

Division of Behavioral Health



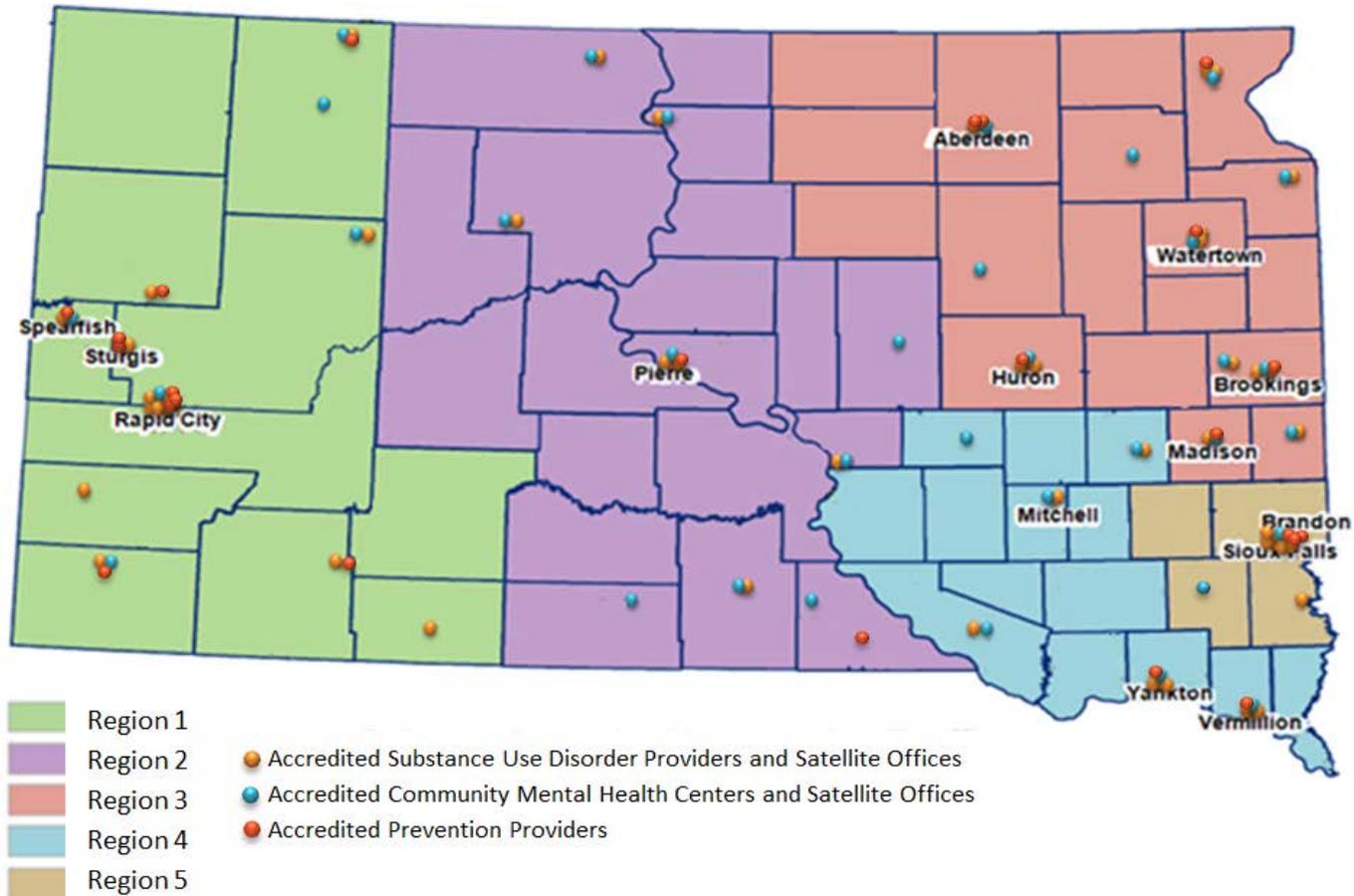
Prevention Services



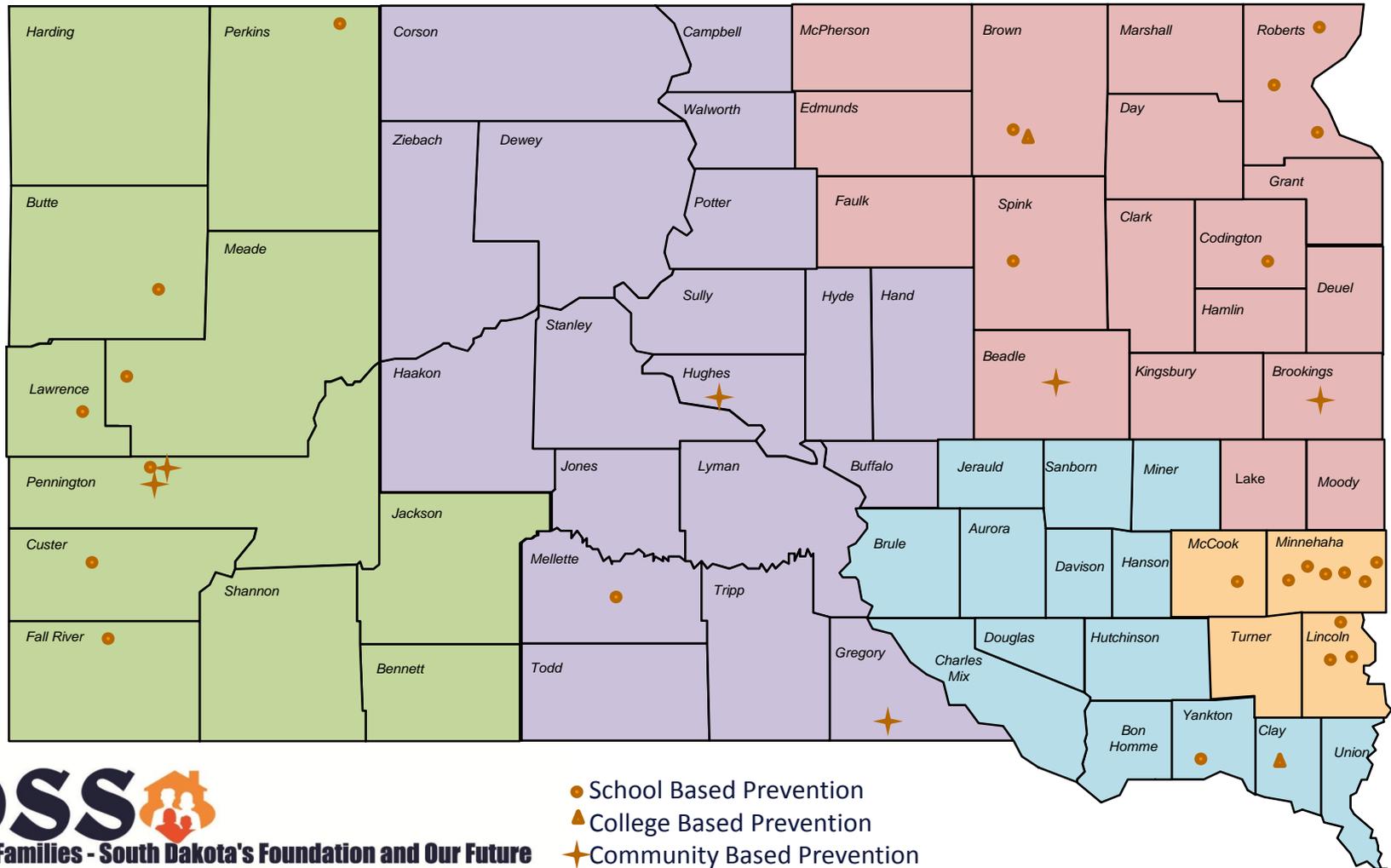
Prevention Providers/Coalitions

- 23 Prevention Providers & Coalitions and 3 Prevention Resource Centers
 - Prevention messaging/services reaches over 235,000 South Dakotans
 - Focus is on substance abuse prevention and suicide prevention
 - Provide evidence-based services in schools & community, awareness/education activities, and various trainings (e.g. suicide prevention, Mental Health First Aid, etc.)

Statewide Accredited Providers



Statewide Prevention Programs



Prevention Program

- DSS Prevention Program and key stakeholders developed a Five Year Prevention Strategic Plan
 - Guides the prevention efforts in the State
 - Promotes a comprehensive prevention behavioral health system
 - Encourages all current prevention to be culturally appropriate and evidence-based
 - Evaluates the impact of the prevention efforts

Prevention Providers/Coalitions

- Complete a local needs assessment and develop a local Strategic Plan that includes areas from the state plan
- Selects Evidence Based Programming (EBP)
- Evaluates the outcomes of the EBP

Definition of Evidence Based Program

Evidence-based Programs: is defined as:

- Inclusion in Federal registries of evidence-based interventions; or
- Reported (with positive effects on the primary targeted outcome) in peer-reviewed journals; or
- Documented effectiveness supported by other sources of information and the consensus judgment of informed experts, as described in the following set of guidelines, all of which must be met:

Definition Continued

Guideline 1: The intervention is based on a theory of change that is documented in a clear logic or conceptual model:

Guideline 2: The intervention is similar in content and structure to interventions that appear in registries and/or peer reviewed literature;

Definition Continued

Guideline 3: The intervention is supported by documentation that it has been effectively implemented in the past, and multiple times, in a manner attentive to scientific standards of evidence and with results that show a consistent pattern of credible and positive effects; and

Guideline 4: The intervention is reviewed and deemed appropriate by a panel of informed prevention experts that includes: researchers; local prevention practitioners; and community leaders.

Evidence-Based Prevention Programs: Schools

- Project Success
 - 8 session curriculum that focuses on alcohol, tobacco, and other drugs
 - Project SUCCESS counselors (local staff trained by the developers) conduct the sessions
 - Goal is to help students identify and resist pressures to use substances, correct misperceptions about the prevalence and acceptability of substance use, and understand the consequences of substance use

Evidence-Based Prevention Programs: Schools

- SAFE
 - Teach students a set of general self-management skills, including decision making and problem solving
 - Increase social skills and decrease social influences that support substance use
 - Present information specific to substances and help students develop refusal skills

Evidence-Based Prevention Programs: Schools

- LifeSkills
 - Goal is to prevent alcohol, tobacco, and marijuana use, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors
 - Addresses multiple risk and protective factors; teaches personal and social skills that build resilience

Evidence-Based Prevention Programs: Schools

- Positive Action

- Comprehensive program designed to improve academic achievement, school attendance, and problem behaviors such as substance use, violence, suspensions, disruptive behaviors and dropping out
- Components include grade-specific toolkits for prekindergarten through 12th grade, with 15-minute scripted lessons



Evidence-Based Prevention Programs: Colleges

- Brief Alcohol Screening and Intervention for College Students (BASICS)
 - Geared at college students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems
 - Follows a harm reduction approach and aims to motivate students to reduce alcohol use in order to decrease the negative consequences of drinking
 - Delivered over the course of two 1-hour interviews with a brief online assessment survey taken by the student after the first session

Evidence-Based Prevention Programs: Colleges

- Challenging College Alcohol Abuse (CCAA)
 - Uses information sharing and mass media to address and correct student misperceptions about college drinking norms (e.g., the typical student drinks heavily) and change attitudes about alcohol and drug use among students
 - A campus survey initially gathers data about actual student drinking behaviors and misperceptions regarding drinking practices
 - Social marketing messages provide accurate alcohol and drug use information and are displayed in newspapers, magazines, fliers, posters, and other forms of media
 - Presentations with freshman classes and at orientations

Evidence-Based Prevention Programs: Colleges

- eCHECKUP TO GO
 - Personalized, evidence-based, online prevention interventions geared at alcohol & marijuana
 - Self-guided

CHOICES

- Alcohol abuse prevention and harm reduction program
- Educates students about the risks involved with the misuse of alcohol



Evidence-Based Prevention Programs: Communities

- Prime for Life (PFL)
 - Motivational intervention program used in group settings to prevent alcohol and drug problems and provide early intervention services
 - Primarily used with court-referred impaired driving offenders but also adapted for use with military personnel, college students, middle/high school students, and parents
 - Different versions of the program available, ranging from 4.5 to 20 hours in duration

Evidence-Based Prevention Programs: Communities

- Project Venture
 - Outdoor experiential youth development program designed primarily for American Indian youth
 - Goal is to develop the social and emotional competence that facilitates youths' resistance to alcohol, tobacco, and other drugs
 - Based on traditional American Indian values such as family, learning from the natural world, spiritual awareness, service to others, and respect
 - Designed to foster the development of positive self-concept, effective social interaction skills, a community service ethic, an internal locus of control, and improved decision making and problem-solving skills

Evidence-Based Prevention Programs: Communities

- Canoe Journey
 - Comprehensive life skills curriculum that helps youth make choices that motivate positive actions while avoiding the hazards of alcohol, tobacco, and other drugs
 - 8 sessions which include the Medicine Wheel, The Quest, Who am I, overcoming obstacles

School Based Prevention Providers

- Aberdeen Roundtable Coalition, Aberdeen
 - Project Success in the Aberdeen public schools
592 Students
- Action for the Betterment of the Community, Sturgis
 - Project Success in the Sturgis schools – 400 Students
- Aliive – Roberts County, Sisseton
 - Project Success in the Sisseton, Rosholt, and Wilmont schools – 156 Students

School Based Prevention Providers

- Coalition for a Drug Free South Dakota, Sioux Falls
 - SAFE in the Sioux Falls School District – 1,355
- Coalition for a Drug Free Yankton, Yankton
 - Project Success in the Yankton School District – 429 students
- EMPOWER, Hot Springs
 - LifeSkills in the Hot Springs schools – 120 students

School Based Prevention Providers

- Lemmon SAFE Communities, Lemmon
 - LifeSkills in the Lemmon schools – 104 students
- Michael Glynn Memorial Coalition, White River
 - LifeSkills in the White River school – 119 students
- Spink County Coalition, Redfield
 - Project Success in the Redfield schools – 95 students

School Based Prevention Providers

- Rural Sioux Empire Coalition for Youth, Sioux Falls Area
 - Project Success in the following schools: Dell Rapids, Brandon, Garretson, Hartford, Humbolt, Tea, Lennox, Harrisburg, and Canistota – 556 students
- Watertown Healthy Youth Coalition, Watertown
 - Project Success in the Watertown schools – 732 students
- Lifeways Coalition of Rapid City, Rapid City
 - Project Success in the Rapid City Schools – 1,329 students

School Based Prevention Providers

- Whatever it Takes Coalition, Newell
 - LifeSkills and Positive Action in the Newell School is LifeSkills and Positive Action – 73 students
- Youthwise Coalition, Spearfish
 - LifeSkills in the Spearfish, Lead/Deadwood schools – 600 students
- Lifeways Coalition of the Southern Hills, Custer
 - Project Success in the Custer Schools – 173 students

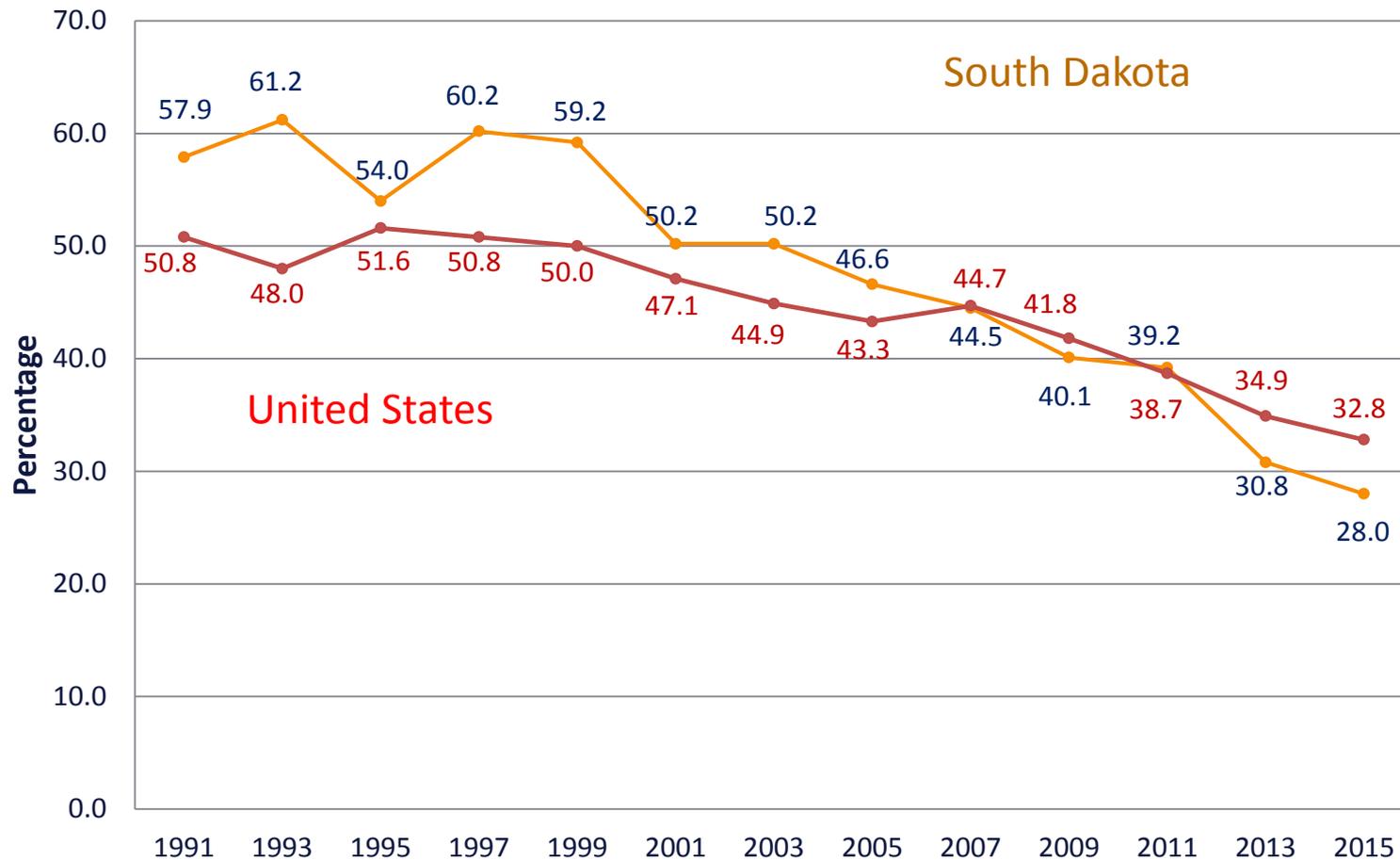
Number of Students served in School Based Programs

- Students Served in School Based Programs across the State – 6,833
- School and Community Based Programs also provide 1,400 Screenings per year on Youth
- School, Community and College Prevention Programs provide Substance Abuse Awareness Programming in their Schools and Communities

Cost Per Student For School Based Programs

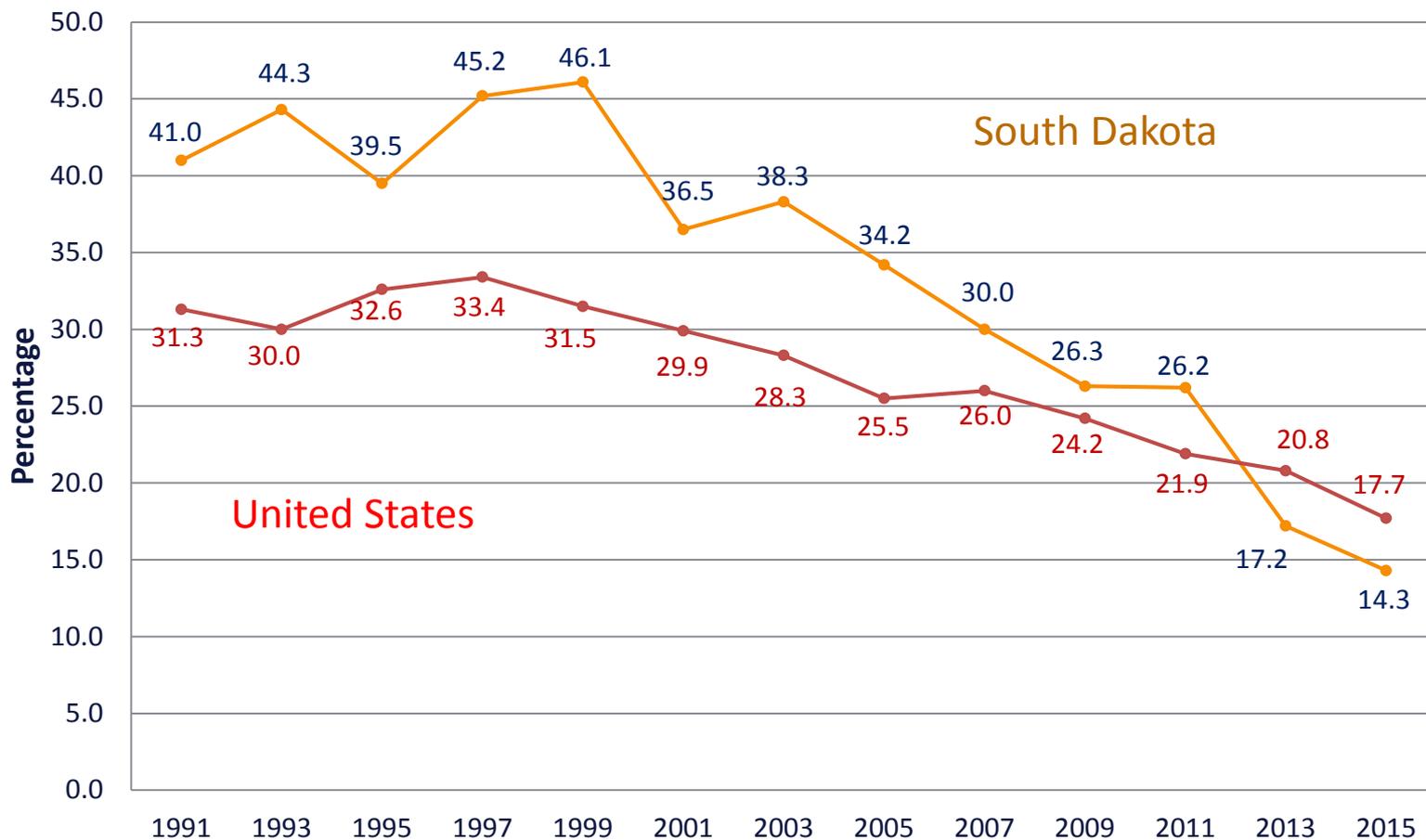
- LifeSkills - \$67 per student
- Positive Action - \$111 per student
- SAFE - \$119 per student
- Project Success - \$118 per student

Trend in *Current Use of Alcohol (30 Day)* Among 9-12 graders, US vs SD 1991-2015



Centers for Disease Control and Prevention (CDC). 1991-2015 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline/>.

Trend in *Had Five or More Drinks of Alcohol in a Row (Binge)* Among 9-12 graders, US vs SD 1991-2015



Centers for Disease Control and Prevention (CDC). 1991-2015 High School Youth Risk Behavior Survey Data.
Available at <http://nccd.cdc.gov/youthonline/>.