

SACO Certification Course

Prevention



Levels of Prevention

Universal

General population

Selective

Groups at high risk of
substance misuse

Indicated

People showing signs of a
substance-related problem



Exercise: Which level of prevention?

- Disseminating information about command substance use policies via email and on bulletin boards
- Referring Marines who have shown signs of a problem to the SACC staff or other health professionals
- Sponsoring sporting events at which alcohol is not served
- Providing spice education to unit in which use is suspected to have occurred
- Sending Marines who have had an alcohol-related incident to prevention education
- A prevention campaign targeting underage drinking
- Providing alternative activities not involving alcohol to young, single Marines



Prevention Strategies

- Information Dissemination
- Education
- Alternatives
- Problem Identification & Referral
- Community-Based Processes
- Environmental Strategies



Information Dissemination

One-way communication of information



Education

Interactive communication of information



Alternatives

Planning, providing, and publicizing activities that do not involve alcohol use



Problem Identification & Referral

Noticing early signs of risky alcohol use or substance use and referring for education before a problem develops



Community-Based Processes

Organizations and people with a stake in preventing substance abuse and related problems working together on prevention efforts



Environmental Strategies

Changing the environment in ways that will reduce alcohol misuse or illegal substance use:

- **Changing availability of substances**
- **Changing consequences of prohibited substance use**
- **Changing perceptions of substance use and misuse**



Prevention Planning

- Involves 2 steps:
 1. NEEDS ASSESSMENT: Systematic efforts to identify and prioritize target areas for prevention efforts based on current problem areas related to substance abuse
 2. PREVENTION PLAN: A concrete plan identifying specific prevention-related goals, steps that will be taken to reach those goals, and measures of effectiveness
- Conducted annually by DDRC and A&SAPS for the installation



Conducting Needs Assessment

- Goal: Discover biggest problem area(s) regarding substance use on base or in the unit
- Approach: Collect information
 - Possible sources of information
 - Systematic versus informal collection of information
- Analyze information obtained



Uses of Needs Assessment

- Increases awareness of what types of substance-related problems are happening so you can be on the lookout
- Can be used to brief the CO about local trends
- Helpful in choosing which topics to cover in unit-level education
- Can provide direction in what prevention activities are likely to be most helpful in reducing Marines' risk of substance-related problems
- Basis for prevention planning



Creating Prevention Plans

1. Identify the problem to be addressed
 - Often based on the results of a needs assessment
2. Identify goals, which are things that will reduce the problem
3. Identify strategies that could be taken to reach each goal
4. Specify concrete, measurable objectives that can be used to show progress in using the identified strategies to achieve specified goals



Evaluating Prevention Plans

- Evaluation of prevention plans is essential
 - It should occur at regular intervals (e.g., monthly)
- Evaluation includes assessing
 - Whether objectives are being met on schedule
 - Whether there is evidence of progress toward overall goals
 - Whether there is evidence that the focal problem is improving
- Ongoing evaluations should be seen as an opportunity to fix what isn't working by revising or expanding strategies and objectives



Exercise

- Given a hypothetical unit problem
- Develop a prevention plan:

Goal 1:

Strategy1-1:

Objective 1-1a.

Objective 1-1b.

Strategy 1-2:

Objective 1-2a.

Objective 1-2b.

Evaluation



Questions?

