

Substance Abuse Prevention Program Overview

What is Substance Abuse Prevention?

Substance abuse prevention reduces the risks that contribute to alcohol, tobacco, or other drug misuse, while promoting factors that support healthy lifestyles and communities.

What are ADAP's Prevention Priorities?

Through an ongoing, thorough review of key substance abuse indicators and a strategic planning process involving multiple partners and stakeholders, ADAP has identified the following priority prevention goals¹:

- Reduce underage drinking
- Reduce high-risk drinking
- Reduce adolescent marijuana use
- Reduce prescription drug misuse and abuse

What is ADAP Prevention Doing?

ADAP's approach to prevention includes evidence-based interventions and services at the state, community, school, family, and individual levels to support a comprehensive approach to preventing and reducing alcohol and other drug use.

Capacity Building at State and Community Levels

ADAP's structure includes ten regional Prevention Consultants who serve the agencies, organizations and individuals within the twelve Health Districts. The goal of the Prevention Consultant System is to increase the local community's capacity to lead and carry out effective substance abuse prevention efforts. Prevention Consultants offer five essential services:

- Community Organizing
- Program Planning & Consultation
- Presentations and Training
- Community Grants Information & Guidance
- Information & Referral

ADAP supports a network of community partners through grants, training, and technical assistance to provide the following services and interventions.

Community-Wide Interventions

Community-based prevention grants are a joint initiative, supported by funding from Alcohol and Drug Abuse Prevention, the Physical Activity and Nutrition Program, and the Tobacco Control Program. The aim of the program is to reduce health care costs through the creation of healthy communities where Vermonters can lead healthy lives.

Funded strategies include:

- Education on Policy Approaches
- Law Enforcement Collaboration
- eCHECKUP to go
- Alcohol Edu for High School
- Parenting Programs

Partnerships for Success is a three-year Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) Grant. This project builds on the significant outcomes achieved through the Strategic Prevention Framework (see back).

PFS supports regional prevention strategies in six public health districts. The community grants in the amount of \$130,000/year were awarded to lead agencies representing the VDH district office or county catchment area. The grant also supports training and communications activities for all twelve districts of the state.

Funded strategies include:

- Education on Policy Development
- Enhanced Law Enforcement
- Supporting activities for Alcohol Compliance Checks
- Community Mobilization
- Media Advocacy
- Electronic Screening and Brief Intervention
- Parenting Programs

Statewide Communication and Information Dissemination

ADAP supports the dissemination of information, tools, and links to community resources for the prevention of substance abuse. Examples include:

- ParentUp Campaign www.ParentUpVT.org
- Vermont Alcohol and Drug Information Clearinghouse
- “049” Zero Alcohol for Nine Months Campaign

School-based Services

ADAP supports twenty-one supervisory unions and school districts with grants to deliver substance abuse prevention and early intervention services as part of a coordinated school health program. Evidence-based school prevention programs can save Vermont \$18 for every \$1 invested.²

Examples of ADAP-supported school-based services include:

- Substance abuse screening and referral
- Coordinated school health initiatives
- Classroom health curricula
- Training for youth empowerment groups
- Parent education
- Teacher and support staff training
- Delivery of educational support groups

Family Support and Education Services

ADAP supports programs that promote healthy family relationships and strengthen parenting skills and communication. Evidence-based programs that support strong family connections combined with school prevention save from \$3 to \$11 per \$1 invested.²

Examples of family support and education programs include:

- Project Rocking Horse
- Parenting Education Programs

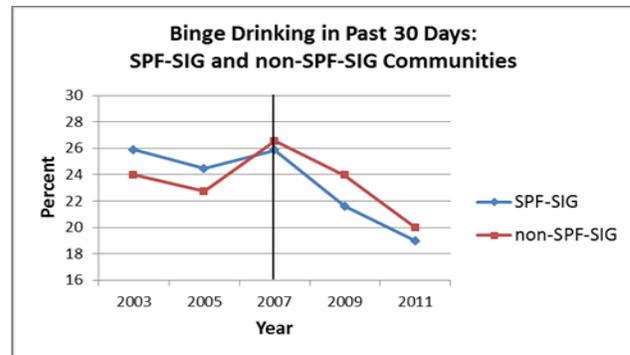
How Do We Know Prevention is Working?

Strategic Prevention Framework Evaluation

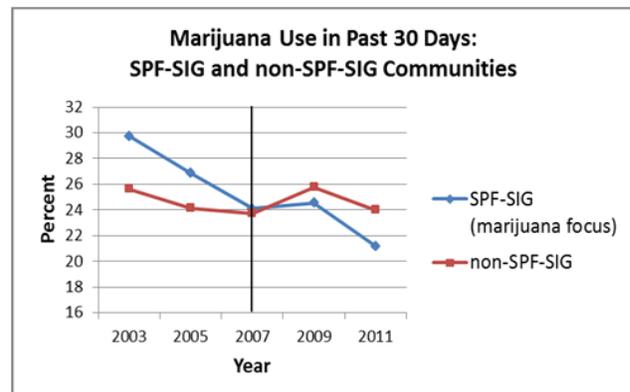
In 2007, Vermont received a Strategic Prevention Framework State Incentive Grant (SPF-SIG), a federally funded five-year initiative in which 24 community-based organizations received grants and training to address underage drinking, high-risk drinking among people under age 25, and marijuana use among people under age 25.

All 24 communities successfully completed a prevention plan for their community and implemented one or more environmental prevention strategies aimed at changing population-level indicators of targeted substance use priorities.

Grantees were generally successful in enhancing their organizational capacity for conducting and sustaining their community-based prevention efforts. These efforts appear to have led to significant reductions (relative to non-funded communities) in binge drinking, and marijuana use among high school students.



Source: YRBS



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¹ Vermont Department of Health, Strategic Plan: Alcohol and Drug Abuse Programs 2012-2017. <http://healthvermont.gov/adap/clearinghouse/documents/ADAPStrategicPlan2012-2017.pdf>

² Miller, T. and Hendrie, D. Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis, DHHS Pub. No. (SMA) 07-4298. Rockville, MD: Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration, 2008.