

# Tobacco Use Prevention Strategies and Interventions

Risk Factors	Strategy and Interventions
<p><b><u>Social Access &amp; Retail Availability</u></b></p> <ul style="list-style-type: none"> <li>• Education</li> </ul>	<p>1) Environmental Strategy</p> <p>The Center for Disease Control recommends “best practices” for supporting tobacco control. These include well-documented successes such as increasing pricing; increasing enforcement among retailers; and school-based interventions, in conjunction with media education.</p> <p>Source: <a href="http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2007/bestpractices_complete.pdf">http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2007/bestpractices_complete.pdf</a></p>
<p><b><u>Prior AOD Use</u></b></p> <ul style="list-style-type: none"> <li>• Education</li> <li>• Media</li> </ul>	<p>1) Cessation Interventions</p> <p>The CDC recommends population-based cessation efforts such as “quit lines” and counseling.</p> <p>Source: <a href="http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2007/bestpractices_complete.pdf">http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2007/bestpractices_complete.pdf</a></p>
	<p>2) Cessation Programs</p> <p>Research suggests that a cessation program for an indicated population, such as Not on Tobacco (NOT), can be an effective way to treat youth who are most likely addicted to nicotine. This NREPP program teaches youth self-management, social skills, and relapse prevention.</p> <p>Source: <a href="http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2007/bestpractices_complete.pdf">http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2007/bestpractices_complete.pdf</a></p>
	<p>3) 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 <a href="http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf">http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf</a></p>

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<p><b><u>Family Norms</u></b></p> <ul style="list-style-type: none"> <li>• Education</li> <li>• Media</li> </ul>	<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 <a href="http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit">http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit</a></p> <hr/> <p>2) A. 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 <a href="http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf">http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf</a></p> <p>2) B. Family Management</p> <p>Source: Moore, K. A. &amp; 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</p>

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<p><b><u>Family Norms</u></b>  <b><u>Cont'd</u></b></p> <ul style="list-style-type: none"> <li>• Education</li> <li>• Media</li> </ul>	<p><a href="http://www.childtrends.org/Files//Child_Trends-2002_11_02_RB_BuildBetterTeens.pdf">http://www.childtrends.org/Files//Child_Trends-2002_11_02_RB_BuildBetterTeens.pdf</a></p>
	<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 <a href="http://www.theantidrug.com/pdfs/resources/teen-rx/CADCA_Strategizer52.pdf">http://www.theantidrug.com/pdfs/resources/teen-rx/CADCA_Strategizer52.pdf</a></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. <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=67">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=67</a></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. <a href="http://www.whitehousedrugpolicy.gov/prevent/pdf/science.pdf">http://www.whitehousedrugpolicy.gov/prevent/pdf/science.pdf</a></p>

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<p><b><u>Peer Norms</u></b></p> <ul style="list-style-type: none"> <li>• Education</li> <li>• Media</li> </ul>	<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: <a href="http://www.drmarklemstra.com/pdf/Meta3.pdf">http://www.drmarklemstra.com/pdf/Meta3.pdf</a></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. <a href="http://archives.drugabuse.gov/NIDA_Notes/NNVol18N3/Multiculturalism.html">http://archives.drugabuse.gov/NIDA_Notes/NNVol18N3/Multiculturalism.html</a></p>
	<p>3) There is growing backing for the creation of peer support groups that provide opportunities for connection and networking. Additionally, these groups can provide referrals to appropriate recovery care.</p> <p>Source: Community Anti-Drug Coalitions of America. Rx prescription drug toolkit: From awareness to action. Retrieved from <a href="http://www.cadca.org/resources/detail/coalitions-use-variety-strategies-fight-rx-abuse">http://www.cadca.org/resources/detail/coalitions-use-variety-strategies-fight-rx-abuse</a></p>
<p><b><u>Low Perception of Harm/ Risk</u></b></p> <ul style="list-style-type: none"> <li>• Media</li> </ul>	<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>Source: Community Anti-Drug Coalitions of America. (2010, August 3). Rx Prescription Drug Toolkit: From Awareness to Action. Retrieved from <a href="http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit">http://www.cadca.org/resources/detail/rx-abuse-prevention-toolkit</a></p>

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<p><b><u>Low Commitment to School</u></b></p> <ul style="list-style-type: none"> <li>• Education</li> </ul>	<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 <a href="http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf">http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf</a></p> <hr/> <p>2) Research demonstrates that a family-centered intervention, coupled with school-based life skills, can effectively strengthen bonds to family, school, and community.</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 <a href="http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf">http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf</a></p>
<p><b><u>Low Enforcement</u></b></p> <ul style="list-style-type: none"> <li>• Enforcement</li> </ul>	<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 <a href="http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf">http://www.ncjrs.gov/pdffiles1/ojp/183152.pdf</a></p> <p>2) Citizen Surveillance Programs</p> <p>Family-Centered Intervention coupled with School-Based Life Skills (such as Adolescent Transitions or Guiding Good Choices)</p> <p>Research demonstrates that a family-centered intervention, coupled with school-based life skills, can effectively strengthen school bonds to family, school, and community.</p> <p>Source: SAMHSA “Substance Use Prevention Dollars and Cents: A Cost Benefit Analysis.” 2009. <a href="http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf">http://www.odmhsas.org/10-15-09Newsletter/071509samhsasaprevcb.pdf</a></p>

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