

**Cross-Systems Prevention Workgroup  
(CSPW)**

**Primary  
Prevention  
Showcase**

**January 26th  
2022**

**Approaching  
Strategic Planning  
Through Data-Driven,  
Cross-System  
Decision-Making**



A photograph of a person's hands writing in a notebook with a red pen. A laptop is visible in the background. The image is partially obscured by a yellow diagonal graphic element.

# Today's Topics

## **Primary Prevention:**

- **What It Is and Why It Is Important**
- **What We Know Works**
- **Yesterday & Tomorrow**
- **Call to Action**

# Today's Presenters

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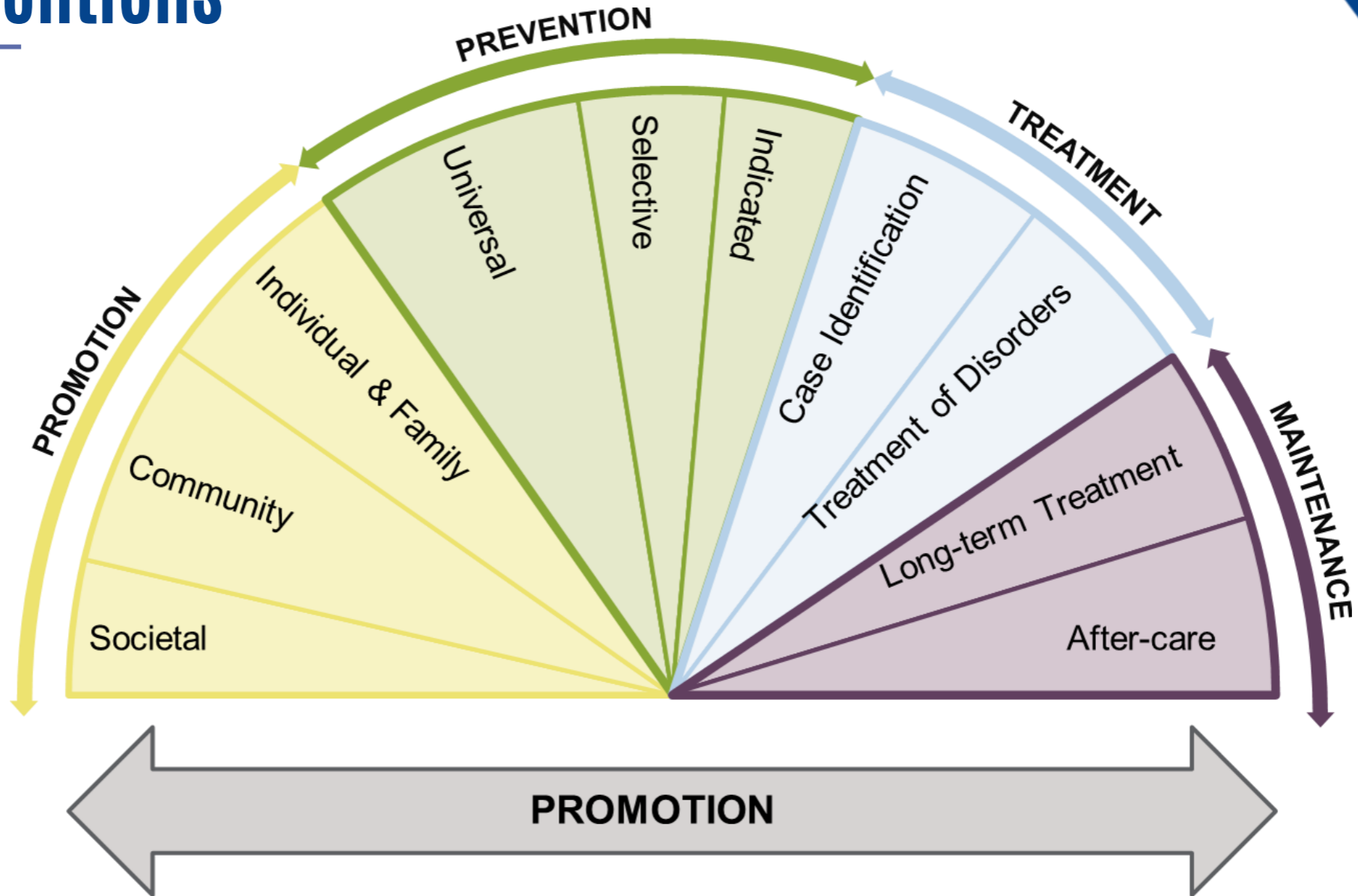
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# **Primary Prevention: What it is and Why it is Important**

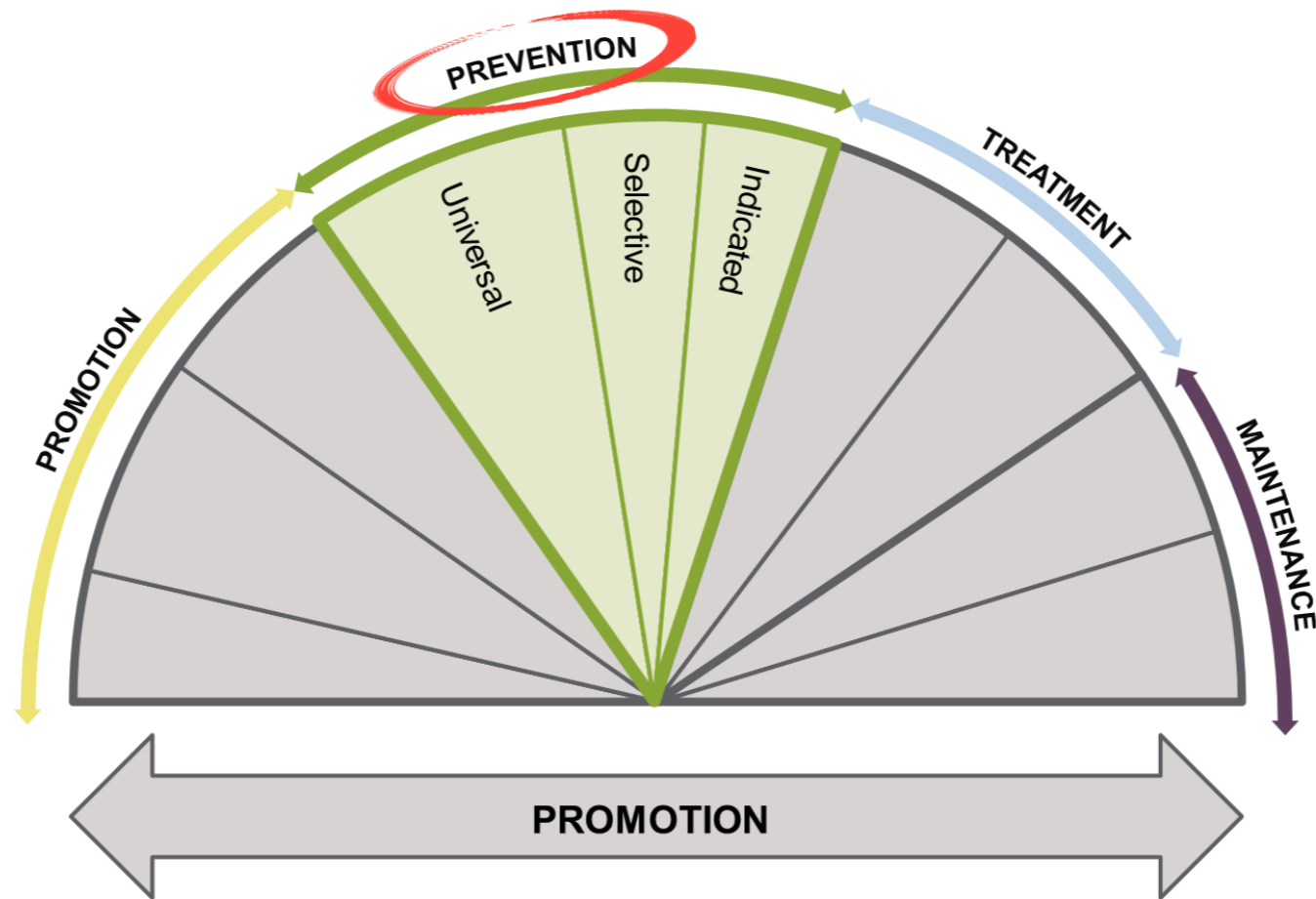
# Defining Primary "Upstream" Prevention



# Spectrum of Mental, Emotional, & Behavioral (MEB) Interventions

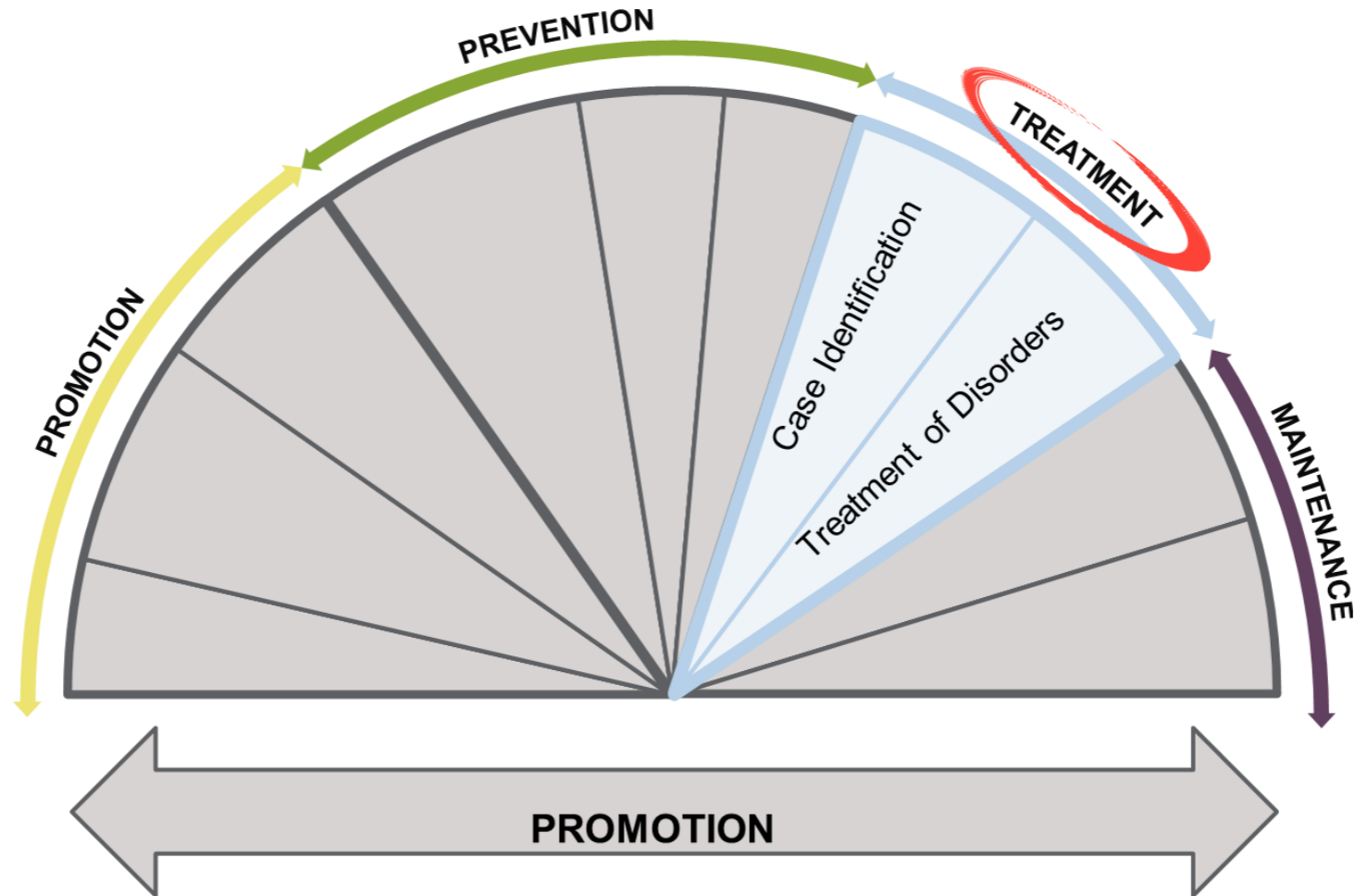


# Prevention



- **Universal** (Note that it is larger than other sections)
  - General population
- **Selected**
  - Those at risk of developing behavioral health disorders is elevated
- **Indicated**
  - Those identified with minimal on-set signs and symptoms

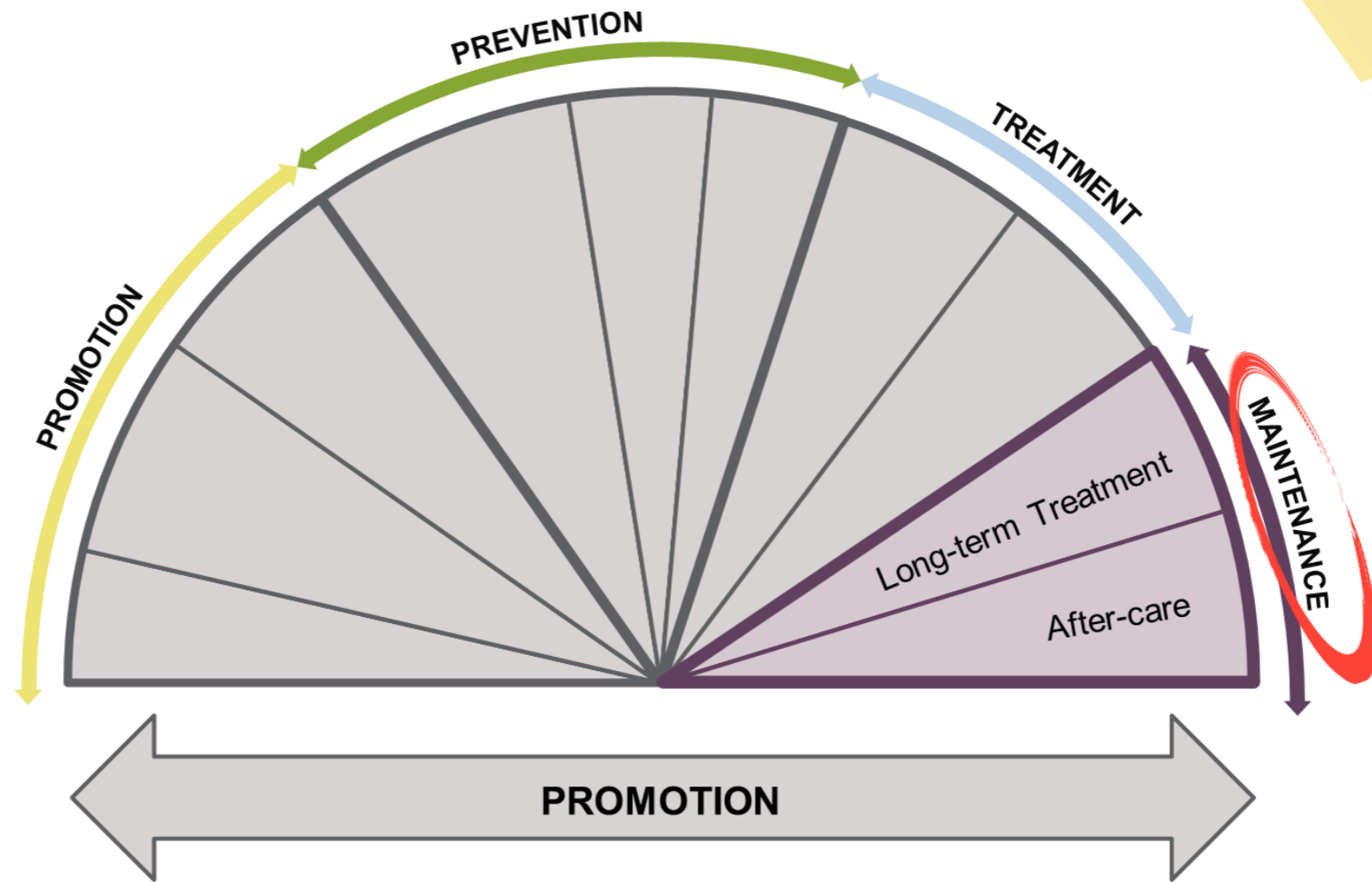
# Treatment



- **Case Identification**
- **Detoxification**
- **Out/In-Patient Treatment**
- **Medication-Assisted Treatment**

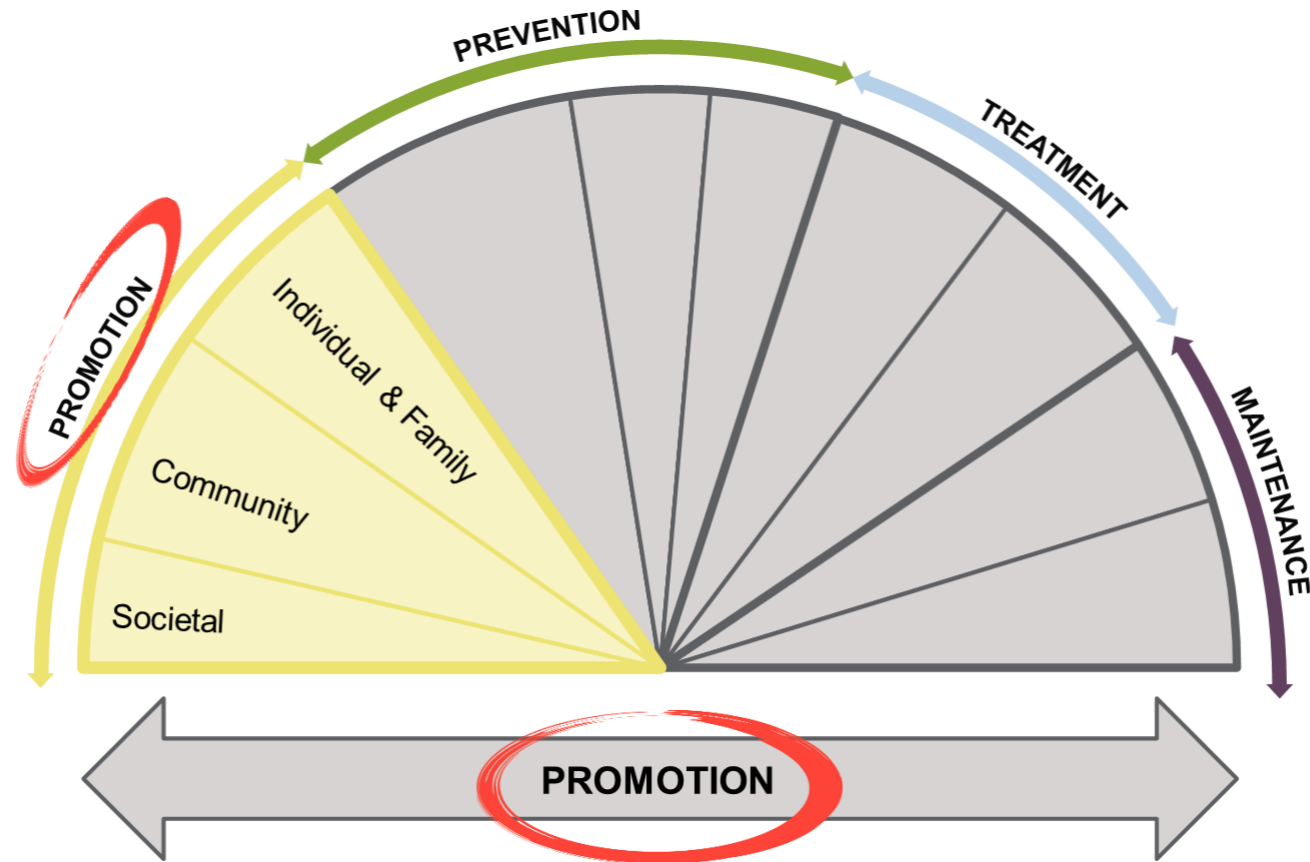


# Maintenance



- **Compliance with Long-Term Treatment**
- **Improve Health and Wellness**
- **Live a Self-Directed Life**
- **Strives to Reach Full Potential**

# Health Promotion



- **Public Policy**
- **Health Literacy & Personal Skills**
- **Supportive Environments**
- **Strengthening Community Actions**



# **Primary Prevention: What We Know Works!**

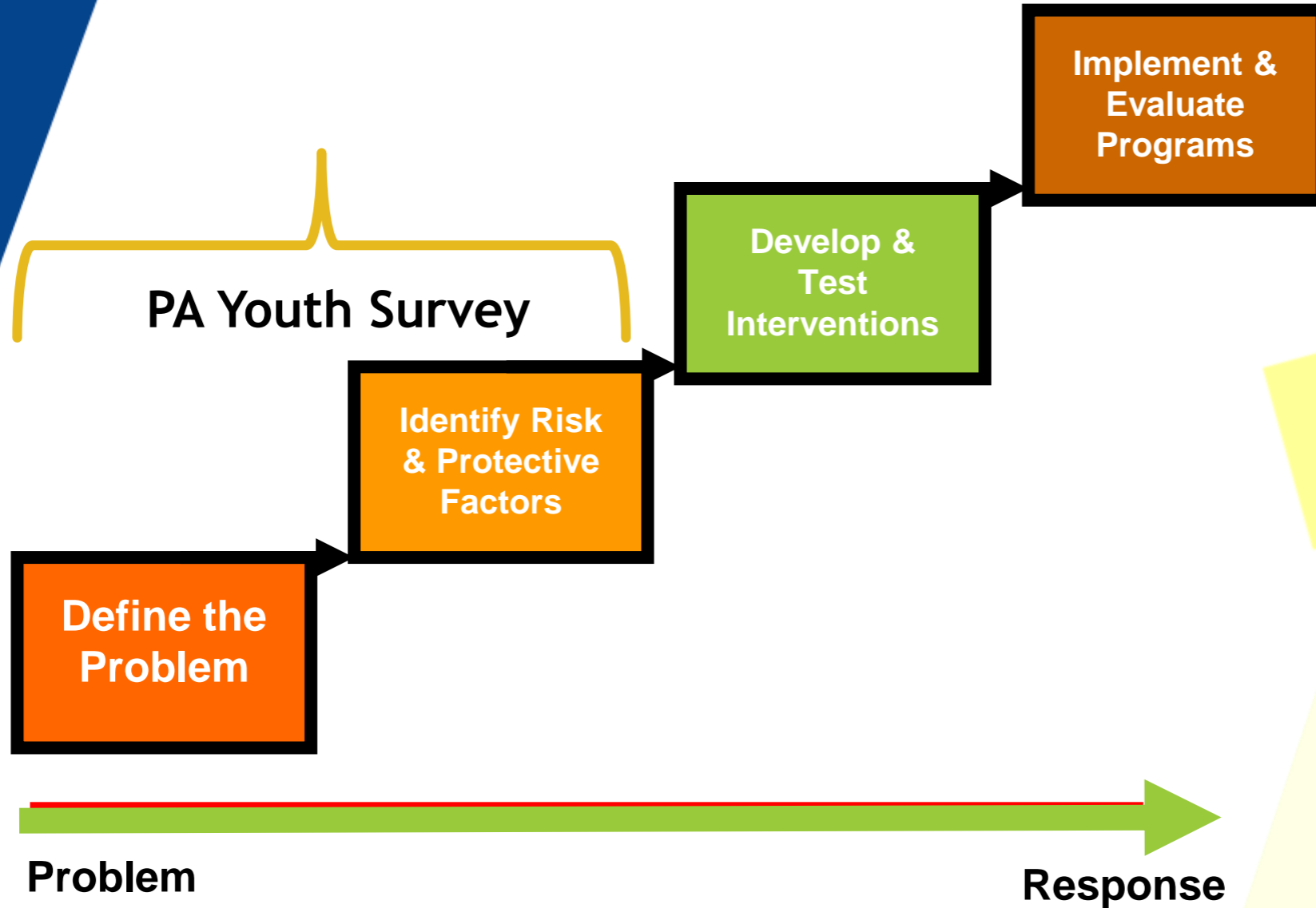
# What We Know Works

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## What is Prevention Science?

- Relatively new scientific discipline that has its roots in:
  - Public Health
  - Epidemiology
  - Community Psychology
- Based on the recognition that many issues have Risk and Protective Factors (RPFs) that can be identified BEFORE the issue occurs including:
  - Substance Misuse
  - Child Maltreatment
  - Academic Failure
  - Juvenile Delinquency
  - Violence
  - Teen Pregnancy
  - Depression and Anxiety
- RPFs are **MALLEABLE**, so interventions can be implemented to prevent problems from occurring and/or mitigating their severity

# Public Health Approach



Take Note

Public Health

101

Addressing causes of issues & not just their symptoms

# What We Know Works

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## What is Evidence-Based Practice?

- Evidence refers to the information gathered from scientific **RESEARCH** indicating that the intervention leads to a desired outcomes such as:
  - Improved Reading Skills
  - Reduced Substance Misuse
  - Reduced Juvenile Delinquency
- For an intervention to be evidence-based, there must be research that shows impact on **SPECIFIC** outcomes
- Many interventions used today are **GROUND**ED in science, but have not direct evidence of their impact = actual effects are unknown

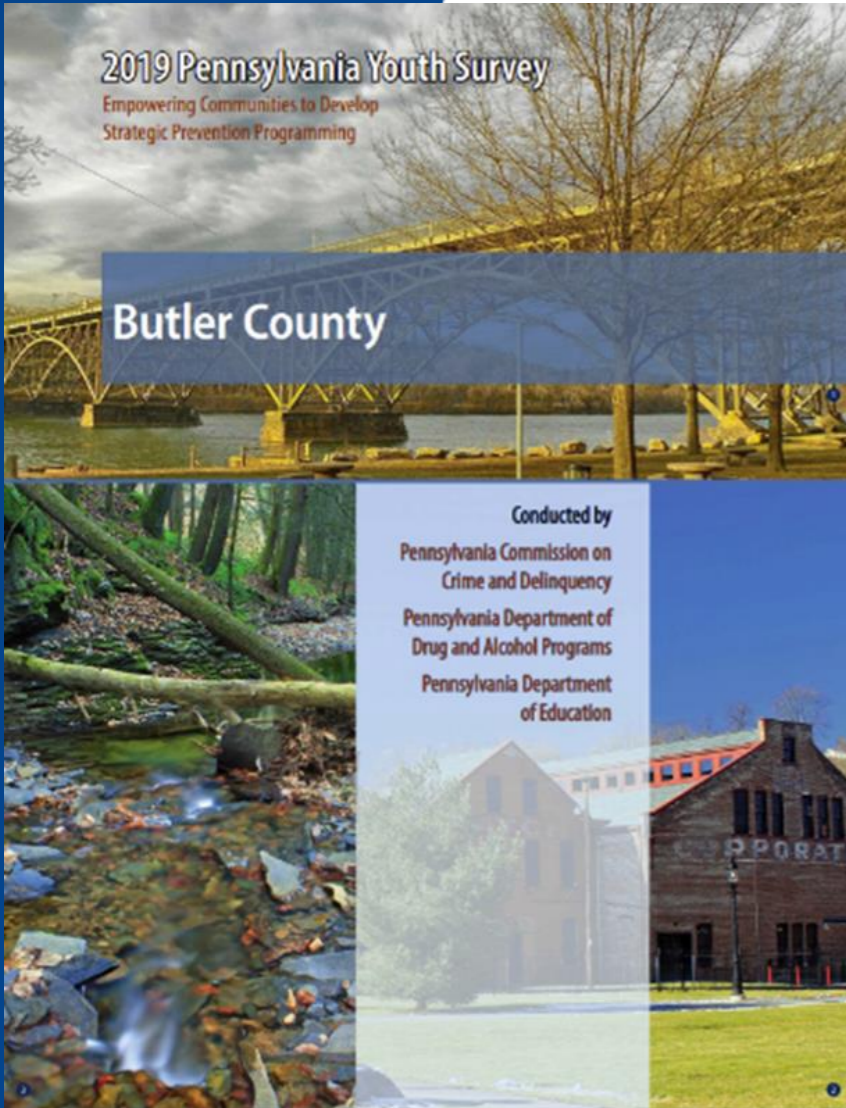
# What We Know Works

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## How Strong Is Your Evidence?

- How many studies have been conducted to evaluate the intervention?
- How rigorous were the studies?
  - Randomized Controlled Trials (RCTs) are generally the most rigorous & produce strongest evidence
  - RCTs randomly assign participants to intervention and control groups
- Do the studies include long-term follow up with participants?
  - This activity is needed to understand the long-term effects of the intervention
- Has the intervention been tested with different groups of people?
  - Sometimes what is effective with a particular group isn't effective at all in other groups

# PA Youth Survey



- **32 Years of Implementation – 17<sup>th</sup> Biennial Administration**
  - **Aproximately 250K students surveyed each administration**
  - **Grades 6, 8, 10, 12**

	2015	2017	2019	2021 (Estimated)
<b># of School Districts</b>	356	379	417	<b>377</b>
<b># of Traditional Schools</b>	960	973 (58% of Total)	1135 (60% of Total)	<b>872</b>
<b># of Non-Traditional Schools</b>	37	39	58	<b>40</b>
<b>Online Participation</b>	26%	36%	54%	<b>84%</b>
<b># of County Reports</b> 58 Possible: 9 counties with 1 SD = No county report	54	55	57	<b>57</b>
<b># of Counties with No PAYS Data</b> <ul style="list-style-type: none"> <li>• 2015: Sullivan, Union, Wayne, Wyoming</li> <li>• 2017: Montour, Sullivan &amp; Wyoming</li> <li>• 2019: Wyoming</li> <li>• <b>2021: Wyoming</b></li> </ul>	4	3	1	<b>1</b>



# PAYS Risk & Protective Factors



## 8 Protective Factors

- People or conditions (also known as assets) that shield or buffer youth from exposure to risk or assist in how they respond to risk
- Conditions that buffer against risk factors

## 21 Risk Factors

- Conditions that increase the likelihood that a child will develop problem behaviors later in life
- Predictors of problem behavior in adolescence

### **Fall into 1 of 4 Domains**

- Community
- Family
- School
- Peer-Individual

### **Address These Behaviors**

- Substance Use
- Delinquency
- Teen Pregnancy
- School Drop-Out
- Violence
- Depression & Anxiety

# Risk and Protective Factors

## The Theoretical Models

**Risk factors** are conditions that increase the likelihood of a young person becoming involved in drug use, delinquency, school dropout, and/or violence

	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
Community	Availability of Drugs	✓			✓	
	Availability of Firearms		✓		✓	
	Community Laws and Norms Favorable Toward Drug Use, Firearms and Crime	✓	✓		✓	
	Media Portrayals of the Behavior	✓			✓	
	Transitions and Mobility	✓	✓		✓	✓
	Low Neighborhood Attachment and Community Disorganization	✓	✓		✓	
	Extreme Economic Deprivation	✓	✓	✓	✓	✓
Family	Family History of the Problem Behavior	✓	✓	✓	✓	✓
	Family Management Problems	✓	✓	✓	✓	✓
	Family Conflict	✓	✓	✓	✓	✓
	Favorable Parental Attitudes and Involvement in the Problem Behavior	✓	✓		✓	
School	Academic Failure Beginning in Late Elementary School	✓	✓	✓	✓	✓
	Lack of Commitment to School	✓	✓	✓	✓	✓
Peer / Individual	Early & Persistent Antisocial Behavior	✓	✓	✓	✓	✓
	Rebelliousness	✓	✓	✓	✓	
	Gang Involvement	✓	✓			✓
	Friends Who Engage in the Problem Behavior	✓	✓	✓	✓	✓
	Favorable Attitudes Toward the Problem Behavior	✓	✓	✓	✓	✓
	Early Imitation of the Problem Behavior	✓	✓	✓	✓	✓
	Constitutional Factors	✓	✓			✓

NOTE: THE LIST ABOVE REPRESENTS THE CONCEPTUAL MODEL ORIGINALLY ESTABLISHED BY THE RISK AND PROTECTIVE FACTOR MODEL OF PREVENTION. PAYS USES A REFINED AND TARGETED SUBSET OF RISK FACTORS THAT ARE BASED ON THIS MODEL.

**Protective factors**, also known as "assets," are conditions that buffer youth from risk by reducing the impact of the risks or changing the way they respond to risks.

	Healthy beliefs and Clear Standards	Bonding	Opportunities	Skills	Recognition
Community	Opportunities for Prosocial Involvement	✓	✓		
	Rewards for Prosocial Involvement		✓		✓
Family	Family Attachment	✓			
	Opportunities for Prosocial Involvement		✓	✓	
	Rewards for Prosocial Involvement	✓	✓		✓
School	Opportunities for Prosocial Involvement		✓	✓	
	Rewards for Prosocial Involvement		✓		✓
Peer / Individual	Interaction with Prosocial Peers		✓	✓	
	Prosocial Involvement		✓	✓	
	Rewards for Prosocial Involvement		✓		✓
	Belief in the Moral Order	✓			
	Religiosity	✓			

# SAME RISK FACTOR may lead to **DIFFERENT OUTCOMES**



School  
Drop-Out

Delinquency

Teen  
Pregnancy

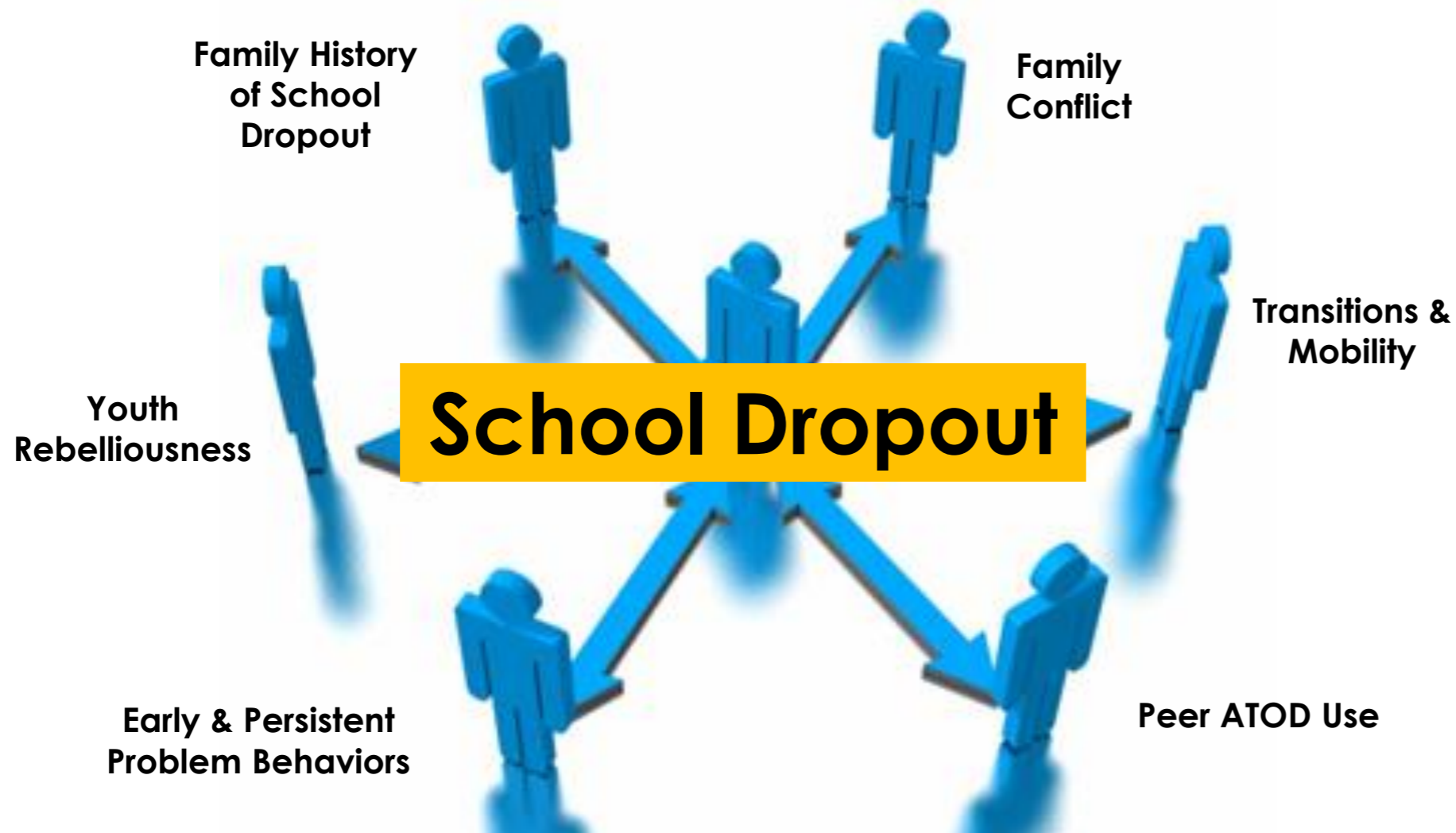
Violence

Substance  
Misuse

**Risk Factor –  
Low Commitment to School**

# DIFFERENT RPFs may lead to SAME OUTCOMES

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# Social Development Strategy



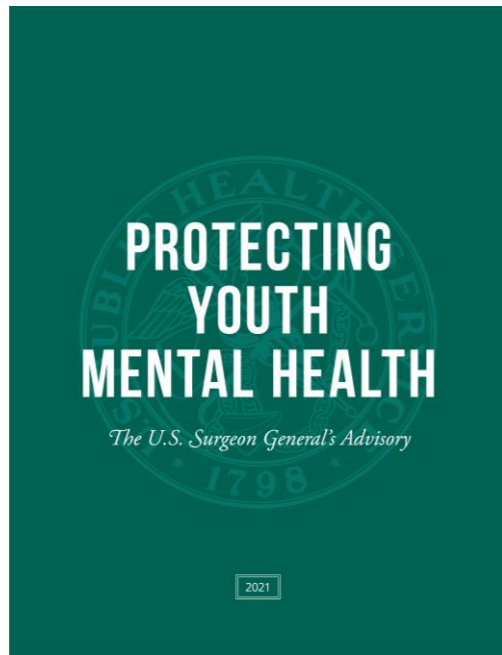
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# **Primary Prevention: Yesterday & Tomorrow**

# Federal Priorities

- **Biden-Harris Drug Control Policy:**

- **Priority 4: Supporting evidence-based prevention efforts to reduce youth substance use**
- <https://www.whitehouse.gov/wp-content/uploads/2021/03/BidenHarris-Statement-of-Drug-Policy-Priorities-April-1.pdf>



- **Protecting Youth Mental Health: The US Surgeon General's Advisory**

- <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>

# Cross-Systems Prevention Workgroup

1. Ensuring the effectiveness of prevention across the continuum of strategies
2. Increasing sustainable funding resources for Commonwealth prevention initiatives
3. Ensuring the stewardship of taxpayer dollars





# CSPW Partner Systems

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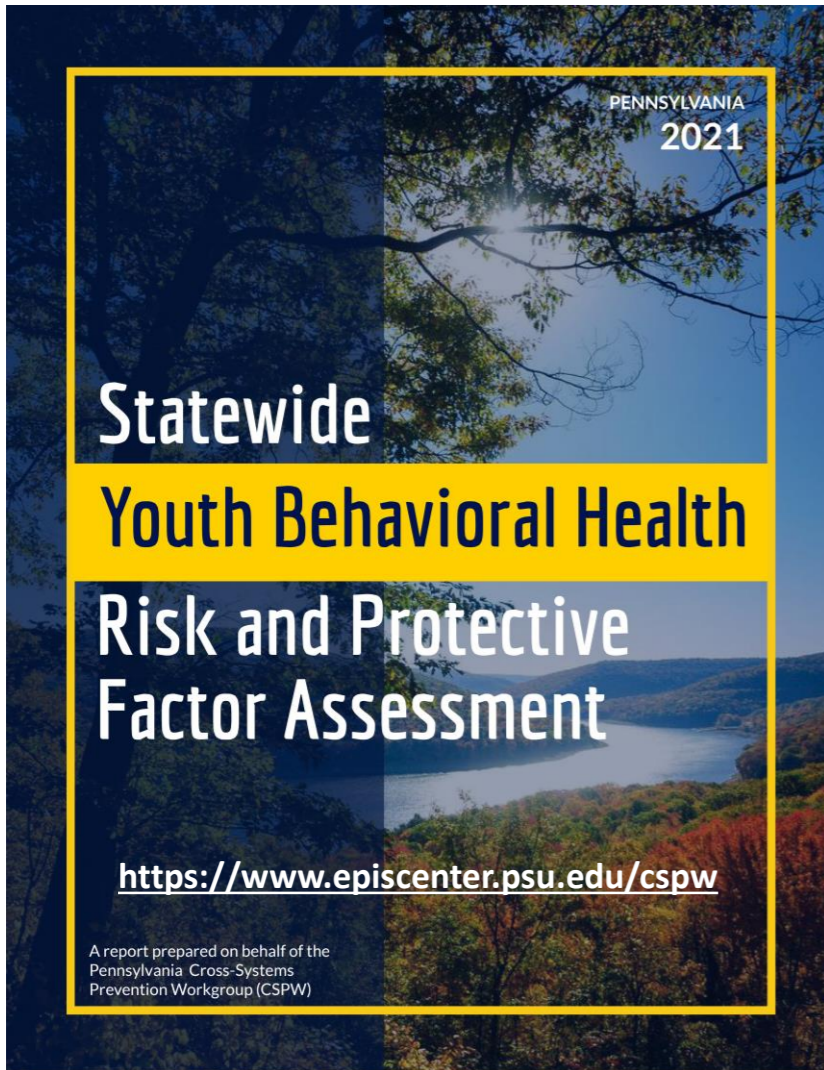
- **Attorney General's Office**
- **Commonwealth Prevention Alliance**
- **Community Coalitions/Prevention Coalition Advisory Council**
- **County Commissioners**
- **Drug & Alcohol Programs**
- **Education**
- **Health**
- **Human Services**
- **Juvenile Justice**
- **Law Enforcement**
- **Liquor Control Board**
- **Parks & Recreation**
- **Research/Prevention Science**

# **Participating State Agencies/Association**

- **Commonwealth Prevention Alliance**
- **County Commissioners Association of PA**
- **PA Commission on Crime & Delinquency**
- **PA Department of Education**
- **PA Department of Health**
- **PA Department of Human Services**
- **PA Liquor Control Board**
- **PA Office of Attorney General**
- **PA Recreation and Park Society**
- **Pennsylvania State University**
- **PolicyLab at Children's Hospital of Philadelphia**
- **Prevention Coalition Advisory County**

# CSPW

## Youth Behavioral Health RPF Assessment



### Goals:

- Prioritize data-informed decision making
- Use science-based approaches for strategic planning for prevention
- Align efforts across systems and sectors
- Monitor and assess performance and increase local evaluation capacity
- Provide evidence-informed guidance and recommendations to primary prevention stakeholders
- Consider health determinants, disparities, and inequities in risk and protection

## Risk Assessment Recommendations

### Provide Evidence-Informed Guidance To Prevention Stakeholders

- Identify best practices & research-based guidelines for effective systems coordination
- Ensure most current science is available & is used to make decisions
- Provide guidance on how to analyze the prevention landscape, layer services & understand the prevention continuum
- Provide coalition members education about differences between evidence-based and best practice approaches

### Consider Health Determinants, Disparities, & Inequities in Risk Assessment

- Disaggregate data to illuminate risk disparities across diverse populations
- Identify a diverse array of approaches & strategies within the service area
- Ensure that a broad approach is taken when developing programming for diverse youth
- Assess and attend to Adverse Childhood Experiences
- Improve the diversity & representation of the prevention workforce

# CSPW

## Risk Assessment Recommendations

### Data-Informed Decision Making

- Use local data to assess risk & protection
- Assess risk & protection across multiple contexts & settings
- Use valid data collection methods to assess process & outcomes
- Establish a data management & accountability process to ensure data accuracy
- Increase longitudinal assessments to measure sustained program impact and inform future planning

### Use Science-Based Approaches to Guide Strategic Planning

- Utilize Clearinghouses and registries to identify evidence-based approaches
- Assess fit of program with prioritized risk and protective factors
- Be critical when considering the continuum of evidence for prevention strategies
- Review & learn about effective community prevention system models

## Risk Assessment Recommendations

### Align Efforts Across Systems & Sectors

- Utilize a science-based coalition strategic planning model
- Ensure there is a balanced approach across Spectrum of Mental, Emotional, & Behavioral Challenges
- Ensure that a broad approach is taken in strategic planning efforts
- Provide resources and capacity-building for technical assistance, fund mapping, and sector engagement
- Establish shared definitions and meaning across systems & sectors

### Monitor Performance, Increase Local Evaluation Capacity

- Identify strategies & approaches for evaluating programs among diverse youth population
- Ensure valid and reliable assessment of implementation & outcomes measures
- Establish feedback systems for continuous quality improvement
- Ensure pre- and post-measurement of outcomes to establish baseline & change after program delivery

# CSPW

## 2022 Strategic Activities

- Release the Program Inventory Report
- Put the Resource Assessment Report Into Action!
  - Prioritize Recommendations
  - Engage Additional Sectors
- Host Prevention Showcase in July

# DDAP

## SCA Needs Assessment/Planning/Evaluation





# DDAP

## SCA Needs Assessment/Planning/Evaluation

<p><u>Phases A &amp; B</u> <i>“What are the problems?”</i></p> <hr/> <p>Consumptions &amp; Consequences</p>	<p><u>Phase C</u> <i>“Why are the problems occurring?”</i></p> <hr/> <p>Risk/Protective Factors</p>	<p><u>Phase D</u> <i>“Why are the problems occurring HERE?”</i></p> <hr/> <p>Contributing Factors</p>
<p><u>Phase E</u> <i>“What resources are available?”</i></p> <hr/> <p>Resource Assessment</p>	<p><u>Phase F</u> <i>“What are we going to do?”</i></p> <hr/> <p>SMART Goals &amp; Action Planning</p>	<p><u>Phase G</u> <i>“Is our plan having its desired impact?”</i></p> <hr/> <p>Plan Implementation &amp; Evaluation</p>

# DDAP

## SCA Needs Assessment Results

- **Top youth problems:**
  - Alcohol, Vaping, Marijuana
- **Top adult problems:**
  - Alcohol, Opioids
- **Top youth risk factors:**
  - Low Perceived Risk, Access & Availability, Laws/Norms Favorable, Parental Attitudes Favorable
- **Top adult risk factors:**
  - Access & Availability, Low Perceived Risk, Laws/Norms Favorable

# DDAP

## SCA Resource Assessment Results

### Common Strengths Identified

- Strong community partnerships and collaboration
- Good implementation of evidence-based programming
- Having the necessary resources, staffing and capacity available for high quality implementation
- An overall awareness and buy-in for key issues
- Positive school engagement in programming or services

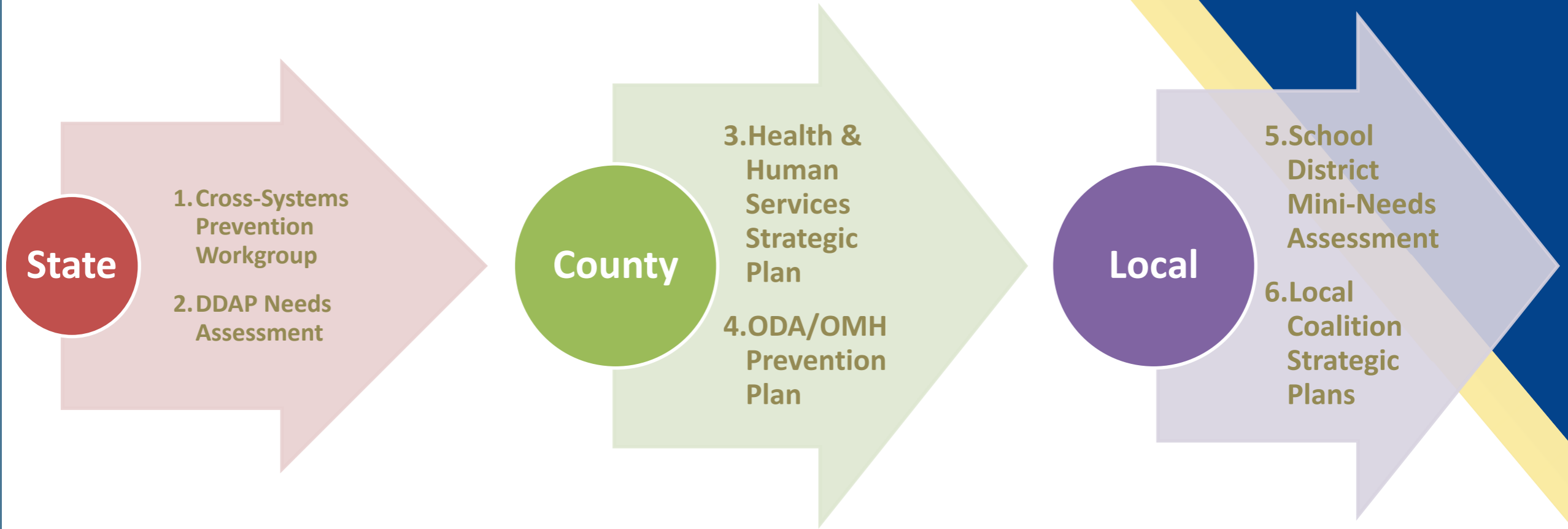
## SCA Resource Assessment Results

### Common Gaps/Challenges Identified

- Lack of resources (funding, staffing, materials)
- Lack of adult prevention programming/services
- Varying levels of school engagement
- Poor program evaluation
- Lack of collaboration with other community sectors
- Lack of parent/family programming and engagement
- Presence of community laws/norms posing challenges to buy-in for or implementation of effective programming

# Montgomery County

## Comprehensive Prevention Programming Project (CP3)



# Montgomery County

## Comprehensive Prevention Planning

1. Strengthened relationships between county, school districts, community and providers
2. Improved prevention service delivery capacity
3. Enhanced data-driven decision making
4. Ongoing promotion of wellness

Montgomery County  
Department of  
Health and Human Services

### STRATEGIC PREVENTION PLANNING FOR MONTGOMERY COUNTY YOUTH AND FAMILIES

Striving for Safe and Healthy Youth Through  
Integrated Primary Prevention Approaches

*A strategic plan designed to integrate the prevention efforts of the  
Office of Drug & Alcohol and the Office of Mental Health*

**Multi-Year Plan  
2020 - 2029**

Mental Health Support

County, Provider,  
School District,  
and Community  
Relationship Building

Substance Abuse  
Awareness &  
Programming

# Montgomery County

## Comprehensive Prevention Planning In Action

- Comprehensive Prevention Programming Project (CP3)



#1

County Prevention  
Planning

- 9-yr Comprehensive Plan for ODA/OMH
- Strategy development & execution planning
- Organizational structure for ongoing monitoring



#2

School District  
Planning

- Planning process & assessment tools
- Dedicated Technical Assistance
- District-Level Action Plan Reports



#3

Sustaining the  
Planning Effort

- Annual Staff & Provider training planning
- Training library for on-demand skill development
- Procedures in place for future planning

- Youth Engagement
- Environmental Strategy Support
- School Committee & Coalition Development

# Statewide Initiatives

## Families First Prevention Services Act (FFPSA)

- **Enacted in 2018 to support placement of children/youth in out-of-home care**
  - Authorizes child welfare systems to invest in system improvements to keep kids safely in their homes and prevent out-of-home placements
- **Family First Provisions**
  - Decrease use of congregate care facilities
  - Increase requirements & support for resource families
  - Utilize trauma-informed best practices
  - Strengthen equity practices
  - Strengthen Kinship care givers available resources
  - Utilize evidence-based programs and practices
  - Make informed, data-driven decisions
- **PA 5-Year Prevention Service Plan (Still a work in progress)**
  - Strengthening Equity Workgroup
  - Trauma-Informed Care
  - Regional FF Implementation Teams
  - Candidate of Foster Care Defined
  - Innovation Zones
  - Chosen EBP
  - Continuous Quality Improvement (CQI)
  - Evaluation of Promising Programs
  - Decrease Caseworker Caseloads



# Statewide Initiatives

## Families First Prevention Services Act (FFPSA)

- **Evidence-Based Programs Listed in Plan**
  - **Functional Family Therapy (FFT)**
  - **Healthy Families America**
  - **Homebuilders**
  - **Multisystemic Therapy (MST)**
  - **Nurse-Family Partnership**
  - **Parents as Teachers**
  - **The Incredible Years – Toddler Basic**
  - **The Incredible Years – School Age Basic**
  - **Triple P – Level 4 Standard**
  - **Triple P – Level 4 Group**



# Statewide Initiatives

## Opioid Misuse Prevention Project (OMPP)

- **State-Level Partnership with EPIS @ Penn State University**
  - PA Commission on Crime and Delinquency (PCCD)
  - PA Depart of Drug and Alcohol Programs (DDAP)
  - PA Department of Education (PDE)
- **5-Year Dynamic Primary Prevention Project**
  - Implement Two Universal Prevention Programs: LifeSkills Training & Strengthening Families 10-14
  - Deliver Social Development Strategy
  - Proliferate the PAStart Primary Prevention Messaging Campaign
- **Counties Included in the Project**
  - Lancaster
  - Beaver
  - Schuylkill
  - Fayette
  - Erie

# Statewide Initiatives

## Coalition Check-Up Research Project

- **Studying the Effects of a Coalition Technical Assistance Model**
  - Proactive TA
  - Relationship Based
  - Data Informed
- **4-Step Process Assisting Coalitions**
  - Collecting Coalition Data
  - Reviewing Data Collected
  - Making Decision Using the Data
  - Implementing Those Decision



# Statewide Initiatives

## PA Start Media Campaign

- **Commonwealth Prevention Alliance Initiative**
  - PA Commission on Crime and Delinquency (PCCD)
  - PA Depart of Drug and Alcohol Programs (DDAP)
  - PA Department of Education (PDE)
- **Downloadable Prevention Toolkits**
  - Families/Parents
  - Prevention Professionals
  - Expanded LGBTQ+ and Equity Messaging

**PAStart.org**

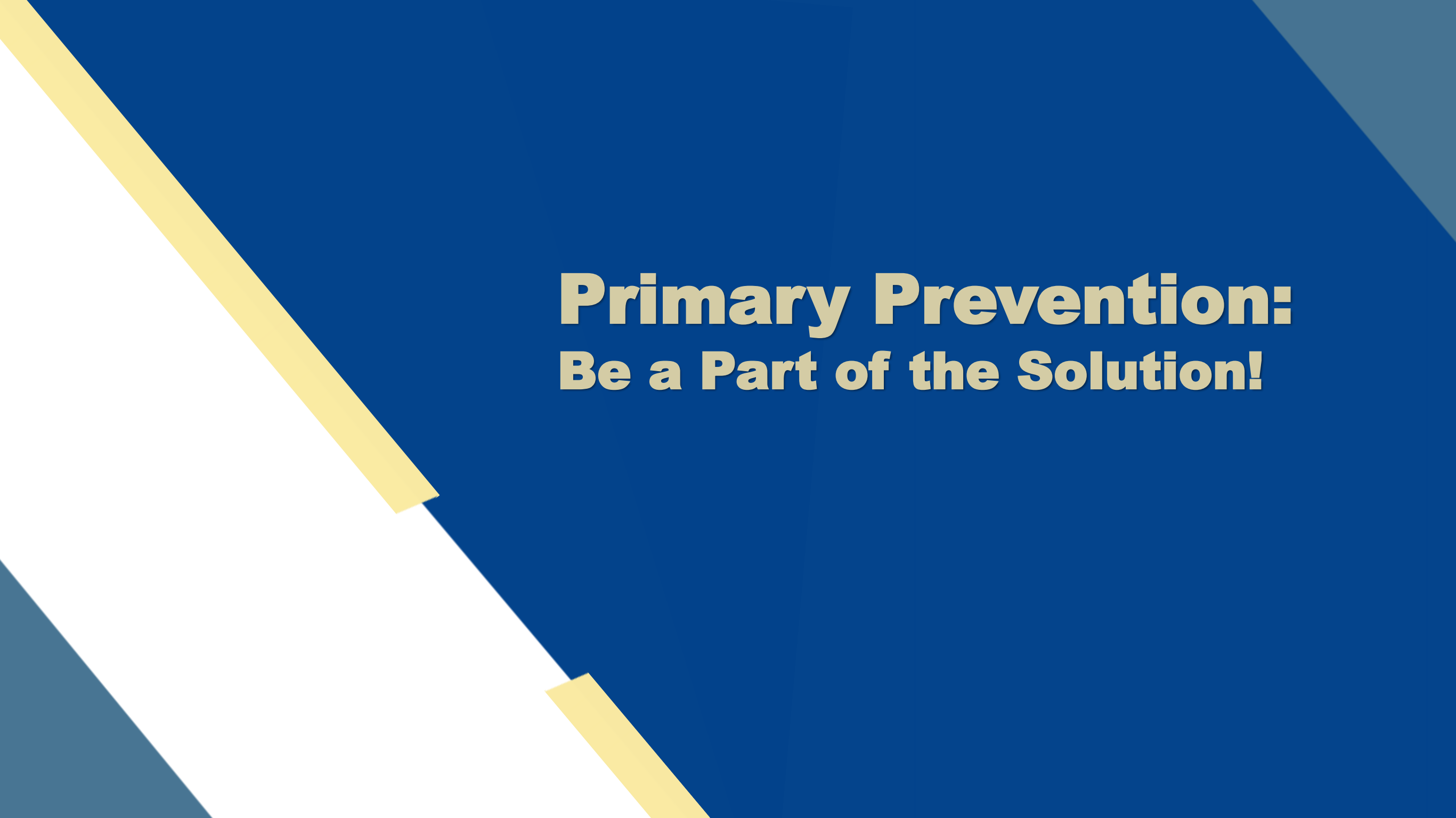


# Statewide Initiatives

## Results First Return on Investment

<https://www.wsipp.wa.gov/BenefitCost>

Program	Mean Cost Per Participant Based on Analysis of 2010–2018 Grantee Budgets (+/- Range)	Benefit Per Participant (WSIPP as of Nov. 2020)	Number of Participants Served by Projects Funded in FY 2018	Mean Estimated Total Return on Investment (+/- Range)
Positive Action	\$63 (+/- \$78)	\$31,159	2031	\$63,155,403 (+/- \$158,825)
Promoting Alternative Thinking Strategies	\$215 (+/- \$54)	\$8,360	204	\$1,661,529 (+/- \$10,969)
Life Skills Training	\$132 (+/- \$56)	\$1,419	319	\$410,527 (+/- \$18007)
Project Toward No Drug Abuse	\$117 (+/- \$47)	\$396	279	\$77,825 (+/- \$13,157)
Strengthening Families Program 10–14	\$1743 (+/- \$279)	\$3,123	231	\$318,863 (+/- \$64364)
Strong African American Families	\$2,261 (+/- \$755)	\$1,482	10	\$-7,792 (+/- \$7,547)
Big Brothers/Big Sisters Mentoring	\$1569 (+/- \$444)	-\$642	601	-\$1,328,891 (+/- \$266,991)
Positive Parenting Program - Triple P	\$1447 (+/- \$257)	\$3,116	247	\$412,229 (+/- \$63,409)
Incredible years (Parent Training)	\$2134 (+/- \$647)	\$8004	39	\$228,919 (+/- \$25,232)
Aggression Replacement Training	\$918 (+/- \$577)	-\$2,541	81	\$-280,142 (+/- \$46,742)
Trauma Focused Cognitive Behavioral Therapy	\$1912 (+/- \$561)	\$24,189	72	\$1,426,746 (+/- \$40,399)
<b>Total</b>			<b>4114</b>	<b>\$66,083,053 (+/- \$708,095)</b>



**Primary Prevention:  
Be a Part of the Solution!**

# Not a One-System, One- Level Solution

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**Be a Part of the Solution!**



# Put Your Data to Work!

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- [www.PAYS.pa.gov](http://www.PAYS.pa.gov)
  - State and County Profile Reports
  - Cross-Tabulation Tool for County and State Data
  - Analyze Down to Question Level
- [www.EPIS.psu.edu](http://www.EPIS.psu.edu)
  - PAYS User Guide and Worksheets
  - Report Templates
- **Ask Us a Question!!!**
  - <https://www.episcenter.psu.edu/paysquestion>





# Be a Part of Primary Prevention

## Change the Future for PA Youth!

- **Increase Your Knowledge & Skills**
  - Commonwealth Prevention Alliance Quarterly Regional Meetings
  - 1st Wednesday at 1:00 PAYS Webinar Series
- **Partner with Local Prevention Efforts**
  - Explore local coalition efforts
  - Reach out to county Drug and Alcohol Offices
  - Get involved with local school district prevention efforts
    - PAYS analysis
    - Student Assistance Programs
- **Invest in Primary Prevention**
  - Seek out Grants that fund primary prevention efforts
  - Ensure that primary prevention is funded at optimal levels
  - Fund local coalition and collaboration efforts



# Be a Part of Primary Prevention

## Notable Events

- **Prevention Week 2022**
  - **May 8-15**
  - **In-Person and Virtual Events Throughout Week**
  - <https://commonwealthpreventionalliance.org/preventionweek/> (Work in Progress – Check Back Often!)
- **Commonwealth Prevention Alliance Annual Conference**
  - **June 21-24**
  - **In-Person: Penn Stater Conference Center, State College**
  - **Exploring Virtual Options**
  - <https://commonwealthpreventionalliance.org/aboutconference/> (Work in Progress – Check Back Often!)
- **Quarterly Regional Meetings**
  - **Virtual Meetings Held by Region**
  - **To Learn More & Register:** <https://commonwealthpreventionalliance.org/about/regional-news/>

# Thank You

**For all you do to improve the  
lives of youth, families &  
communities of Pennsylvania!**



**Access a copy of  
this presentation and other  
referenced documents at  
<https://www.episcenter.psu.edu/cspw>**

**Complete Your  
Evaluation**

**Join us in July  
for the next  
Prevention Showcase!**