Integrating Substance Use Prevention with Wellness

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About the Presenter

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Presentation Objectives

1. Describe substance use prevention strategies and wellness practices
2. Identify substance use prevention programs and resources in Florida
3. Discuss the intersection of substance use prevention and wellness across the lifespan, with a focus on adolescent prevention
Substance Use Prevention

- The National Institute on Drug Abuse (NIDA) identifies prevention as the best strategy to avert substance use among youth.

- Substance use prevention practices aim to increase protective factors and minimize risk factors for substance misuse.

- Substance use prevention strategies range from abstinence-based messaging to targeted naloxone distribution.
Substance Use Prevention

“Prevention and early intervention strategies can reduce the impact of substance use and mental disorders in America’s communities. Prevention activities work to **educate** and **support** individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders.”

- Substance Abuse and Mental Health Services Administration
Prevention Definitions

**PRIMARY**
A disorder is prevented from developing

**SECONDARY**
Early disease detection and treatment

**TERTIARY**
An existing disease is managed to prevent complications or worsening of the condition
Medication Assisted Treatment (MAT) is an evidence-based treatment for Opioid Use Disorder that combines FDA approved medications with counseling and behavioral therapies.

Would you consider MAT a secondary or tertiary prevention strategy?

Let us know your answers in the chat!
Interventions aim to prevent substance use problems from developing.

Prevention efforts focus on promoting healthy behaviors, attitudes, and environments that reduce the risk of substance use and misuse.

Primary prevention efforts are most effective when implemented early, prior to the development of a substance use disorder.
Primary Prevention Examples

**Education programs** that provide accurate information about substance use risks, tips for avoiding substance use, and navigating social pressure.

**Community-based interventions** create supportive environments and discourage substance use and promote healthy behaviors.

**Parenting programs** provide parents with skills and resources to support their children’s healthy development and prevent substance use.

**Policy interventions** create laws and regulations to discourage substance use and encourage healthy behaviors.

**Media campaigns** raise awareness about risks associated with substance use and benefits of healthy behaviors.
Substance Use
Secondary Prevention

Interventions aim to identify and treat substance misuse early.

Prevention efforts focus on individuals who may be at increased risk of developing a substance use disorder or are experiencing negative impacts from substance use.

Secondary prevention efforts are most effective when integrated with primary prevention efforts.
Secondary Prevention Examples

Screening and brief intervention (SBI) to screen individuals at risk to develop a substance use disorder and provide brief intervention to reduce or eliminate risk.

Early intervention programs address substance use before it becomes severe.

Peer mentoring programs provide support and guidance from individuals with lived experience who are now in recovery.

Family therapy is an effective tool to address substance use problems in adolescents and young adults.

Workplace programs assist to identify substance use problems and provide support for employees who may be at risk of substance misuse.
Substance Use
Tertiary Prevention

Interventions aim to prevent the recurrence or worsening of a health condition after it has been diagnosed.

Interventions aim to reduce harm and prevent return to use among individuals who have already developed a substance use disorder.

Tertiary prevention efforts are most effective when they are patient-centered, evidence-based, collaborative, and prioritize comprehensive, coordinated, and ongoing care.
Tertiary Prevention Examples

**Rehabilitation programs** support individuals recover from substance use disorder to learn skills to prevent return to use utilizing individual, family, and group therapy and/or MAT and peer support.

**Support groups** provide a safe and supportive environment for individuals in recovery to share experiences, engage in fellowship, and work directly with peers.

**Continuing care** provides ongoing monitoring and support for individuals after they complete treatment.

**Relapse prevention plans** outline personalized strategies for avoiding triggers, managing cravings, and preventing return to use.

**Harm reduction** aims to minimize the negative consequences of substance use, such as programs that provide education on safer sex use and prevention of infectious diseases.
Substance Use Prevention Programs

- **Talk. They Hear You. Campaign**—Aims to reduce underage drinking and substance use among youths under the age of 21 by providing parents and caregivers with resources to discuss substance use with their children.

- **Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD)**—Coordinates federal efforts to reduce underage drinking and served as a resource for the development of A Comprehensive Plan for Preventing and Reducing Underage Drinking. This committee is comprised of 15 federal agencies and is led by SAMHSA.

- **STOP Underage Drinking**—This interagency website portal of the Interagency Coordinating Committee on the Prevention of Underage Drinking (ICCPUD) provides research, federal and state resources, and funding opportunities to reduce and prevent underage drinking and its consequences.
Substance Use Prevention Programs

- **National Prevention Week**—Held in May, NPW promotes community involvement, resource sharing, and partnership engagement to increase public awareness of substance use and mental disorders. In addition, NPW provides resources to communities so they can highlight their prevention successes throughout the year.

- **Communities Talk: Town Hall Meetings to Prevent Underage Drinking**—This nationwide initiative provides community-based organizations with the resources they need to start, or support, a conversation about evidence-based underage drinking prevention. Held every two years, Communities Talk events engage multiple stakeholders within each community to mobilize action in underage drinking prevention or strengthen existing prevention programs.
Substance Use Prevention Programs & Resources in Florida

• **Florida Alcohol and Drug Abuse Association (FADAA):** FADAA is a statewide association of addiction treatment providers that works to promote substance use prevention and treatment in Florida. They provide resources and support to individuals and families seeking treatment, as well as to prevention and treatment providers.

• **Florida Department of Children and Families (DCF):** DCF is a state agency that provides a range of services related to substance use prevention and treatment. They offer prevention and early intervention services, as well as treatment services for individuals with substance use disorders.

• **Florida Statewide Drug Policy Advisory Council:** The Council is a group of stakeholders who work to develop and implement policies related to substance use prevention and treatment in Florida. They provide guidance and support to state agencies, community organizations, and treatment providers.
Substance Use Prevention Programs & Resources in Florida

• **Too Good for Drugs: Too Good for Drugs** is a substance use prevention program for students in grades K-12. The program uses a curriculum-based approach to teach students social and emotional skills, decision-making, and goal-setting strategies to avoid risky behaviors.

• **Students Against Destructive Decisions (SADD):** SADD is a national organization with local chapters throughout Florida that provides education and support to students and families to prevent substance use and other risky behaviors.

• **National Council on Alcoholism and Drug Dependence (NCADD) - Florida:** NCADD-Florida is a nonprofit organization that provides information, education, and referral services related to substance use prevention and treatment.
An emphasis on wellness is a paradigm shift that moves beyond a traditional focus on illness and disease and addresses the broader determinants of health, including physical, social, emotional, intellectual, and spiritual well-being.

Michael H. Rosenthal
The Wellness Paradigm: Creating Health Promotion Programs That Work
What’s a Wellness Model?

Medical Model

• Historically prioritized identifying and treating physical causes of disease
• Belief that disease caused by specific pathogens or physical abnormalities
• Failed to incorporate factors outside of the person contributing to disease
• Importance of prevention efforts were not broadly recognized

Wellness Model

• Recognize importance of social determinants of health in the development and treatment of disease
• Person-centered
• Emphasis on preventive care and patient education
Wellness Models

- Six Dimensions of Wellness
- Transtheoretical Model of Change
- Biopsychosocial Model
- Health Belief Model
- Social Ecological Model of Health
Six Dimensions of Wellness

Must include impacts of key environmental factors:

- Where you live
- Where you work
- Where you learn
- Where you play
- Where you reflect

“Wellness is functioning optimally within your current environment.”
– National Institute of Wellness
Six Dimensions of Wellness

Application to Substance Use Prevention

1. Physical – improving physical wellness can reduce the risk of substance use by promoting healthy habits such as regular exercise, adequate sleep, and balanced nutrition.

2. Emotional – promote resilience and coping skills, such as mindfulness and cognitive-behavioral therapy.

3. Social – encourage positive social interactions and connections, such as group therapy or support groups.

4. Intellectual – education and awareness campaigns that provide accurate and up-to-date information on substance use and its impact on the brain and cognitive function.

5. Occupational – vocational training and employment programs that provide individuals with purpose and a sense of accomplishment.

6. Spiritual – encourage individuals to connect with their own spirituality or a higher power, such as mindfulness or meditation.

A wellness-based approach to substance use prevention can help individuals develop healthy habits and coping mechanisms that promote long-term wellbeing and reduce the risk of substance use.
Transtheoretical Model of Change

Five Stage Process for Behavior Change

1. Pre-Contemplation – not yet considering change
2. Contemplation – considering a change and may weigh pros and cons of behavior change
3. Preparation – actively preparing to change their behavior, goal setting
4. Action – specific behavior change is made and actively working towards maintaining change
5. Maintenance – maintained behavior change for a significant period of time and working towards preventing relapse
6. Termination – fully integrated the behavior change and no longer needs to actively work to maintain it

Emphasizes the importance for assessing an individual’s readiness to change and tailoring interventions to address specific barriers and facilitators to change at each stage.
Transtheoretical Model of Change

Application to Substance Use Prevention

1. Pre-Contemplation – increasing awareness of the risks and consequences of substance use
2. Contemplation – considering pros and cons of reducing or stopping substance use
3. Preparation – developing specific coping skills or strategies to support reducing or stopping substance use.
4. Action – reducing or stopping substance use is made and actively working towards maintaining change
5. Maintenance – maintained behavior change for a significant period of time and working towards preventing relapse
6. Termination – fully integrated the behavior change and no longer needs to actively work to maintain it

Can help to identify individuals who may benefit from additional support or interventions to move through the stages of change and maintain their behavior change over time.
Biopsychosocial Model

Health and illness can be understood through three interrelated domains that influence health outcomes:

1. Biological Factors – genetic, biochemical, and physiological processes
2. Psychological Factors – cognitive, emotional, and behavioral processes
3. Social Factors – interpersonal, cultural, and environmental factors

Application

• Most often used in clinical settings
• Used in the assessment, diagnosis, and treatment of health conditions
• Also used in research to investigate complex interactions that contribute to health and illness.
Biopsychosocial Model

Application to Substance Use Prevention

1. Biological – education on the short- and long-term effects of substance use on the body. Programs that focus on improving overall physical health and wellness, such as exercise and nutrition education, can also be effective in reducing substance use.

2. Psychological – mental health screenings and access to treatment for underlying mental health conditions. Additionally, interventions that focus on building resilience and coping skills can help individuals manage stressors and reduce the risk of substance use.

3. Social – education on the risks and consequences of substance use, as well as strategies for resisting peer pressure and developing healthy relationships. Programs that provide opportunities for social connection and support can also be effective in reducing substance use.

Model can be used to better identify and address underlying factors that may contribute to substance use in specific populations, such as adolescents or individuals with co-occurring disorders.
Health Belief Model

Social psychological model used to explain and predict individuals’ health-related behaviors

1. Perceived Susceptibility – belief about likelihood of contracting a particular illness or disease
2. Perceived Severity – belief about the seriousness of the illness or disease if contracted
3. Perceived Benefits – belief about the effectiveness of the recommended health behavior in reducing risk of illness or disease
4. Perceived Barriers – belief about the difficulties associated with the recommended health behavior
5. Cues to Action – internal or external factors that motivate the individual to take action to prevent or manage the illness or disease
6. Self-Efficacy – belief in their ability to successfully engage in the recommended health behavior
Health Belief Model

Application to Substance Use Prevention

1. Perceived Susceptibility – illustrate the risks associated with substance use and emphasize that anyone can become addicted to drugs or alcohol, regardless of their age, gender, or socioeconomic status.

2. Perceived Severity – emphasize the negative consequences of substance use, such as addiction, health problems, and social and economic costs.

3. Perceived Benefits – highlight the benefits of not using drugs or alcohol, such as improved physical and mental health, better relationships, and academic and professional success.

4. Perceived Barriers – address common barriers to avoiding substance use, such as social pressure, availability of drugs or alcohol, and lack of information or resources.

5. Self-Efficacy – provide individuals with the knowledge, skills, and resources necessary to avoid substance use and build self-efficacy through practice and reinforcement.
Social Ecological Model

- **Individual** – knowledge, attitudes, beliefs, and behaviors
- **Interpersonal** – social networks, family, peer groups, as well as relationships and interactions between individuals within these groups
- **Community** – social and physical environments in which individuals work, live, and play. Includes access to healthcare, education and employment opportunities, and community resources
- **Societal** – cultural norms, policies, and economic conditions that influence health outcomes
Social Ecological Model

Application to Substance Use Prevention

1. Individual – education and counseling to improve knowledge, attitudes, and behaviors related to substance use
2. Interpersonal – peer education and support groups to strengthen social networks and reduce social pressure to use drugs or alcohol.
3. Community – policy and environmental changes to reduce access to drugs or alcohol and increase access to prevention resources.
4. Societal–advocacy for public policies that address the social determinants of health and reduce substance use at the population level.
Applying Wellness Models to Substance Use Prevention

Addressing multiple dimensions of wellness: Substance use prevention efforts should address multiple dimensions of wellness, such as physical, emotional, social, and spiritual health. Prevention efforts that focus on one aspect of wellness, such as physical health, may not be as effective as those that address multiple dimensions.
Understanding the biopsychosocial factors that contribute to substance use: Wellness models, such as the biopsychosocial model, recognize the complex interplay of biological, psychological, and social factors in health and well-being. Substance use prevention efforts should take into account these factors and provide interventions that address the underlying causes of substance use.
Applying Wellness Models to Substance Use Prevention

Addressing motivation and readiness to change: Wellness models, such as the transtheoretical model of change, recognize that individuals have varying levels of motivation and readiness to change. Substance use prevention efforts should tailor interventions to the individual's level of motivation and readiness to change.
Applying Wellness Models to Substance Use Prevention

Providing resources and support for holistic well-being: Substance use prevention efforts should provide resources and support for holistic well-being, such as access to physical activity, mental health services, and social support. These resources can help individuals build resilience and cope with stressors that may contribute to substance use.
Applying Wellness Models to Substance Use Prevention

Promoting intrinsic motivation and autonomy: Wellness models, such as the self-determination theory, recognize the importance of intrinsic motivation and autonomy in promoting well-being. Substance use prevention efforts should aim to promote intrinsic motivation and autonomy, such as by providing opportunities for personal growth and development.
Substance Use Prevention and Wellness Across the Lifespan
Lifespan - The biological limits to life’s length, determined by species-specific hereditary factors
Substance Use Prevention and Wellness

Prenatal Development & the Newborn

Preconception Health:
• Current clinical recommendations for pregnant people with Opioid Use Disorder include MOUD (Medication for Opioid Use Disorder) over withdrawal due to improved outcomes and reduce risk of return to use during pregnancy
• Exercise
• Nutrition
• Limit substance use
• Mental health management

Pre- & post-natal care:
• Screening and risk assessments for post-partum depression/anxiety and substance use among caregivers
• MOUD should continue during postpartum period as prescribed
• Increased risk for return to use and overdose due to increased stressors and life adjustments
• Access to healthcare and substance use treatment
Substance Use Prevention and Wellness

Infancy & Childhood

Preconception Health:
• Current clinical recommendations for pregnant people with Opioid Use Disorder include MOUD (Medication for Opioid Use Disorder) over withdrawal due to improved outcomes and reduce risk of return to use during pregnancy
• Exercise
• Nutrition
• Limit substance use
• Mental health management

Recommendations:
• Interventions to prevent child abuse and neglect
• Proper nutrition
• Healthy caregiver attachment
• Risk assessments for Substance Use Disorder and co-occurring disorders among caregivers
• Parental support groups
Substance Use Prevention and Wellness

Adolescence & Emerging Adulthood

Risk Factors:
- Genetics and Family History
- Peer Pressure
- Mental Health Disorders
- Trauma
- Low Socioeconomic Status
- Lack of Parental Supervision
- Accessibility

Protective Factors:
- Strong Family and Social Support
- Positive Mental Health
- Healthy Coping Skills
- Strong Personal Values
- Access to Resources
- Good Physical Health
Substance Use Prevention and Wellness

Adolescence and Emerging Adulthood

Recommendations:
• Education and Awareness - increasing education and awareness about the dangers of substance use and the importance of maintaining overall health and well-being
• Peer Support - Encouraging peer support and positive social networks among adolescents and emerging adults.
• Family Support - Providing resources and support for families to help promote positive relationships and reduce risk factors for substance use.
• Positive Reinforcement - Promoting positive reinforcement for healthy behaviors, such as staying active and making healthy choices.
• Early Intervention - Identifying and addressing risk factors for substance use early on, before they become more serious problems.
• Access to Resources - Providing access to resources and support for individuals and communities that promote health and wellness, such as mental health services, recreational activities, and job opportunities.
Substance Use Prevention and Wellness

Adulthood & Aging

Risk Factors for SUD in Older Adults:
• Chronic pain,
• physical disabilities or reduced mobility,
• transitions in living or care situations;
• loss of loved ones; social isolation;
• forced retirement or change in income;
• poor health status;
• chronic illness; and
• increased use of medications and supplements (Substance Use in Older Adults, 2020)

1 million adults aged 65 and older live with a substance use disorder (2018 National Survey on Drug Use and Health)
Substance Use Prevention and Wellness

Adulthood & Aging

Protective Factors in Older Adults:
1. Long-term engagement in healthcare
2. Cognitive and social engagement
3. Sense of community
4. Physical activity
5. Healthy diet

Recommendations:
• Screenings for chronic conditions such as cancer, high blood pressure, and type 2 diabetes
• Screening for substance misuse
• Immunizations
• Health education and counseling about personal health behaviors (Promoting Health for Older Adults | CDC, 2020.)
Adolescent Substance Use Prevention and Wellness

Adverse Childhood Experiences (ACEs)
Exposure to traumatic events during childhood increase toxic stress, impacting brain development and how the body processes stress, resulting in negative impacts on an individual’s physical and mental health outcomes later in life.

Risk Factors for ACEs:
1. Domestic violence or abuse
2. Parental substance abuse or mental illness
3. Neglect
4. Parental separation or divorce
5. Household instability
6. Exposure to community violence

Outcomes:
• Chronic health conditions
• Mental health disorders
• Social and behavioral difficulties
• Impaired brain development
• Poor academic and occupational outcomes
• Higher risk of experiencing future trauma
Preventing Adverse Childhood Experiences result in:
1. Decreased risk for depression, asthma, diabetes, and cancer
2. Reduction in adverse health behaviors, such as smoking and heavy drinking
3. Increased education and employment
4. Breaks the generational cycle

Source: National Center for Injury Prevention and Control, Division of Violence Prevention
https://youtu.be/8gm-lNpzU4g
Adolescent Prevention Program
Spotlight

Girls on the Run

Mission: We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

- 97% of girls said they learn critical life skills including resolving conflict, helping others or making intentional decisions.
- 85% of girls improved in confidence, caring, competence, character development or connection to others.
- 40% increase in physical activity level among girls who were least active at the start of the season.

https://www.girlsontherun.org/
Adolescent Prevention Resources in Florida

Florida Coalition for Children
https://flchildren.org/page/LCEBP

FL Department of Juvenile Justice
https://www.djj.state.fl.us/services/prevention-services/prevention-programs

Florida Department of Health
Additional Resources

- Florida Alcohol and Drug Abuse Association (FADAA)  
  https://www.fadaa.org/page/Resource_Center

- Florida Department of Children and Families (DCF)  
  https://www.myflfamilies.com/resource-library

- Central Florida Behavioral Health Network  
  https://www.cfbhn.org/prevention-coalitions/

- SAMHSA Prevention of Substance Use and Mental Disorders  
  https://www.samhsa.gov/find-help/prevention
Additional Resources

• CDC Adverse Childhood Experiences
  https://www.cdc.gov/violenceprevention/aces/index.html

• Florida Statewide Drug Policy Advisory Council

• SAMHSA Planning Resources and Alcohol and Other Drug Misuse Prevention Resources
  https://www.stopalcoholabuse.gov/communitiestalk/tips-resources/

• CDC Training for Preventing Adverse Childhood Experiences
  https://vetoviolence.cdc.gov/apps/aces-training/##/##top
References


https://www.girlsontherun.org/

https://www.samhsa.gov/find-help/prevention
Thank you

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