

*Ensuring Healthy
Development for all Youth
The Power of Prevention*

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Grand Challenges
for Social Work

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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

Risk Factors	Substance Abuse	Delinquency	Violence	School Dropout
<u>Individual Factors</u>				
Early behavior problems	X	X	X	X
Rebellious attitudes	X	X	X	X
Favorable attitudes toward problem behaviors	X	X	X	X
Sensation-seeking orientation	X	X	X	
Impulsivity	X	X		
Attention deficits	X	X		
Biological and genetic factors	X	X	X	
<u>Interpersonal Factors</u>				
<i>Family Factors:</i>				
Favorable parental attitudes toward problem behavior	X	X	X	
Family history of involvement in problem behavior	X	X	X	
Inconsistent supervision, monitoring, and discipline	X	X	X	X
Family and parent-child conflict	X	X	X	X
Poor attachment with parents	X	X	X	X
<i>School Factors:</i>				
Poor academic performance in early grades	X	X	X	X
Low commitment to school	X	X	X	X
Low school engagement	X	X	X	X

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).

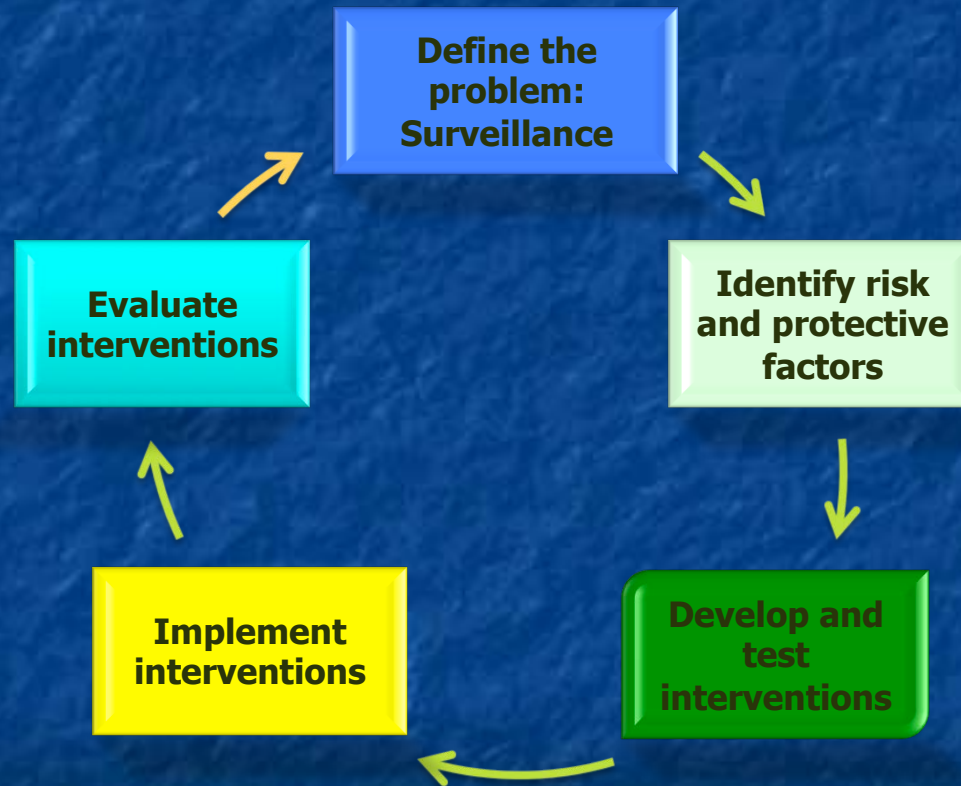
Risk Factors for Child and Adolescent Problem Behavior by Level of Influence

Risk Factors	Substance Abuse	Delinquency	Aggression	School Dropout
<i>Peer Factors:</i>				
Associating with deviant peers	x	x	x	x
Rejection by conforming peers	x	x	x	x
<u>Environmental/Community Factors</u>				
Laws and norms favorable to antisocial behavior	x	x	x	
Availability and access to drugs and firearms	x	x	x	
Poverty and limited economic opportunity	x	x	x	x
Community disorganization	x	x	x	
Media portrayals of antisocial behavior	x		x	
Transitions and mobility	x	x	x	x

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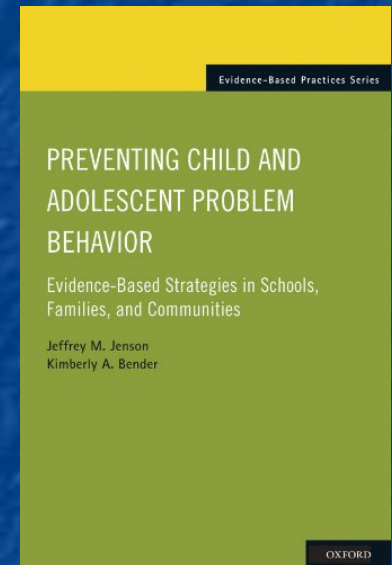
Public Health, Risk Focused Prevention

The Public Health Approach to Prevention



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
Jenson & Bender (2014)
- **Effective policies:** Anderson et al. 2009;
Catalano et al. 2012; Hingson & White 2013;
Vuolo et al., 2015
- **Effective prevention saves money:** www.wsipp.wa.gov/ Lee, S., Aos, S., & Pennucci, A. (2015). *What works and what does not? Benefit-cost findings from WSIPP.*



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

Delinquent
behavior

Violence

Self-
inflicted
injury

Risky
sexual
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



Grand Challenges
for Social Work

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
 - Selected as a Grand Challenge initiative by the Academy of Social Work and Social Welfare in January, 2015



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*

Action Steps and Goals

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*

Action Steps and Goals

- 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*

Unleashing the Power of Prevention Initiatives

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>)

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...

Map Layers

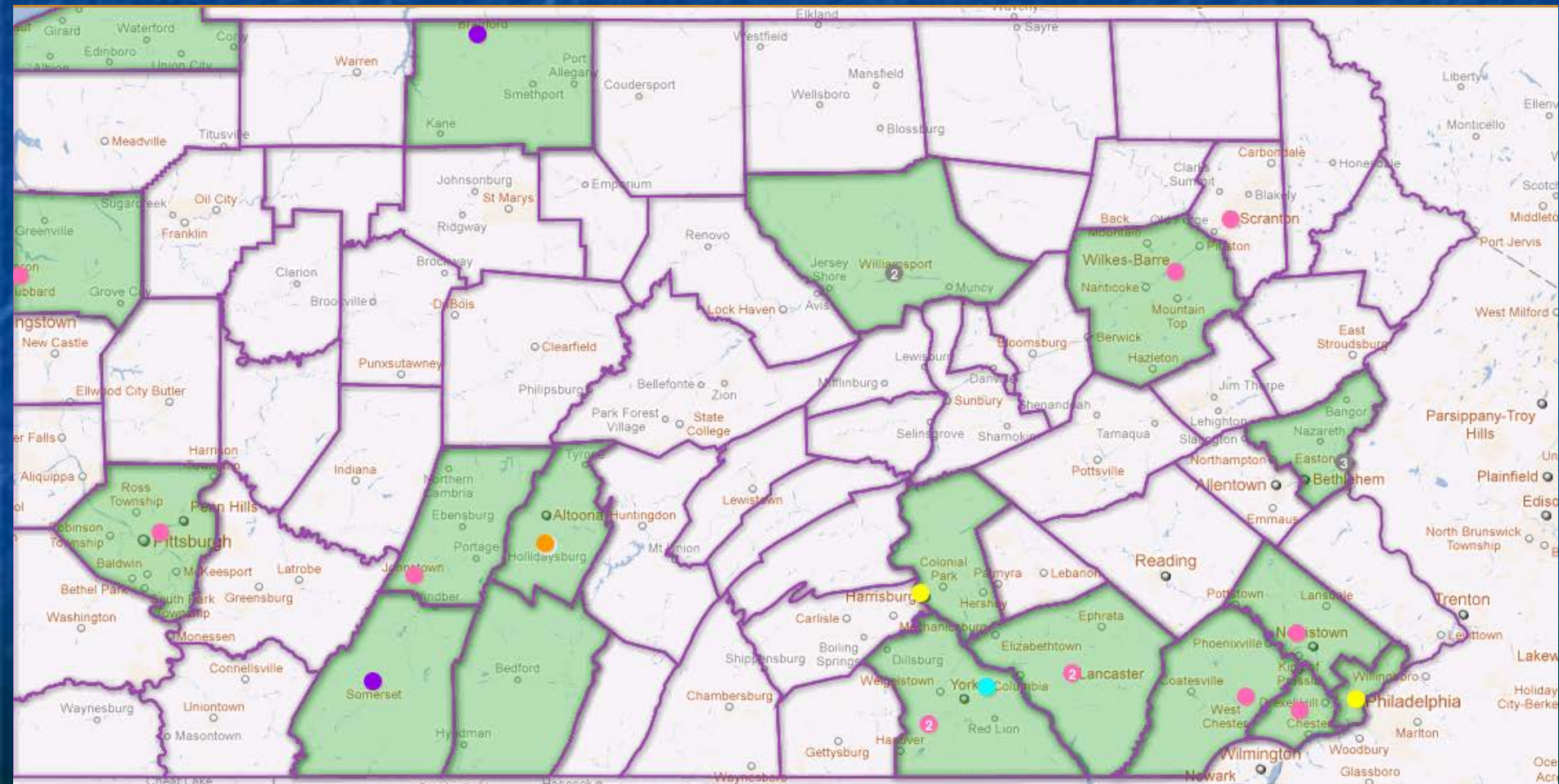
Grant Programs

- Select all types
- BBBS MTFC FFT IYS LST
- MST OBPP PATHS SFP Other

*Numbers within markers indicate the number of grants awarded to the agency
Markers without a number indicate the number of agencies with only 1 grant*

Boundary Layers

- Counties State House Districts
- School Districts State Senate Districts



Pennsylvania's evidence-based prevention programs in 2015...

Map Layers

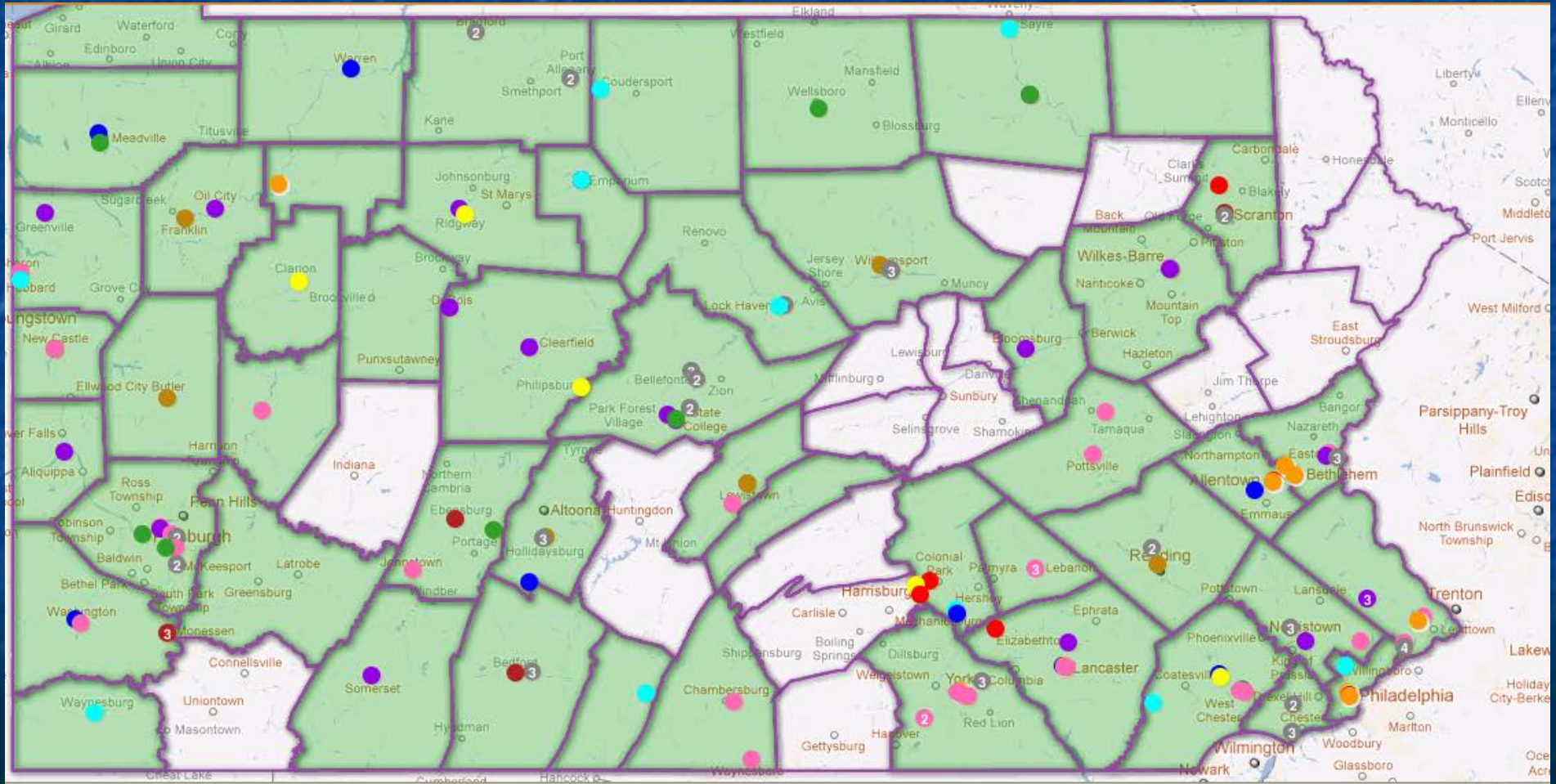
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Boundary Layers

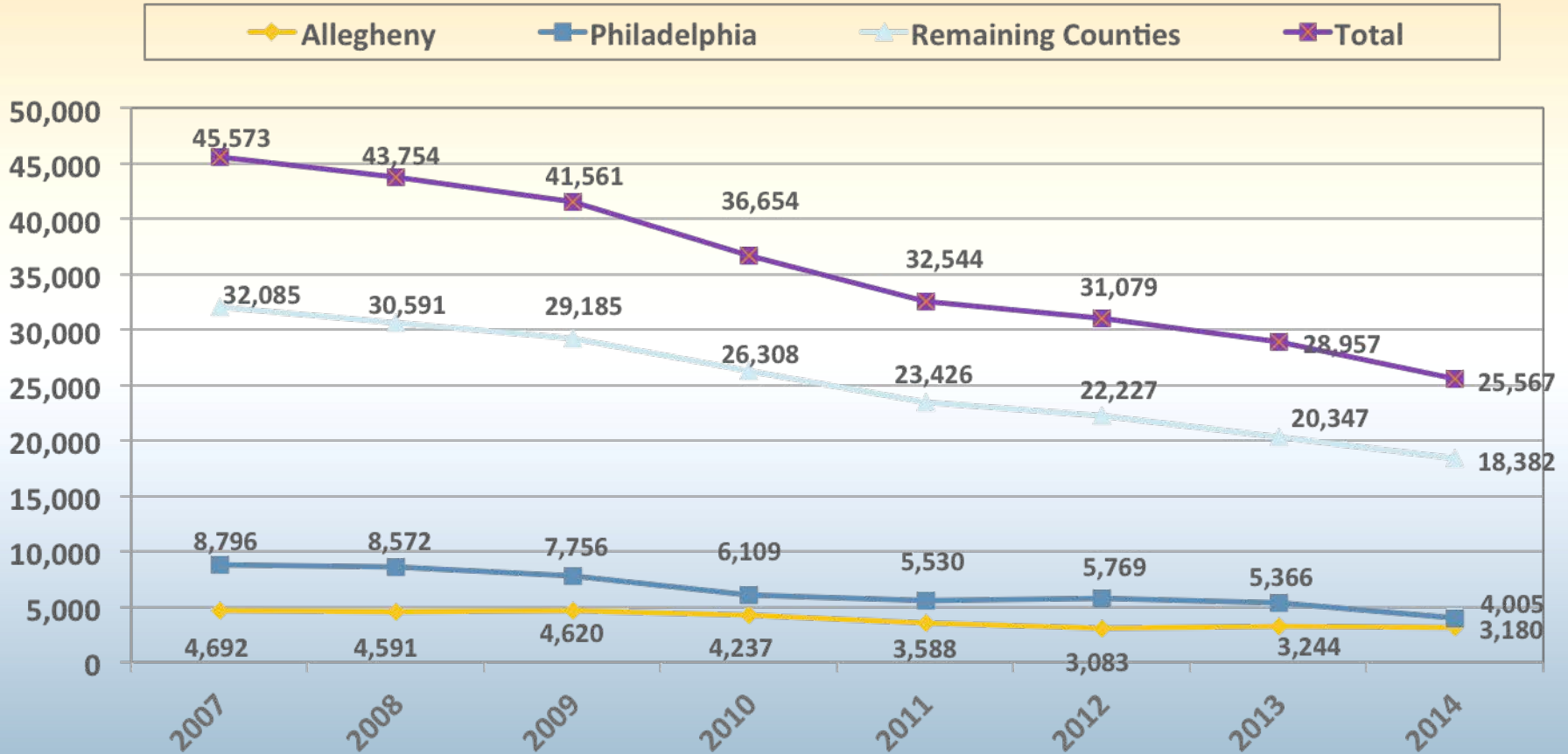
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PA Juvenile Delinquency Dispositions of New Allegations 2007-2014

(Excludes disposition reviews and placement reviews)

Source: Juvenile Court Judges' Commission

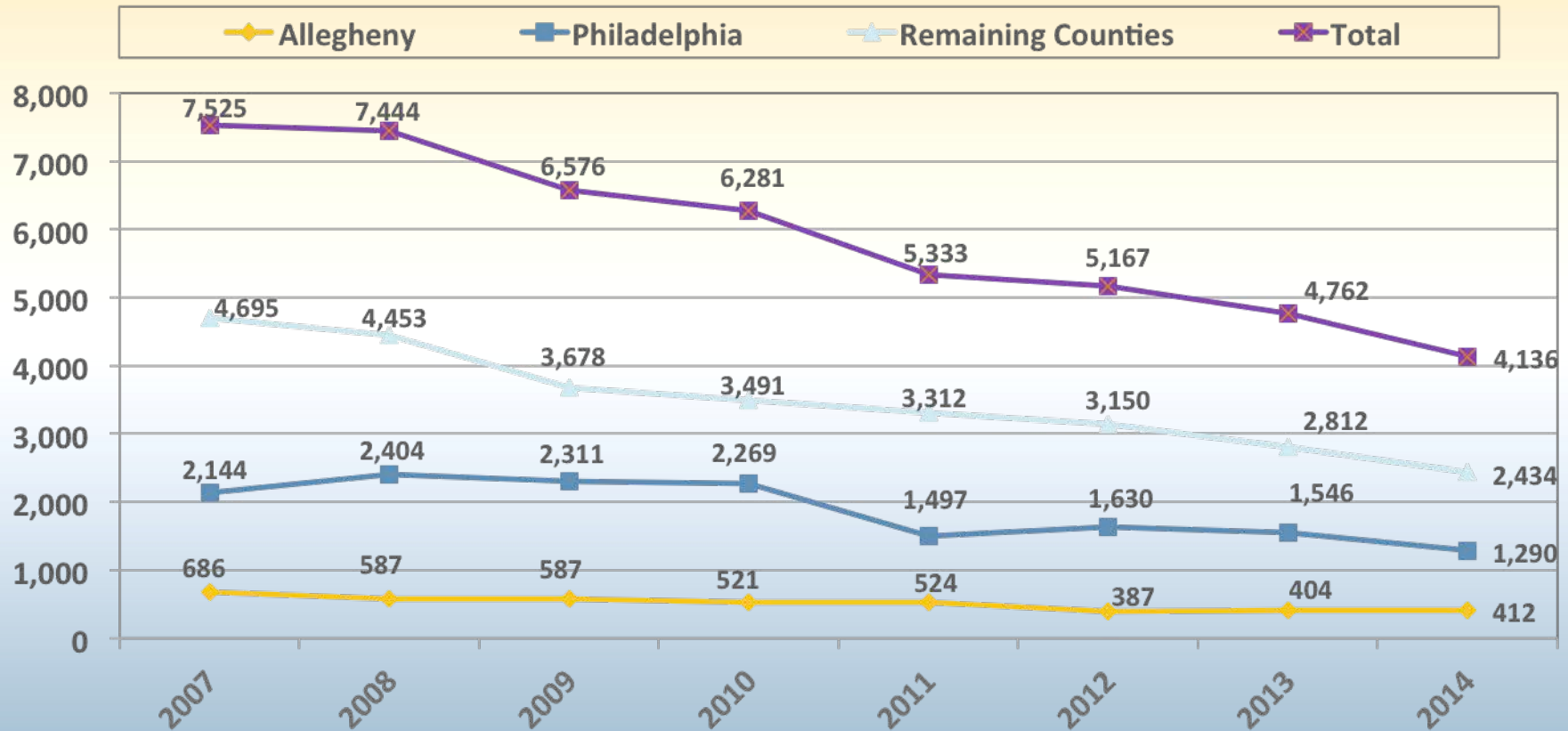


- Between 2007 and 2014, the number of juvenile delinquency dispositions from new allegations decreased 44%, from 45,573 to 25,567.

PA Juvenile Delinquency Placements 2007-2014

(Includes disposition reviews but excludes placement reviews)

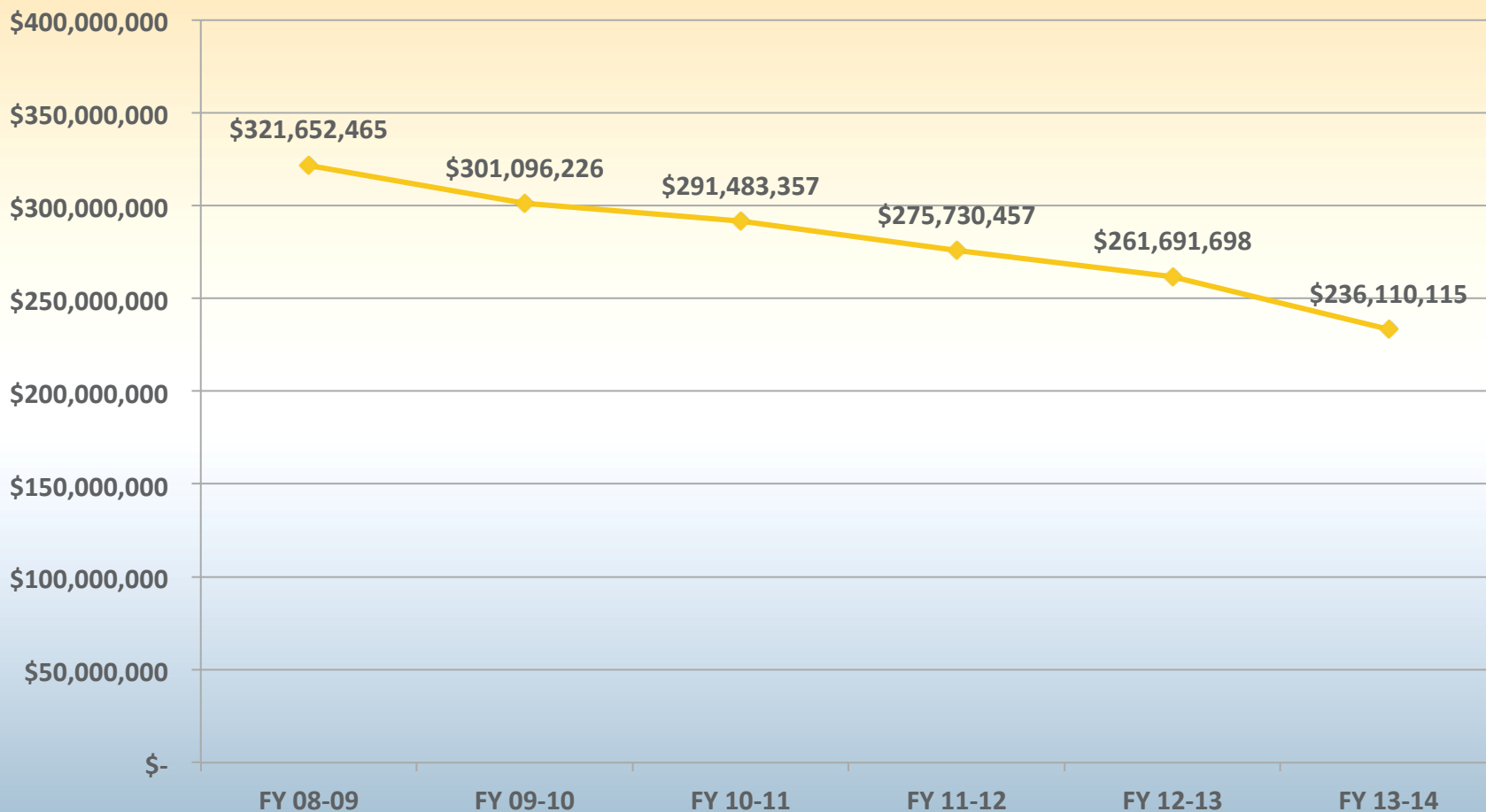
Source: Juvenile Court Judges' Commission



- 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

- *Unleashing the Power of Prevention* is published as a Discussion Paper by the National Academy of Medicine. It is available at: <http://nam.edu/perspectives-2015-unleashing-the-power-of-prevention/>



- *Unleashing the Power of Prevention* is also available at the Academy of Social Work and Social Welfare website: <http://aaswsw.org/grand-challenges-initiative/>



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