



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Substance Abuse Prevention: A Discussion of Best Practices

MAI-COC Grantee Meeting
8/11/2015

Today's Agenda

- **Current state of substance abuse in the US**
- **Importance of addressing substance use in the context of HIV**
- **Substance abuse prevention**
 - Principles of prevention
 - Evidence-based practice resources
- **General discussion of prevention efforts**
- **Informational Resources**
- **Questions**

Emerging Trends

- In the United States, 6.6% of persons aged 12 or older (an estimated 17.3 million individuals) in 2013 were dependent on or abused alcohol within the year prior to being surveyed.
- In the United States, 2.6% of individuals aged 12 or older (an estimated 6.9 million individuals) in 2013 were dependent on or abused illicit drugs within the year prior to being surveyed.
- 2.2 million adolescents in 2013 reported using illicit drugs within the month prior to being surveyed.
- In 2013, 6.2% of U.S. adolescents (an estimated 1.6 million adolescents) were binge alcohol users in the month prior to being surveyed.

SAMHSA Behavioral Health Barometer United States, 2014

http://www.samhsa.gov/data/sites/default/files/National_BHBarometer_2014/National_BHBarometer_2014.pdf

So why is this important?



Background: HIV and Substance Use

- In the United States, about 1.1 million people live with HIV, and about one in six (more than 180,000) do not know they are infected.
- 10% of HIV infections are caused by intravenous drug use and needle sharing
- 1 in 6 people with HIV/AIDS have used drugs
- 1 in 4 people with HIV/AIDS needed treatment for substance use in the last year.

The National HIV/AIDS Strategy

Key Focus Areas

- Widespread testing and linkage to care
- Broad support for people living with HIV to remain engaged in comprehensive care
- Universal viral suppression
- Full access to comprehensive PrEP services

Progress Indicators

Indicator 1

Increase the percentage of people living with HIV who know their serostatus to at least 90 percent.

Indicator 2

Reduce the number of new diagnoses by at least 25 percent.

Indicator 3

Reduce the percentage of young gay and bisexual men who have engaged in HIV-risk behaviors by at least 10 percent.

Indicator 4

Increase the percentage of newly diagnosed persons linked to HIV medical care within one month of their HIV diagnosis to at least 85 percent.

Indicator 5

Increase the percentage of persons with diagnosed HIV infection who are retained in HIV medical care to at least 90 percent.

Indicator 6

Increase the percentage of persons with diagnosed HIV infection who are virally suppressed to at least 80 percent.

Indicator 7

Reduce the percentage of persons in HIV medical care who are homeless to no more than 5 percent.

Indicator 8

Reduce the death rate among persons with diagnosed HIV infection by at least 33 percent.

Indicator 9

Reduce disparities in the rate of new diagnoses by at least 15 percent in the following groups: gay and bisexual men, young Black gay and bisexual men, Black females, and persons living in the Southern United States.

Indicator 10

Increase the percentage of youth and persons who inject drugs with diagnosed HIV infection who are virally suppressed to at least 80 percent.

Principles of Prevention

National Institute on Drug Abuse (NIDA) Principles of Substance Abuse Prevention

PRINCIPLE 1 - Prevention programs should enhance protective factors and reverse or reduce risk factors.

PRINCIPLE 2 Prevention programs should address all forms of drug abuse, alone or in combination.

PRINCIPLE 3 - Prevention programs should address the type of drug abuse problem in the local community, target modifiable risk factors, and strengthen identified protective factors.

PRINCIPLE 4 - Prevention programs should be tailored to address risks specific to population or audience characteristics, such as age, gender, and ethnicity.

PRINCIPLE 10 - Community prevention programs that combine two or more effective programs, such as family-based and school-based programs, can be more effective than a single program alone.

PRINCIPLE 11 - Community prevention programs reaching populations in multiple settings—for example, schools, clubs, faith-based organizations, and the media—are most effective when they present consistent, community-wide messages in each setting.

PRINCIPLE 13 - Prevention programs should be long-term with repeated interventions (i.e., booster programs) to reinforce the original prevention goals.

PRINCIPLE 16 - Research-based prevention programs can be cost-effective. Similar to earlier research, recent research shows that for each dollar invested in prevention, a savings of up to \$10 in treatment for alcohol or other substance abuse can be seen.

Substance Abuse Prevention Options

Implementation of prevention and early interventions can help reduce substance abuse:

- Screening and brief interventions (SBI) activities
- Prescription drug abuse prevention programs
- Trauma prevention programs
- Environmental strategies

<http://www.samhsa.gov/prevention>

What is Screening, Brief Intervention, and Referral to Treatment (SBIRT)?

- SBIRT is the framework by which providers can make the identification and treatment of substance use disorders a routine part of the healthcare process.
- Designed to be used in a wide variety of settings: mental health, primary care, emergency departments, schools or other non-traditional settings to provide opportunities to intervene BEFORE more severe consequences occur.
- SBIRT is considered a substance abuse treatment intervention in SAMHSA - rather than a substance abuse prevention intervention.

SBIRT Cont.

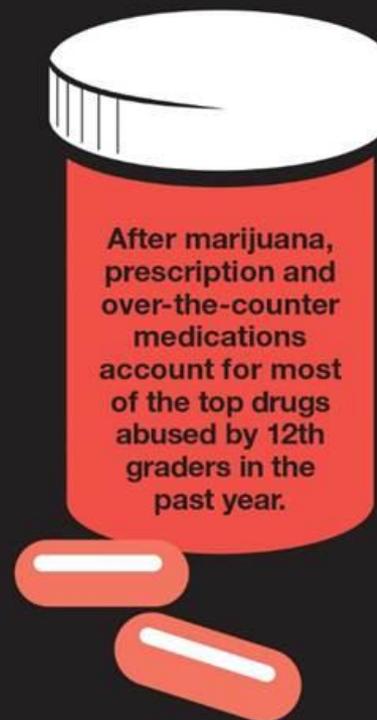
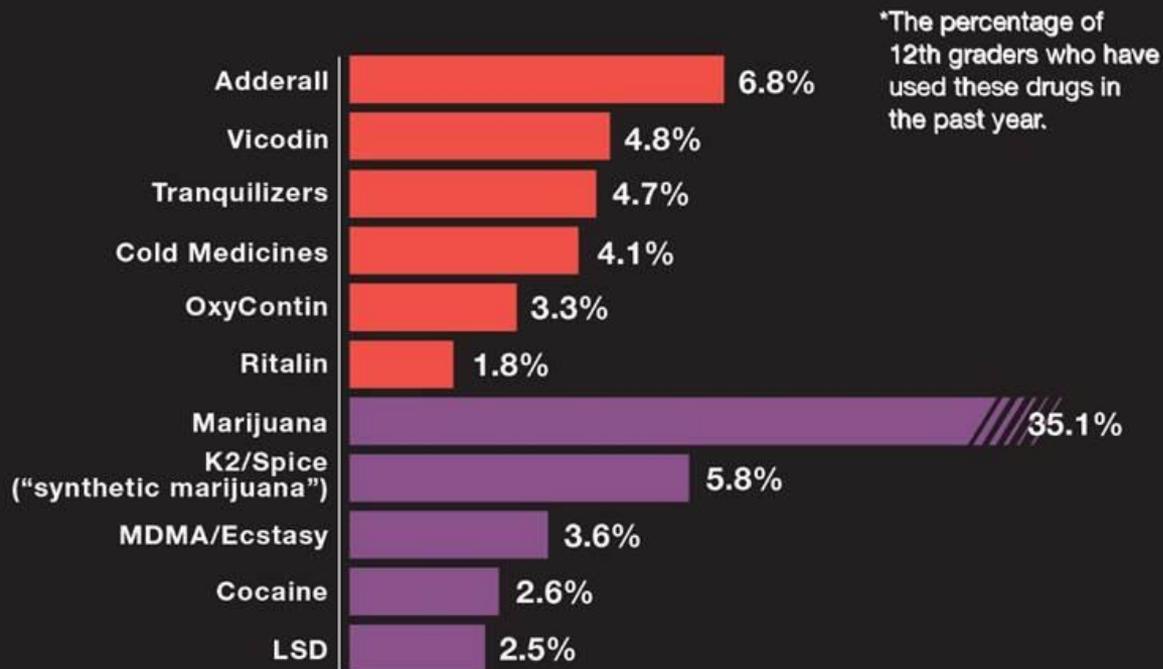
Identification of possible substance use problems & level of risk

- Low risk: Raise awareness and motivate client to change or continue positive behaviors
- Moderate risk: Provide brief interventions with clients who acknowledge risks and are seeking help
- High risk: Refer those with more serious or complicated SU conditions to specialty care

Prescription Drug/Opioid Abuse: We have an epidemic



PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS*



PRESCRIPTION



ILLICIT DRUGS



National Institute on Drug Abuse

The National Institute on Drug Abuse is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug abuse and addiction. Fact sheets on the health effects of drugs of abuse and information on NIDA research and other activities can be found at www.drugabuse.gov.

Prescription Drug Monitoring Programs (PDMP)

- Highly effective tools utilized by government for reducing prescription drug abuse and diversion.
- PDMPs collect, monitor, and analyze electronically transmitted prescribing and dispensing data submitted by pharmacies and dispensing practitioners.
- PDMPs are proactive in safeguarding public health and safety while supporting the legitimate use of controlled substances.

*<http://www.pdmpassist.org/content/prescription-drug-monitoring-frequently-asked-questions-faq>

Trauma Prevention Programs

Trauma is highly correlated with substance abuse*
A program, organization, or system that is trauma-informed:

- *Realizes* the widespread impact of trauma and understands potential paths for recovery;
- *Recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices; and
- *Seeks to actively resist re-traumatization.*

*Deykin, E. Y., and Buka, S. L. (1997). Prevalence and risk factors for posttraumatic stress disorder among chemically dependent adolescents. *Am J Psychiatry*, 154(6), 752-7.

Trauma-Specific Interventions*

- Addiction and Trauma Recovery Integration Model (ATRIUM)
- Essence of Being Real
- Risking Connection®
- Sanctuary Model®
- Seeking Safety
- Trauma, Addiction, Mental Health, and Recovery (TAMAR)
- Trauma Affect Regulation: Guide for Education and Therapy (TARGET)
- Trauma Recovery and Empowerment Model (TREM and M-TREM)

[*http://www.samhsa.gov/nctic/trauma-interventions](http://www.samhsa.gov/nctic/trauma-interventions)

Environmental Strategies

Well-accepted prevention approaches that coalitions use to change the context (environment) in which substance use and abuse occur.*

Activities can include:

- Policy and enforcement
- Alcohol excise tax
- Maintaining limits on sale of addictive substances

*The Coalition Impact: Environment Prevention Strategies

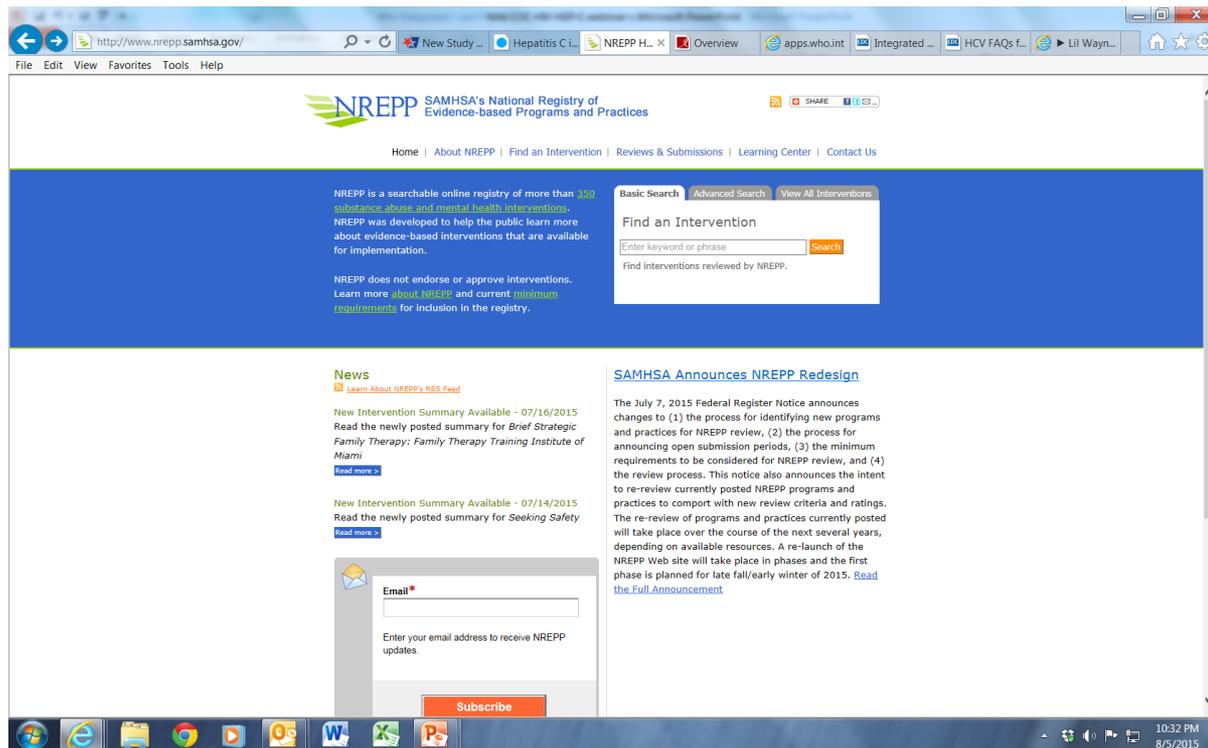
<http://www.voicesunited.net/documents/prevention/Environmental%20Prevention%20Strategies.pdf>

Where do I find evidence-based practices/programs to address these issues?



SAMHSA's National Registry of Evidence-based Practices (NREPP)

www.nrepp.samhsa.gov



National Institute on Drug Abuse (NIDA)

The screenshot shows the NIDA website homepage with the following elements:

- Header:** NIH National Institute on Drug Abuse, The Science of Drug Abuse & Addiction. Navigation links for Researchers, Medical & Health Professionals, Patients & Families, Parents & Educators, Children & Teens. Search bar and social media icons.
- Navigation:** Home, Drugs of Abuse, Related Topics, Publications, Funding, News & Events, About NIDA.
- Researchers:** Includes a brain scan image and links to Funding Opportunities, Research Training and Career Development, and Research Resources.
- Latest Science:** Features a diagram titled "Study Uncovers Stress' Role in Relapse to Cocaine" showing the interaction of Cocaine, Stress, Corticosterone, DAT, DA, OCT3, and MSN leading to Drug seeking.
- Data and Statistics:** Includes an infographic showing "17% OF COCAINE USERS USE E-CIGARETTES" and a link to "See the infographic".
- NIDA Director:** Profile of Nora D. Volkow with links to Director's Page, Nora's Blog, and Videos.
- News:** Lists recent updates such as "NIDA and NIAAA commentary strongly supports brain disease model of addiction" and "NIDA announces two online resources".
- Programs:** Links to NIDA AIDS Research Program, National Drug Abuse Treatment Clinical Trials Network, Intramural Research Program, and International Program.
- Footer:** Windows taskbar showing the date 8/11/2015 and time 1:26 AM.

CDC Community Guide

The screenshot shows the CDC Community Guide website in a browser window. The address bar displays <http://www.thecommunityguide.org/index.html>. The page features a blue header with the title "The Guide to Community Preventive Services THE COMMUNITY GUIDE" and the tagline "What Works to Promote Health". A navigation menu includes links for Home, Task Force Findings, Topics, Use The Community Guide, Methods, Resources, News, and About Us. A search bar is located in the top right corner. The main content area is divided into several sections: a featured article titled "Now Published: The Benefit of Mental Health Benefit Laws" with a word cloud image; a "Task Force" section listing "2015 Meetings" (October 28-29) and "2016 Meetings"; a "Topics" section with a grid of links for various health conditions like Adolescent Health, Diabetes, Motor Vehicle Injury, and Social Environment; a "What is The Community Guide?" section explaining the resource's purpose and listing key questions; and a "Contact Us" section with links for Email and Address. On the right side, there are sections for "Get Email Updates" and "Explore the New Community Guide Beta Site". The Windows taskbar at the bottom shows the system clock as 8:23 PM on 8/10/2015.

Discussion



Discussion Questions

- What strategies have you used in your community to prevent substance abuse?
- How do these interventions fit within your organization's workflow?
- What challenges have you faced implementing these practices and how did you resolve them?
- How can you couple these efforts with Hepatitis and HIV prevention efforts?

Informational Resources

- **SAMHSA's Center for the Application of Prevention Technologies (CAPT)**

<https://captus.samhsa.gov/>

- **Strategic Prevention Framework (SPF)**

<https://captus.samhsa.gov/access-resources/about-strategic-prevention-framework-spf>

- **The Guide to Community Preventive Services**

<http://www.thecommunityguide.org/index.html>

- **NPIN**

<http://npin.cdc.gov/>

Resources Continued

- NIDA

www.drugabuse.gov

- CADCA

<http://www.cadca.org/>

- CDC Effective Interventions

<https://effectiveinterventions.cdc.gov/>

- ATTC

<http://www.nattc.org/home/>

- HRSA HIV/AIDS program

<http://hab.hrsa.gov/>

Questions?



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