

Recommended Reading



This document reviews solid evidence-based prevention strategies for cannabis, useful for coalitions and preventionists.

Preventing Youth Marijuana Use: Programs and Strategies

Missouri Partners in Prevention is proud to be Missouri's higher education substance abuse prevention and mental health consortium. In order to see measurable change in the health, safety, and well-being on campus, campus prevention practitioners must employ evidence-based strategies and models. This series provides a brief synopsis of the publications, articles, and resource documents available to campuses to assist in their substance abuse prevention and mental health intervention efforts. These documents provide a great deal of technical assistance and support. Browse our recommended reading synopsis to learn more about these publications.

Preventing Youth Marijuana Use: Programs and Strategies is a publication updated in 2017 from SAMHSA's Center for the Application of Prevention Technologies task order. It was designed to assist prevention professionals in selecting cannabis prevention programs by providing a summary of the results and implementation of the programs. It is important to note that many of the strategies identified were targeted towards youth age 17 or under, but 'youth' can include individuals up to age 25 and many of the strategies included are still relevant for the college age group. The guide uses tables from pages 9-11 to provide brief information about each program including program title, target population, classification (universal, selected, or indicated), setting, outcomes, and recognition as an evidence-based program by various sources. Then, pages 12-53 include more in-depth information about each program such as the evaluation design, evaluation outcomes, and evaluation studies.

The beginning of the document notes that a few things should help guide practitioners as they look to select strategies and programs:

- Don't start by looking at programs – start by identifying risk and protective factors and aligning appropriate strategies that will target those
- Examine program summaries to identify relevant studies – does the program align with your outcome of interest?
- Determine the strength of the evidence for programs and decide if it is something you would want to implement – is it a good fit for your campus?

Listed below are the strategies or programs with at least 1 source that has recognized it as evidence-based, and targeted college-aged youth:

- InShape wellness program
- Motivational enhancement therapy (MET)

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- Motivational interviewing (MI)
- Screening, brief intervention and referral to treatment (SBIRT)

It is important to note that mere effectiveness of a program does not mean that it is feasible or appropriate for your campus. Gathering data and determining risk and protective factors contributing to the problems and related behaviors is the first step, and programs are chosen as a result.

Read ‘Preventing Youth Marijuana Use: Programs and Strategies’ here!

preventionsolutions.edc.org/sites/default/files/attachments/Preventing-Youth-Marijuana-Use-Programs-Strategies_0.pdf

Citations

1. Substance Abuse and Mental Health Services Administration, Center for the Application of Prevention Technologies. Preventing Youth Marijuana Use: Programs and Strategies (2017).

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