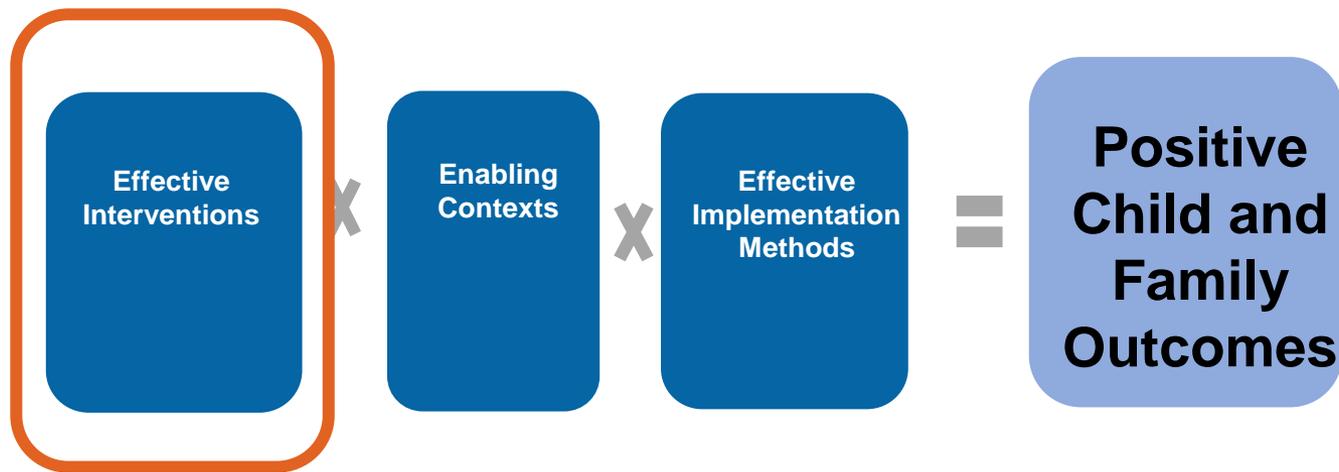


Community-wide change using prevention
and implementation science



2019 update of the spectrum of MEB interventions.

Creating Optimal Enabling Contexts for Tested, Effective Programs Within Communities



- Risk and Protection
- Community Capacity

National Implementation Research Network

RISK FACTORS Risk factors increase the likelihood young people will develop health and social problems.	DOMAIN	PROTECTIVE FACTORS Protective factors help buffer young people with high levels of risk factors from developing health and social problems.
<ul style="list-style-type: none"> • Low community attachment • Community disorganisation • Community transitions and mobility • Personal transitions and mobility • Laws and norms favourable to drug use <ul style="list-style-type: none"> • Perceived availability of drugs • Economic disadvantage (not measured in youth survey) 		<ul style="list-style-type: none"> • Opportunities for prosocial involvement in the community <ul style="list-style-type: none"> • Recognition of prosocial involvement • Exposure to evidence-based programs and strategies (some are measured in youth survey)
<ul style="list-style-type: none"> • Poor family management and discipline <ul style="list-style-type: none"> • Family conflict • A family history of antisocial behaviour • Favourable parental attitudes to the problem behaviour 		<ul style="list-style-type: none"> • Attachment and bonding to family • Opportunities for prosocial involvement in the family <ul style="list-style-type: none"> • Recognition of prosocial involvement
<ul style="list-style-type: none"> • Academic failure (low academic achievement) <ul style="list-style-type: none"> • Low commitment to school • Bullying 		<ul style="list-style-type: none"> • Opportunities for prosocial involvement in school <ul style="list-style-type: none"> • Recognition of prosocial involvement
<ul style="list-style-type: none"> • Rebelliousness • Early initiation of problem behaviour <ul style="list-style-type: none"> • Impulsiveness • Antisocial behaviour • Favourable attitudes toward problem behaviour • Interaction with friends involved in problem behaviour <ul style="list-style-type: none"> • Sensation seeking • Rewards for antisocial involvement 		<ul style="list-style-type: none"> • Social skills • Belief in the moral order <ul style="list-style-type: none"> • Emotional control • Interaction with prosocial peers

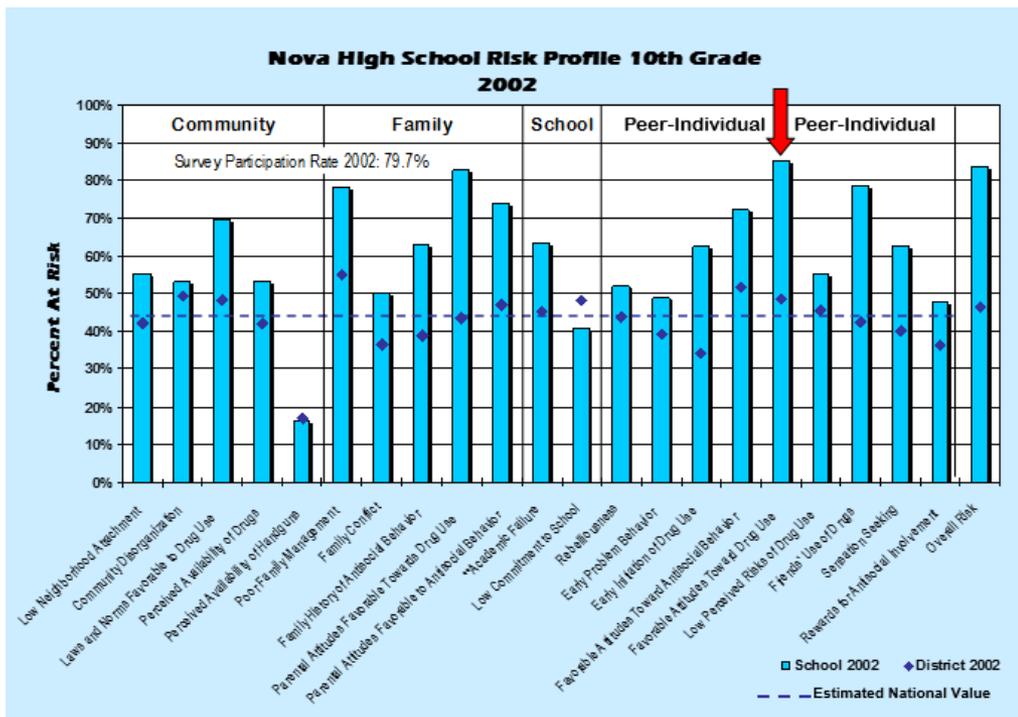
Why is this foundational to prevention?

- Address problems **before they start**
- Helps find the **most appropriate prevention responses** to the unique situation for the children and youth in your community
- More bang for your buck: Working at level of risk and protection can **impact multiple outcomes**

“A shared risk and protective factor approach refers to prioritizing risk and protective factors linked to multiple [youth outcomes] **in prevention planning, partnership, and programmatic efforts** (vs focusing on different outcomes separately)*.”

**J Public Health Manag Pract. 2018 Jan-Feb; 24(Suppl 1 INJURY AND VIOLENCE PREVENTION): S32–S41.*

Priority Risk and Protective Factors Lead to Appropriate Program Selection



<https://www.blueprintsprograms.org/>

Blueprints
Programs for Children, Youth, and Families

PROGRAM SEARCH

CHOOSE FROM 3 WAYS TO SEARCH:

28 PROGRAMS MATCHED YOUR SEARCH.

YOU SEARCHED ON THE FOLLOWING CRITERIA:

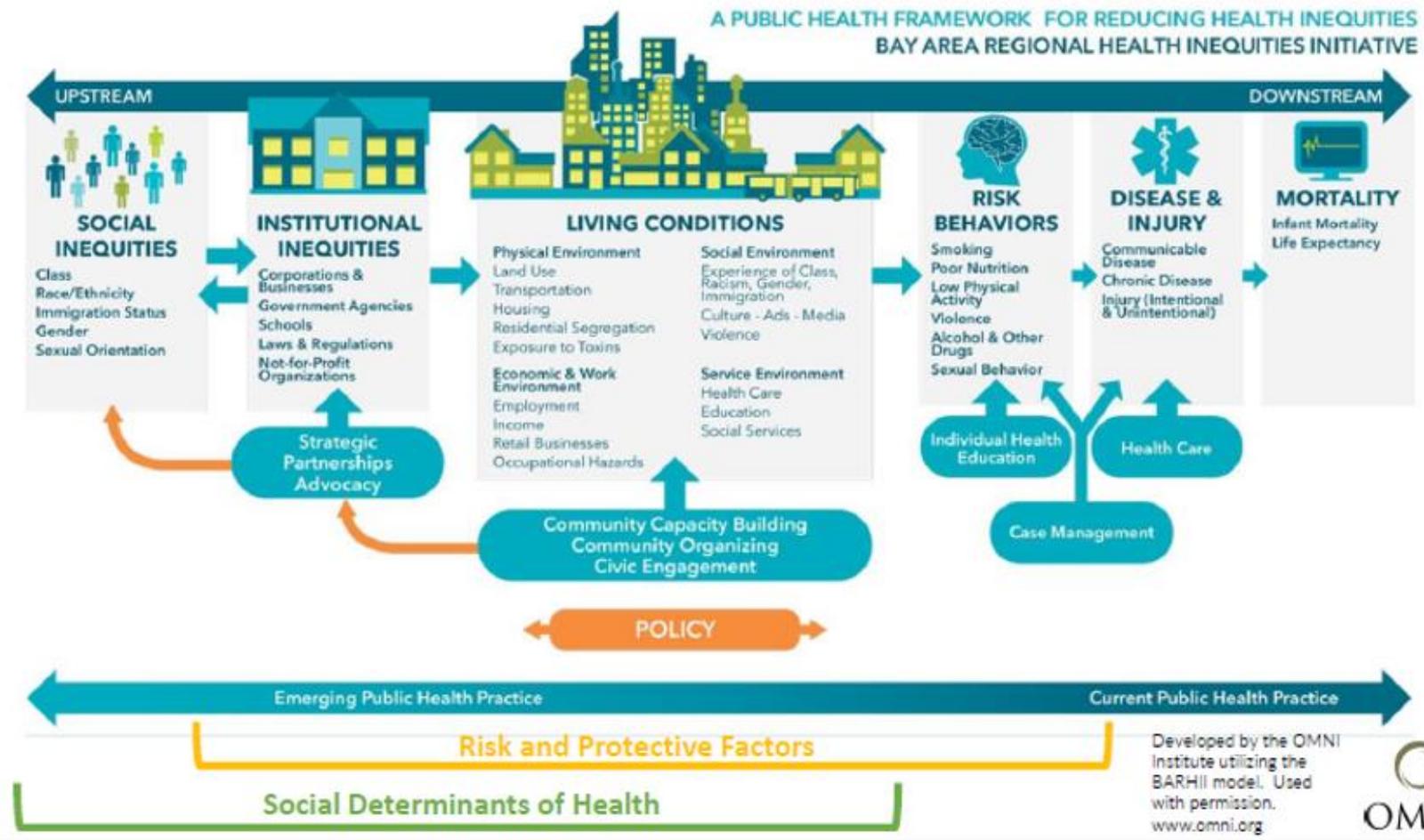
Risk and Protective Factors: Risk Factors: Favorable attitudes towards drug use

COMPARE Select the checkboxes on the left below for programs you wish to compare. Then click the "Compare" button.

To sort the list, click on the underlined Program or Rating column headings.

PROGRAM	RATING	BENEFITS AND COSTS	IMPACT
LIFESKILLS TRAINING (LST) PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model Plus	BENEFITS (MINUS COSTS)	Alcohol, Delinquency and Criminal Behavior, Illicit Drug Use, Sexual Risk Behaviors, STIs, Tobacco, Violence
FUNCTIONAL FAMILY THERAPY (FFT) PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS (MINUS COSTS)	Delinquency and Criminal Behavior, Illicit Drug Use
MULTISYSTEMIC THERAPY - PROBLEM SEXUAL BEHAVIOR (MST-PSB) PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS (MINUS COSTS)	Academic Performance, Adult Crime, Delinquency and Criminal Behavior, Illicit Drug Use, Mental Health - Other, Prosocial with Peers, Sexual Risk Behaviors, Sexual Violence
POSITIVE ACTION PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS (MINUS COSTS)	Academic Performance, Alcohol, Anxiety, Bullying, Delinquency and Criminal Behavior, Depression, Emotional Regulation, Illicit Drug Use, Positive Social/Prosocial Behavior, Sexual Risk Behaviors, Tobacco, Trauma - School Attendance, Violence

What's equity got to do with it?



The Pair of ACES—Adverse Childhood Experiences and Adverse Community Environments



Different approaches to identifying risk factors

Point-in-time (cross sectional studies)

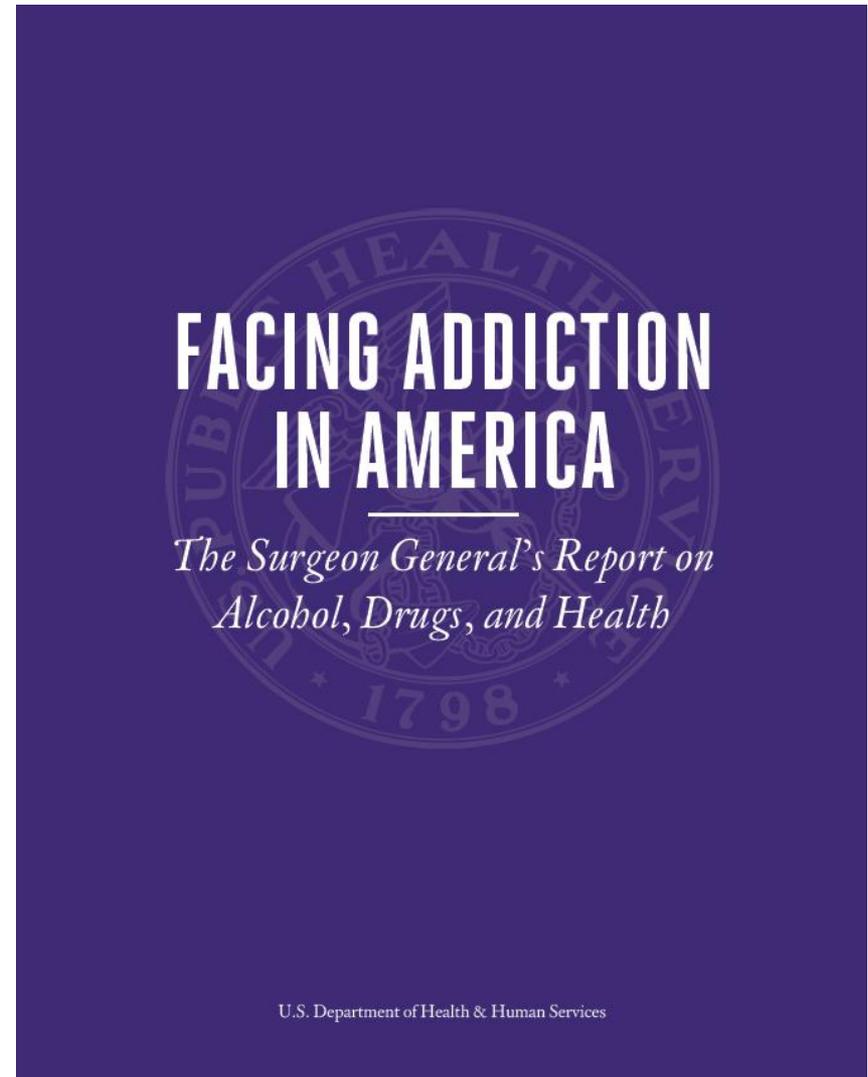
Retrospective (asking adults to recall their experiences as children)

Developmental (longitudinal studies)

Surgeon General's Report, 2016



Vivek H. Murthy, M.D., M.B.A.
Vice Admiral, U.S. Public Health Service
Surgeon General



How do we know? What's the science behind these risk factors?

- Broad range of longitudinal studies
- Broad range of demographic groups are represented in these studies

Table 3.1: Risk Factors for Adolescent and Young Adult Substance Use

Risk Factors	Definition	Adolescent Substance Use	Young Adult Substance Use
Individual/Peer			
Early initiation of substance use ^{44,47}	Engaging in alcohol or drug use at a young age.	✓	✓
Early and persistent problem behavior ^{44,49}	Emotional distress, aggressiveness, and "difficult" temperaments in adolescents.	✓	
Rebelliousness ^{48,50}	High tolerance for deviance and rebellious activities.	✓	✓
Favorable attitudes toward substance use ^{51,52}	Positive feelings towards alcohol or drug use, low perception of risk.	✓	✓
Peer substance use ^{53,54}	Friends and peers who engage in alcohol or drug use.	✓	✓
Genetic predictors ⁵⁴	Genetic susceptibility to alcohol or drug use.	✓	✓
Family			
Family management problems (monitoring, rewards, etc.) ⁵⁷⁻⁶⁰	Poor management practices, including parents' failure to set clear expectations for children's behavior, failure to supervise and monitor children, and excessively severe, harsh, or inconsistent punishment.	✓	✓
Family conflict ^{61,62}	Conflict between parents or between parents and children, including abuse or neglect.	✓	✓
Favorable parental attitudes ^{64,65}	Parental attitudes that are favorable to drug use and parental approval of drinking and drug use.	✓	✓
Family history of substance misuse ^{66,67}	Persistent, progressive, and generalized substance use, misuse, and use disorders by family members.	✓	✓

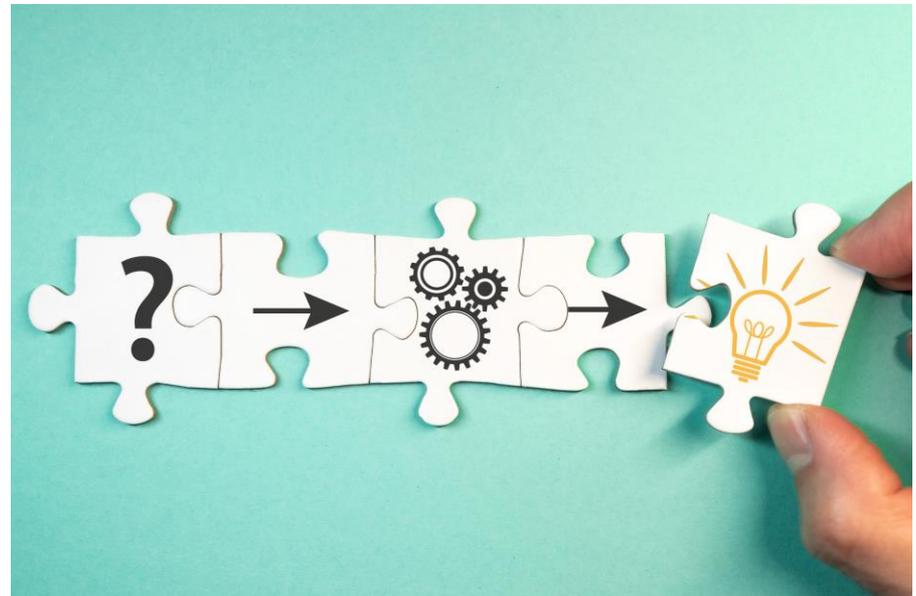
Types of studies

- When? Range from late 1980's to 2015
- 47 studies cited in Surgeon General's Report (many are comprehensive reviews of yet many more studies)
- Study samples vary from national longitudinal samples like National Child Development Study to smaller longitudinal studies across the country (and internationally)



Key Findings

- Strong evidence for robust predictors (RPF)
- Show consistency across gender, race/ethnicity, income
- Strong evidence of effective prevention programs and policies that address these risk and protective factors
- Programs/policies effective at different stages of lifespan



Key Findings (continued)

- Communities have different levels of RPF
- Communities are important prevention force
- Evidence of policies that are effective in reducing substance misuse and harms
- Evidence that laws targeting impaired driving have dramatically reduced alcohol-related traffic deaths since the 1980s
- Still working on evidence related to opioid pain medications

A note about labels

- Labels on risk factor chart are academic and descriptive
- Please listen carefully for the MEANING of each risk factor
- Communities can develop different names for each factor if the academic labels don't resonate



Pseudotsuga menziesii----Douglas Fir----Pine tree.....

Risk Factors for Health & Behavior Problems

Substance Abuse

Delinquency

Teen Pregnancy

School Dropout

Violence

Depression & Anxiety

Community

Availability of Drugs	•				•	
Availability of Firearms		•			•	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	•	•			•	
Media Portrayals of the Behavior	•				•	
Transitions and Mobility	•	•		•		•
Low Neighborhood Attachment and Community Disorganization	•	•			•	
Extreme Economic Deprivation	•	•	•	•	•	

Family

Family History of the Problem Behavior	•	•	•	•	•	•
Family Management Problems	•	•	•	•	•	•
Family Conflict	•	•	•	•	•	•
Favorable Parental Attitudes and Involvement in the Problem Behavior	•	•			•	

School

Academic Failure Beginning in Late Elementary School	•	•	•	•	•	•
Lack of Commitment to School	•	•	•	•	•	

Individual/Peer

Early and Persistent Antisocial Behavior	•	•	•	•	•	•
Rebelliousness	•	•		•	•	
Gang Involvement	•	•			•	
Friends Who Engage in the Problem Behavior	•	•	•	•	•	
Favorable Attitudes Toward the Problem Behavior	•	•	•	•	•	
Early Initiation of the Problem Behavior	•	•	•	•	•	
Constitutional Factors	•	•			•	•

Thought moment

- Pick one of the risk factors from this list
- Think about your community and create a new name/label for that risk factor that will resonate with your community
- For example...How would your coalition describe 'Family Management Problems' in a way that is both **accurate** AND **understandable** for your community?



Risk/protection focused prevention impacts multiple outcomes

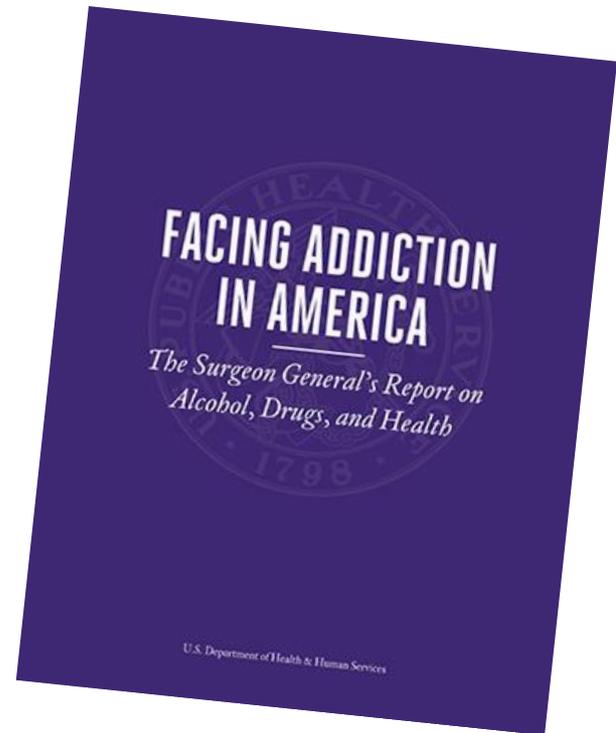
Program	Drug use	Delinquency	Violence	School	Risky Sex	Mental health
Life Skills Training	✓	✓	✓		✓	
High Scope Preschool		✓	✓	✓		
FamiliasUnidas	✓	✓	✓		✓	
MST (Multisystemic Therapy)	✓	✓	✓	✓		✓
Good Behavior Game	✓	✓	✓		✓	✓

Protective Factors

Table 3.2: Protective Factors for Adolescent and Young Adult Substance Use

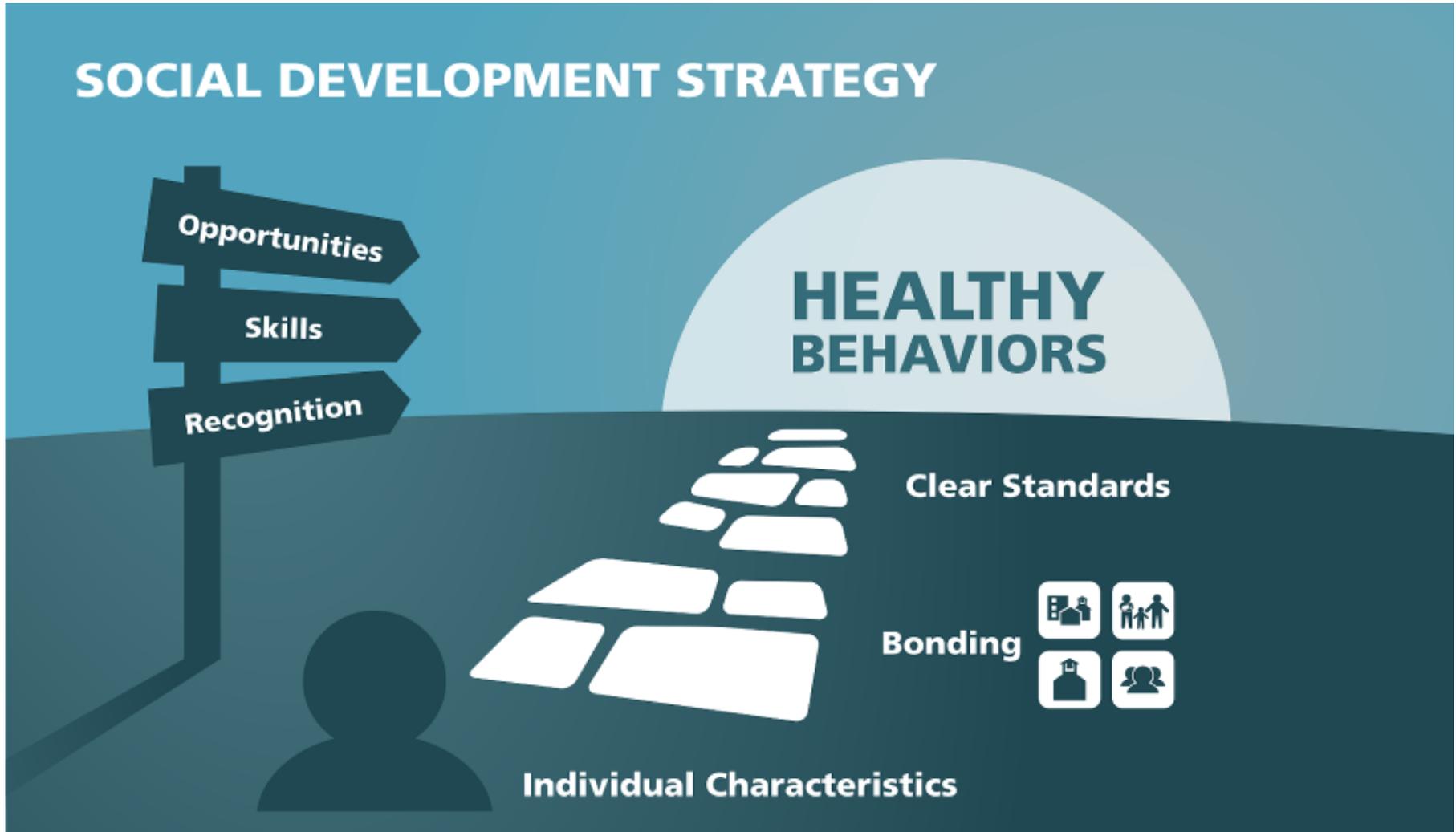
Protective Factors	Definition	Adolescent Substance Use	Young Adult Substance Use
Individual			
Social, emotional, behavioral, cognitive, and moral competence ^{87,88}	Interpersonal skills that help youth integrate feelings, thinking, and actions to achieve specific social and interpersonal goals.	✓	✓
Self-efficacy ^{89,90}	An individual's belief that they can modify, control, or abstain from substance use.	✓	✓
Spirituality ^{91,92}	Belief in a higher being, or involvement in spiritual practices or religious activities.	✓	✓
Resiliency ⁸⁸	An individual's capacity for adapting to change and stressful events in healthy and flexible ways.	✓	✓
Family, School, and Community			
Opportunities for positive social involvement ^{93,94}	Developmentally appropriate opportunities to be meaningfully involved with the family, school, or community.	✓	✓
Recognition for positive behavior ⁵¹	Parents, teachers, peers and community members providing recognition for effort and accomplishments to motivate individuals to engage in positive behaviors in the future.	✓	✓
Bonding ^{95,97}	Attachment and commitment to, and positive communication with, family, schools, and communities.	✓	✓
Marriage or committed relationship ⁹⁸	Married or living with a partner in a committed relationship who does not misuse alcohol or drugs.		✓
Healthy beliefs and standards for behavior ^{51,99}	Family, school, and community norms that communicate clear and consistent expectations about not misusing alcohol and drugs.	✓	✓

Note: These tables present some of the key risk and protective factors related to adolescent and young adult substance initiation and misuse.



(See Surgeon General's Report: *Facing Addiction*, 2017)

The Social Development Strategy Organizes Five Protective Factors



Question moment

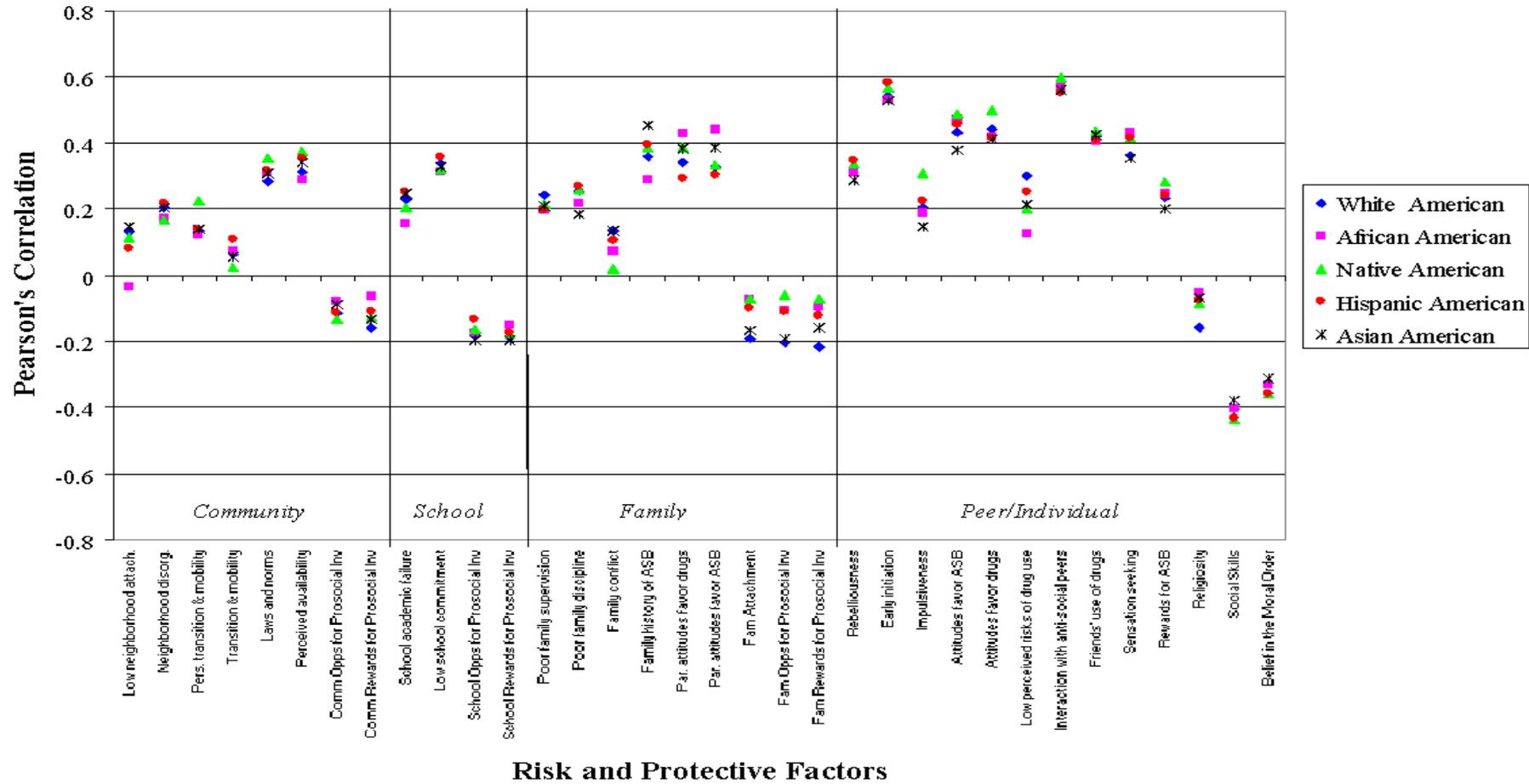
- What's a major question for you about this risk and protective factors?
- Put questions in the chat.



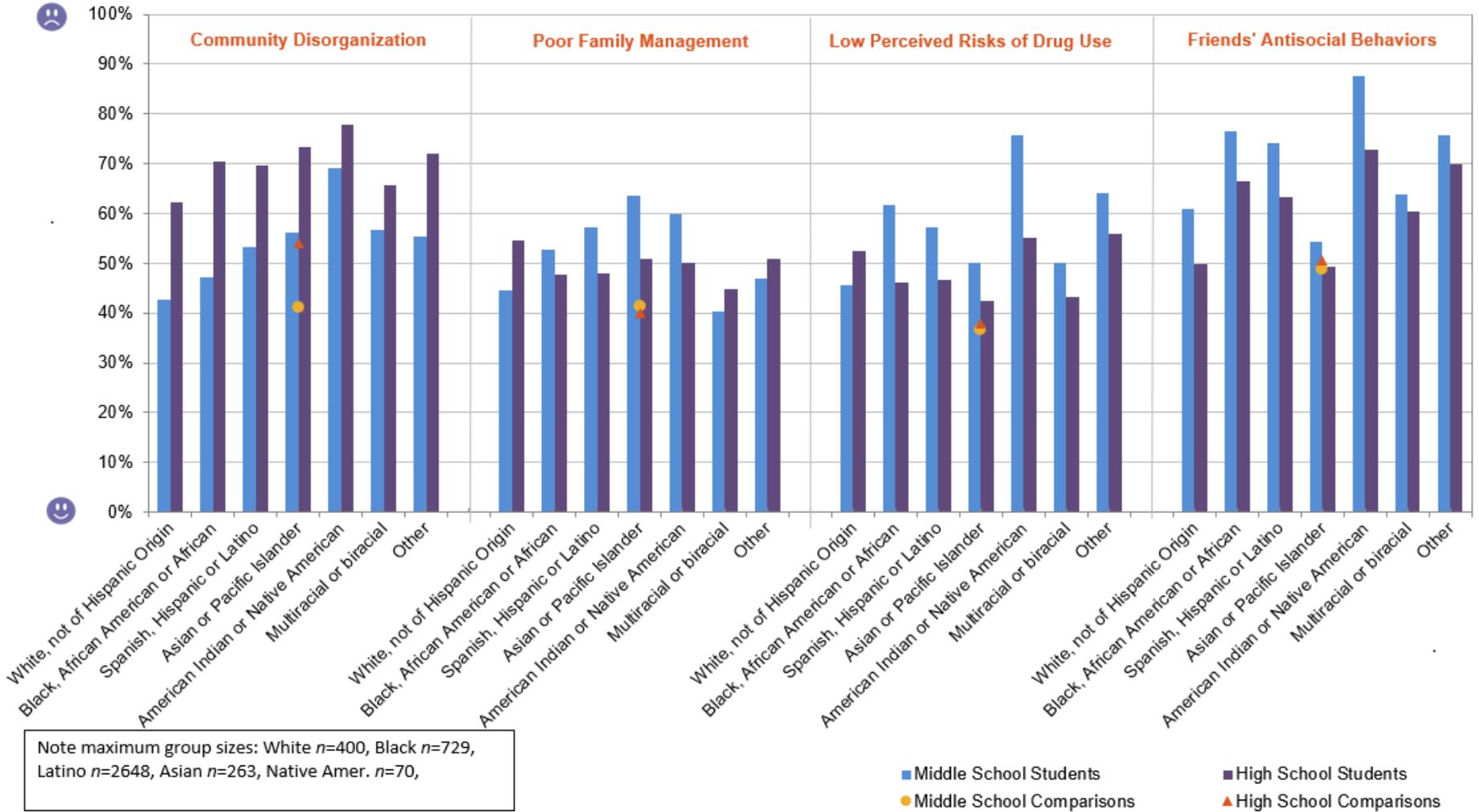
Are Risk and Protective factors relevant for different racial/ethnic groups?



Correlations of Communities That Care Student Survey Scales, by Ethnicity Antisocial Behavior

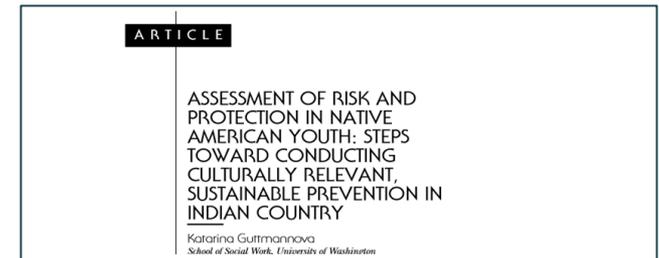


Highest District-wide Middle School Risk Factors Compared Across Ethnic Groups



CTC Youth Survey works cross-culturally

Native American youth (*Guttmanova, et al., 2017*)



Chilean and Colombian community prevention coalitions (*Eisenberg, et al., 2020*)



Guttmanova, K., Wheeler, M. J., Hill, K. G., Evans-Campbell, T. A., Hartigan, L. A., Jones, T. M., ... & Catalano, R. F. (2017). Assessment of risk and protection in Native American youth: Steps toward conducting culturally relevant, sustainable prevention in Indian Country. *Journal of community psychology, 45*(3), 346-362.

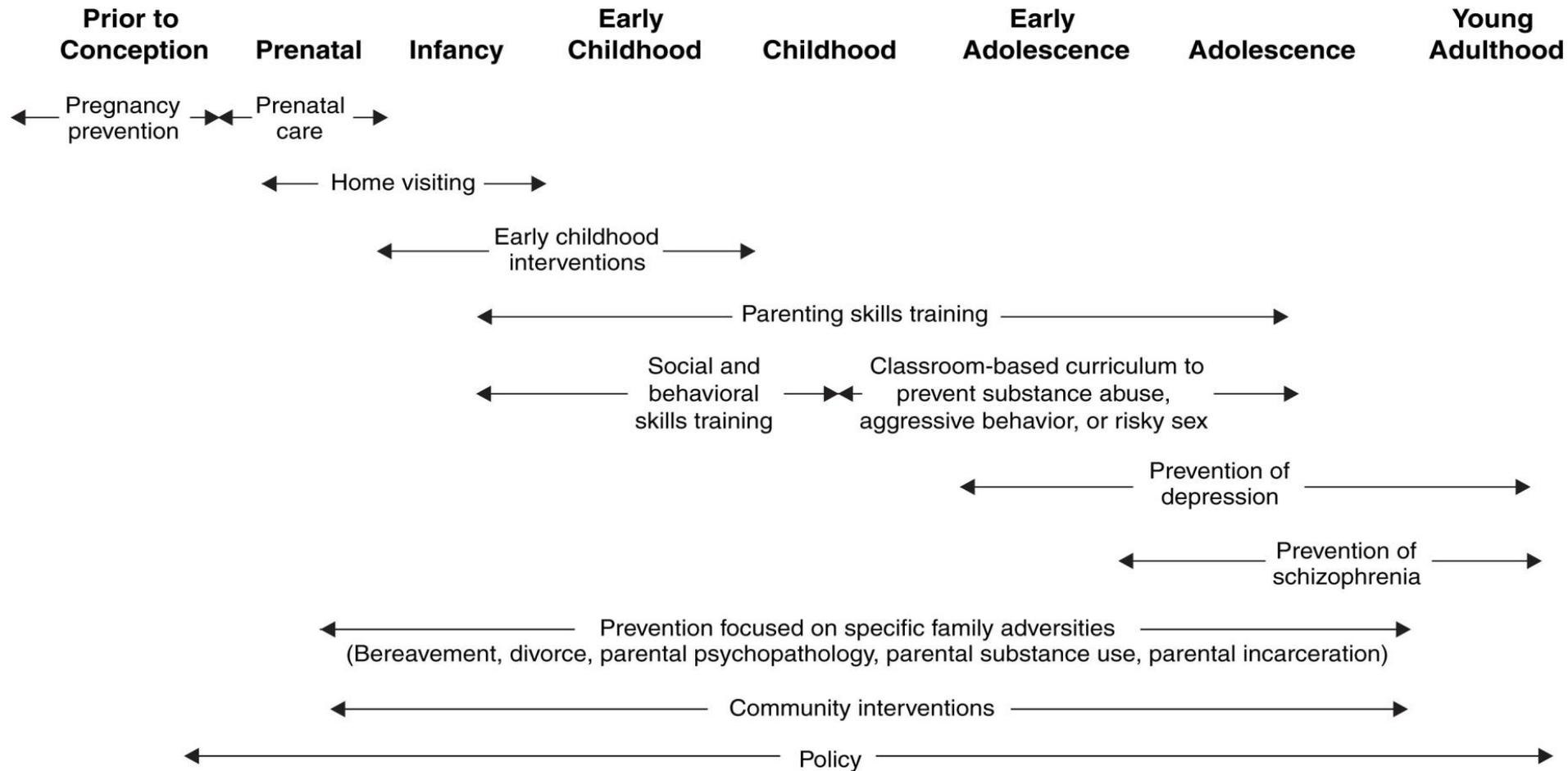
Eisenberg, N., Brown, E. C., Pérez-Gómez, A., Mejía-Trujillo, J., Paredes-Aguilar, M., Cardozo-Macias, F., ... & Guttmanova, K. (2020). Community utilization of risk and protective factor data for prevention planning in Chile and Colombia. *Health Promotion International*.

What's new? How is our understanding of shared risk factors evolving?

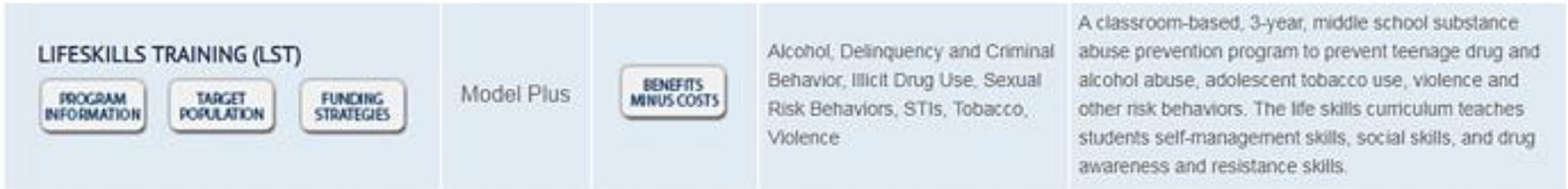
1. Risk factor chart is a living document
2. In last decade, added 'depression and anxiety' column
3. Research is perennially playing 'catch up' to lived experience
4. Attention on 'structural determinants' - social and institutional inequities and other environmental factors that impact all domains of influence on a child's development

Risk Factors for Adolescent Problem Behavior	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Community						
Availability of Drugs	•				•	
Availability of Firearms		•			•	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	•	•			•	
Media Portrayals of the Behavior	•				•	
Transitions and Mobility	•	•		•		•
Low Neighborhood Attachment and Community Disorganization	•	•			•	
Extreme Economic Deprivation	•	•	•	•	•	
Family						
Family History of the Problem Behavior	•	•	•	•	•	•
Family Management Problems	•	•	•	•	•	•
Family Conflict	•	•	•	•	•	•
Favorable Parental Attitudes and Involvement in the Problem Behavior	•	•			•	
School						
Academic Failure Beginning in Late Elementary School	•	•	•	•	•	•
Lack of Commitment to School	•	•	•	•	•	
Individual/Peer						
Early and Persistent Antisocial Behavior	•	•	•	•	•	•
Rebelliousness	•	•		•	•	
Gang Involvement	•	•			•	
Friends Who Engage in the Problem Behavior	•	•	•	•	•	
Favorable Attitudes Toward the Problem Behavior	•	•	•	•	•	
Early Initiation of the Problem Behavior	•	•	•	•	•	
Constitutional Factors	•	•			•	•

Interventions by Developmental Phase



Most high quality interventions address multiple risk factors AND build protection



RISK AND PROTECTIVE FACTORS

Risk Factors

Individual: Early initiation of drug use, Favorable attitudes towards drug use*, Stress, Substance use

Peer: Interaction with antisocial peers, Peer rewards for antisocial behavior, Peer substance use

Neighborhood/Community: Laws and norms favorable to drug use/crime

Protective Factors

Individual: Clear standards for behavior*, Coping Skills*, Perceived risk of drug use*, Problem solving skills*, Refusal skills*, Skills for social interaction*

*Risk/Protective Factor was significantly impacted by the program.

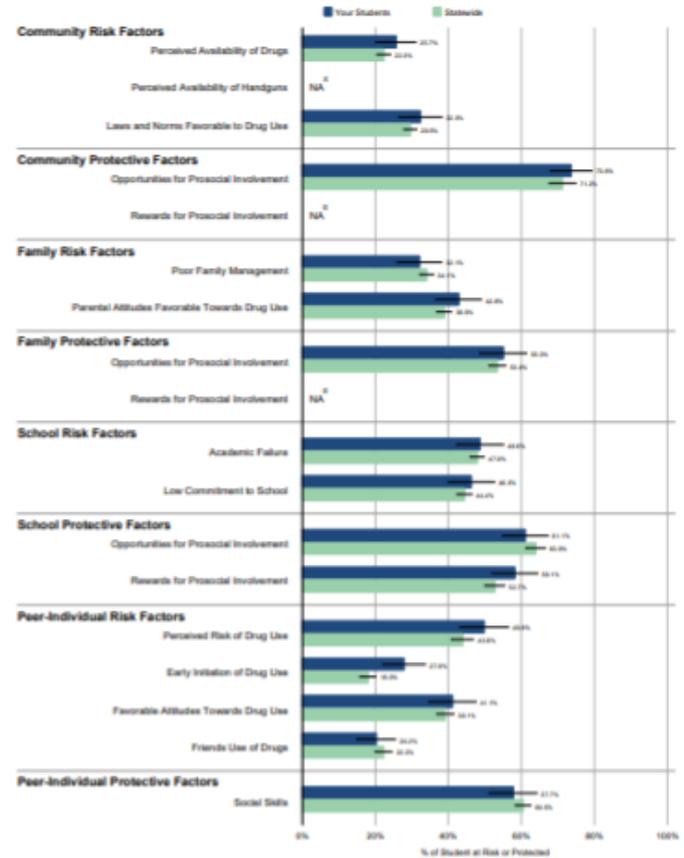
See also: [LifeSkills Training \(LST\) Logic Model \(PDF\)](#)

Risk and Protective Factor Graph of All Scale Results

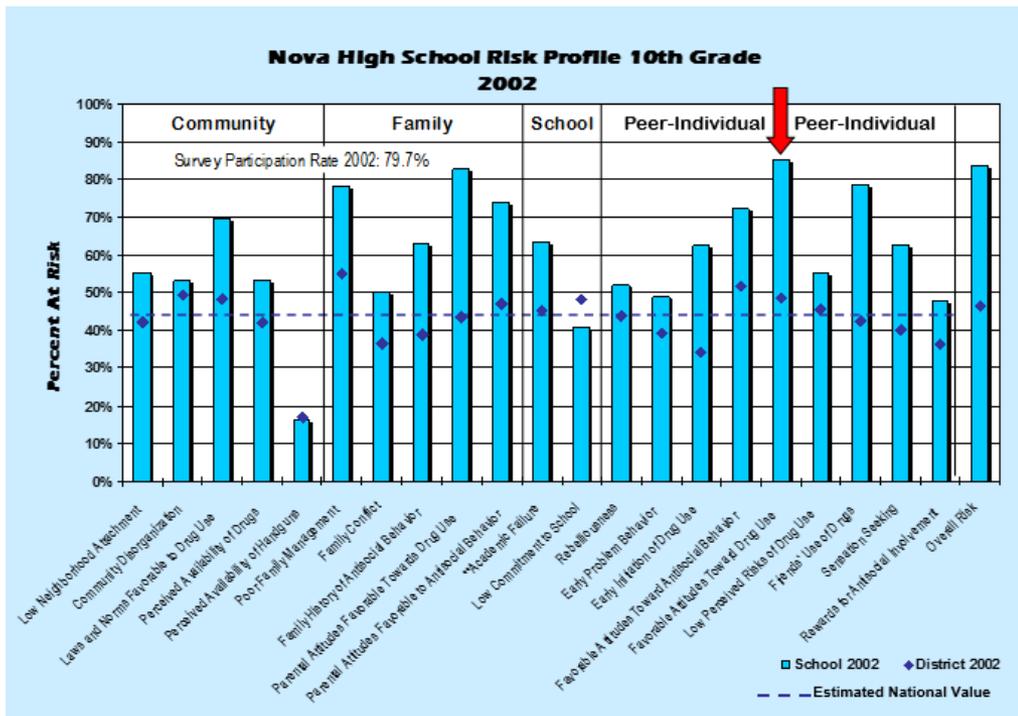


Note: NA^E = Included only on the elementary version; NA^S = Included only on the secondary version.

Risk and Protective Factor Graph of All Scale Results



Priority Risk and Protective Factors Lead to Appropriate Program Selection



Blueprints
Programs for Schools

PROGRAM SEARCH

CHOOSE FROM 3 WAYS TO SEARCH:

28 PROGRAMS MATCHED YOUR SEARCH.

YOU SEARCHED ON THE FOLLOWING CRITERIA:
Risk and Protective Factors: Risk Factors: Favorable attitudes towards drug use

COMPARE Select the checkboxes on the left below for programs you wish to compare. Then click the "Compare" button.

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FUNCTIONAL FAMILY THERAPY (FFT) PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS (MINUS COSTS)	Delinquency and Criminal Behavior, Illicit Drug Use
MULTISYSTEMIC THERAPY - PROBLEM SEXUAL BEHAVIOR (MST-PSB) PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS (MINUS COSTS)	Academic Performance, Adult Crime, Delinquency and Criminal Behavior, Illicit Drug Use, Mental Health - Other, Prosocial with Peers, Sexual Risk Behaviors, Sexual Violence
POSITIVE ACTION PROGRAM INFORMATION TARGET POPULATION FUNDING STRATEGIES	Model	BENEFITS (MINUS COSTS)	Academic Performance, Alcohol, Anxiety, Bullying, Delinquency and Criminal Behavior, Depression, Emotional Regulation, Illicit Drug Use, Positive Social/Prosocial Behavior, Sexual Risk Behaviors, Tobacco, Trauma - School Attendance, Violence

<https://www.blueprintsprograms.org/>

So what?



What does understanding shared risk factors mean for your community's work in prevention?

1. Think and jot down ideas
2. Return to share aha's in chat box

Objectives

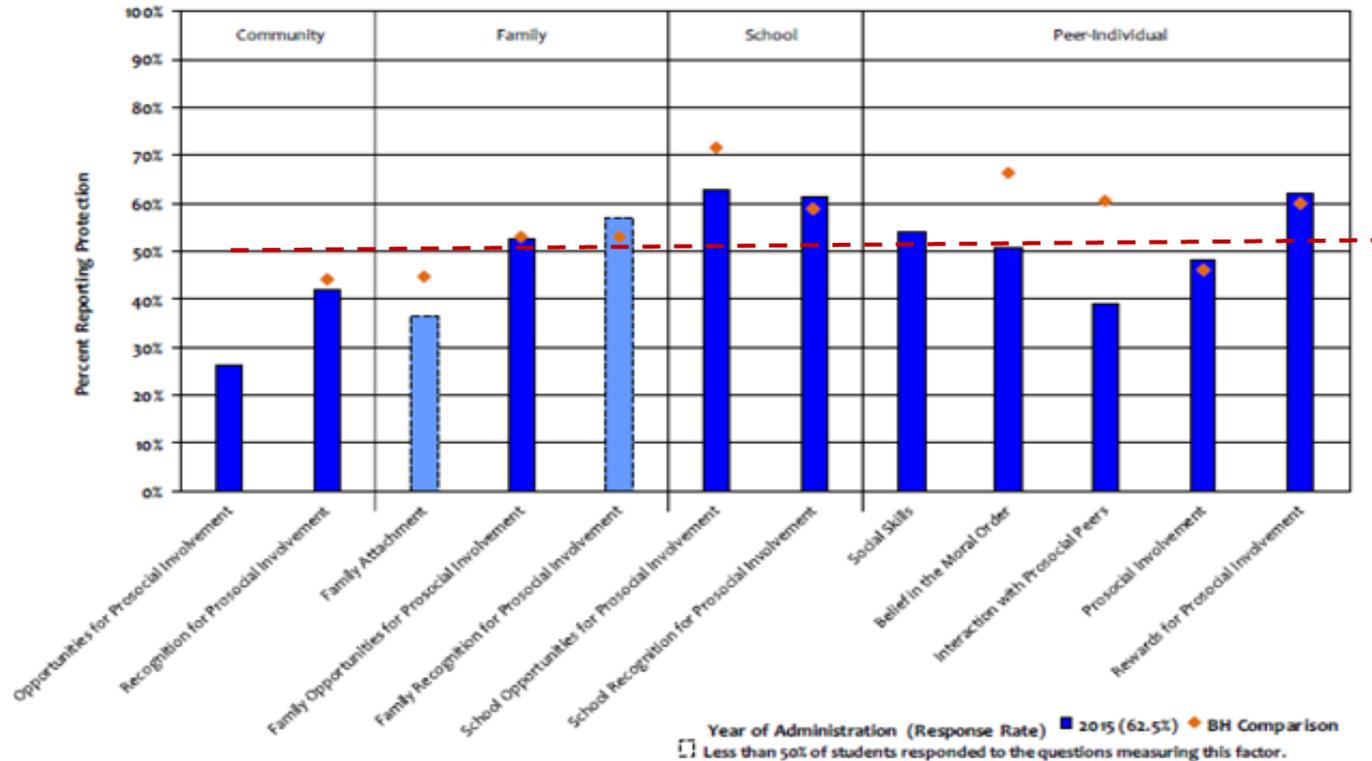
Are you able to answer these questions?

- What are 'shared risk and protective factors'?
- How do we use risk and protective factors to select evidence based programs?
- How is our understanding of shared risk factors evolving over time?
- What does understanding about risk factors mean for your community's work in prevention?

- 
- Following slides included only if may be needed

Levels of risk/protection will vary

Any Community
Protective Profile, 10th Grade, 2015



Levels of risk/protection will vary

Protective Factors

