

the
Power **of**
prevention

The graphic features three blue silhouettes of a family. On the left, a small child holds a string attached to a balloon that is positioned inside the letter 'P' of the word 'Power'. In the center, an adult figure carries a child on their back. On the right, another small child is walking towards the right.

A SUMMIT FOR ADULTS CARING FOR KIDS IN SCITUATE

Risk & Protection

Prevention that works



**How do we know
what works?**

Then ...

25 years ago, there was no concrete research on prevention, so we made it up ...

- “Just Say No”
- Horror stories about drugs

Well-intended approaches but did not work and in some cases made kids curious about drugs.

Now...

Years of research have identified the factors that predict behavioral health outcomes for children.

- **Risk Factors**
- **Protective Factors**

These two critical concepts are the foundation of our time together this afternoon.

RISK FACTORS



PROTECTIVE FACTORS

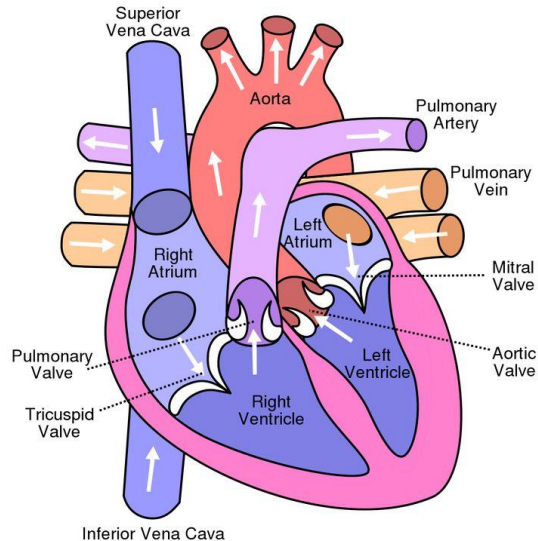
Risk Factors are conditions or habits that make a person more likely to develop a problem.

They can also increase the chances that an existing problem will get worse.

Protective Factors are conditions (skills, strengths, supports, strategies) that help people deal more effectively with stressful events, and minimize the adverse effects of exposure to risk.

We Now Know ...

Let's take heart disease for example.



There is *science and research* to support the role of Risk Factors and Protective Factors in our health and development.

Now, communities can focus on things that we can change, *using strategies that work* ... exactly like we do to reduce the chances of other preventable problems.

Risk Factors

Individual

Family

Community

Peers

Common examples:

- Community Norms
- Availability
- Friends who use substances

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Age of First Use

**Behavioral
Health Condition/LD**

**Family History
of Substance Use
Disorder**

Trauma

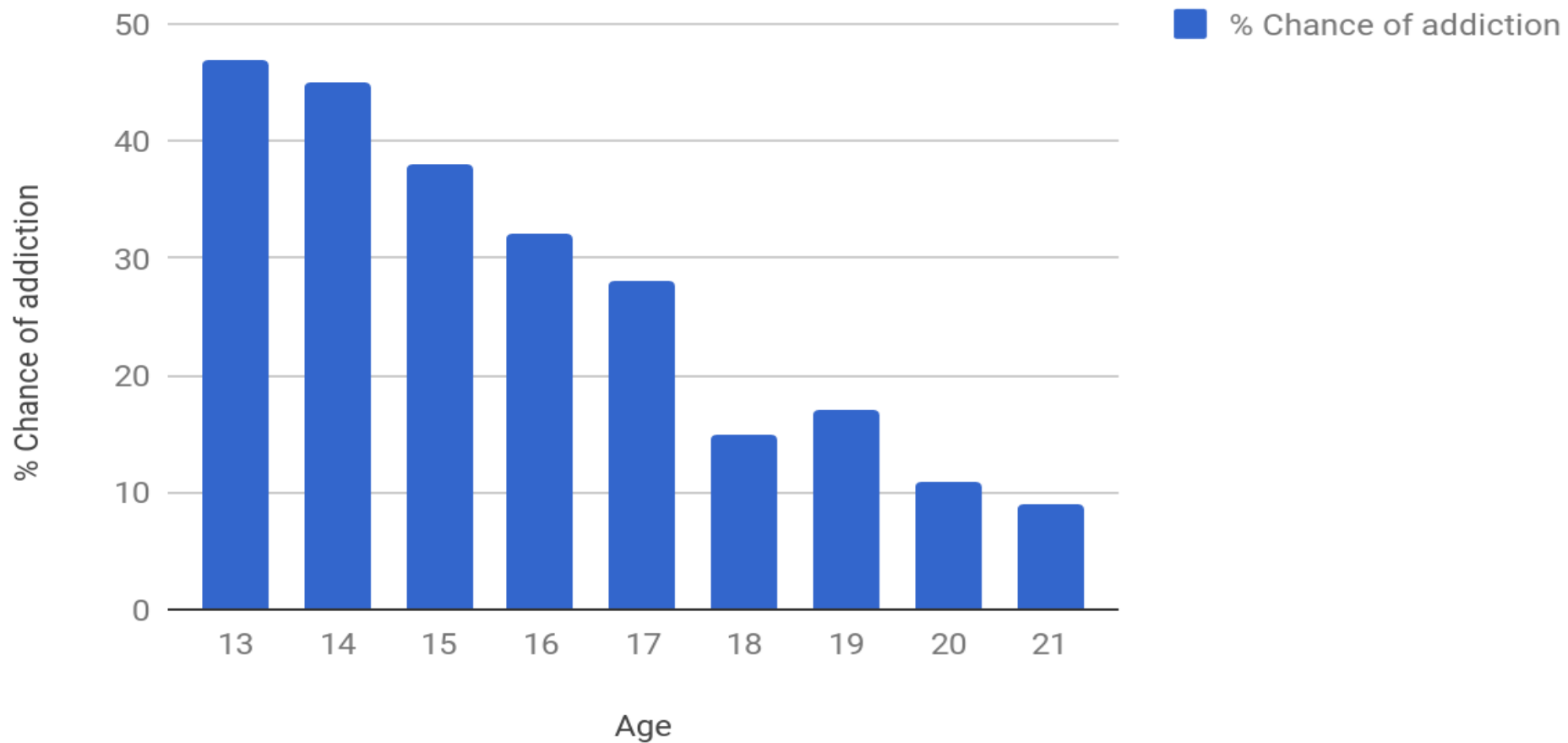


Age of First Use

90% of *all*
Substance Use
Disorders onset
between the ages
of 12-20.

—

% Chance of addiction vs. Age



Protective Factors

Protective Factor: Positive Individual Traits

Pro-Social Behaviors - good natured, friendly

Resilience - bounce back from adversity

Positive Individual Traits are known to help lessen a child's likelihood to engage in problem behaviors.

These traits help 'buffer' children from problem behaviors.

We need to nurture these traits, especially during early childhood. **Are you probably wondering if there is anything else that you can do within your own families ...**

The answer is YES!

Protective Factor: Skills, Opportunities And Recognition (SOAR)

Creating
Opportunities
for meaningful
involvement should:

- * Build on individual interests & abilities
- * Be Meaningful and age-appropriate
- * Show young people that they are valued

Teaching
Skills should:

- * Take advantage of opportunities that exist
- * Motivate the young person to want to learn the skill
- * Break skills into small steps, model the steps, practice together

Providing
Recognition
should:

- * Be specific
- * Be sincere
- * Focus on the positive
- * Praise for effort, progress, & achievement

Protective Factor: Bonding (Warmth - Attachment - Commitment)

Provides children with the motivation to live according the clear standard set forth by parents, teachers, the community ...

Without it, children will not care what any of us adults say, and their respect and honoring of 'rules' will not exist.

Family Bonding - *School Bonding* - *Community Bonding*

Each of these bonds is created or strengthened through ...

OPPORTUNITIES

Protective Factor: Healthy Beliefs and Clear Expectations

Having family rules is a scientifically proven Protective Factor!

Do not assume kids know what you think about this topic.

Establish the healthy beliefs and clear expectations that you have for your family – and do so *explicitly*.

Warm **Family Bonding**, along with **Healthy Beliefs & Clear Expectations** about substance use, in a child's brain translates to:

“That person/my parent cares about me. At the very least, I do not want them to be disappointed in me and ideally I want to continue to make them proud of me.”

POSITIVE INDIVIDUAL TRAITS

Pro-Social Behaviors & Resilience

Build on individual interests & abilities.
Meaningful and age appropriate.
Show young people that they are valued.

Specific.
Sincere.
Focus on the positive.
Praise for effort, progress, & achievement.

Positive
Outcomes



OPPORTUNITIES

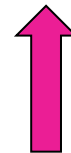
SKILLS

RECONGNITION

HEALTHY
BELIEFS &
CLEAR
EXPECTATIONS

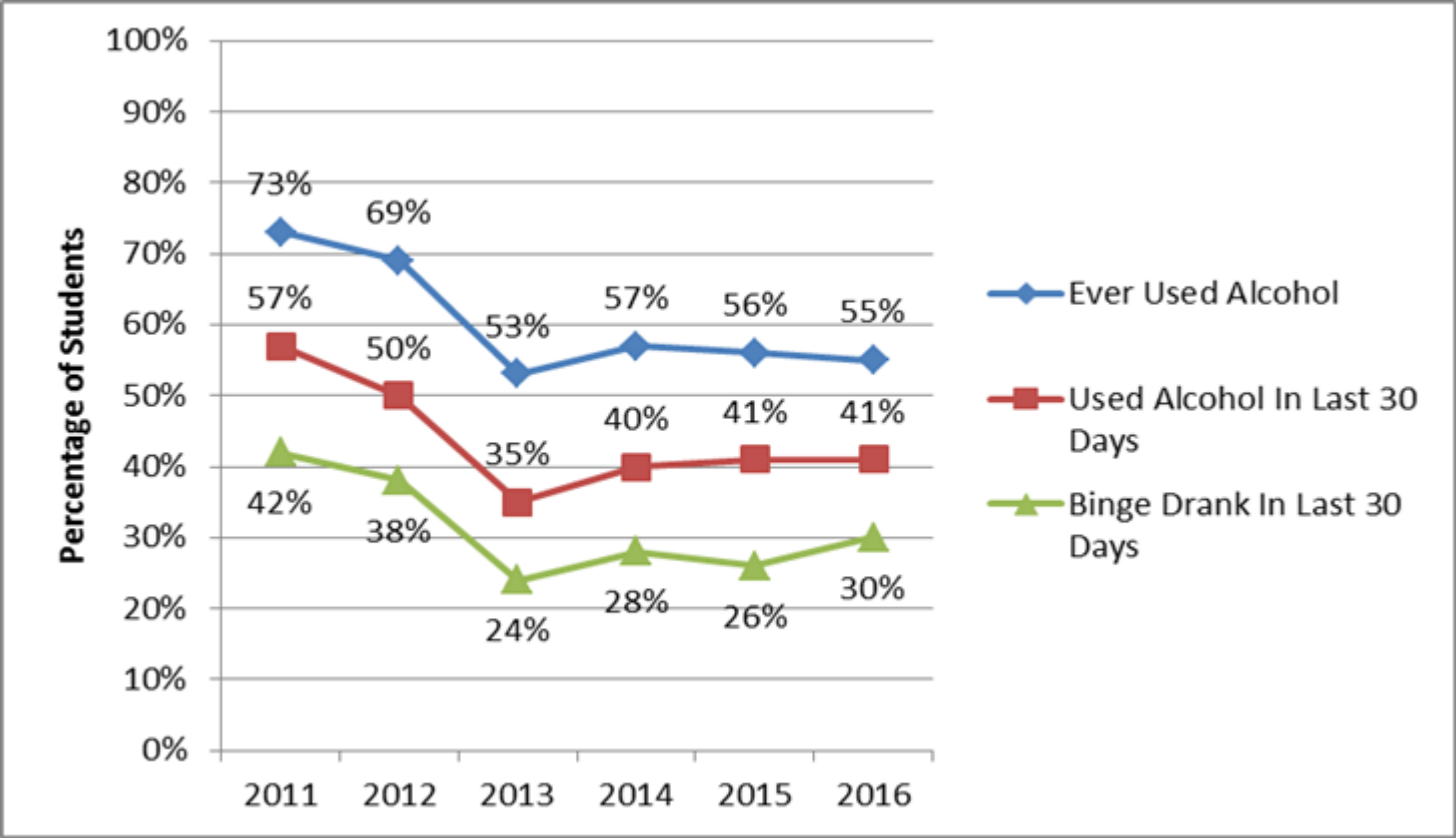
Take advantage of opportunities that exist.
Motivate the young person to want to learn the skill.
Break skills into small steps, model the steps, practice together.

Family
School
Community

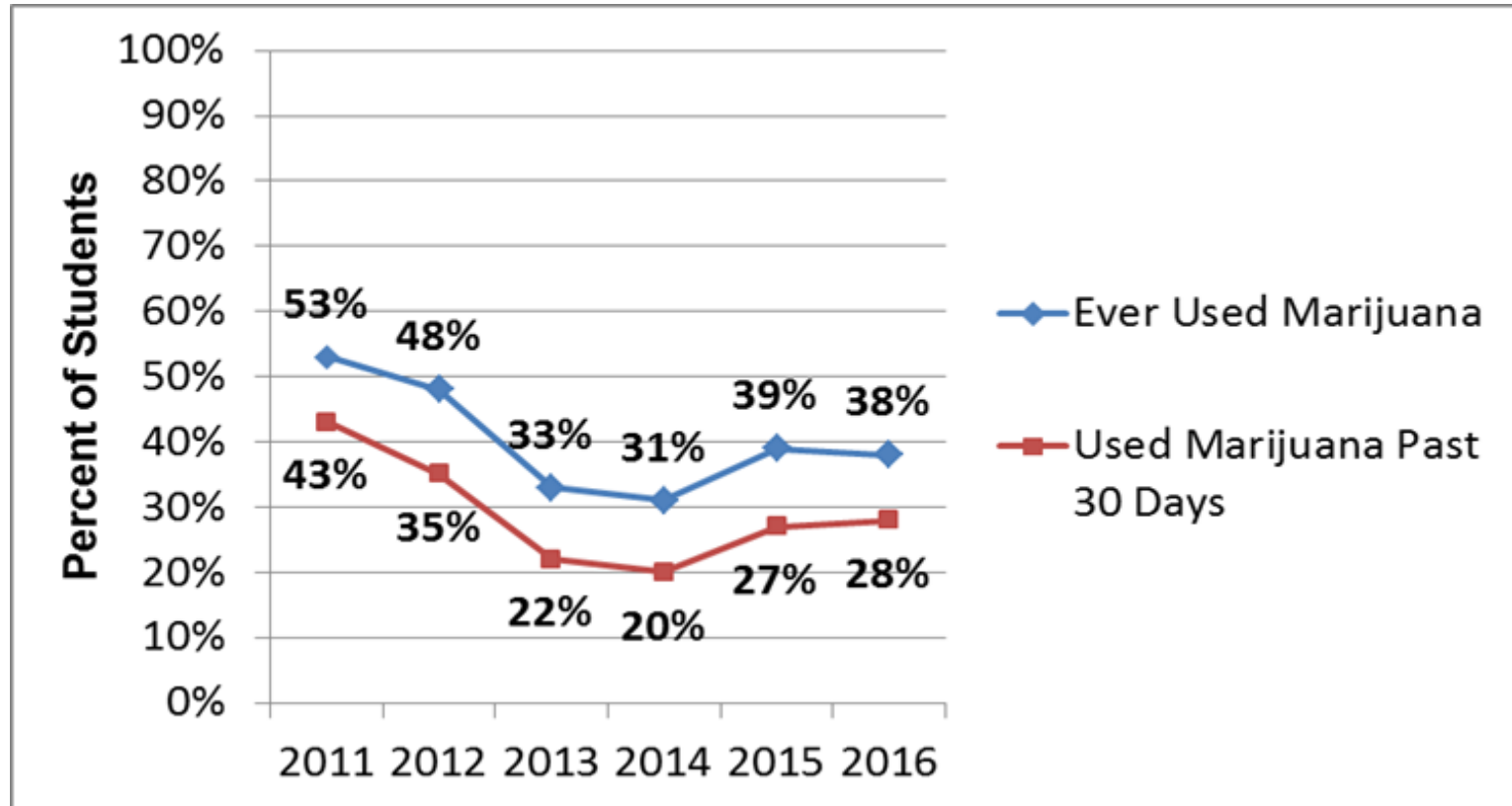


How does all this risk and protection work?

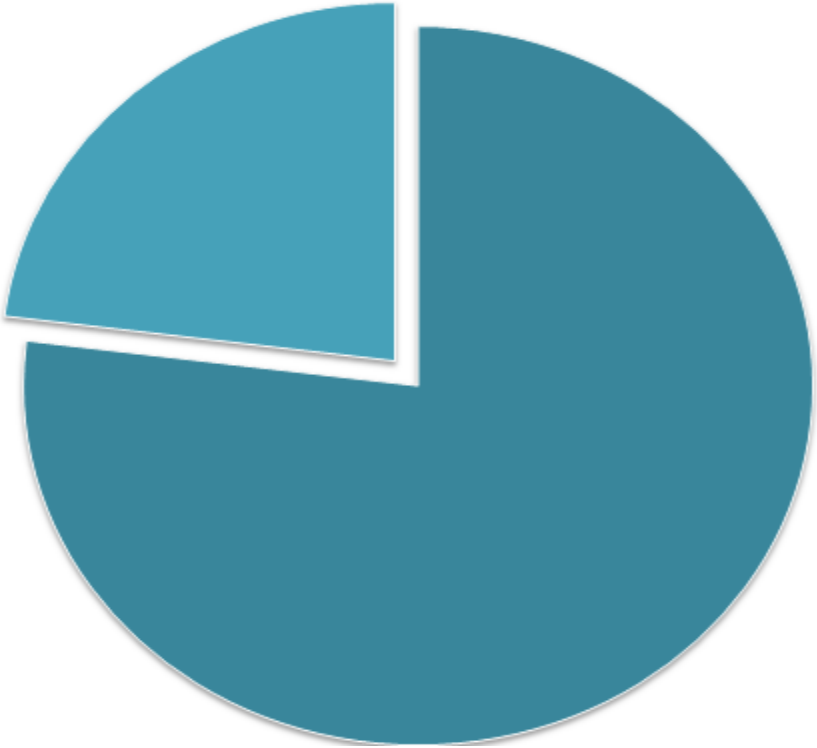
It's working, Scituate! High School Alcohol Use Over Time



It's working, Scituate! High School Marijuana Use Over Time

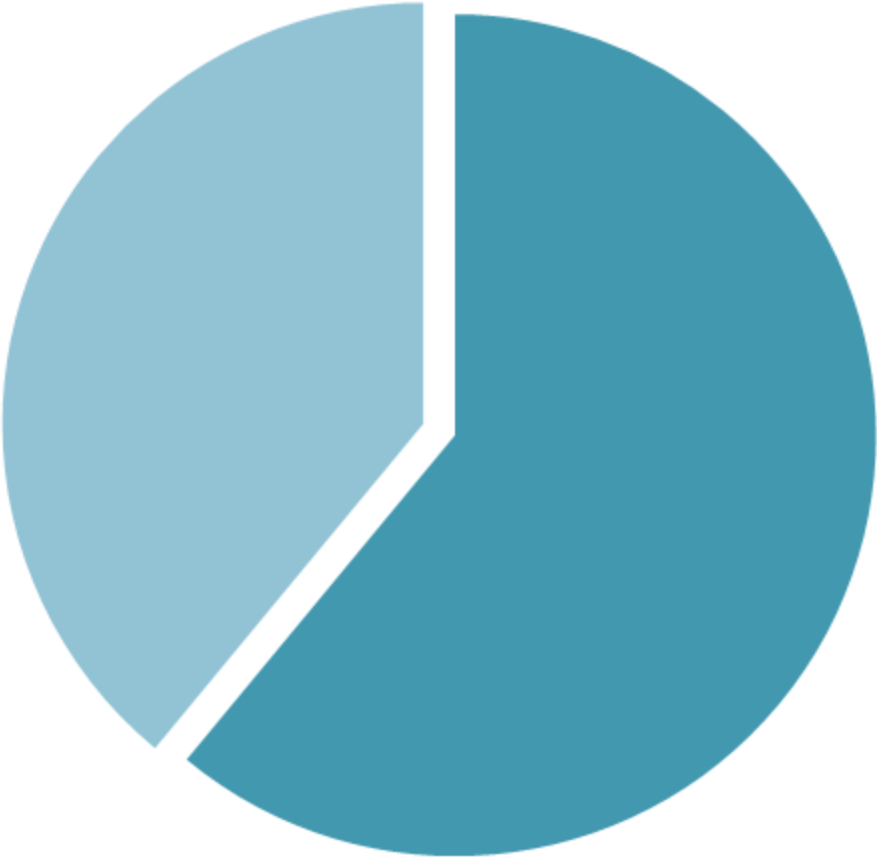


Past Month Marijuana Use 2017



- 77% SHS Used none
- 23% SHS Used Marijuana

Past Month Alcohol Use 2017



■ 61% SHS Had none

■ 39% SHS Had at least one drink

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