



# Addressing the Spectrum of Prevention



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# What is the spectrum of prevention...?

## societal:

Interpreting and implementing legislation and policy

## community:

Leveraging resources and participation of community-level institutions (i.e. coalitions, advocacy organizations, media, public awareness campaigns, research institutions)

## organizational:

Influencing organizational systems and policies (i.e. hospitals, health care systems, health insurance plans, employer/work sites, community-based organizations, health departments, state agencies).

## interpersonal:

Affecting social and cultural norms and overcoming interpersonal barriers (i.e. peers, family, health care providers, community health workers, home visitors)

## individual:

Increasing an individual's knowledge and influencing individual-level attitudes and beliefs



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...And why are **community-level prevention strategies** important?



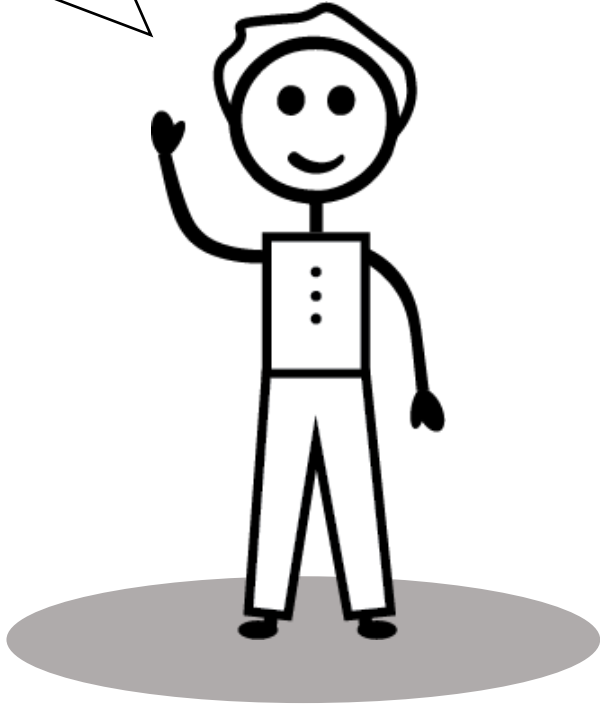
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Hi! I'm Mia.



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Hi! I'm Mia's friend, Alex.



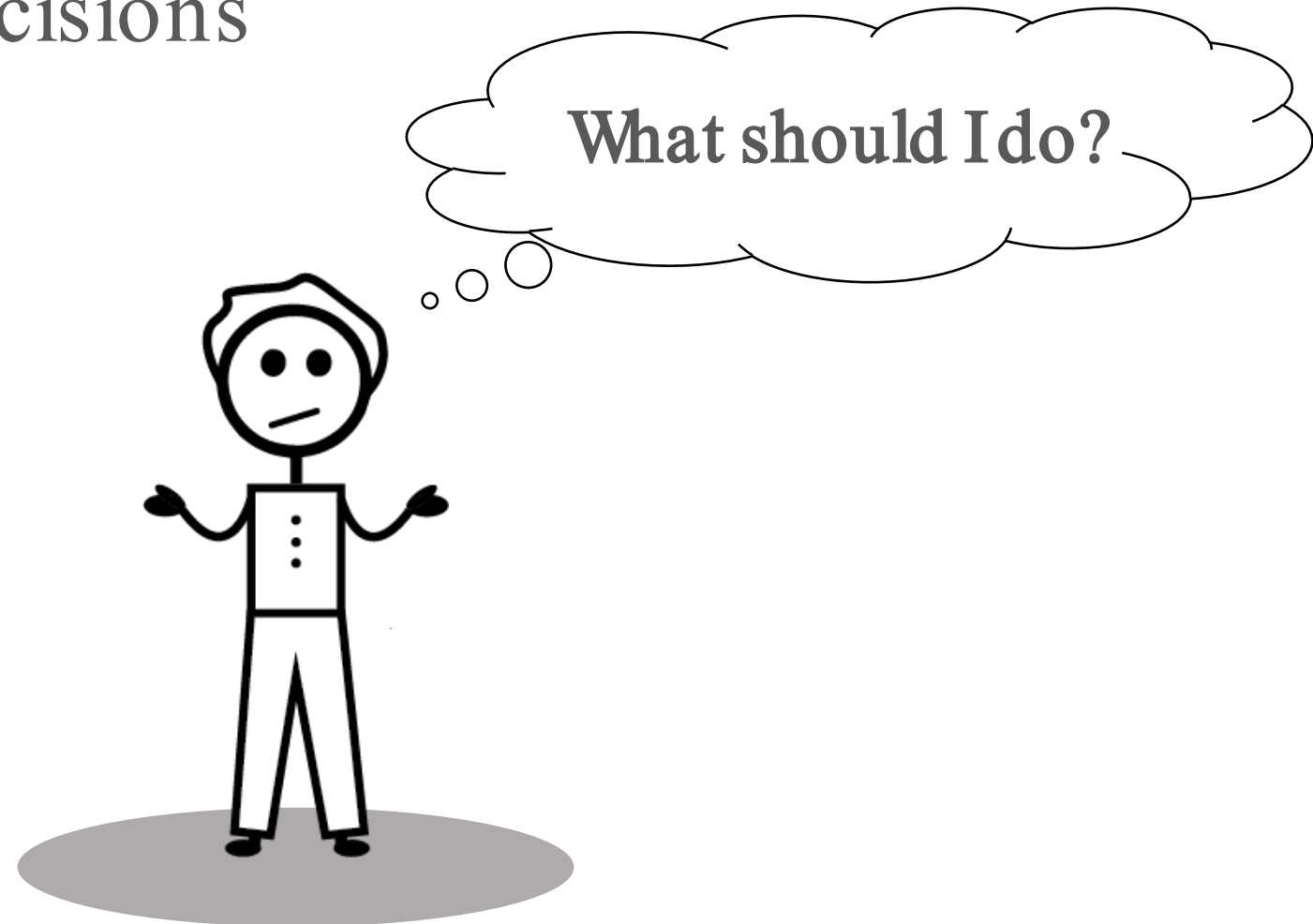


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What influences Mia's decisions to smoke pot with Alex?



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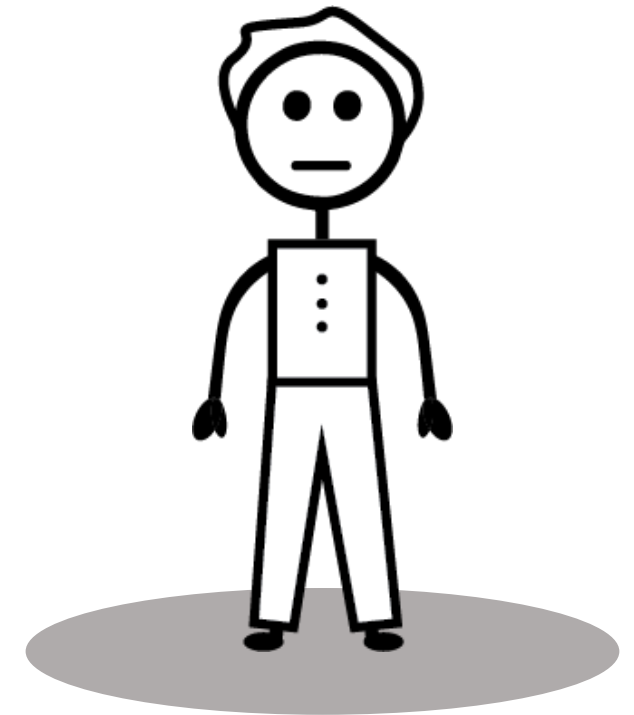
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Mia Herself?

Mia might think marijuana is cool,  
and maybe she's a risk taker...



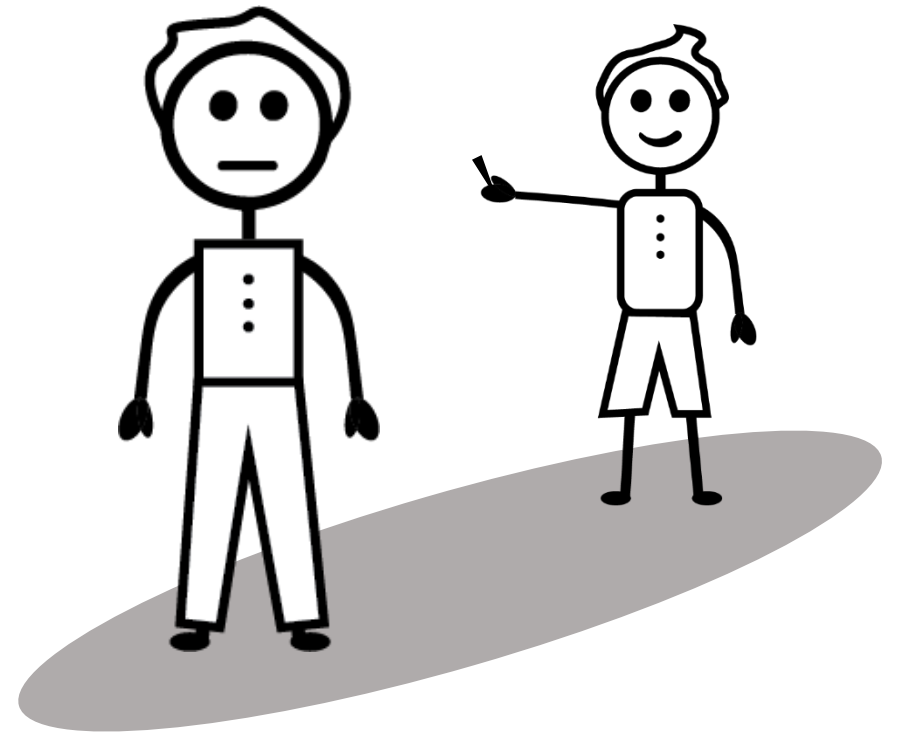
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Her friends like Alex?  
Mia might have friends who use  
marijuana, and they might influence  
her to try it...



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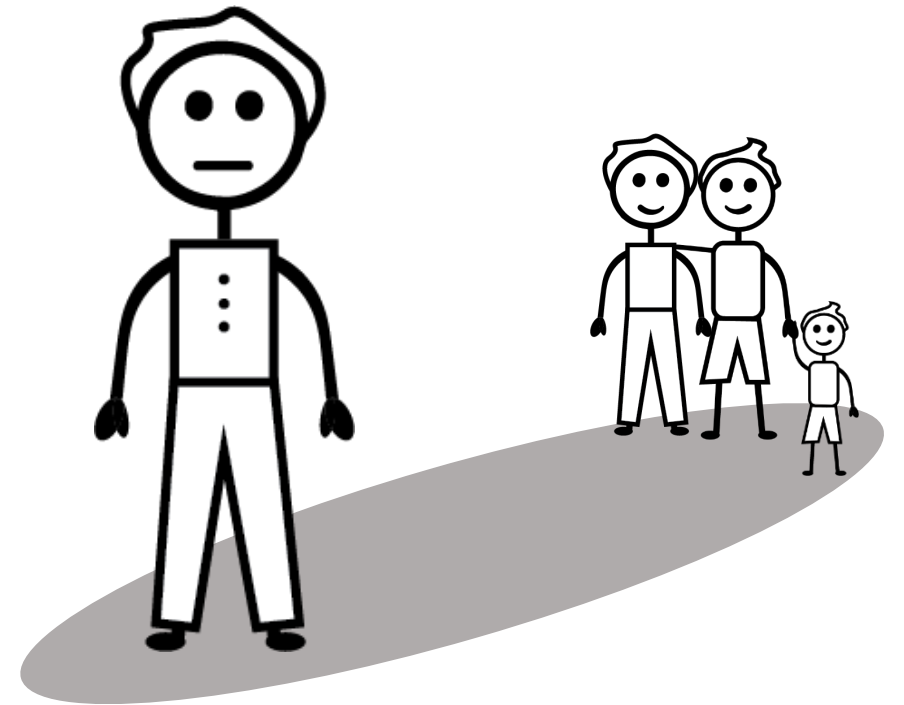
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Her family?

Mia may not have a lot of rules at home, her family might argue a lot, or they might use marijuana around her...

*Which level of the spectrum would this be on?*



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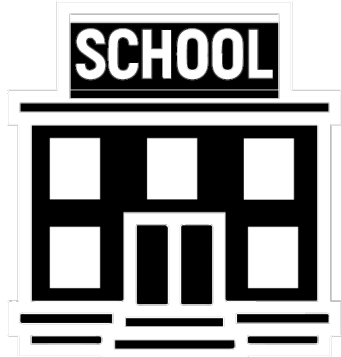
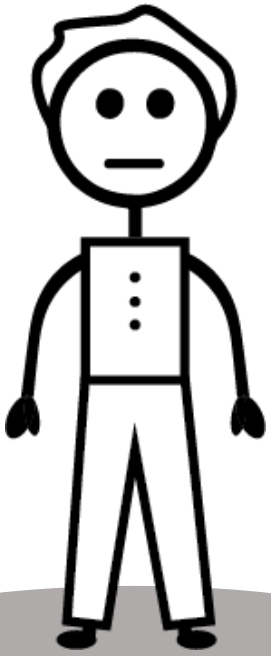
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Her school?

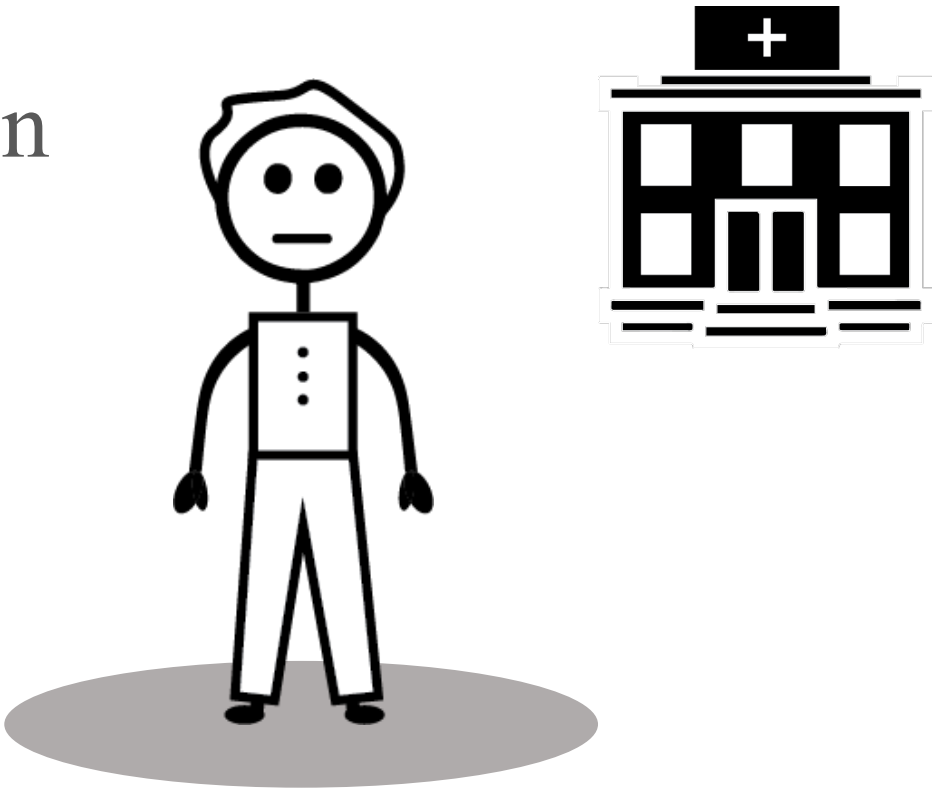
Mia might not feel welcome or safe in her school, and she may even get bullied by classmates...





# The health system?

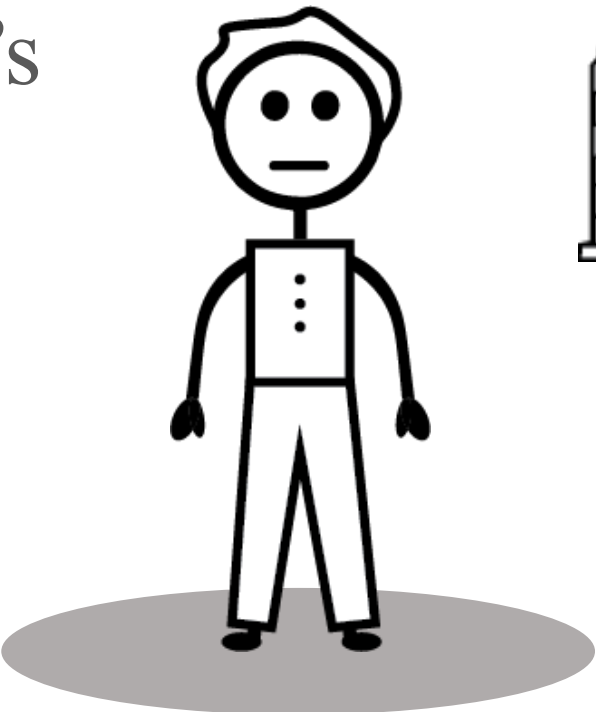
Mia might get a physical exam every year, but she's never asked if she feels sad, hopeless, or isolated, even though she does...





# Businesses in her town?

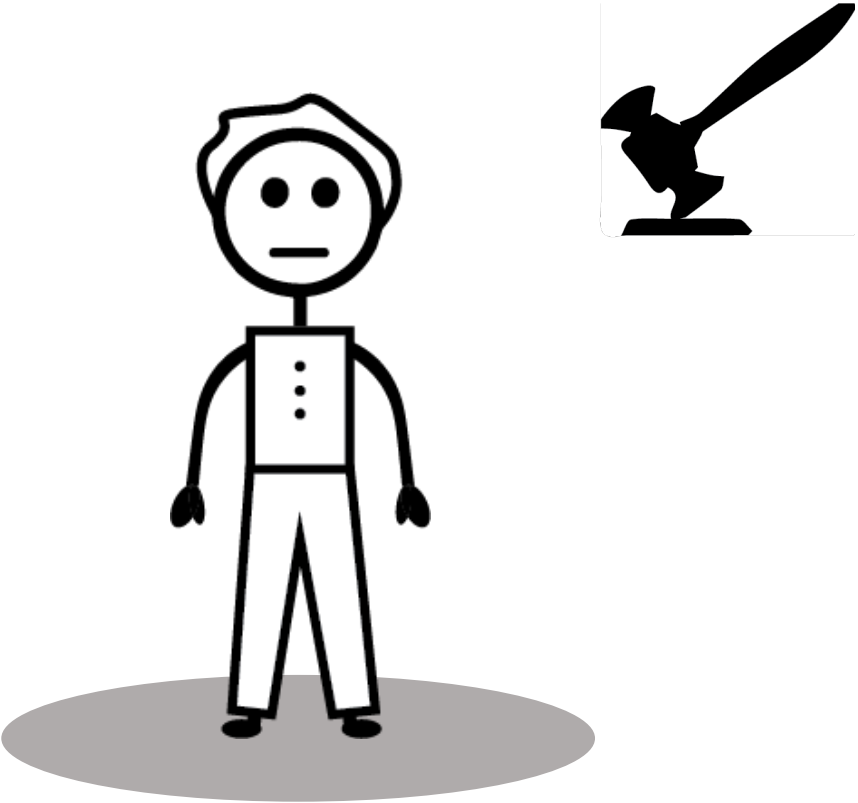
Mia’s caretakers might work in town, but they don’t receive paid time off, so they can’t always make it to Mia’s important school events because they need to make money and put food on the table...





# Laws and policies?

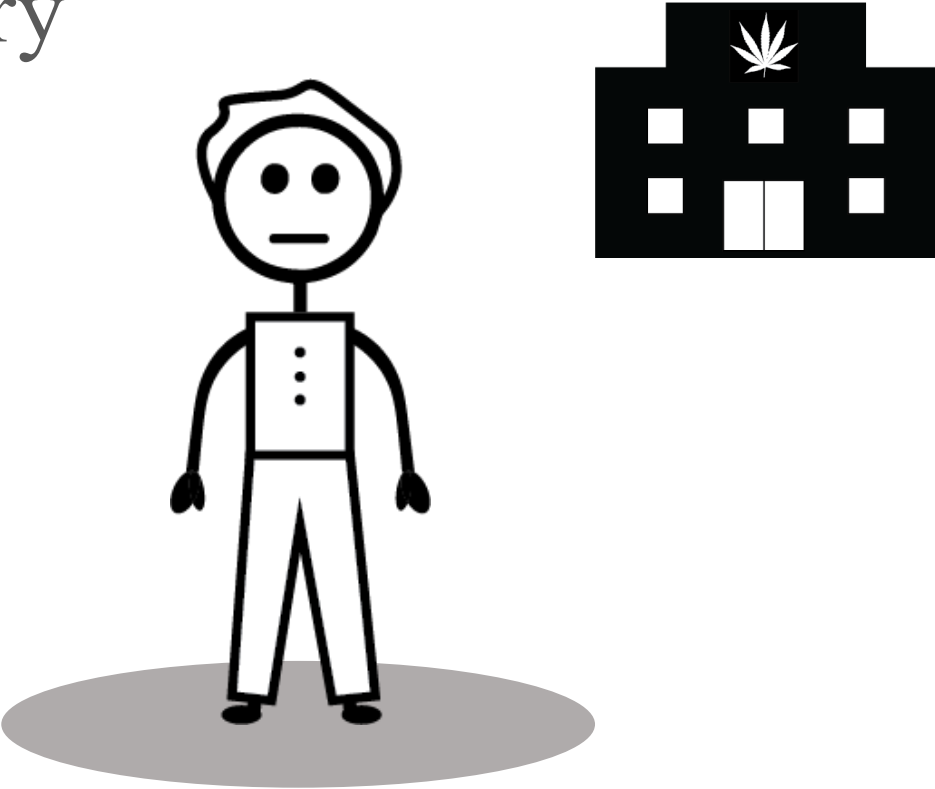
Mia may have been served a beer at a bar once because the bartender didn't ask for her ID, even though she is underage...





# Access to substances?

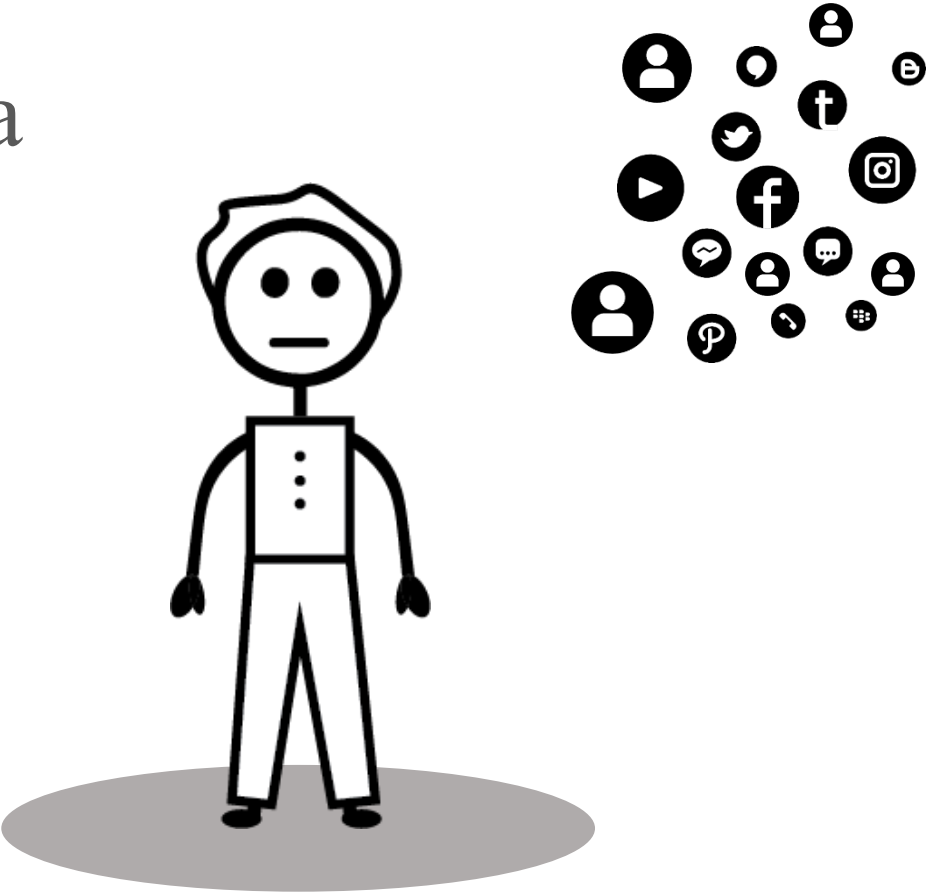
Mia's school is a block away from a pot shop, and she walks past it every day. Plus, Mia knows her older brother uses marijuana...





# Social norms?

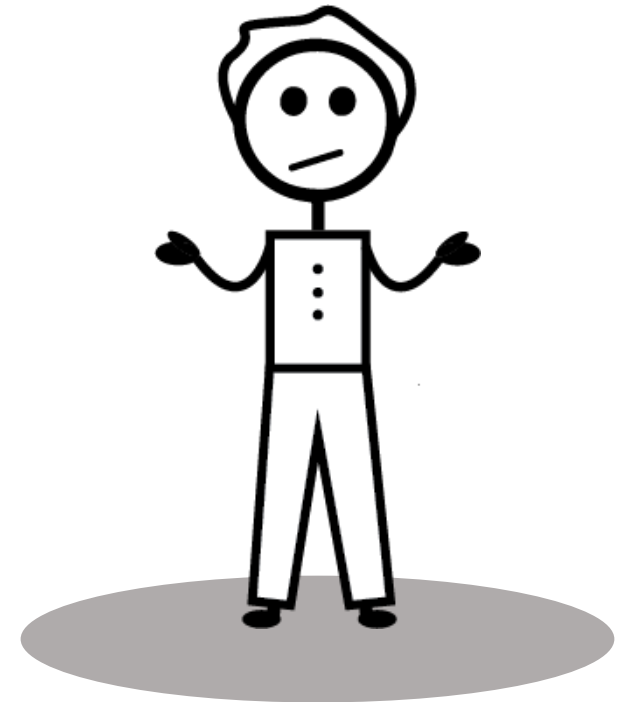
Mia sees people using marijuana in her community and on social media all the time...





So what will Mia do?  
Will she decide to smoke pot or not?

And what can WE do, as the  
prevention champions in our  
community, to set things up to help  
her make a good decision?

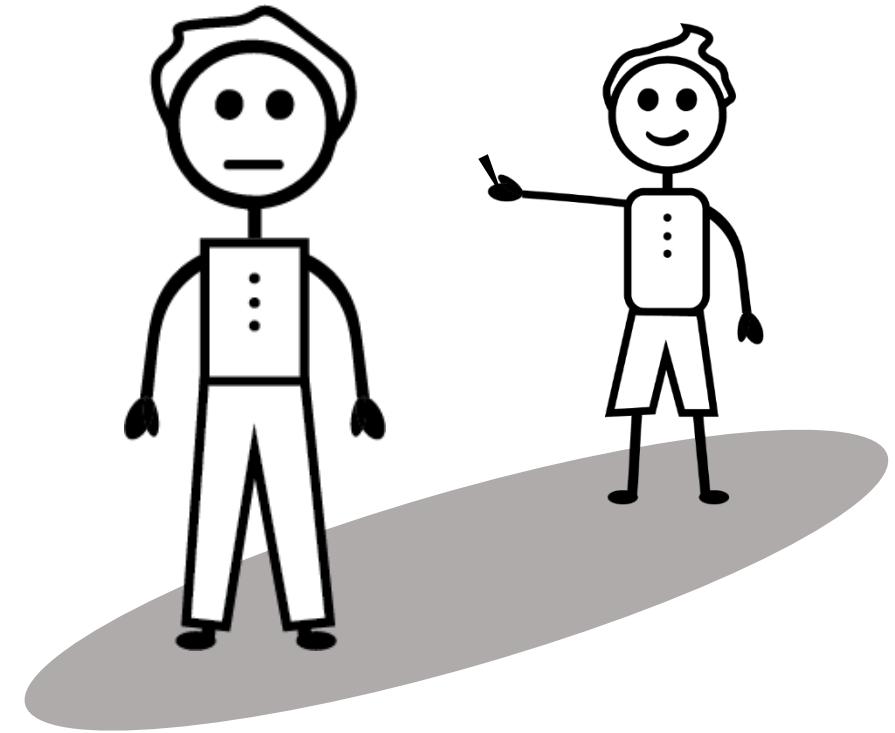


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If we address prevention efforts at the individual level...  
...we could focus on individual programs to educate and build skills for youth to support positive decision-making and behaviors.



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# Examples?

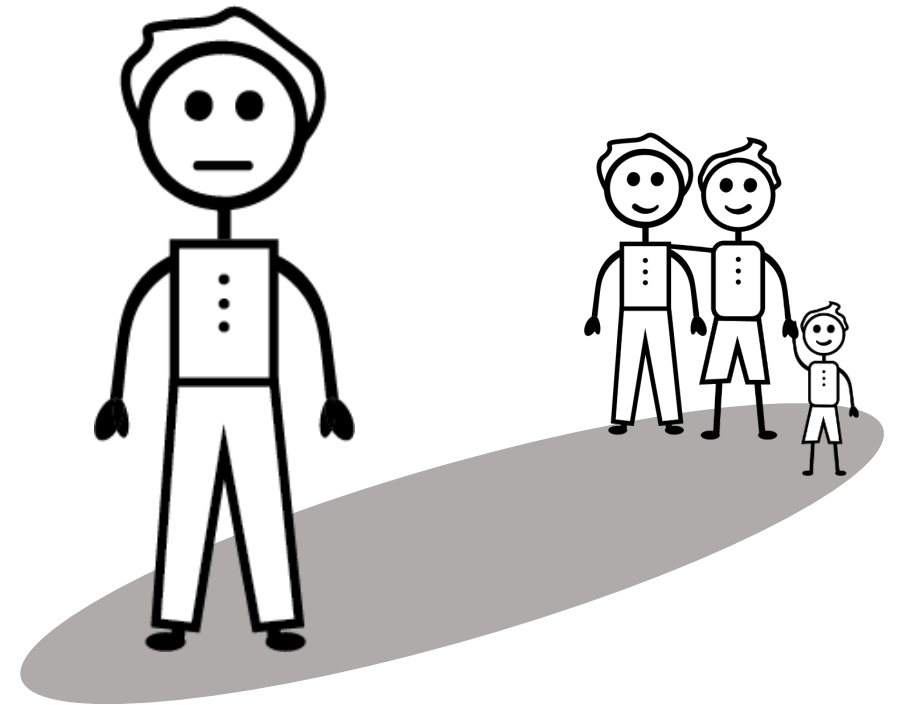


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If we address prevention efforts at the interpersonal level...  
...we could focus on individual programs to educate and build skills for parents to improve their relationships and communication with their kids.



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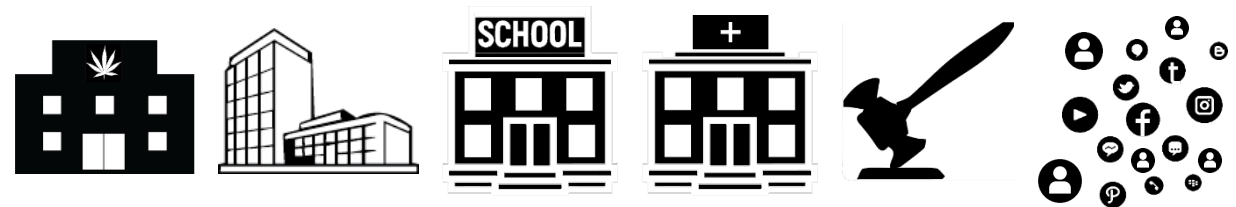
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# Examples?



And ... if we also address prevention efforts at the community level...  
We can address the entire spectrum of prevention by building public support and impacting the support systems throughout the community, school, family, and individual levels.



# Examples?

The image shows a screenshot of the Washington State Liquor and Cannabis Board website. The top navigation bar includes links for Contact, Privacy Policy, and Accessibility. Below this, a secondary navigation bar lists Home, Licensing Services, Enforcement, Education, Careers, and Business P. The main content area features a large black banner with the text "Social Hosting". Below the banner is a sidebar menu with categories: Alcohol Education, Know the Law, Alcohol Trends, Resources, Contact Program Manager, Parents, and The Facts: Underage Drinking. The main article content is titled "Social Hosting" and discusses underage drinking parties. A teal graphic overlay on the right side of the screenshot contains the text "GOOD TO KNOW" and "Be safe. Be educated. BE RESPONSIBLE." with a cannabis leaf icon and a "LEARN BEFORE YOU USE" button.

Washington State Liquor and Cannabis Board

Contact Privacy Policy Accessibility

Home Licensing Services Enforcement Education Careers Business P

**Social Hosting**

**Alcohol Education**

- Know the Law
- Alcohol Trends
- Resources
- Contact Program Manager

**Parents**

- The Facts: Underage Drinking

**Social Hosting**

We know underage drinking parties take place in communities throughout our state. It might begin innocently with a few friends getting together for Friday night movies and someone brings alcohol. It might be young college students home on break meeting friends, and an older sibling buys alcohol for them. Or it might be a party hosted by parents who have decided that it is safer to take away the keys and let young people party in their home.

In any case, what is not being considered is the wide range of harmful and sometimes devastating consequences that underage drinking can have. One need look no further than news articles in the past year to find real-life examples.

Because we know that the large majority of underage drinkers get their alcohol from social sources (parents, siblings, friends, at parties, etc.), some states and local communities including Washington have taken steps to hold liable those persons who provide or serve alcohol to minors or allow drinking on their property.

**GOOD TO KNOW**

LAWS BEFORE YOU USE HEALTH EFFECTS YOUTH PREVENTION

**Be safe. Be educated. BE RESPONSIBLE.**

Marijuana is legal in Colorado. But if you choose to use, there are a few things you need to know.

LEARN BEFORE YOU USE >

Do quality prevention AND build bonding!

We can address the spectrum of prevention AND also put efforts in place to build youth's sense of bonding and attachment.



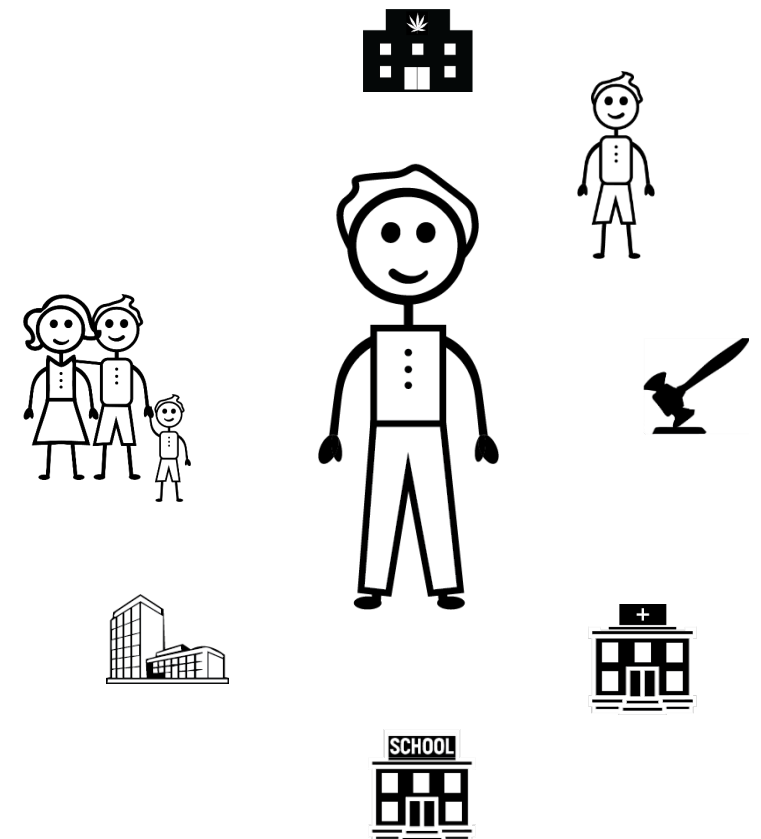
**PYD IN ACTION**  
Positive Youth Development:  
A tool for organizations

Strengths-Based      Inclusive      Youth as Partners      Collaborative      Sustainable





So, when Mia feels positively supported by her community, school, family, and peers, and has the skills to stay out of trouble AND keep her friends...

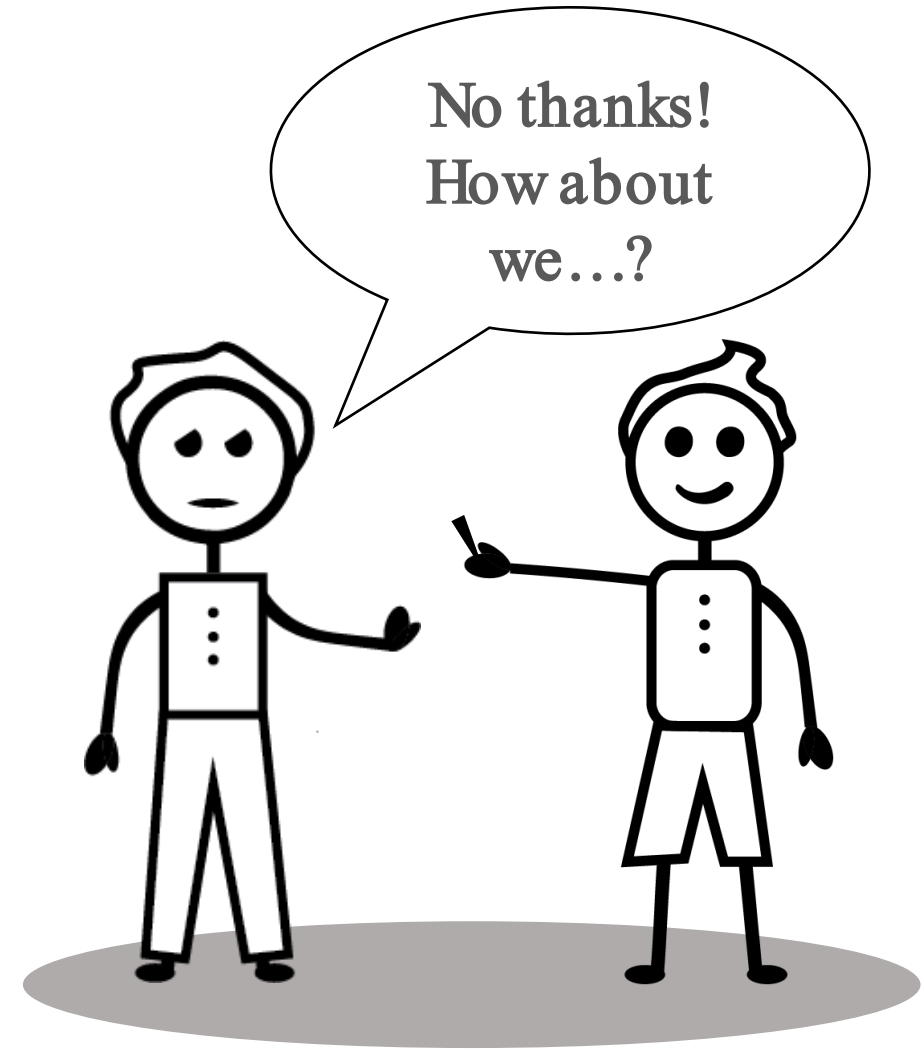


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Mia has no problem saying “no”.



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What example do you have of a program, service, or community-level prevention strategy that had an impact on your life or decision making?



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# Three Big Questions

1. What's happening related to our priority risk and protective factors? What potential programs or community-level strategies exist?
2. How well are these programs or strategies working? What are the strengths and limitations?
3. How can our coalition enhance this prevention work?



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# The End Game

1. Make recommendations to fill gaps in our systems:
  - a) Bolster existing efforts
  - b) Add new best practices
2. Prepare findings and recommendations for the full Community Board for the Community Planning Workshop



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