

Prevention 101 Fact Sheet

Alcohol and other drug prevention works to change the underlying conditions that lead to a problem. There are 3 types of prevention; primary, secondary, and tertiary. The goal of primary prevention is to stop people from developing AOD related problems or experiencing negative consequences, such as injury. Examples of primary prevention include education about the effects and potential harms of alcohol and other drugs, changing laws and policies related to alcohol and other drugs, and environmental management strategies. Secondary prevention works to target people who have a higher risk of AOD problems and/or individuals who have an emerging problem. Secondary prevention can also be referred to as early intervention. Examples include tobacco cessation services and BASICS (Brief Alcohol Screening and Intervention for College Students). Tertiary prevention, also known as response and treatment, helps individuals who have developed an AOD problem to overcome it or to improve their quality of life. This could include cognitive behavioral therapy, twelve-step or other self-help programs, and access to detoxification and withdrawal services.

Glossary of Terms

Brief Alcohol Screening and Intervention for College Students (BASICS): BASICS is a brief motivational interviewing tool that uses alcohol screening and feedback to reduce problematic drinking.

Best Practice(s): The best clinical or administrative practice or approach at the moment, given the situation, the consumer's or community's needs and desires, the evidence about what works for this situation/need/desire, and the resources available. Organizations also often use promising practices, which are defined as clinical or administrative practices for which there is considerable evidence or expert consensus and which show promise in improving outcomes, but which are not yet proven by the highest or strongest scientific evidence.

Binge Drinking: Binge drinking is a high-risk alcohol use behavior characterized by consuming 5 or more alcoholic drinks in a 2 hour period.

Coalition Building: A coalition is a partnership of individuals who work together to achieve a common purpose. Coalition building is the process by which different entities come together, achieve buy-in, and contribute to the goals of the coalition. On some campuses, this coalition building involves just campus partners, but for some it involves both campus and community entities.

College AIM: The NIAAA College Alcohol Intervention Matrix (College AIM) is a resource to review individual and environmental strategies related to alcohol prevention by comparing effectiveness, cost, and barriers. Strategy planning worksheets are provided for campuses to select a variety of strategies for a comprehensive alcohol prevention approach.

Collegiate Recovery Programs (CRP): Collegiate recovery programs are groups on campus that work to support the needs of students in recovery from alcohol and other drug addiction.

Dissemination Research: Analyzes how tested and effective prevention intervention programs may be spread to reduce problems at a larger scale.

Drug Free Schools and Communities Act (DFSCA): All institutions of higher education are required to complete a review of their alcohol and drug program biennially and notify campus stakeholders (faculty, staff, students, etc) of the alcohol and drug policy on a regular basis. Part 86, the Drug-Free Schools and Campuses Regulations, requires that, as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education (IHE) must certify that it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.

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eCHECKUP TO GO-eCHECKUP TO GO: (formerly known as eCHUG or eTOKE) is an online personalized feedback intervention tool designed to motivate individuals to reduce their consumption of alcohol, marijuana, or tobacco with personalized information about their own use and risk factors

Effectiveness Trials: Scientific experiments that test the preventive intervention programs ability to prevent the problem under real world conditions. The setting and the kinds of people in the experiment should be very similar to the actual targeted population in a particular location.

Efficacy Trial: Scientific experiments that test the preventive intervention programs ability to prevent the problem under favorable conditions. Under these optimal conditions, the researcher has control over the intervention and how it is delivered. If the test finds significant desirable effects, the intervention program is considered to be efficacious.

Environmental Management: Addressing the physical, social, economic, and legal environment in which students make decisions about alcohol and other drug use which can be accomplished through a mix of institutional, community, and public policy change.

Epidemiology: The prevalence, distribution, and determinants of the problem in time and space. Epidemiological investigations can be carried out through surveillance and descriptive studies to determine its extent.

Etiology: The causes of such positive or negative outcomes, with an emphasis on risk and protective factors. Also known as the Theory of Causation. Evidence-Based Practices- Evidence-based, or evidence-informed, practices are those that have indicated effectiveness through systematic research.

Harm Reduction: Harm reduction is an approach that works to reduce negative consequences of alcohol or other drug use.

MACHB: The Missouri Assessment of College Health Behaviors (MACHB - formerly known as the MCHBS) is an annual, online survey implemented at the PIP member campuses each spring to assess the impact that alcohol, drugs (illegal and prescription), tobacco,

interpersonal violence, and mental health issues have on student health and wellness

Motivational Interviewing: Motivational Interviewing (MI) is a counseling method that works to resolve ambivalent feelings and encourage individuals to find internal motivation to change behavior.

Protective Factor: A protective factor is a condition or attribute that helps mitigate or reduce vulnerability to a specific condition or behavior (i.e. connectedness to family helps protect against suicide).

Risk Factor: A risk factor is an attribute, characteristic, or exposure of an individual that increases ones vulnerability of to a specific condition or behavior (e.g. developing a substance use disorder, suicide attempt).

Screening, Brief Intervention and Referral to Treatment (SBIRT): SBIRT is a practice used to identify, reduce, and prevention problematic use, abuse, and dependence on alcohol and other drugs

Social Ecological Model: A framework for understanding the multiple levels of a social system and the interactions between individuals and the environment within this system.



Social Norms Approach: Social norms are informal understandings in society that can influence behavior. A social norms approach in prevention works to correct misperceptions of others' behavior and normalize safe and healthy choices.

Substance Use Disorder: A substance use disorder (SUD) is a brain disease that involves the overuse of, or dependence on, a drug that has detrimental effects on an individual's mental and physical health. SUD's are characterized by a pattern of continued pathological use of a drug which results in adverse consequences such as failure to meet obligations or other resulting problems.

Warning Signs: Behaviors that indicate that someone may be at immediate risk

Contact Partners in Prevention at (573) 884-7551 or pip@missouri.edu.

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