

# Substance Abuse Prevention in Kentucky

## Creating a Healthier, Safer Commonwealth



Produced for the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities. Primary Author: Nancy K. Pfaadt, SAMHSA Fellow. Funded, in part, with Federal Substance Abuse Prevention and Treatment (SAPT) block grant dollars. Graphic design and data support by REACH of Louisville, Inc.

### State and Regional Resources to Prevent Substance Abuse

#### **Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities**

The Substance Abuse Program of Kentucky's lead agency has a team of dedicated professionals who support substance abuse prevention activities throughout the state. <http://mhmr.ky.gov/mhsas/sa.asp>

#### **Regional Prevention Centers (RPCs)**

Fourteen RPCs are housed in the Community Mental Health Centers across the state and provide technical assistance and training to individuals and coalitions in their region. You can reach your local RPC by calling 866-213-8739.

#### **Prevention Enhancement Sites (PES)**

Alcohol, tobacco, marijuana, Fetal Alcohol Spectrum Disorder, and faith-based specialty statewide sites provide research, technical assistance, and training to the RPCs and community coalitions on their specialty area. [http://dbhdid.ky.gov/dbh/sa\\_pes.asp](http://dbhdid.ky.gov/dbh/sa_pes.asp)

#### **KIDS Now Plus Program**

Housed with the RPCs, the program provides substance abuse screening and prevention services to pregnant women. <http://cdar.uky.edu/kidsnow>

#### **Driving Under the Influence Program**

The program is responsible for monitoring and regulating the statewide network of more than 100 Driving Under the Influence (DUI) programs licensed and certified to provide alcohol and other drug assessments, education and treatment services to people convicted of DUI. The DUI program is housed in the Prevention Branch of the Department for Mental Health, Developmental Disabilities and Addiction Services.

#### **Kentucky ASAP (Agency for Substance Abuse Policy)**

Supported within Kentucky's Office of Drug Control Policy, Kentucky's local ASAP boards promote the decline of alcohol, tobacco, and other drugs using the SPF model. [odcp.ky.gov](http://odcp.ky.gov)

#### **Drug Free Community Coalitions**

Federally-funded Drug Free Community (DFC) grants provide the resources to develop collaborative coalitions that use the SPF Model

to reduce substance abuse related problems. Kentucky has 38 DFC grants compared to Alabama, South Carolina, and Louisiana (similar size states) that only have 21 DFC grants combined.

#### **UNITE**

Unlawful Narcotics Investigations, Treatment and Education, Inc. (Operation UNITE) works to rid communities of illegal drug use through undercover narcotics investigations, coordinating treatment for substance abusers, providing support to families and friends of substance abusers, and educating the public about the dangers of using drugs. <http://operationunite.org>

#### *Professional Associations and Training*

**Kentucky Certification Board for Prevention Professionals**  
**Kentucky Prevention Network Prevention Academy**  
**The Kentucky School of Alcohol and Other Drug Studies**

#### **For More Information**

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### Recommendation

That the administration, legislators, all local elected officials, executive directors of the Community Mental Health Centers and all other key stakeholders continue their support of substance abuse prevention efforts in the state of Kentucky to create a healthier, safer Commonwealth.



# Prevention begins with the local community

The Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities is the lead agency for substance abuse prevention in Kentucky. However, the foundation of prevention rests in the hands of the local community coalitions who have a passion for making a difference in the lives of the people they serve. With technical assistance and support from prevention professionals, coalitions carry out the groundwork to improve the health of Kentucky. In 2005, Kentucky adopted the Strategic Prevention Framework (SPF), an evidence based model for prevention services.



The Strategic Prevention Framework (SPF) [www.samhsa.gov](http://www.samhsa.gov)



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## The Model—SAMHSA's Strategic Prevention Framework Steps

The Strategic Prevention Framework (SPF) of the Substance Abuse and Mental Health Services Administration (SAMHSA) is a community-based approach to prevention. The SPF uses a five-step process to help communities identify, manage, and evaluate their substance abuse prevention and mental health needs. Communities follow these five steps:

**Assessment**—Profiling needs and resource capacity.

**Capacity**—Mobilizing and building needed capacity.

**Planning**—Developing a prevention plan.

**Implementation**—Using programs, policies, and strategies based on what is known to be effective.

**Evaluation**—Considering program effectiveness and sustaining what works well.

**SAMHSA's #1 priority strategic initiative in 2010 was the prevention of substance abuse and mental illness.**

## Goals & Strategies of the Model

- Prevent onset and reduce progression of substance abuse in Kentucky.
- Reduce substance abuse related problems in Kentucky.
- Build capacity and infrastructure at the state and community levels in Kentucky by using the six strategies of the Center for Substance Abuse Prevention (CSAP):
  - 1) information dissemination
  - 2) education
  - 3) alternative activities
  - 4) problem identification and referral
  - 5) community-based process
  - 6) environmental change

## Prevention is cost effective!

**If effective school-based prevention programs were implemented nationwide, substance abuse initiation would decline for 1.5 million youth and be delayed for two years on average. With a cost of approximately \$220 per youth, these programs could save an estimated \$18 per \$1 invested.**

<http://store.samhsa.gov/shin/content/SMA07-4298/SMA07-4298.pdf>

## Prevention Works!

### Collaborative Examples of Prevention Success

The SPF model was first implemented in 2005 as part of a federal grant. Success stories of eight counties using the model are highlighted on the following map. Also indicated on the map are areas in Kentucky that have passed ordinances to prevent substance abuse (some of which dated prior to 2005).

- ◆ 17 Social Host Ordinances Passed
- ▲ 48 Responsible Beverage Server Training Ordinances Passed
- 29 Smoke-Free Laws/Regulations
- ♣ 4 Keg Registration Ordinances Passed

**Muhlenberg County** – Tampering of anhydrous ammonia tanks was reduced by nearly 80% between 2007 and 2008 after a county-wide Tank Lock program was initiated.

**Monroe County** – Past 30 day inhalant use among 10th graders dropped from 16% to 1% between 2005-2010.

**Clinton County** – The number of annual overdose deaths that involved prescription drugs dropped from 8 to 2 between 2005-2007.

**Owen County** – Binge drinking among 8th graders dropped from 12.4% to 5.2% between 2006-2010.

**Ohio County** – Past year methamphetamine use among 10th graders dropped from 6.5% to 0.8% between 2005-2010.

**Clay County** – Past 30 day inhalant use among 10th graders dropped from 3.4% to 0% between 2006-2010.

**Owsley County** – The percentage of adults favoring a smoke-free law jumped from 59% to 85% between 2007-2009.

**Letcher County** – The number of annual overdose deaths that involved prescription drugs dropped from 15 to 6 between 2005-2006.