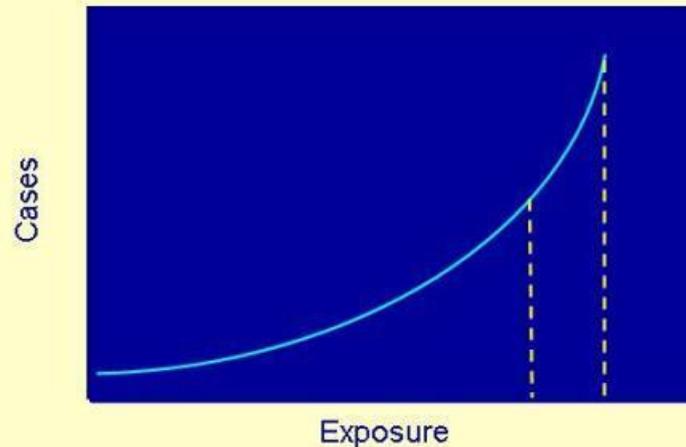# The Seven Habits of Highly Successful Prevention Programs

The Prevention Paradox

Cases

Exposure

A large number exposed to a small risk generate more cases than a small number exposed to a large risk

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Prevention Guiding Principles

- Accurately assess the problem
- Who is at risk?
- What do you want to prevent?
- What level of prevention do you want to achieve?
- Are your prevention efforts primary of secondary?

- What alternatives can be offered?
- The higher the level of risk for the target population, the more intensive the prevention effort needed.

The Seven Habits of Effective Prevention Programs

1. Early & sustained intervention
    *long term, repeated message and reinforcement of original prevention goals
    *age-appropriate developmentally
    *aware of life transitions that might increase risk
    *intervene in appropriate settings and domains

2. Community Based

* Adapted to address the specific problem in the local community

* Community programs need to strengthen norms throughout the community and enhance "protective factors"

* Reduce the availability of illicit drugs, alcohol, tobacco for the under-aged

* Strengthen social bonding among families and community organizations

* Develop a community plan to include:
- Assessment of the community problem
- Identify community resources
- Designate key players and programs to be involved
* Utilize media to reinforce efforts of all involved organizations
* Develop feasible objectives

3. Multi-systemic Based

Micro   Meso   Exo
Systems   Systems   Systems

Micro Systems

<u>Family Programs</u>

*Parent training skills

*Home visits, provision of services, & parent needs

*Education component for parents about children's problems

*Programs should refer to/provide counseling services to the family

*Inform parents about what children are learning in prevention

*Family focused prevention efforts have greater impact than parent focused or child focused only

*<u>Individual attention</u>

Involvement of youth in decision making and world of community and work

Assessing resistance and peer influence

Meso Systems

*Staff development for all caretakers and organizations

*Schools offer opportunities to subpopulations at risk for drug abuse, teen pregnancy, abuse and other problems

*Schools can offer multiple years of intervention

*Schools can teach resistance and refusal skills

*Utilizes faith-based organizations

*Utilizes all community organizations in prevention efforts

Exo System

*Involves the use of media, government, social policies, laws, corporations to support families, communities, and national prevention efforts

* "We Say No!" Campaign

4. Strengthens Life-Skills

*Teaches resiliency and achievement skills

*Teaches needed social skills

*Teaches social competency and resistance to peer influence

*Teaches techniques for parents to raise their levels of confidence

Resiliency Chart

Achievement Skills

Protective Factors

RESILIENCY

Social Intelligence

Moral Intelligence

Resiliency Skills

Emotional Intelligence

5. Interactive with Identified Population

*Assess levels of risk, protection, and substance abuse for that population

*Includes a population assessment of risk and protective factors

*Ensure that interventions are culturally appropriate for the population

*Targets all forms of the problem for the population

6. Must Be Comprehensive

*Directed towards the roles of all ages for prevention

*Coordinates the activities of all personnel and organizations towards the same goals and appropriate means keeping all in the same direction

*uses strategies to assess if early risk behavior can be reversed through education and prevention efforts

*Utilizes both primary and secondary prevention efforts

7. Program Management & Evaluation

- Management
  - Ensure consistency and coverage of programs and policies
  - Continued in-service training and education for staff and volunteers

■ Monitor and evaluate programs

<u>Evaluation:</u>

*what was done in the program?

*how was the program carried out?

*who participated in it?

*was the program implemented as intended?

*did the program achieve what was expected?

*did the program produce the desired long-term effects?