Unleashing the Power of Prevention!

An Action Plan to Advance Prevention Practice and Policy
Early Prevention Approaches

- **Strategies:**
  - Information
  - Fear arousal
  - Affective education
  - Just say “no”

- **Outcomes:**
  - No decreases in drug use or delinquency
  - Some programs *increased* drug use and other forms of antisocial conduct (Lipton, Martinson, & Wilks, 1975; Tobler, 1986)
Lesson:
Untested and well-intentioned ideas can sometimes make things worse!
Paradigm Shift:
A Public Health, Risk-Focused Approach to Prevention

- To prevent a problem before it happens, address its predictors

- Advances in etiological research on individual and social determinants of behavioral health have identified malleable risk and protective factors as potential targets for preventive intervention
# Risk Factors for Child and Adolescent Problem Behavior by Level of Influence

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Substance Abuse</th>
<th>Delinquency</th>
<th>Violence</th>
<th>School Dropout</th>
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<tbody>
<tr>
<td><strong>Individual Factors</strong></td>
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<tr>
<td>Early behavior problems</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Rebellious attitudes</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Favorable attitudes toward problem behaviors</td>
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<td>x</td>
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<tr>
<td>Sensation-seeking orientation</td>
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<tr>
<td>Impulsivity</td>
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<tr>
<td>Attention deficits</td>
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<tr>
<td>Biological and genetic factors</td>
<td>x</td>
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<tr>
<td><strong>Interpersonal Factors</strong></td>
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<td><strong>Family Factors:</strong></td>
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<tr>
<td>Favorable parental attitudes toward problem behavior</td>
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<tr>
<td>Family history of involvement in problem behavior</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Inconsistent supervision, monitoring, and discipline</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Family and parent-child conflict</td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Poor attachment with parents</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td><strong>School Factors:</strong></td>
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<tr>
<td>Poor academic performance in early grades</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Low commitment to school</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Low school engagement</td>
<td>x</td>
<td>x</td>
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This table is adapted from the Social Development Research Group (Catalano, Haggerty, Hawkins, & Elgin, 2011; Hawkins, 2006; Hawkins, Catalano, & Miller, 1992) and from Jenson & Bender (2014); Jenson, Alter, Nicotera, Anthony, & Forrest-Bank (2013); Jenson & Fraser (2011); and O’Connell, Boat, & Warner (2009).
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<tr>
<td><strong>Peer Factors:</strong></td>
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<tr>
<td>Associating with deviant peers</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Rejection by conforming peers</td>
<td>x</td>
<td>x</td>
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<td>x</td>
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<tr>
<td><strong>Environmental/Community Factors</strong></td>
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<tr>
<td>Laws and norms favorable to antisocial behavior</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
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<tr>
<td>Availability and access to drugs and firearms</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
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<tr>
<td>Poverty and limited economic opportunity</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Community disorganization</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Media portrayals of antisocial behavior</td>
<td>x</td>
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<tr>
<td>Transitions and mobility</td>
<td>x</td>
<td>x</td>
<td>x</td>
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Public Health, Risk Focused Prevention

The Public Health Approach to Prevention

- Define the problem: Surveillance
- Identify risk and protective factors
- Develop and test interventions
- Implement interventions
- Evaluate interventions

Note. Adapted from the Centers for Disease Control and Prevention, http://www.cdc.gov/
Three Decades of Prevention Research

- Controlled trials using a public health approach have identified 60 effective policies and programs for preventing behavioral health problems

  - Effective programs: [www.blueprintsprograms.com](http://www.blueprintsprograms.com)
    Jenson & Bender (2014)

  - Effective policies: Anderson et al. 2009; Catalano et al. 2012; Hingson & White 2013; Vuolo et al., 2015

All these behavioral health problems have been prevented in controlled trials.

- Anxiety
- Depression
- Autism
  - Alcohol, tobacco, other drug use
- Risky driving
  - Aggressive behavior and conduct problems
- Self-inflicted injury
- Risky sexual behavior
- Violence
- Delinquent behavior
- School dropout
Despite this progress...

*Prevention approaches that do not work or have not been evaluated are more widely used than those shown to be effective* (Ringwalt, Vincus, et al. 2009)
Solution: Unleash the Power of Prevention...

to ensure behavioral health of children through action grounded in research advances
Ensuring Healthy Development for All Youth

Unleashing the Power of Prevention!
What is Unleashing the Power of Prevention?

- A summary of evidence pertaining to behavioral health problems and an action plan aimed at increasing the use of preventive interventions

- Developed by the Coalition for the Promotion of Behavioral Health
  - Published as a Discussion Paper by the National Academy of Medicine
Unleashing the Power of Prevention
10 Year Goals!

- Reduce the incidence and prevalence of behavioral health problems in the population of young people from birth through age 24 by 20%

- Reduce racial and socioeconomic disparities in behavioral health problems by 20%
Action Steps and Goals

1. Increase public awareness of the advances and cost savings of effective preventive interventions that promote healthy behaviors for all
   - Goal: In a decade, a majority of the U.S. adult population will report that it is possible and cost-effective to prevent behavioral health problems among children and adolescents

2. Increase the percentage of public funds that are spent on effective prevention programs
   - Goal: In a decade, at least 10% of all state and federal expenditures on the education, health, protection, and welfare of children will be allocated to effective interventions for preventing behavioral health problems
Action Steps and Goals

3. Implement capacity-building tools that guide communities to assess and prioritize risk and protective factors, and select evidence-based prevention programs

- **Goal 1**: In a decade, at least 1,000 communities in the United States will actively monitor population levels of risk and protection and behavioral health problems among young people

- **Goal 2**: In a decade, at least 1,000 U.S. communities will implement effective health promotion approaches and evidence-based preventive interventions
4. Establish criteria for preventive interventions that are effective, sustainable, equity-enhancing, and cost-beneficial

- **Goal:** In a decade, all 50 states will use data from controlled studies and cost-benefit analyses to inform policy decisions regarding investments in prevention, treatment, and control of behavioral health problems.

5. Increase infrastructure to support the high-quality implementation of preventive interventions

- **Goal:** In a decade, 25 states will have cross-agency “backbone” organizations that provide technical assistance and monitoring services to local community organizations that provide behavioral health services for youth and their families.
6. Monitor and increase access of children, youth, and young adults to effective preventive interventions
   - Goal: In a decade, child welfare, education, health, justice, and other agencies in 20 states will use integrated data structures that enable cross-agency monitoring of behavioral health and preventive interventions

7. Create workforce development strategies to prepare practitioners in health and human service professions for new roles in promotion and preventive interventions
   - Goal: In a decade, 20 universities will include cross-disciplinary, prevention-focused training programs in behavioral health that will include primary care medicine, nursing, psychiatry, social work, and psychology
1. **Improve infrastructure for preventive interventions**
   - Most states don’t know:
     - What programs they operate
     - What level of evidence exists for their programs
     - Whether their programs achieve a positive net ROI

   **Strategies**
   - Statewide prevention summits in Utah & Colorado
   - Ongoing consultation and webinars
   - Lessons from the EPISCenter in Pennsylvania (Evidence-Based Prevention and Intervention Support Center [http://www.episcenter.psu.edu](http://www.episcenter.psu.edu))
**Unleashing the Power of Prevention Initiatives**

2. Implement and test healthy parenting programs in primary care settings
   - Congressional Briefing sponsored by the Coalition for the Promotion of Behavioral Health, National Prevention Science Coalition, and the American Academy of Pediatrics on April 19, 2016

3. Develop a prevention workforce in social work
   - Graduate training in prevention practice, policy, and science
   - University-community prevention partnerships
     - *Communities in Action*, University of Washington
     - *Bridge Project*, University of Denver
What is possible in a decade?
Pennsylvania’s evidence-based prevention programs in 1999...
Pennsylvania’s evidence-based prevention programs in 2015...
PA Juvenile Delinquency Dispositions of New Allegations
2007-2014
(Excludes disposition reviews and placement reviews)
Source: Juvenile Court Judges’ Commission

- Between 2007 and 2014, the number of juvenile delinquency dispositions from new allegations decreased 44%, from 45,573 to 25,567.
PA Juvenile Delinquency Placements
2007-2014

(Includes disposition reviews but excludes placement reviews)

Source: Juvenile Court Judges’ Commission

Between 2007 and 2014, the number of delinquency placements decreased 45%, from 7,525 to 4,136.
Total Delinquency Placement Expenditures*:
Fiscal Year 08-09 to Fiscal Year 13-14

Source: Office of Children, Youth, and Families (OCYF) Needs-Based Budget

*Does not include secure detention costs.

• Total delinquency placement expenditures decreased from $321,652,465 to $236,110,115, when comparing FY 08-09 to FY 13-14 costs, a difference of $85,542,350.
The Prevention Pay-Off!

- Tested and effective prevention programs prevent problems and save lives
- Effective preventive interventions are cost-effective and have the potential to save millions of dollars annually

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