

Prescription Drug Abuse Prevention Strategies and Interventions

Risk Factors	Strategy and Interventions
<p><u>Social Access</u></p> <ul style="list-style-type: none"> • Education 	<p>1) Environmental Strategy</p> <p>One strategy discussed by CADCA is the use of a locking medicine cabinet so prescription drugs are kept out of unwanted hands. According to the research, almost 70% of prescription drugs were obtained through friends and family, making this strategy an effective environmental strategy.</p> <p>Source: CADCA Resources. (2010, October 6). Coalitions use a variety of strategies to fight Rx abuse. Retrieved from http://www.cadca.org/resources/detail/coalitions-use-variety-strategies-fight-rx-abuse</p> <p>2) Drug Disposal/Take-Back Activities</p> <p>Drug disposal and take-back activities can be an effective strategy to counter prescription drug misuse and abuse.</p> <p>Sources: Community Anti-Drug Coalitions of America. Rx prescription drug toolkit: From awareness to action. Retrieved from http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit</p> <p>CT Department of Consumer Protection Prescription Drug Monitoring Program http://www.ct.gov/dcp/cwp/view.asp?a=1620&q=411378&dcpNav= &dcpNav_GID=1881</p>
<p><u>Retail Availability</u></p> <ul style="list-style-type: none"> • Education • Enforcement 	<p>1) Create strategies that support better coordination and training among healthcare providers and pharmacists that will help ensure safe dosages prescribing practices and tracking of drug interactions.</p> <p>2) Collaborate with delivery companies such as UPS or FedEx to ensure that medications reach the customers that order them.</p> <p>Sources: Community Anti-Drug Coalitions of America. Rx prescription drug toolkit: From awareness to action. Retrieved from http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit</p> <p>CT Department of Consumer Protection Prescription Drug Monitoring Program http://www.ct.gov/dcp/cwp/view.asp?a=1620&q=411378&dcpNav= &dcpNav_GID=1881</p>

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<p><u>Prior AOD Use</u></p> <ul style="list-style-type: none"> • Education • Media 	<p>1) Treatment</p> <p>Research concludes that treatment is a more cost-effective strategy than domestic enforcement.</p> <p>Source: Rand Corporation. Projecting future cocaine use and evaluating control strategies (project brief). Retrieved from http://www.rand.org/pubs/research_briefs/RB6002/index1.html</p>
	<p>2) Controlling and Reducing Use</p> <p>An effective program such as Reconnecting Youth can be an effective tool to reduce and control use by youth who are already using drugs.</p> <p>Source: U.S. Department of Justice, Office of Justice Programs. (2000, September). Promising strategies to reduce substance abuse. Retrieved from http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf</p>
	<p>3) School-Based Prevention Program (such as Project Northland)</p> <p>According to researchers, a delay in onset reduces substance abuse problems later in life.</p> <p>Source: Substance Abuse and Mental Health Services Administration. Center for Substance Abuse Prevention. (2009). Substance use prevention dollars and cents: A cost benefit analysis. Retrieved from http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf</p>

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<p><u>Family Norms</u></p> <ul style="list-style-type: none"> • Education • Media 	<p>1) Mentoring Programs</p> <p>According to NREPP, mentoring programs such as Across Ages is an effective way to increase protective factors among a selected population. Across Ages aims to prevent the first use, or delay the onset, of substances such as tobacco, alcohol and other drugs.</p> <p>Source: : Community Anti-Drug Coalitions of America. (2010, August 3). Rx prescription drug toolkit: From Awareness to action. Retrieved from http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit</p> <hr/> <p>2) Family Management</p> <p>An effective family management program such as the Strengthening Families Program can help families in conflict or those that present certain risk factors for adolescent drug use—such as parental support for drugs—to achieve certain reductions in risky, multi-use behavior.</p> <p>Source: Substance Abuse and Mental Health Services Administration. Center for Substance Abuse Prevention.(2009). Substance use prevention dollars and cents: A cost benefit analysis. Retrieved from http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf</p> <p>2) B. Family Management</p> <p>Source: Moore, K. A. & Zaff, J. F. (2002, November). Building a better teenager: A summary of “what works” in adolescent development. <i>Child Trends Research Brief</i>. Washington, DC: Child Trends. Retrieved from http://www.childtrends.org/Files//Child_Trends-2002_11_02_RB_BuildBetterTeens.pdf</p>

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<p><u>Family Norms</u> <u>Cont'd</u></p> <ul style="list-style-type: none"> • Education • Media 	<p>3) Knowledge Building and Community Outreach</p> <p>Research from New Jersey has documented its success in creating a council that addresses drug dependence. Conferences and training programs target parents, educators, and the medical community.</p> <p>Source: CADCA Strategizer 52. Teen prescription drug abuse: An emerging threat. Retrieved from http://www.theantidrug.com/pdfs/resources/teen-rx/CADCA_Strategizer52.pdf</p>
	<p>4) Parenting Classes</p> <p>Research about parenting interventions, such as Parenting Through Change, is aimed at teaching parents pro-social behavior such as limit-setting, and skill encouragement. Outcomes included lower rates of delinquency, use of drugs and alcohol, and maladaptive youth behavior.</p> <p>Source: National Registry of Evidence-based Programs and Practices. http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=67</p>
	<p>5) Education and Life Skills</p> <p>According to the White House Office of Drug Control Policy, programs such as SMART Leaders are an effective way to reach participants of favorable attitudes around tobacco, alcohol and other drugs.</p> <p>Source: White House Office of Drug Control Policy. http://www.whitehousedrugpolicy.gov/prevent/pdf/science.pdf</p>

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<p><u>Peer Norms</u></p> <ul style="list-style-type: none"> • Education • Media • Enforcement 	<p>1) Social Refusal Skills</p> <p>Lemstra, M. et al. (2010, February). A systematic review of school-based marijuana and alcohol prevention program targeting adolescents 10-15. <i>Addiction Research and Theory</i>, 18(1) 84–96. Retrieved from Source: http://www.drmarklemstra.com/pdf/Meta3.pdf</p>
	<p>2) School- Based Intervention</p> <p>There is growing evidence that a school-based intervention program, such as Keepin’ It R.E.A.L., can be effective in the promotion of antidrug norms and the acquisition of effective decision-making skills, and communication skills. The program is “from youth for youth” and teaches participants resistance strategies that are important among peers.</p> <p>Source: National Institute for Drug Abuse. http://archives.drugabuse.gov/NIDA_Notes/NNVol18N3/Multiculturalism.html</p>
	<p>3) Drug Courts</p> <p>One strategy that may be effective is the promotion of the use of drug courts, as well as appropriate sentencing for those under the age of 21.</p> <p>Source: Community Anti-Drug Coalitions of America. Rx prescription drug toolkit: From awareness to action. http://www.cadca.org/resources/detail/coalitions-use-variety-strategies-fight-rx-abuse</p>

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	<p>4)) Skill Building and Life Skills Curriculum</p> <p>There is evidence that a skill-building course such as Reducing the Risk can be an effective tool in curbing risky sexual behavior. The curriculum presents powerful information coupled with participatory education that teaches students alternative actions.</p> <p>Source: ETR Associates. http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&PageID=129</p>
	<p>5) Treatment, Vocational Education, and Job Skills</p> <p>Research demonstrates the effectiveness of programs aimed at preventing juveniles from returning to prison or inpatient substance abuse treatment. A program such as The Bridge (South Carolina) offers comprehensive treatment, including risk factors focusing on criminal behavior, academic and vocational education, and job skills.</p> <p>Source U.S. Department of Justice, Office of Justice Programs. (2000, September). Promising strategies to reduce substance abuse. Retrieved from www.ncjrs.gov/pdffiles1/ojp/183152.pdf</p>
<p><u>Low Perception of Harm/ Risk</u></p> <ul style="list-style-type: none"> • Media 	<p>1) Media Campaign</p> <p>Research has found that there is a perceived lack of harm about the risks of prescription drug use/misuse. Many people consider prescription drugs “more safe” than illegal drugs. A media campaign can be effective in generating awareness about the risks.</p> <p>Sources: Community Anti-Drug Coalitions of America. (2010, August 3). Rx Prescription Drug Toolkit: From Awareness to Action. Retrieved from http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit</p> <p>CT Department of Consumer Protection Prescription Drug Monitoring Program (continued)</p>

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<p><u>Low Commitment to School</u></p> <ul style="list-style-type: none"> • Education 	<p>1) Mentoring Program</p> <p>Research finds that well-developed and executed mentoring programs can effectively reduce drug use. The results achieved by programs such as Big Brother/Big Sister) include a reduction of truancy.</p> <p>Source: U.S. Department of Justice, Office of Justice Programs. (2000, September). Promising strategies to reduce substance abuse. Retrieved from http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf</p> <hr/> <p>2) Education Dissemination</p> <p>Research has found that there is a perceived lack of harm about the risks of prescription drug use/misuse. Many people consider prescription drugs “more safe” than illegal drugs. An information dissemination campaign can be effective in generating awareness about the risks.</p> <p>Source: Community Anti-Drug Coalitions of America. Rx prescription drug toolkit: From awareness to action. http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit</p> <hr/> <p>3) School-Based Intervention</p> <p>There is growing evidence that a school-based intervention program, such as Keepin’ It R.E.A.L., can be effective in the promotion of anti-drug norms and the acquisition of effective decision-making skills and communication skills. The program is “from youth for youth” and teaches participants resistance strategies that are important among peers.</p> <p>Source: National Institute for Drug Abuse http://archives.drugabuse.gov/NIDA_Notes/NNVol18N3/Multiculturalism.html</p>

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<p><u>Low Enforcement</u></p> <ul style="list-style-type: none"> • Enforcement • Education 	<p>1) Community Empowerment</p> <p>The goal of a community empowerment program (usually in the form of a coalition) is to address the negative consequences of substance use/abuse and related effects..</p> <p>Source: U.S. Department of Justice, Office of Justice Programs. (2000, September). Promising strategies to reduce substance abuse. Retrieved from http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf</p> <p>2) Education Dissemination</p> <p>In the past decade, there has been “downward trending” of high school seniors who perceive great harm in using illicit drugs once or twice. An effective information dissemination program could contribute to greater perception of harm from using illicit drugs by adolescents.</p> <p>Source: NDIC; SAMHSA “Substance Use Prevention Dollars and Cents: A Cost Benefit Analysis.” 2009. http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf</p> <p>CT Department of Consumer Protection Prescription Drug Monitoring Program http://www.ct.gov/dcp/cwp/view.asp?a=1620&q=411378&dcpNav= &dcpNav_GID=1881</p>