

Prevention 101
2019 Region 2 & 5 Prevention Conference
Take Time For Wellness
Frankenmuth, Michigan
Tuesday, May 21, 2019

Presented by:

Ken Dail, Executive Director
Prevention Network Michigan





The mission of Prevention Network is to prevent youth drug abuse and other risk behaviors by working with individuals, grassroots groups, and other organizations in order to improve the health, wellness, and safety in Michigan communities.



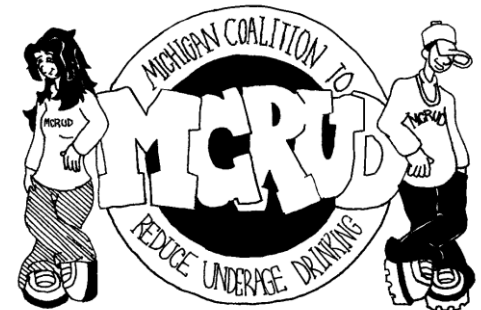
Prevention Network

We Take Prevention Personally!

Michigan's network to support and expand community substance abuse prevention.



Skillman, WK Kellogg, Kresge Foundations,
SE Michigan United Way



RapSister



MICHIGAN HIGHER EDUCATION NETWORK
AOD PREVENTION



M Parenting Awareness MICHIGAN

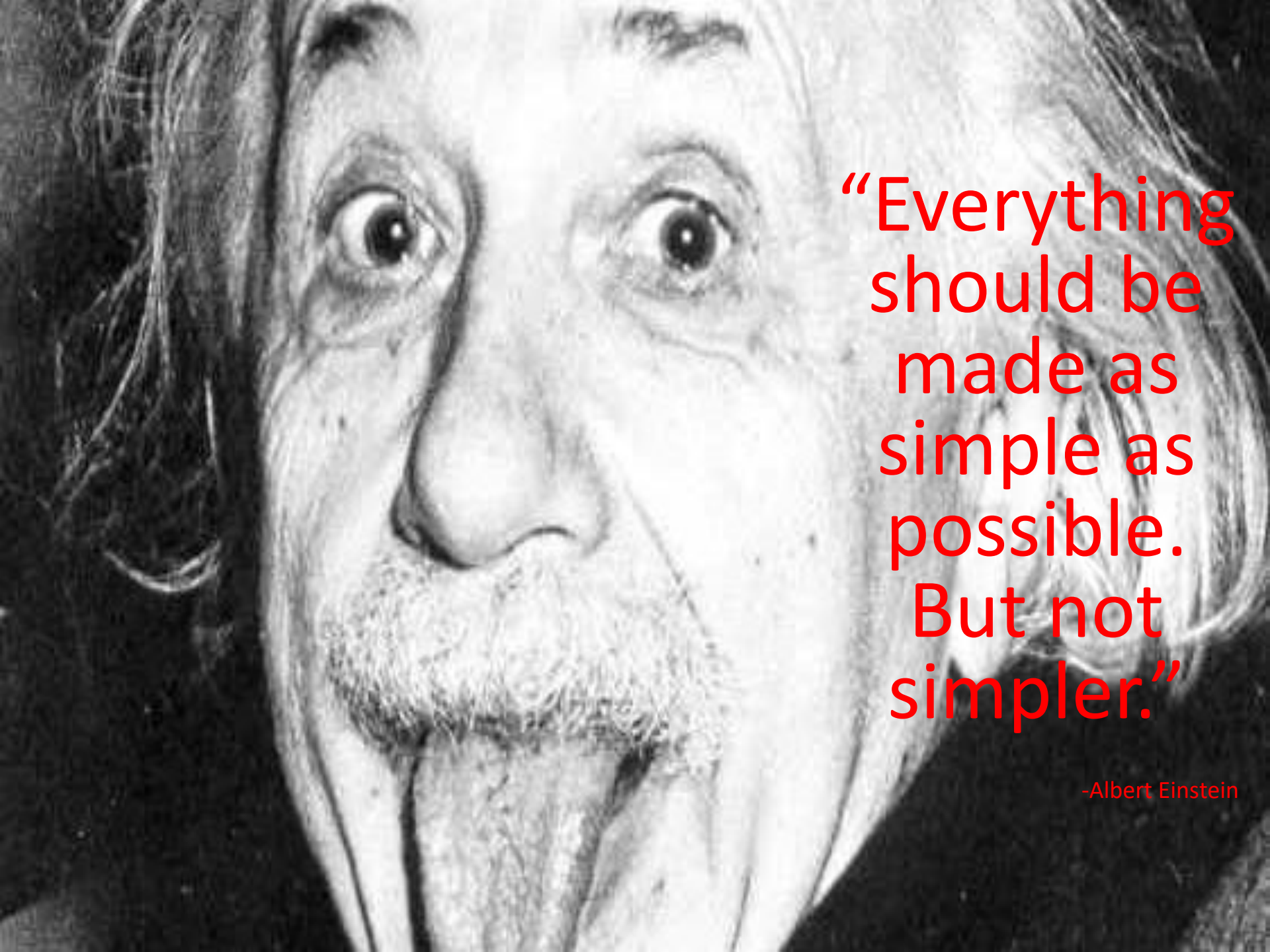


Prevention 101

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Prevention Network Michigan
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Revised: December, 2018





“Everything
should be
made as
simple as
possible.
But not
simpler.”

-Albert Einstein

Prevention 101

Who is in the room today?

Parent

Grand parent

Certified Recovery Coach

Person in long term recovery

Member of Law Enforcement

Business owner

Coach/Mentor/Tutor

Clinician or Counselor

Artist

Faith based leader

Retiree

Certified Prevention Specialist or Consultant

School staff/administration/para-professional/bus driver

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Objectives

1. Define effective Prevention
2. Introduce the Strategic Planning Framework
3. Introduce Risk & Protective Factors
4. Introduce logic models



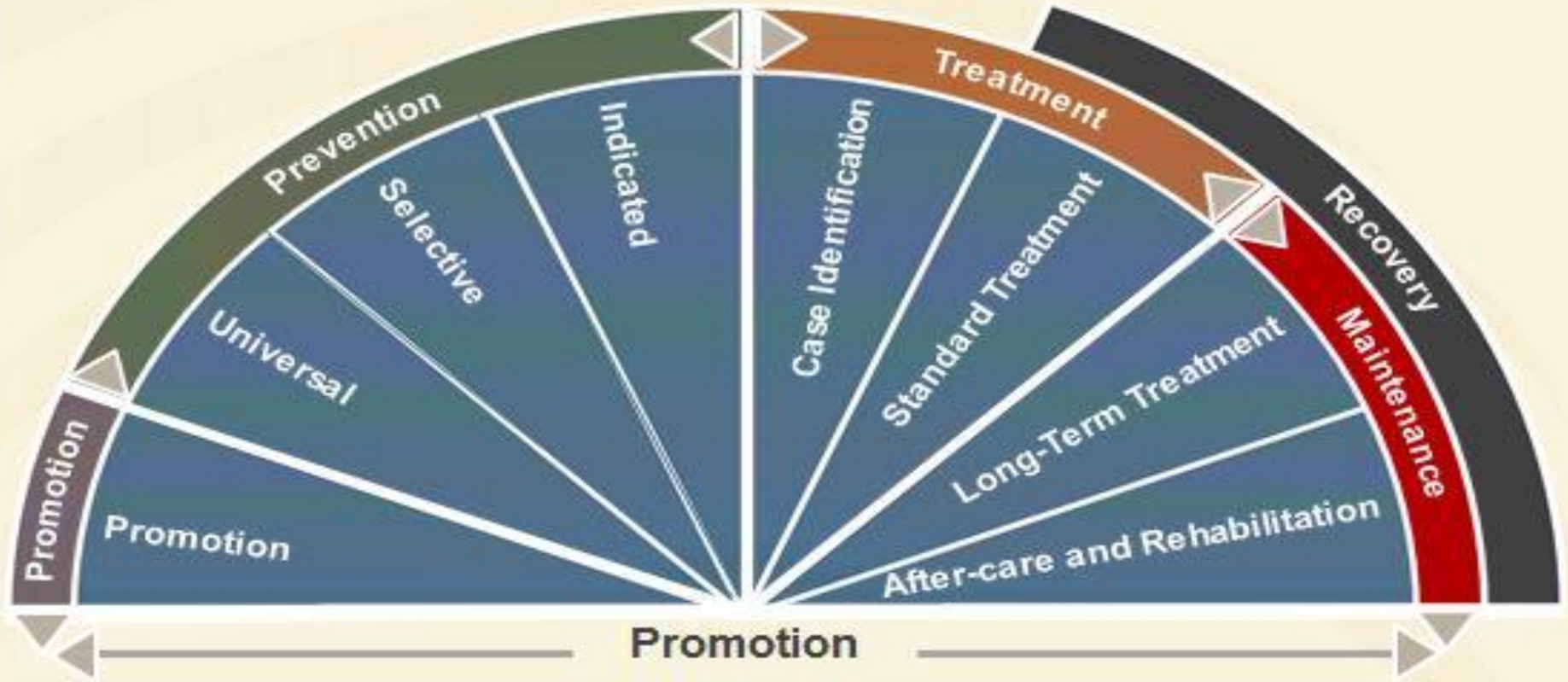
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Housekeeping and Ground Rules



Continuum of Care



- National Research Council and Institute of Medicine, 2009

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Prevention - To keep bad stuff from happening

-Dail, some time in the late 80's



Effective Prevention –An epidemiologically driven field of research and practice that uses proven effective strategies to change communities and keep people from harmful behaviors

-Dail, 2018



Epidemiology

- The branch of medicine that deals with rates, causes, and potential control or prevention of a public health threat.
- Not just the data or the numbers, but the “why”, “how” and “how do we stop it” part of study.



10 volunteers please



What is a SPF and how do we do it?



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Knowing what we know about teens...

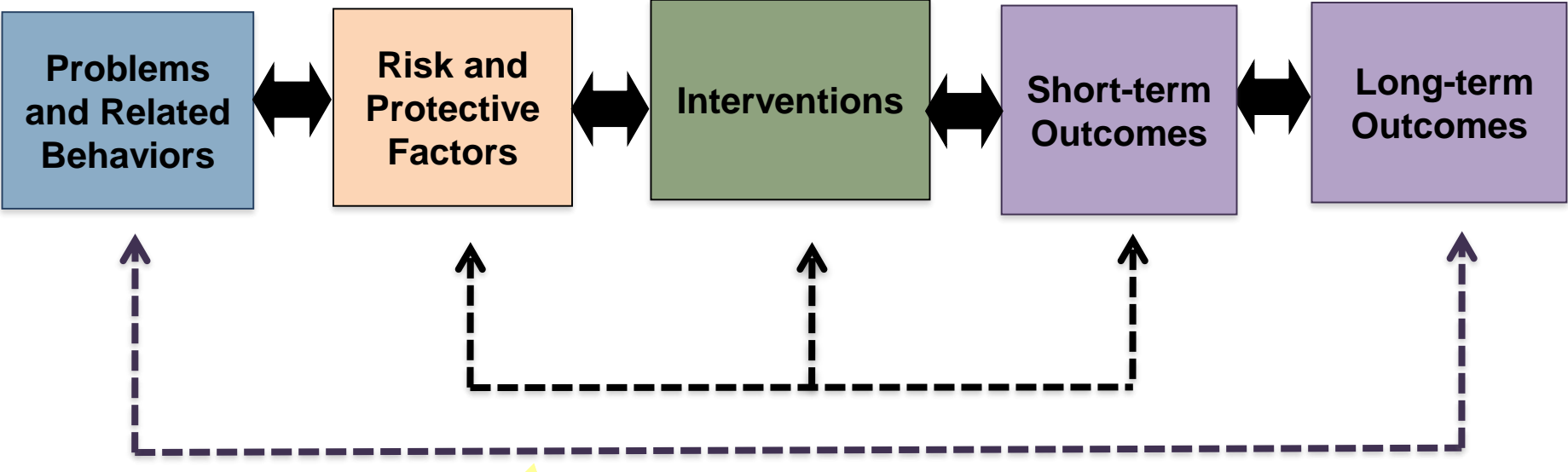
What is the best way to keep
teens from using unhealthy
substances?



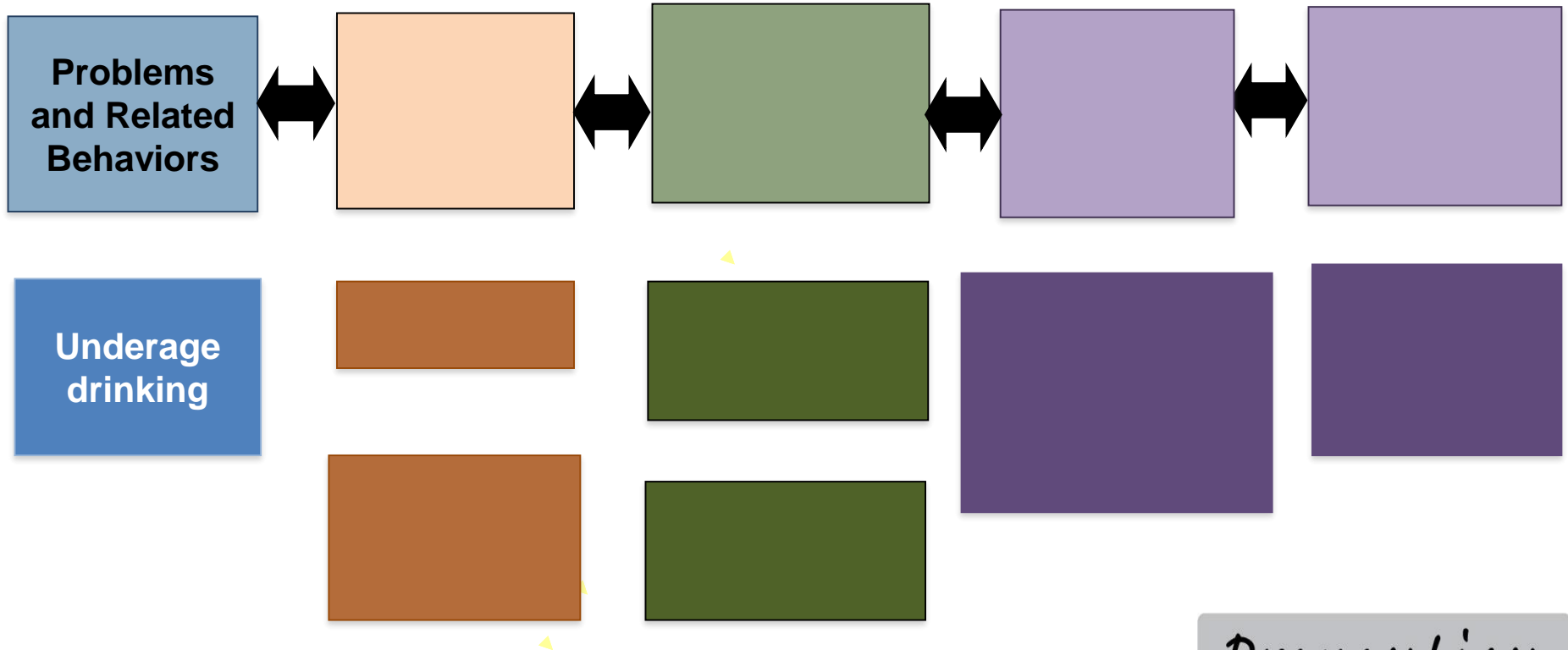
Logic Model: Short- and Long-term Outcomes



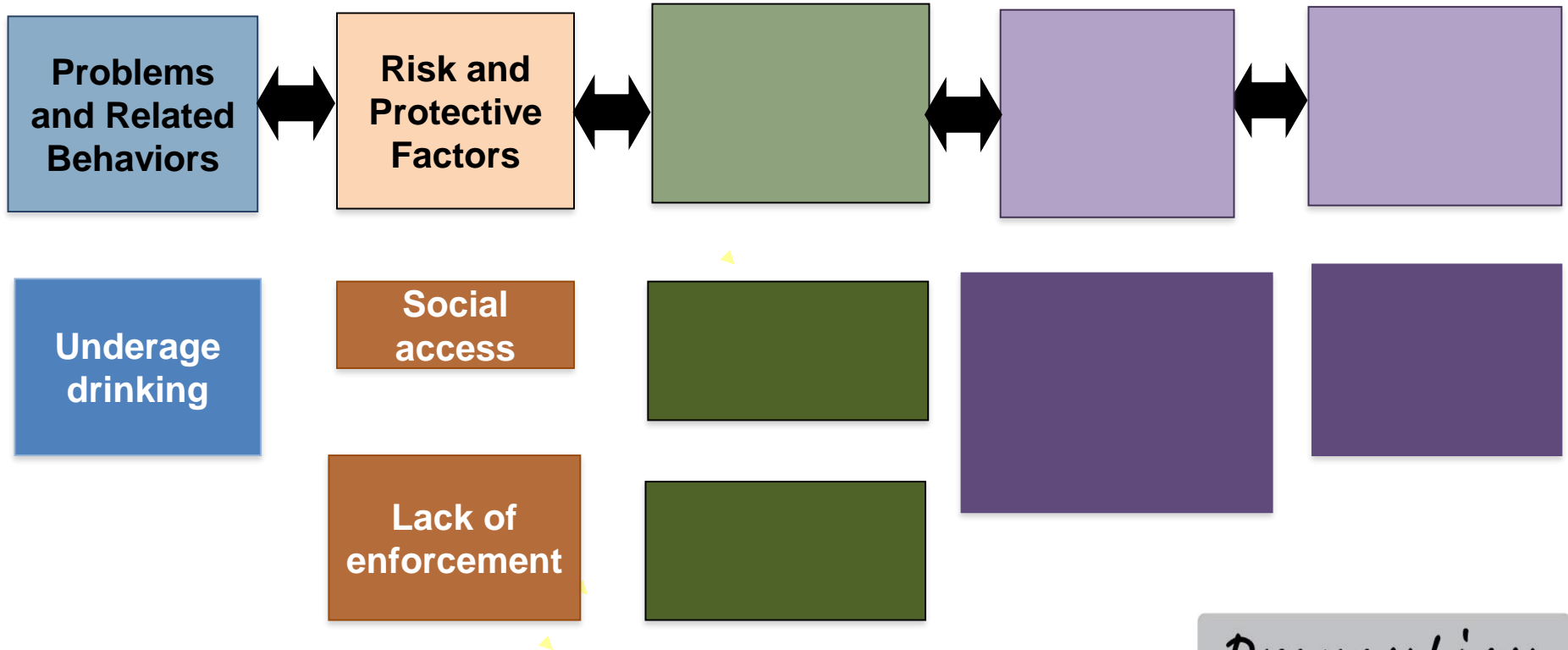
Logic Model: Short- and Long-term Outcomes



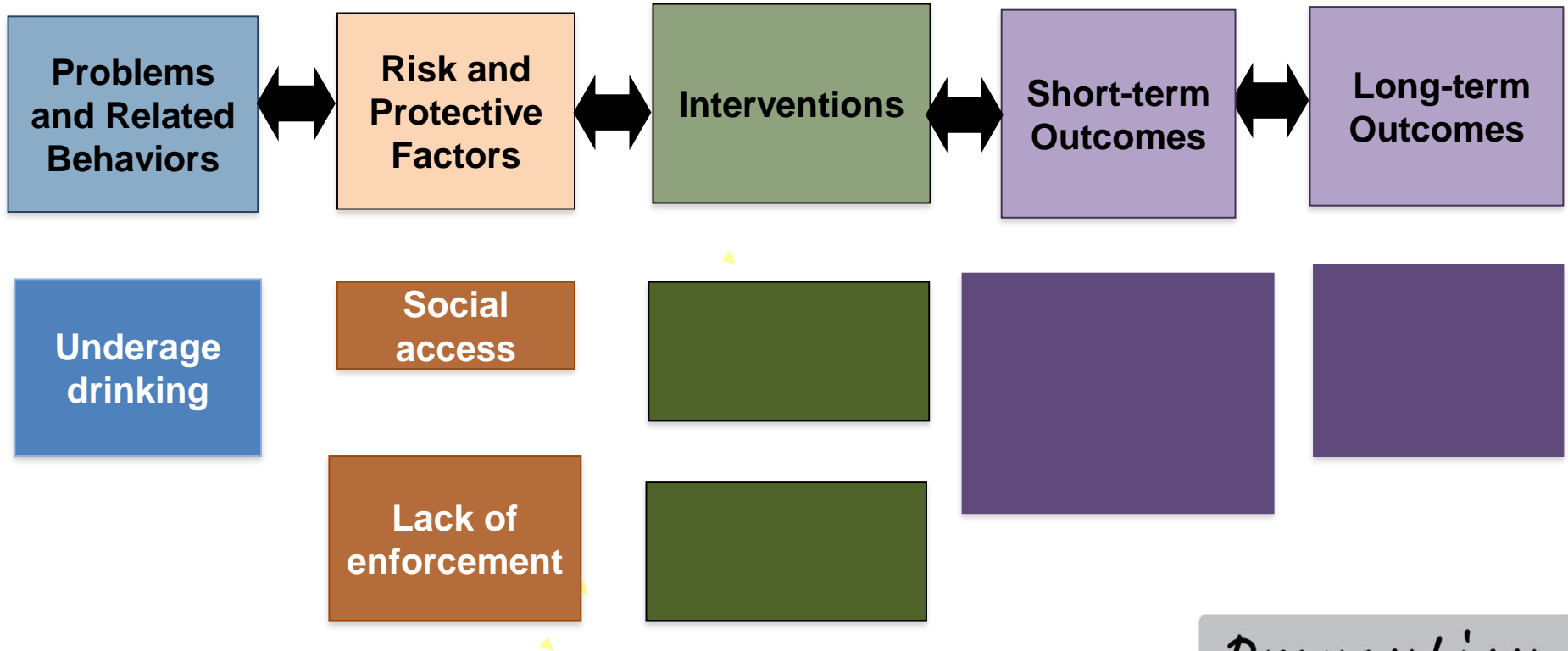
Example: Underage Drinking



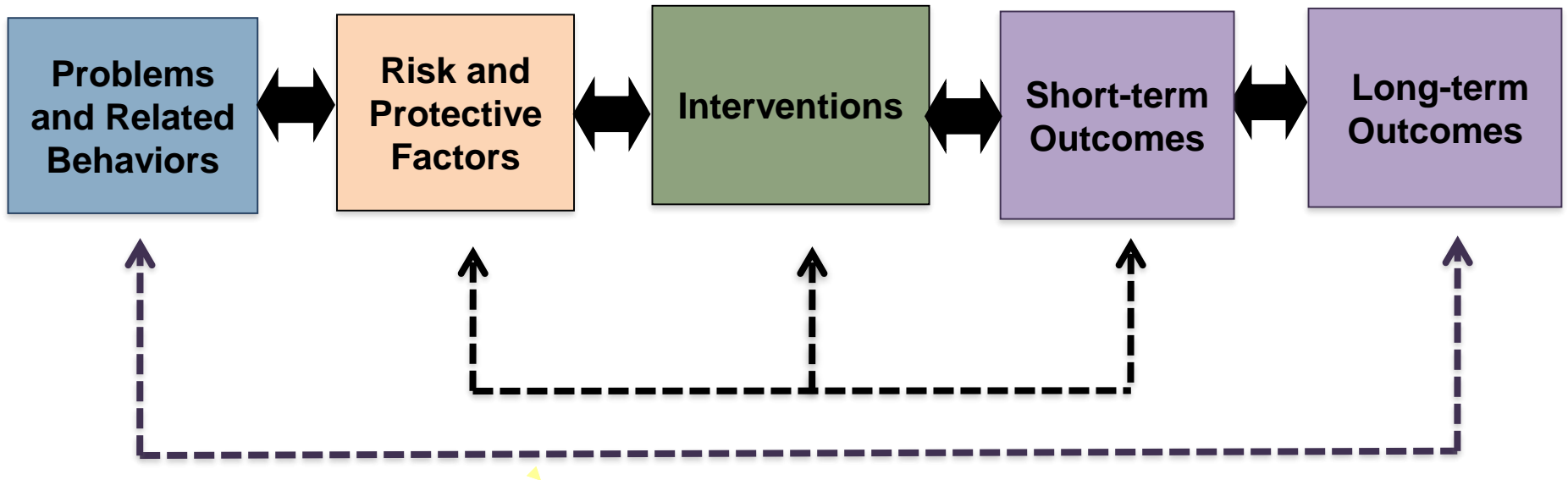
Example: Underage Drinking



Example: Underage Drinking



Logic Model: Short- and Long-term Outcomes



Risk and Protective Factors

- Good stuff and bad stuff that encourages or discourages unhealthy behavior.
- RESEARCH BASED
- Some are shared between substance abuse and mental health



Risk and Protective Factors

- Classified in sectors (Individual, Family, Peer Group, and Society)
- Follow developmental stages
- For underage alcohol use, mostly present in middle school/adolescent stages



This afternoon...

- Move to prioritizing Risk and protective factors
- How to select effective strategies (and who decides what is effective)
- How to measure the good work we are doing
- What if we aren't effective?
- What if we are?

