PREVENTION & ROSC

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HUMAN CONTINUUM OF CARE ACTIVITY
Continuum Funnel

None

Universal

Selective

Indicated

Primary Prevention

Promotion

Mild

Thresholds for Action

Moderate

Specialized Treatment

Severe

Brief Intervention

Maintenance
Prevention promotes the health and safety of individuals and communities. It focuses on reducing the likelihood of or delaying the onset of behavioral health problems (i.e. substance abuse, mental illness, suicide and problem gambling).
2 ESSENTIAL ELEMENTS OF PREVENTION

- The term "prevention" is reserved for interventions designed to reduce the occurrence of new cases of mental, emotional and behavioral health disorders (10M, 2009).

- Two criteria define primary prevention efforts.
  1. First, prevention strategies must be intentionally designed to reduce risk or promote health before the onset of a disorder.
  2. Second, strategies must be population-focused and targeted either to a universal population or to sub-groups with known vulnerabilities (10M, 2009).
5 CONDITIONS OF LIFESTYLE RISK REDUCTION

- Principle 1: Everyone has biological risk
- Principle 2: Quantity and frequency of specific choices increase or decrease risk
- Principle 3: Level of biological risk determines the quantity and frequency that will result in high risk
- Principle 4: Health problems occur when the level of high-risk choices “matches” the level of biological risk
- Principle 5: Social and psychological factors influence choices

- Condition 1: It could happen to me. My choices matter
- Condition 2: I know what to do
- Condition 3: People around me support low-risk choices
- Condition 4: I want to make low-risk choices
- Condition 5: I have the skills I need
“Public health promotes and protects the health of people and the communities where they live, learn, work and play.

While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. We also promote wellness by encouraging healthy behaviors.

From conducting scientific research to educating about health, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease. Or educating people about the risks of alcohol and tobacco. Public health sets safety standards to protect workers and develops school nutrition programs to ensure kids have access to healthy food.

Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems (APHA 2016)”
The focus of a public health approach is on improving the well-being of entire populations by addressing underlying risk factors that increase the likelihood of mental, emotional and behavioral health disorders and of increasing protective factors.

Public health draws on a science base that is multi-disciplinary, and engages the entire community using a social ecological model. A public health approach has the following characteristics.

- **Population Focus:** Focuses on, intervenes with and measures the health of the entire population and uses public policy as a central tool for intervention. Works collaboratively across a broad range of systems and sectors.

- **Promoting and Preventing:** Focus on preventing problems before they occur by addressing sources of those problems, as well as identifying and promoting conditions that support optimal behavioral health. Balances the emphasis on behavioral health problems with a focus on positive behavioral health.

- **Determinants of Health:** Places greater emphasis on creating environments that promote and support optimal behavioral health and develop skills that enhance resilience. Malleable factors that are part of the social, economic, physical or geographical environment can be influenced by policies and programs.

- **Process/Action Steps:** Requires implementation of a series of action steps. The public health approach uses a process that is rooted in the scientific method and mirrors the steps of the Strategic Prevention Framework (SPF). Both the public health model and the SPF require the use of data to select and adapt interventions for implementation in local contexts.
**Got Prevention?**

How much would a dose of prevention at every developmental stage for every school child cost? **Just 41¢**

Building resiliency & protecting against substance misuse would cost less than buying each child in Clark, Greene & Madison counties 1 carton of milk per school day*

<table>
<thead>
<tr>
<th>Stage</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Pre-school dose</td>
<td>$200,000</td>
</tr>
<tr>
<td>Providing access to Early Childhood Mental Health Consultation to all preschools in 3 counties</td>
<td></td>
</tr>
<tr>
<td>1st Grade dose</td>
<td>$453,000</td>
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<tr>
<td>Providing training and coaching on the PAX Good Behavior Game to all 1st grade teachers in all 3 counties</td>
<td></td>
</tr>
<tr>
<td>5th grade, Middle &amp; High School doses</td>
<td>$150,000</td>
</tr>
<tr>
<td>Providing a connection to school-based healthcare through local school-based mental health centers, hospitals or federally qualified health centers</td>
<td></td>
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<tr>
<td>$4,000,000</td>
<td></td>
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<tr>
<td>Providing a preventionist to implement prevention interventions and a social worker to coordinate early intervention services for every school district</td>
<td></td>
</tr>
<tr>
<td>$720,000</td>
<td></td>
</tr>
<tr>
<td>Providing evidence-based curricula and licenses, training, technical assistance/coaching, learning communities and evaluation for all doses</td>
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*There are 180 days in a school year.
- The cost of a dose of prevention at every developmental stage for all school children in Clark, Greene & Madison is $74.52 per child, per year.
- Detailed supportive calculations are available on request.
Recovery Oriented systems support person centered and self-directed approaches to care that build on the strengths and resilience of individuals, families, and communities to take responsibility for their sustained health, wellness, and recovery from alcohol and drug problems.

Recovery-oriented systems of care (ROSC) are networks of formal and informal services developed and mobilized to sustain long-term recovery for individuals and families impacted by severe substance use disorders. The system in ROSC is not a treatment agency, but a macro level organization of a community, a state or a nation.

CSAT, SAMHSA

William “Bill” White
1. Person-centered
2. Family and other ally involvement
3. Individualized and comprehensive services across the lifespan
4. Systems anchored in the community
5. Continuity of care (pretreatment, treatment, continuing care, and recovery support)
6. Partnership/consultant relationship, focusing more on collaboration and less on hierarchy
7. Strengths-based (emphasis on individual)
   - Culturally responsive
8. Responsive to personal belief systems
9. Commitment to peer recovery support services
10. Inclusion of the voices of individuals in recovery and their families
11. Integrated services
12. System-wide education and training
13. Ongoing monitoring and outreach
14. Outcomes-driven
15. Based on research
16. Adequately and flexibly financed
SO THEN, WHY THE CONFUSION?
HEALTH PROMOTION & WELLNESS IS NEEDED ACROSS THE CONTINUUM OF CARE

“Prevention has a shared mission with mental health, primary care, and substance use disorder treatment to improve community well-being and health.”

“Comprehensive prevention programming begins with a public health approach.

- Prevention-focused and population-based to preempt problems and short circuit them as they emerge.

- Broad and inclusive—engaging a range of participants at the individual, community and state levels.

Health promotion, behavioral health, and clinical health services, along with personal and public safety, have unique value—we need them all. A community-wide effort that engages individuals and families in every facet of their lives will offer the best chance for them to thrive.” (Fran Harding-CSAP Director).
## Continuum Crosswalk

### Prevention
(Population or Community Intervention)

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### Treatment
(Individual or Group Intervention)

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### Cultural Competence

A continuous learning process that builds knowledge, awareness, skills and capacity to identify, understand and respect the unique beliefs, values, customs, languages, abilities and traditions of all Ohioans to develop policies to promote effective programs and services.
Skill Examples
- Problem solving
- Communication skills
- Goal setting/Reduced time allocation
- Social Skills training
- Assertiveness training
- Coping skills
- Problem solving
- Insight building
- Attending
- Discrete trial training
- Coping strategies

Practice Examples
- Exposure
- Relaxation
- Modeling
- Psychoeducation
- Praise
- Tangible Rewards
- Time out
- Self-monitoring
- Differential reinforcement
- Family education
- Family engagement
- Stimulus control
- Activity scheduling

Fundamental units of behavioral influence underlie effective prevention and treatment for children, adults, and families. Dr. Chorpita calls them Practice Elements. Dr Embry calls them kernels.

A kernel is a behavior–influence procedure shown through experimental analysis to affect a specific behavior and that is indivisible in the sense that removing any of its components would render it inert.

Kernels involve one or more of the following mechanisms of behavior influence: reinforcement, altering antecedents, changing verbal relational responding, or changing physiological states directly.

Guiding Principles and Elements of Recovery-Oriented Systems of Care: What do we know from the research? SAMHSA 2009
PREVENTION & ROSC: BFFS FOREVER!!!
SERVICE BRIEFING ACTIVITY