

Prevention... What's the 4-1-1?

National Prevention Week

With this year's theme "*We are the ones. How are you taking action?*" the Substance Abuse and Mental Health Services Administration (SAMHSA) is getting Americans together to unite for National Prevention Week scheduled for May 20-26, 2012. This is a new annual health observance supported by SAMHSA that celebrates the work that community organizations and individuals do year-round to prevent substance abuse while promoting mental, emotional, and behavioral well-being. According to SAMHSA, "prevention involves both large and small actions - such as volunteering, participating in community organizations or healthy activities, and talking to youth and neighbors - which together contribute to healthier and more vibrant communities."

Communities are encouraged to host events during the week that will:

- Celebrate the power of prevention
- Raise awareness about substance abuse and mental health issues
- Build support for wellness and prevention practices
- Promote mental, emotional, and behavioral well-being

The daily themes include:

Monday, May 21: *Prevention of Underage Drinking*

Tuesday, May 22: *Prevention of Prescription Drug Use and Illicit Drug Use*

Wednesday, May 23: *Prevention of Alcohol Abuse*

Thursday, May 24: *Suicide Prevention*

Friday, May 25: *Promotion of Mental, Emotional, and Behavioral Well-Being*

Strategic Prevention Framework (SPF) Step 1, Assessment

SAMHSA's Strategic Prevention Framework (SPF) is a 5-step planning process to guide the selection, implementation, and evaluation of effective, culturally appropriate, and sustainable prevention activities. Step 1 of the SPF is Assessment. Within the assessment step, communities are expected to assess population needs, including levels of substance abuse and related problems; available resources to support prevention efforts, and community readiness to address identified prevention problems or needs.

Assessment often begins at the State, Jurisdiction, or Tribe level, with a review of epidemiological data—when these data are available. However, communities need to collect additional data, either to better understand the problem identified by the State, or to help them decide which of several State-identified problems they should tackle. It is necessary to understand the nature, extent, and impact of identified problems at the local level, to uncover the factors that drive them, and to identify appropriate solutions. Identified problems are typically thought of in terms of consequences and consumption patterns. Qualitative and quantitative data can be used to qualify these problems. Once communities have completed data collection and review, they need to develop a process for setting prevention priorities.

Criteria for analyzing and prioritizing assessment data include:

- *Magnitude*, which describes the number of people affected by a problem.
- *Changeability*, which describes how easily a problem can be changed.
- *Impact*, which describes the depth of a problem across a variety of dimensions, such as health, economic or criminal
- *Concentration*, which describes how concentrated the problem is in a specific population.
- *Time lapse*, which describes the amount of time that elapses between consumption and consequence. This is important to consider if a community wants to show that it is having an impact within a set timeframe.

Each community will develop its own set of criteria for prioritizing needs—and for weighing these criteria against one another. Readiness is also essential to a communities ability to address the assessed need. For more information on assessing readiness, review <http://captus.samhsa.gov/access-resources/about-strategic-prevention-framework-spf#Step1>

"Tis easier to prevent bad habits than to break them." ~Benjamin Franklin



May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
←			Children's Mental Health Awareness Week	→		
13	14	15	16	17	18	19
←			Alcohol & Other Drug- Related Birth Defects Awareness	→		
20	21	22	23	24	25	26
←			National Prevention Week	→		
27	28	29	30	31		
				World No Tobacco Day		

May also holds recognition for:
 National Mental Health Month
 Social Media Month
 Helping American Youth Month
 Teen Pregnancy Prevention Month

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