

# State of the Science across the Spectrum of Substance Use

## Incorporating Prevention Science into Effective Systems and Practice

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# Important Events

(1/3)



- 1989 publication of outcomes of the Midwestern Prevention Study by Mary Ann Pentz in the Journal of the American Medical Association
- 1991 Establishment of the U.S. Society for Prevention Research (SPR)
- 1992 publication of findings from Life Skills Training by Gilbert Botvin
- 1996 First National Conference on Drug Abuse Prevention Research: Putting Research to Work for the Community
- 1997 Publication by NIDA of Preventing Drug Use Among Children and Adolescents: A Research-Based Guide



# Important Events

(2/3)

- 1996 Blueprints for Healthy Youth Development
- 1997 National Registry of Evidence-Based Programs and Practices
- 2003 Handbook for Drug Abuse Prevention: Theory, Science, and Practice. Kluwer Academic/Plenum Publishers
- 2005 Standards of Evidence: Criteria for Efficacy, Effectiveness and Dissemination (SPR)
- 2010 Establishment of the EU Society for Prevention Research
- 2011 EMCDDA: European Drug Prevention Quality Standards



# Important Events

(3/3)

- 2013/2018 UNODC and WHO: International Standards for Drug Prevention
- 2013 Universal Prevention Curriculum: Curriculum for prevention practitioners
- 2015 Establishment of ISSUP and ICUDDR
- 2019 EMCDDA: European Prevention Curriculum (EUPC): a handbook for decision-makers, opinion-makers and policy-makers in science-based prevention of substance use
- 2020 APSI: Foundations for Prevention Science and Practice: a curriculum for prevention practitioners (Virtual and In-Person)



## Key Definitions



- ***Prevention science*** identifies the determinants of behaviors that protect or put at risk the social, emotional, and physical health of individuals, families, communities; the processes as to how these determinants operate; and the strategies that effectively intervene when trajectories are negative and reinforce those trajectories that are positive.
- ***Evidence-based practices or interventions*** are the systematic application of processes or services that have been shown, through available scientific evidence, to consistently improve measurable outcomes.

(Evidence Based Practice Institute, 2012; <http://depts.washington.edu/ebpi/>)



# Current Direction

- Movement towards the professionalization of prevention specialists professionals in the U.S. and internationally





# What is a Culture of Prevention?

- Understanding of the etiology or “cause” of the problem and that there are effective responses to address or mediate the potential negative trajectories in the case of vulnerability or to reinforce positive actions that are anticipated to lead to positive outcomes.
- It is a belief that prevention “works,” a belief that is so strong that efforts are made to support prevention efforts in a variety of settings and around a variety of issues.

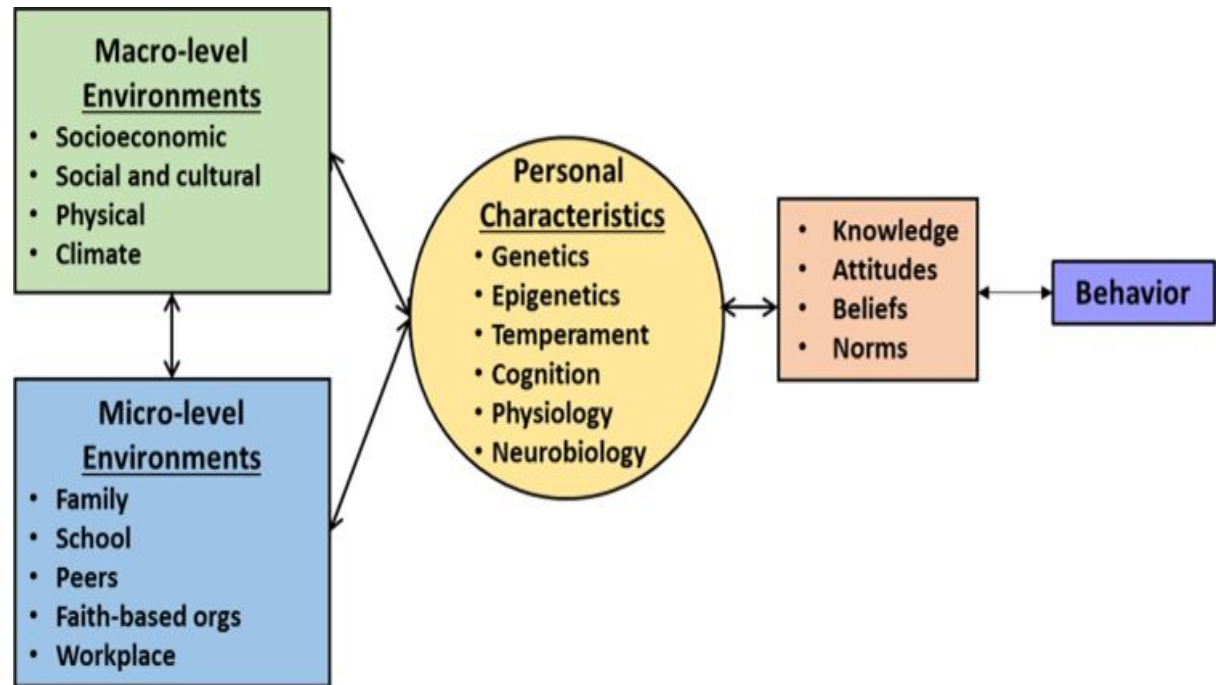
Sloboda, Z. & David, S. (2020). Commentary on the Culture of Prevention. *Prevention Science*, 22(1):84-90.





# Progress in Prevention of Substance Use and Other Behavioral Problems

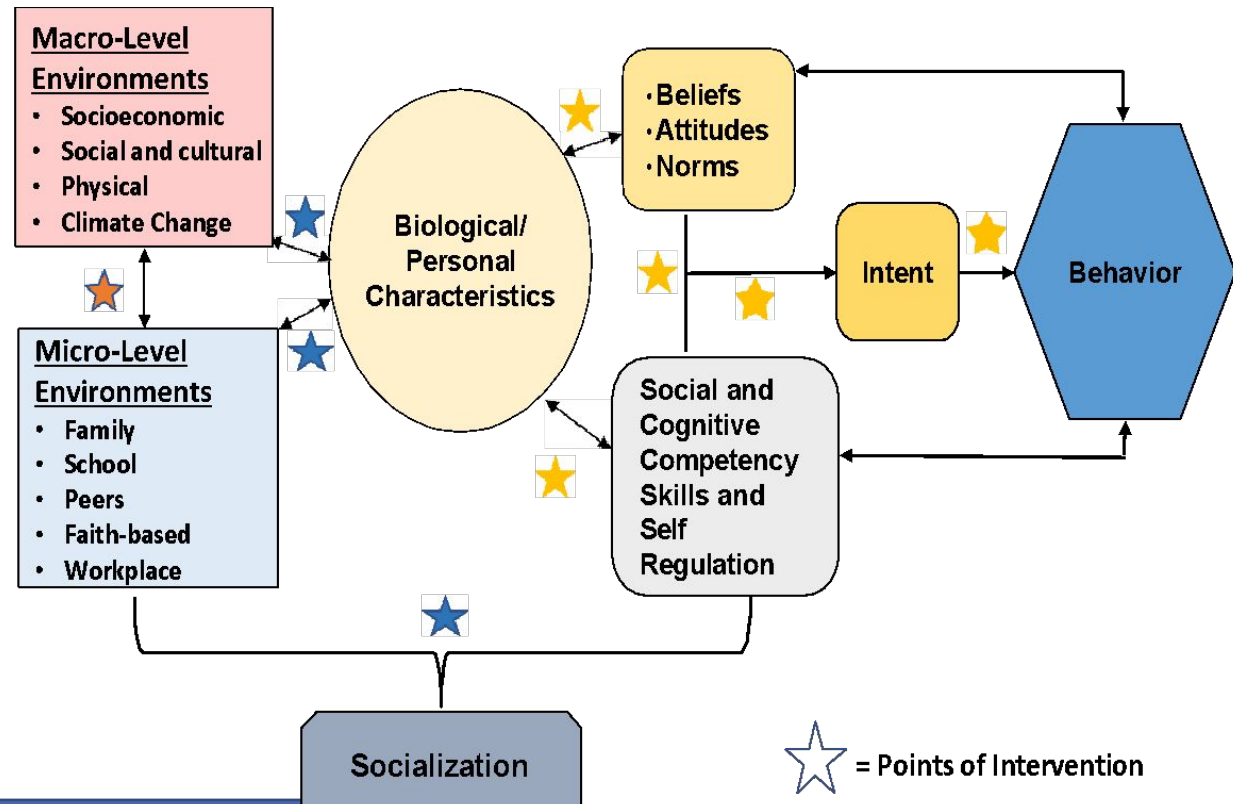
We understand the pathways that lead to these behaviors





# Progress in Prevention of Substance Use and Other Behavioral Problems

And we have evidence-based interventions and policies to address them

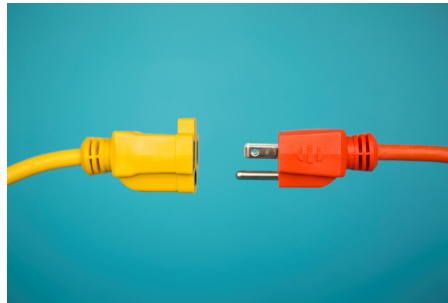


 = Points of Intervention



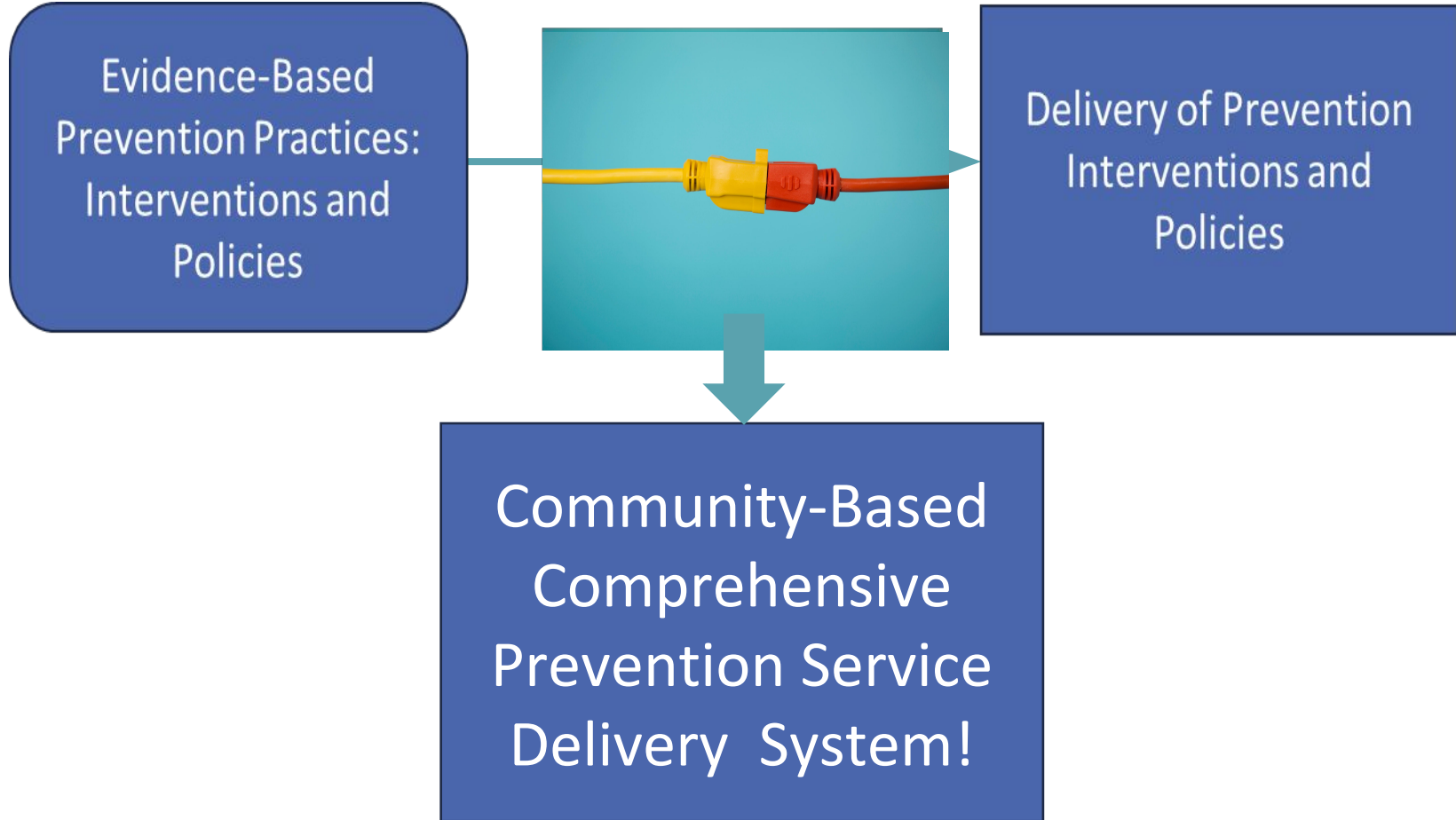
# The Big “Disconnect”

Evidence-Based  
Prevention Practices:  
Interventions and  
Policies



Delivery of Prevention  
Interventions and  
Policies

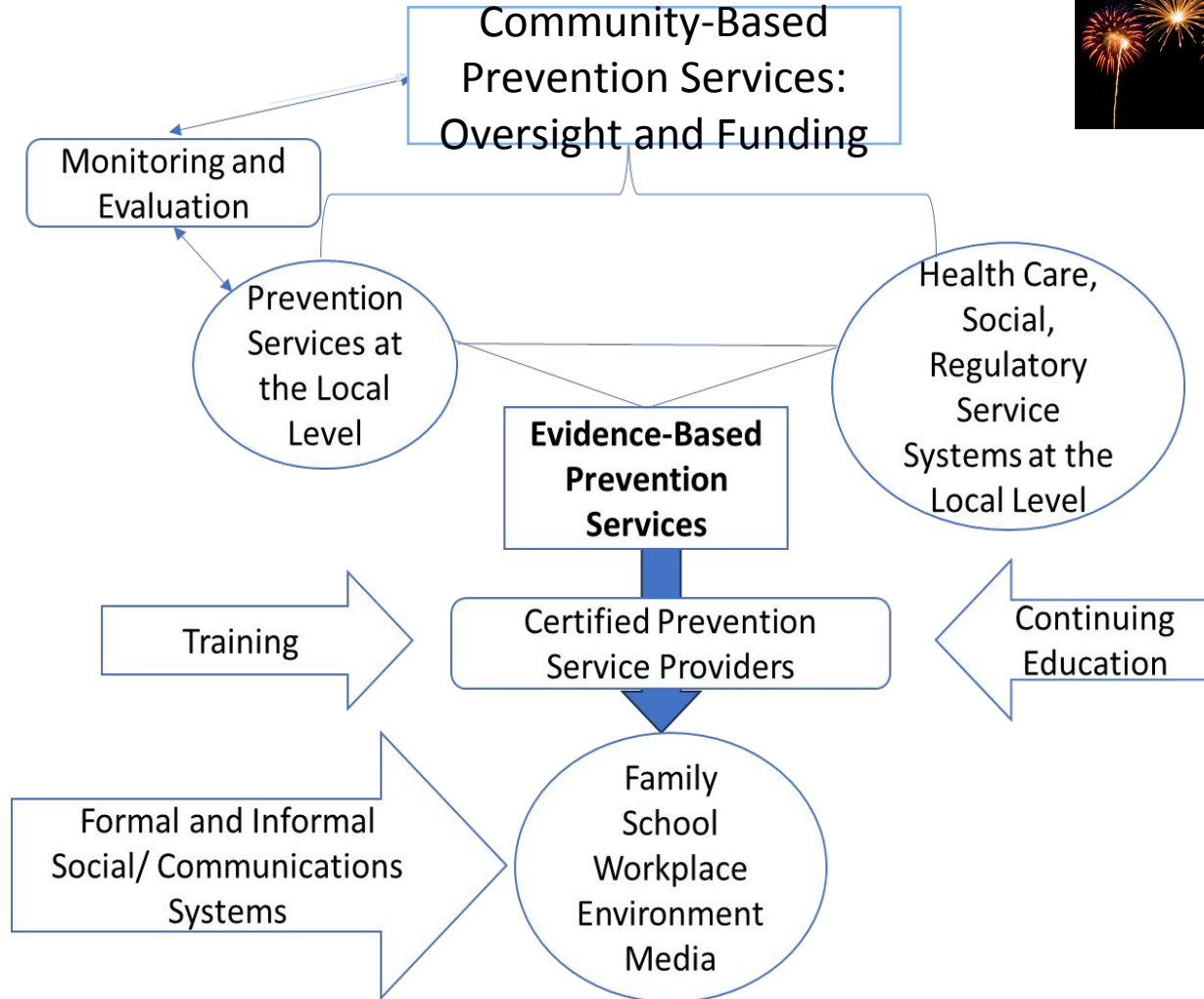
# SOLUTION





# What Would a Community-Based Comprehensive Prevention Service Delivery System Look Like?





Fishbein, D.H. & Sloboda, Z., 2023, 1. *Clinical Child & Family Psychology Reviews*. 26:1–16; UNODC, 2013/2018, *International Standards for Drug Use Prevention*



# ISSUP & ICUDDR Roles In Professionalizing the Field of Prevention



**ISSUP** | INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS

**ICUDDR**  
The International Consortium of Universities for Drug Demand Reduction