

SUBSTANCE USE AND PREVENTION

We gathered the following information to respond to general interests related to substance use treatment, abstinence, and prevention.

- The Research-to-Policy Collaboration has worked previously to address policymakers' interests in curbing the opioid epidemic through the Comprehensive Addiction Recovery Act (CARA).
 - o As an example, we held a [briefing in 2016](#), and were asked to discuss different types of strategies related to medically assisted treatments, pharmaceuticals, drug courts, and community-based abstinence programs.
 - o Abstinence programs support maintenance of substance use disorders and are generally used during and subsequent to other forms of treatment; therefore, these may be well-suited to support transition back into the workforce.
 - o These strategies largely involve tertiary prevention, subsequent to substance use or after addiction begins, and focus on preventing relapse.
- Primary Prevention is universal, offered to an entire population regardless of known risk. Examples:
 - o [PROSPER](#) is an approach that coordinates communities' high-quality implementation of evidence-based services involving families and schools. Example programs:
 - [LifeSkills Training](#) – school-based program that addresses initiation and early use of substances by developing drug resistance skills, self-management, and social skills.
 - [Guiding Good Choices](#) – family-based program that supports parents in setting expectations and improving their bond with children around teaching children to resist drug use. Incorporates conflict resolution and communication skills.
 - o [Communities that Care](#) develops a coalition of key stakeholders who cull data to identify risks in their community and implement corresponding scientifically tested and effective prevention programs.
 - o [Good Behavior Game](#) is a classroom-based approach that is feasible for teachers to choose to implement as a strategy that both improves classroom behavior and supports student social and emotional development, which are strengths that prevent later substance use.
 - Some states have opted to “scale up” programs like this with CURES funding.
- Secondary Prevention intervenes with those indicated as “at-risk” of substance use. Example:
 - o Validated risk screeners can be implemented through schools or pediatric well-child checkups.
 - o Risk identification must be matched with interventions that reduce risk.
- Comprehensive community prevention efforts take a public health approach and incorporate various prevention strategies before and after the risk or behavior is identified. For example, Arizona's comprehensive effort to '[stop the methamphetamine epidemic](#)'.

