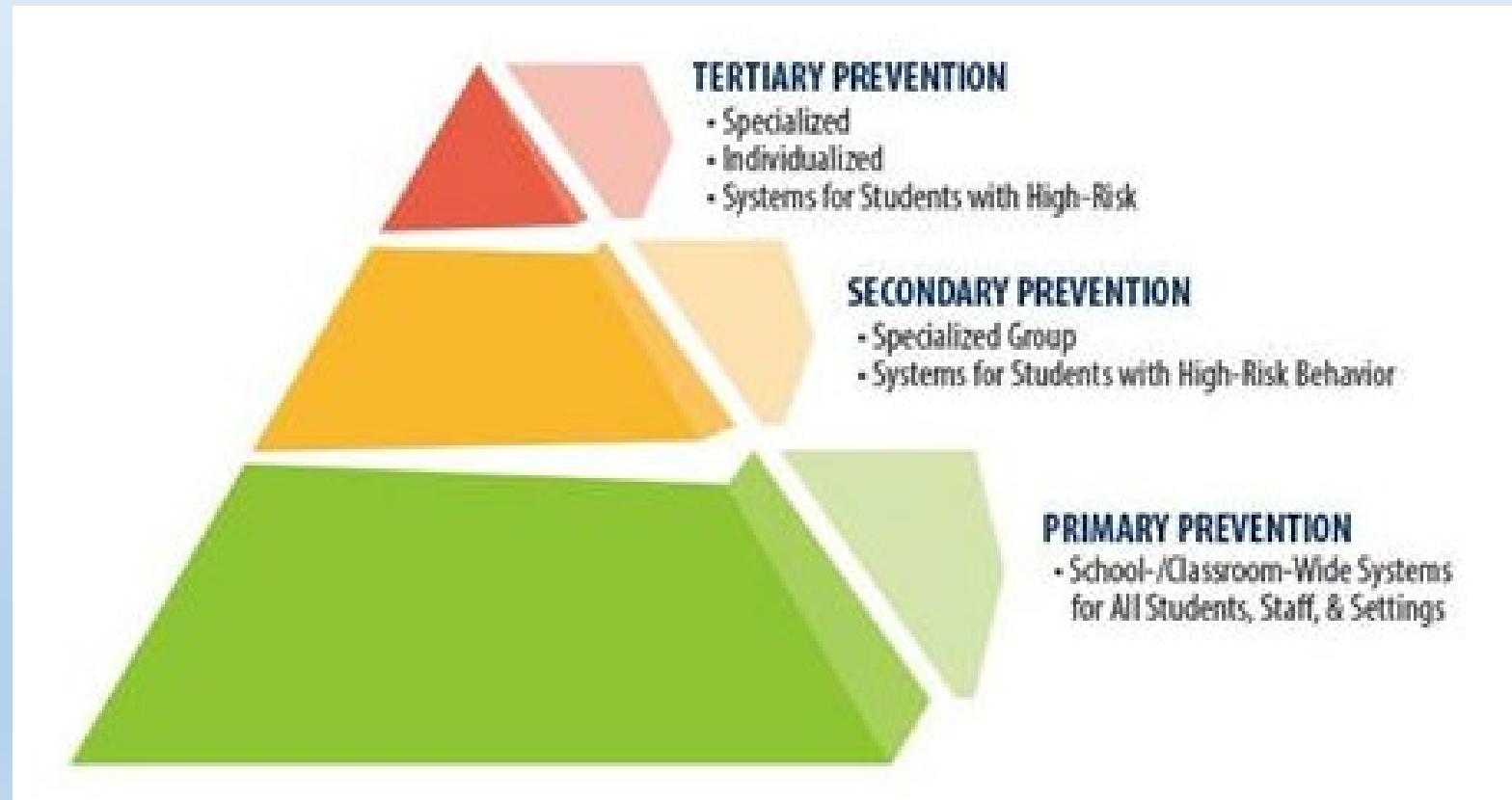


Developing Resilience - School Based Substance Abuse Prevention Programs

David Smith, MD,CM, FRCPC

Chair of DOBC CYMHSU COP SU Committee

Levels of Prevention – Universal, Selective, Indicated



Preventing and Treating Childhood Mental Disorders: Effective Interventions

A Research Report

October 2020



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School Based Substance Abuse Prevention Programs - Findings

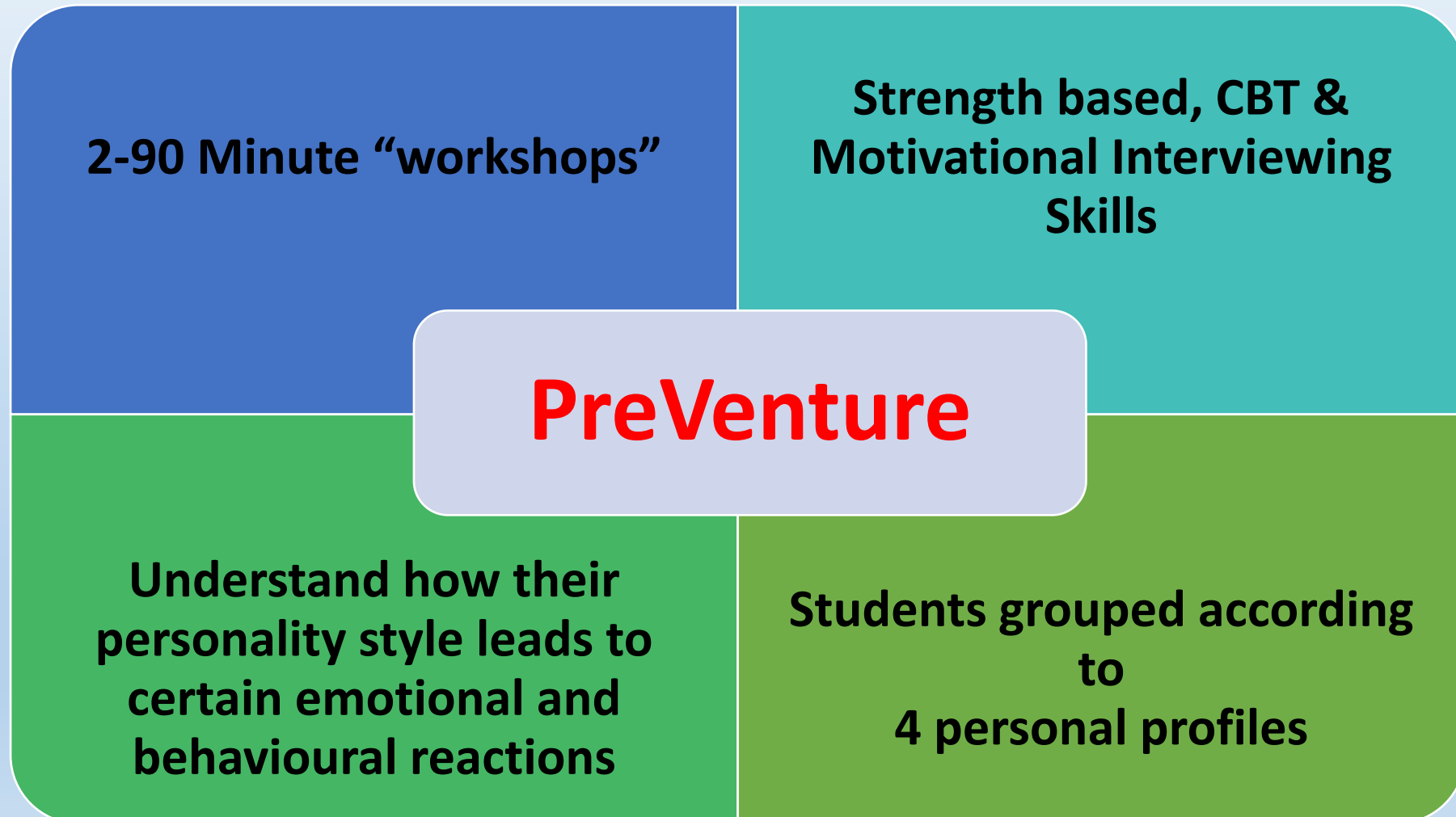
- Universal Prevention
 - 6 RCT proved effective
 - **Unplugged** stood out for decreasing alcohol and cannabis use
- Targeted Prevention
 - 4 RCT proved effective
 - **PreVenture** stood out for decreasing alcohol use

Unplugged

- Multicomponent intervention including a combination of resistance skills, parent training, child education, child social skills training, and child-and-family communication skills training.
- Two RCTs - EU study and Czech (adaptation) study
 - 12 x 45 min lessons,
 - Trained teachers provided program (via handbook)

PreVenture Program

Brief, coping skills interventions targeting personality risk factors for adolescent substance misuse



THE PREVENTURE PROGRAM

PreVenture supports increased awareness and modification of **four** personality traits:

- 1 IMPULSE CONTROL**
- 2 SENSATION SEEKING**
- 3 ANXIETY SENSITIVITY**
- 4 DEPRESSION**

PREVENTURE PROGRAM BENEFITS

- ▶ Evidence-based (vs. ideology) – 8 RCTs, Published in JAMA, AJCAP, Time, etc.
- ▶ Upstream
- ▶ Specific
- ▶ Strength based and well-received by students
- ▶ Relatively low cost and resource investment
- ▶ High yield outcome: approx. 40-50% decrease in substance use across the board for at least 2 years and 25% decrease in mental health symptoms - (NNT 2)
- ▶ “Inoculates” our youth

“HERD IMMUNITY”



The PreVenture program affects not only the youth who receive the workshop, but their peers as well with up to 30% reduction in substance use across their peer group.

Vernon, BC - SD #22

Year 1 Results!



TESTIMONIALS FROM STUDENTS WHO HAVE TAKEN THE PREVENTURE PROGRAM

GR 11, MALE:

I used drugs because I didn't think that the future was important. Now I have a plan to go to college and get a job in the trades.

GR 10, FEMALE:

I have a lot less panic attacks now.

GR 10 FEMALE (FIRST NATIONS):

I learned to think about my choices and focus on what is important now.

GR 10 MALE:

I like to try new things and sometimes that got me into trouble - like alcohol. I learned how to plan for my choices.

GR 10 MALE:

The teacher helped me to stop and think before I make hard decisions. I get into a lot less trouble now!

GR 10 FEMALE (FIRST NATIONS):

I was really suffering from anxiety and loneliness when I came here in gr 8. The 2 classes I took taught me to not worry so much. I still do some of the breaking exercises that the counsellor taught me.

Call to Action!

“It is as improper to withhold an effective preventive intervention as it would be to withhold an effective therapeutic intervention.”

(Dr Perry Kendell, 2010, PHO Special Report)

Thank You!

