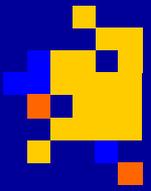




Sustaining Healthy Communities through Prevention

What's Your Role?

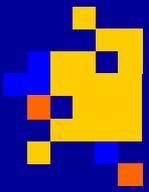




PTSD

Prevention at **Tiny** Scale Disorder





How Can we Cure our PTSD

- Prevention of substance abuse is key to building a healthy community and is **EVERYONE'S** business.
- Real prevention requires a critical scale investment.
 - Programs aren't enough to “move the needle.”
 - Bridge the prevention/treatment divide

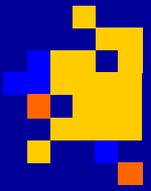




How Can we Cure our PTSD

- Prevention of substance abuse is key to building a healthy community and is **EVERYONE'S** business.





Substance Abuse

- An estimated 22 million Americans abuse or are dependent on a substance
- It is one of the most costly health problems in the US
- Estimated to cost Americans more than \$500 billion dollars a year
- But the people cost is far greater. It impacts our families, communities, and our society





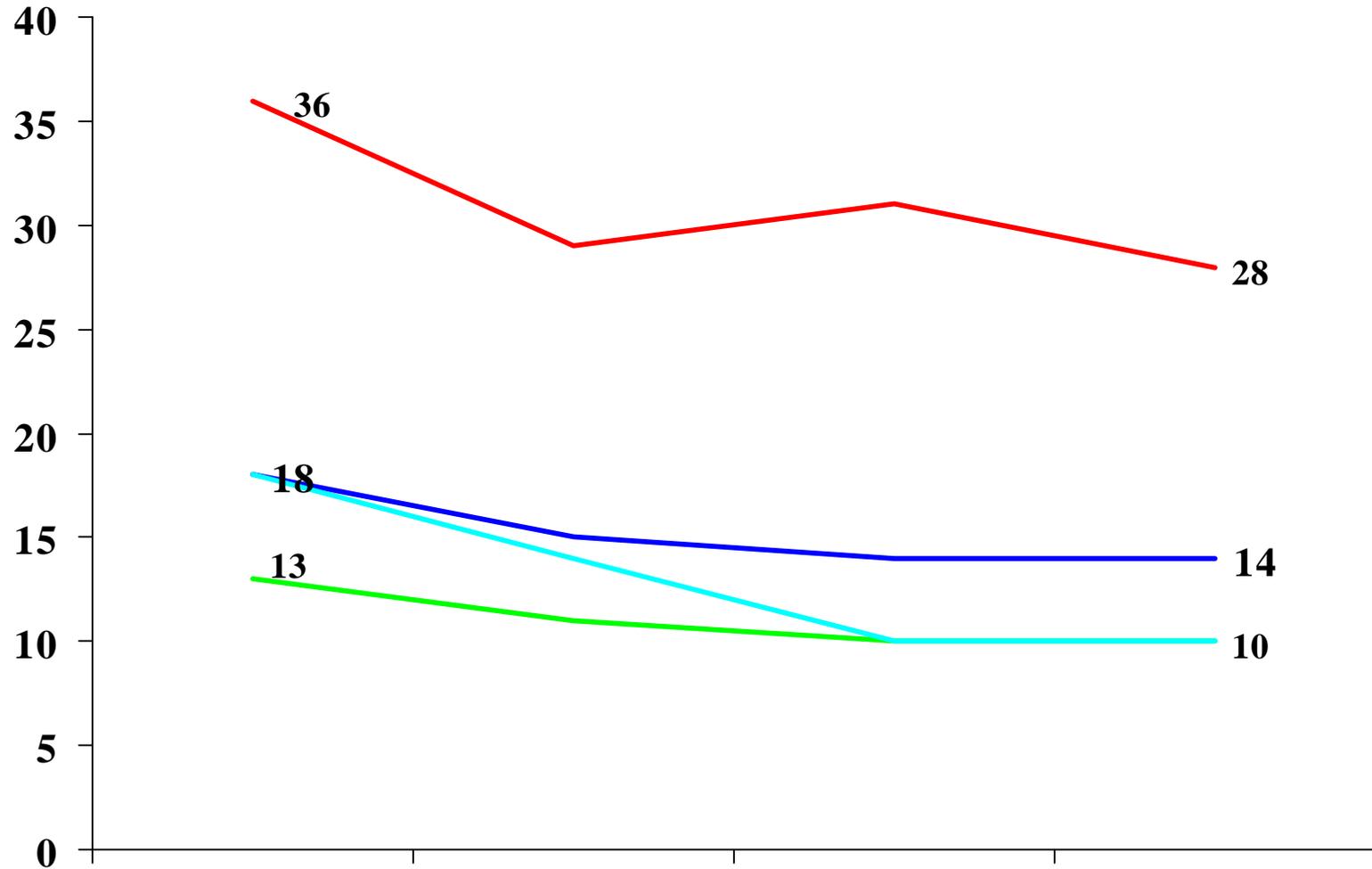
Why is Substance Abuse Everyone's Problem?

Besides being a major health problem, substance abuse impacts :

- Criminal behavior
- Motor vehicle accidents
- Domestic violence
- Gang violence
- Diseases such as HIV/AIDS and Hepatitis C
- Business and economic losses
- Child abuse and neglect
- The learning ability of children and youth
- ...



Substance Use Trends - Fairfax Youth



— Alcohol Use — Marijuana — Binge Drinking — Cigarettes



Fairfax County Youth

- Our youth's drug use is also below the national average in all main categories.
- But is that enough for us?
- Is it okay that 2800 12th graders reported binge drinking in the past two weeks?
- Or that 1 in 5 youth age 16 and older report driving after consuming alcohol?

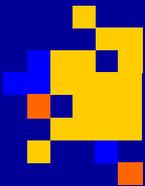




Adolescent Alcohol Use

- Research shows that there is no such thing as a healthy drink for teens.
- Teens drinking before age 15 are 5 times more likely to suffer from alcohol abuse or dependency during their lifetime.
- Nearly 50 percent of them will become alcohol addicted or dependent.





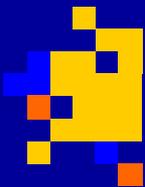
Prefrontal cortex = decision making
impulse control

Deals with incoming messages like "Do
this now" and "Wait! What about the
consequences?"



**Brain maturation occurs from back to front.
So the front region of the brain, (prefrontal cortex)
does not become fully mature until around the
early to mid 20s.**



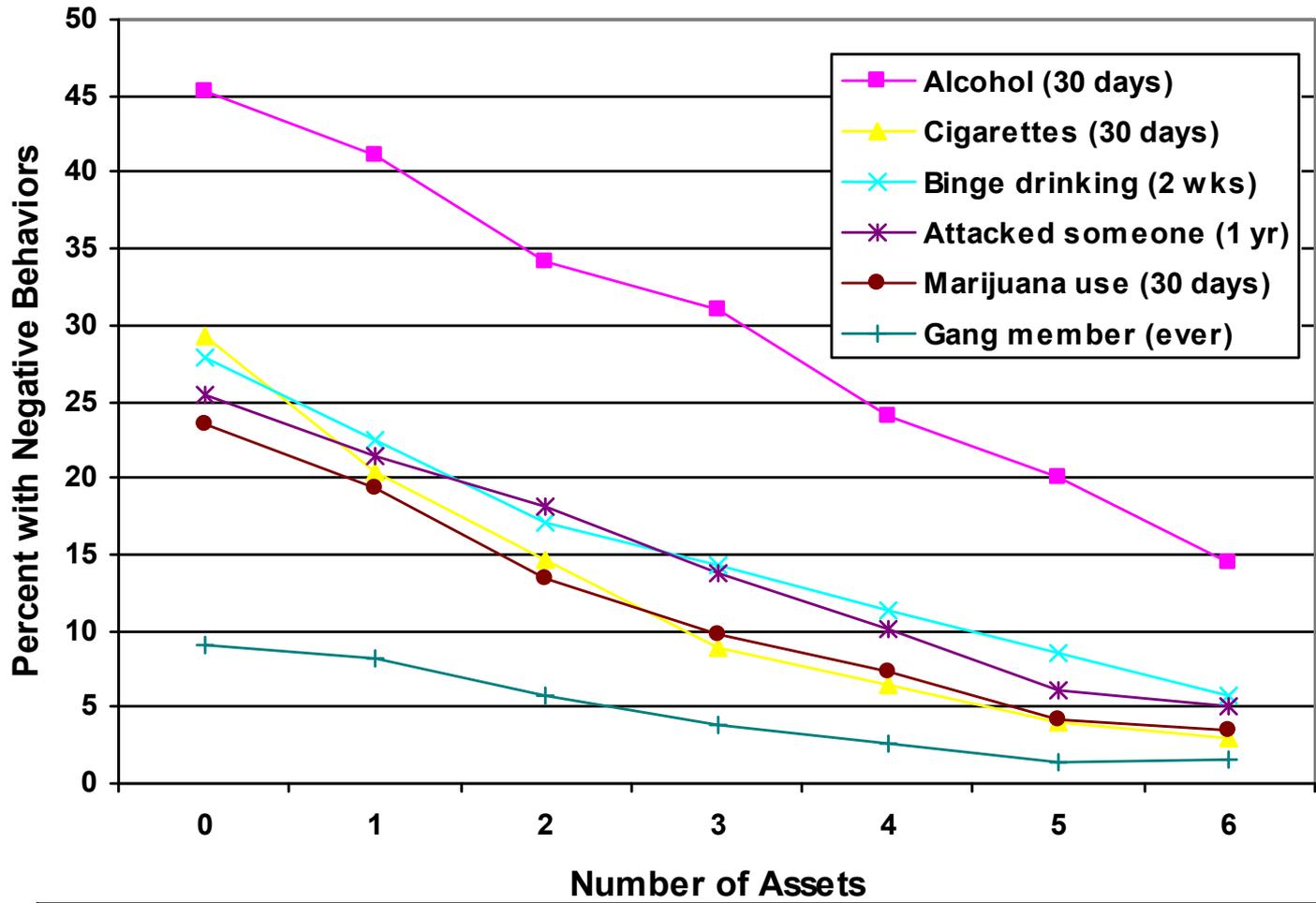
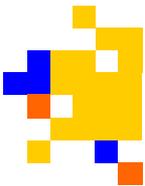


Additional impact of drug and alcohol use:

Youth who have used drugs or alcohol in the last 30 days are more likely to:

- Have carried a weapon
- Report being depressed or considering suicide
- Have had sexual intercourse
- Be victims of sexual assault





Parents notice when doing a good job
Good grades
Involved in decision-making
Lots of adults in my neighborhood to talk to
Involved in community service
Involved in extracurricular activities



How Can we Cure our PTSD

- Real prevention requires a critical scale investment.
 - Programs aren't enough to “move the needle” (we also can't solely focus on adolescents)
 - Bridge the prevention/treatment divide





Treatment



Prevention



Treatment



Prevention



Treatment



Prevention



Treatment



Prevention



Treatment



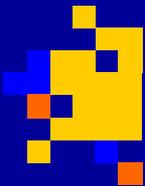
Prevention



Treatment



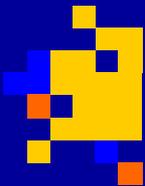
Prevention



Why Bridge the Divide?

- Treatment of a parent is prevention for a child
- Parental substance abuse can lead to neglect or abuse and can cause anxiety in children on into their adulthood
- Key brain development occurs in infants and early childhood. Stress, neglect or abuse at this time has implications for school readiness and lifelong learning





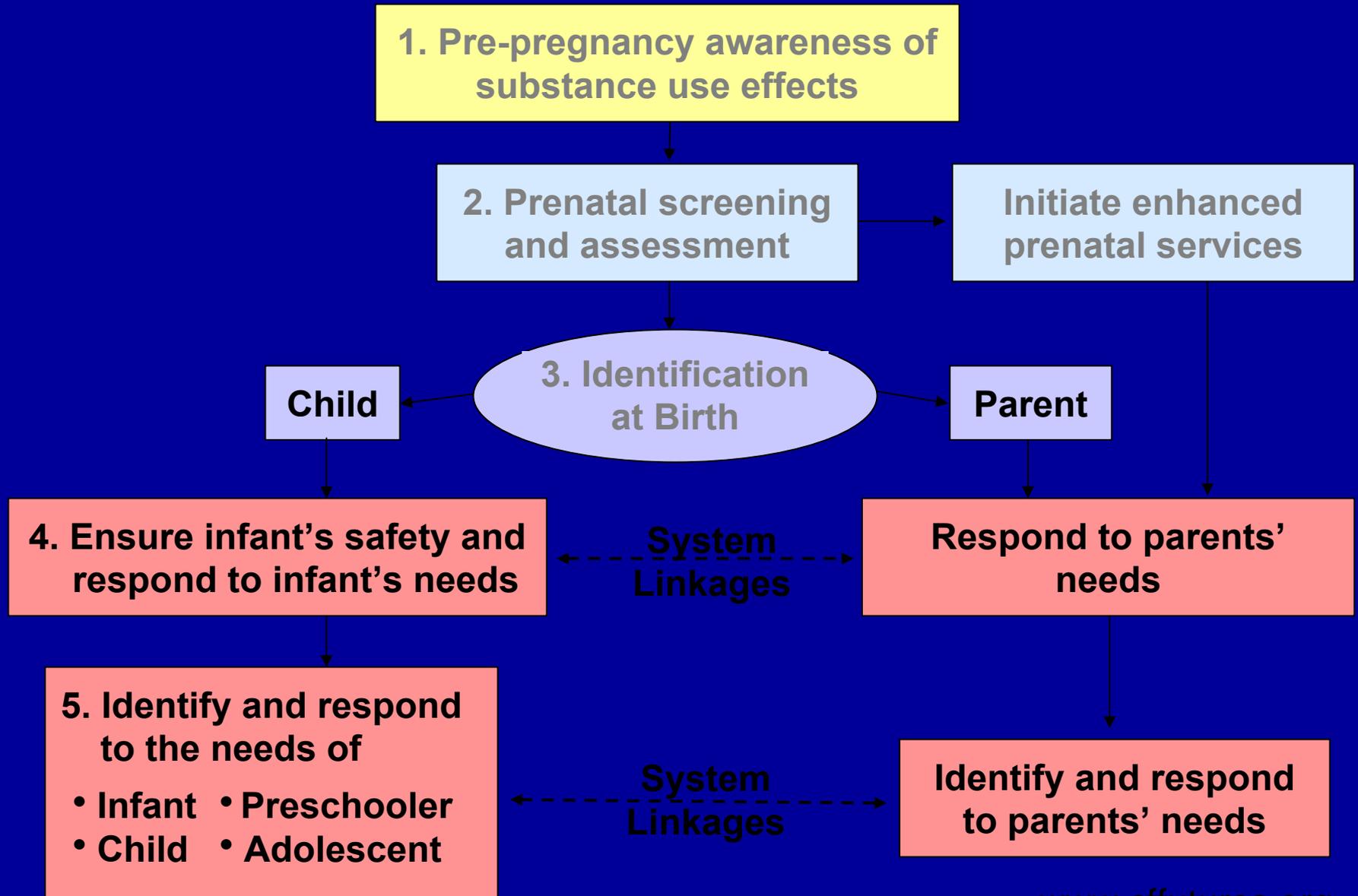
Children Prenatally Exposed to Substances

- Arrive in kindergarten not ready for school
- Disproportionately in foster care, special education classes, and juvenile justice
- Many don't graduate
- May be in expensive residential treatment programs
- And as Syd Gardner says...

“We knew them before they were born!”



Children and Family Futures Five Points of Opportunity





So What Do We Want?

- We want people to make healthy choices
- We want to make it hard to make unhealthy choices
- We want to support those families impacted by substance abuse and meet the needs of the children
- We want to achieve population-wide impact in reducing the prevalence of substance abuse and its consequences



The Spectrum of Prevention

Influencing Policy & Legislation

Changing Organizational Practices

Fostering Coalitions & Networks
Mobilizing Communities and Neighborhoods

Educating Providers

Promoting Community Education

Strengthening Individual Knowledge & Skills

The Spectrum of Prevention

Evidence-Based Programs for Youth

Parent Support and Education Programs

Smoking Cessation Programs

Designed to create
behavior change
or avoid the start
of unhealthy
behaviors

Strengthening Individual Knowledge & Skills

The Spectrum of Prevention

MADD

Educating Parents of Adolescents

Parents Who Host Lose the Most Campaign

Designed to build
a critical mass of
support for
healthier
behaviors and
norms

Promoting Community Education

The Spectrum of Prevention

Intended to increase knowledge for all service providers working with people or around alcohol

Educating Providers

Restaurant and Bar Server Education Programs

Educating all providers serving families on the signs, origins, and resources for treatment of substance abuse

Training Medical Professionals to Recognize Symptoms of Substance Abuse

The Spectrum of Prevention

Fostering Coalitions & Networks Mobilizing Communities and Neighborhoods

School/Community Coalitions

Initiatives that work with Neighborhoods

Partnerships with Law Enforcement

Intended to accomplish goals that go beyond the capacity of any one group or organization

The Spectrum of Prevention

Changing Organizational Practices

Childcare in SA Treatment Facilities

Juvenile Court has a Seamless Network of Providers for Diversion of Youth with Addictions

“Hands Off Halloween” Campaign

Involves changing practices to improve efficiencies, health and safety, and outcomes

The Spectrum of Prevention

Influencing Policy & Legislation

Has the biggest opportunity for impact, often the hardest to change.

Stiffer Penalties for Adults
who Buy Alcohol for Minors

Restrictions on Alcohol Advertising and Targeting

