

CSAP Strategies

The Center for Substance Abuse Prevention (CSAP) within the Substance Abuse and Mental Health Services Administration (SAMHSA) has identified six (6) strategies that can help shape your prevention plans.

CSAP Strategy	Definition	Examples in Minerva 2.0
Alternatives	Provide structured activities for specific groups/individuals that purposefully exclude substances. These activities help people – particularly young people – have healthy, pro-social alternatives to substance use and misuse.	<ul style="list-style-type: none"> • Healthy and safe social and recreational events for youth, young adults, and adults that are substance free. • Cultural-specific activities for youth • Community service activities • Youth leadership activities
Community Based Process	Provide ongoing networking and technical assistance within community groups or agencies. It encompasses neighborhood-based, grassroots empowerment models using action planning and collaborative systems planning.	<ul style="list-style-type: none"> • Assessing community needs • Tribal-led community prevention and wellness initiatives • Multi-agency collaboration • Coalition development • Strategic planning
Education	Two-way approach, involving an educator, to build skills through structured learning processes. Critical life and social skills that include decision making, peer resistance and refusal, coping with stress, problem solving, interpersonal communication, and systematic and judgmental capabilities.	<ul style="list-style-type: none"> • Family and parent services • Cultural and traditional teachings • Ongoing small group sessions in a school, college, or community setting • Peer leader/helper programs
Environmental	Aim to address the settings and conditions in which people live, work, and socialize. These strategies involve establishing or changing written and unwritten attitudes, norms, standards, codes, and policies that influence the use of substances.	<ul style="list-style-type: none"> • Restrictions and pricing • Ordinances • Cultural and traditional practices integrated with local policy • Policy review • Public policy efforts
Information Dissemination	Increase knowledge and change attitudes through communication. This method is one-way, and provides prevention and health-promotion related information.	<ul style="list-style-type: none"> • Media campaigns • Information sharing • Speaking engagements • Websites
Problem Identification and Referral	Process to determine when a behavior requires referral to services, or other	<ul style="list-style-type: none"> • Workplace assistance programs

	intensive interventions with education and motivational strategies.	<ul style="list-style-type: none"> • Referral networks rooted in tribal traditions • Student assistance programs
Training/Other	Not an official CSAP; included on A-19 or invoicing templates to bill training related expenses.	<ul style="list-style-type: none"> • Training • Cultural specific training • Conference

Source:

Substance Abuse and Mental Health Services Administration. (n.d.). Block grants. Retrieved from, <https://www.samhsa.gov/grants/block-grants/subg>.

Substance Abuse and Mental Health Services Administration. (2010). Focus on Prevention. HHS Publication No. (SMA) 10-4120. Rockville, MD: Center for Substance Use Prevention, Substance Abuse and Mental Health Services Administration, Revised 2017. Retrieved from, <https://store.samhsa.gov/product/focus-prevention/sma10-4120>.