



PREVENTION RESOURCES FOR BUILDING

HEALTHY COMMUNITIES

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

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Prevention is a critical part of the public health system, but it only works when communities have access to the facts and support to implement programs that answer their unique needs.

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Prevention (CSAP) is proud to share a comprehensive collection of relevant, practical, evidence-based approaches for preventing substance misuse. Together we can help people lead healthier lives by building healthier communities.

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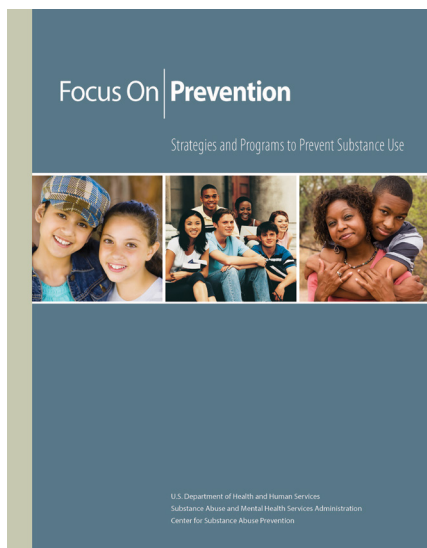
MOBILE AND VIRTUAL
TOOLS AND APPLICATIONS



REPORTS AND **PUBLICATIONS**

The reports and publications featured here provide facts that support SAMHSA programs working to prevent substance misuse and illustrate the impact they have on building healthy communities.

▶ REPORTS AND PUBLICATIONS



▶ FOCUS ON PREVENTION

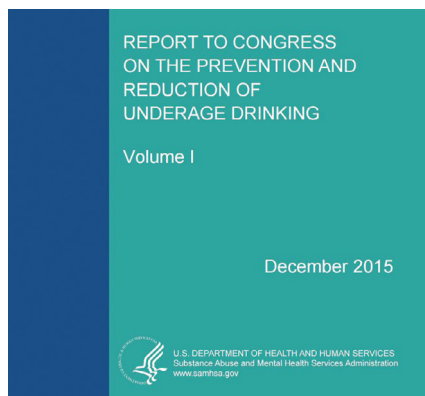
This guide leads communities in planning and delivering substance misuse prevention strategies. It covers needs assessments, partnerships, strategies, marketing, special populations, and program evaluation, and includes a sample timeline of tasks.

▶ <http://store.samhsa.gov>

▶ SUBSTANCE ABUSE PREVENTION DOLLARS AND CENTS: A COST-BENEFIT ANALYSIS

This report reviews the total annual social and direct costs of substance misuse from a number of perspectives, including people who misuse substances, family members, communities, and all levels of government (federal, state, and local).

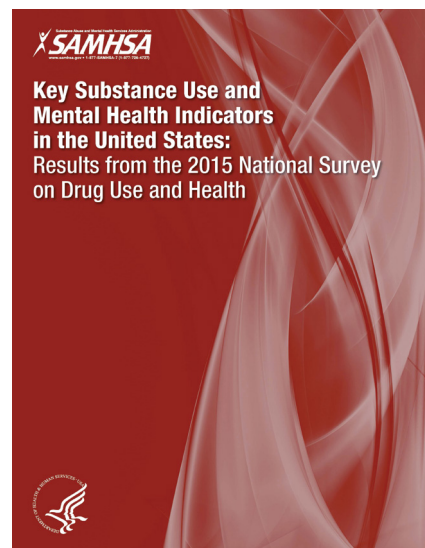
▶ <http://store.samhsa.gov/shin/content/SMA07-4298/SMA07-4298.pdf>



▶ REPORT TO CONGRESS ON THE PREVENTION AND REDUCTION OF UNDERAGE DRINKING

The 2015 Report to Congress summarizes the status of the latest scientific research regarding underage alcohol use and outlines efforts being taken by the federal government and states to address the problem.

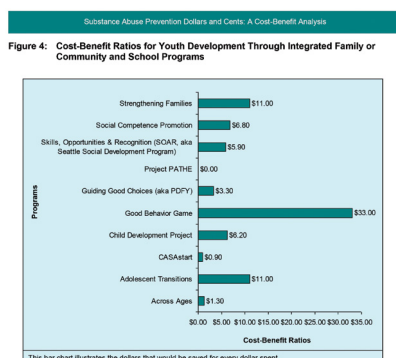
▶ <http://store.samhsa.gov/product/Reportto-Congress-on-the-Prevention-and-Reduction-of-Underage-Drinking/PEP14-RTCUAD>



▶ KEY SUBSTANCE USE AND MENTAL HEALTH INDICATORS IN THE UNITED STATES: RESULTS FROM THE 2015 NATIONAL SURVEY ON DRUG USE AND HEALTH

This publication summarizes key findings from the 2015 National Survey on Drug Use and Health (NSDUH) for indicators of substance use and mental health among people ages 12 years old or older in the civilian, noninstitutionalized population of the United States. Results are provided for the overall category of individuals ages 12 or older as well as by age subgroups. The NSDUH questionnaire underwent a partial redesign in 2015 to improve the quality of the NSDUH data and to address the changing needs of policymakers and researchers with regard to substance use and mental health issues.

▶ <https://www.samhsa.gov/data/population-data-nsduh>

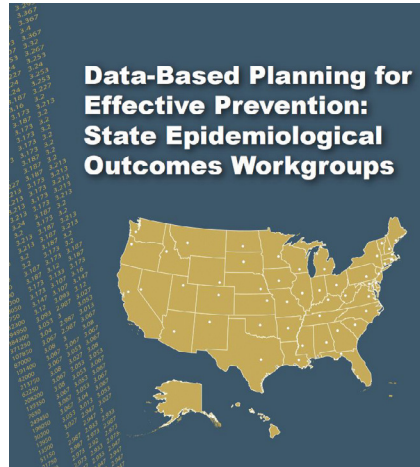




▶ TOWN HALL MEETINGS TO PREVENT UNDERAGE DRINKING: CATALYST FOR CHANGE FOR CAMPUS COMMUNITIES

This document summarizes survey and anecdotal feedback from campus event organizers of 30 events and a sampling of attendees. SAMHSA has sponsored nationwide Communities Talk: Town Hall Meetings to Prevent Underage Drinking every other year since 2006. In 2014, SAMHSA expanded its outreach to institutions of higher education to encourage greater participation and collaboration in addressing student alcohol use.

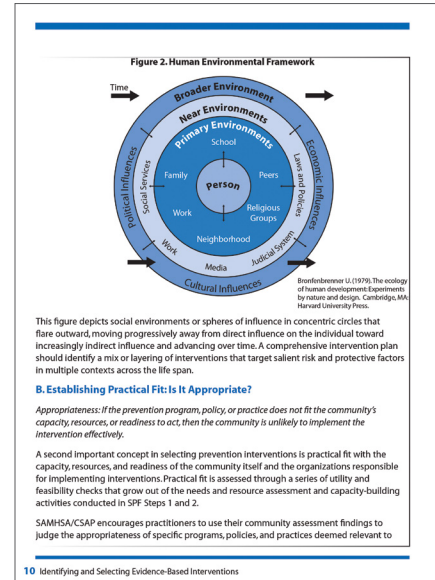
- ▶ https://www.stopalcoholabuse.gov/townhallmeetings/pdf/THM_Catalyst_for_Change_for_Campus_Communities__508.pdf



▶ DATA-BASED PLANNING FOR EFFECTIVE PREVENTION: STATE EPIDEMIOLOGICAL OUTCOMES WORKGROUPS

This publication describes the evolution, structure, and accomplishments of State Epidemiological Outcomes Workgroups (SEOWs) in their collaborative efforts with SAMHSA to address problems related to substance misuse and mental, emotional, and behavioral disorders within states and communities.

- ▶ <http://store.samhsa.gov/product/Data-Based-Planning-for-Effective-Prevention/SMA12-4724>



▶ IDENTIFYING AND SELECTING EVIDENCE-BASED INTERVENTIONS: REVISED GUIDANCE DOCUMENT FOR STRATEGIC PREVENTION FRAMEWORK STATE INCENTIVE GRANT PROGRAM

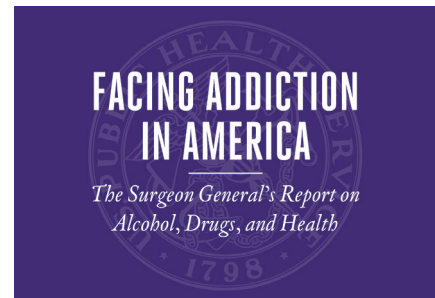
This document assists state and community planners when applying SAMHSA's Strategic Prevention Framework to identify and select evidence-based interventions.

- ▶ <http://store.samhsa.gov/shin/content/SMA09-4205/SMA09-4205.pdf>

▶ FACING ADDICTION IN AMERICA: THE SURGEON GENERAL'S REPORT ON ALCOHOL, DRUGS, AND HEALTH

The first-ever Surgeon General's Report on Alcohol, Drugs, and Health discusses a public health approach to addressing the addiction crisis in America. It aims to shift the way our society thinks about substance misuse and substance use disorders while defining actions we can take to prevent and treat these conditions.

- ▶ www.addiction.surgeongeneral.gov







COMMUNITY OUTREACH

MATERIALS

The materials featured in this section represent the array of resources available to community members interested in learning more about preventing substance misuse.

► COMMUNITY OUTREACH MATERIALS

The screenshot shows the top navigation bar with 'STOP UNDERAGE DRINKING | TOWN HALL MEETINGS' on the left and 'SEARCH | SIGN IN' on the right. Below the navigation is a dark blue header with the 'communities talk' logo and menu items: 'GETTING STARTED', 'TIPS AND RESOURCES', 'STATE RESOURCES', 'SUCCESS STORIES', 'FIND A MEETING', and 'WHAT'S NEW'. The main content area features a large image of a person speaking at a microphone with the text 'Communities Talk: Town Hall Meetings To Prevent Underage Drinking'. Below this is a call to action: 'Host a meeting. Support a meeting. Find everything you need on this site to mobilize your community to prevent underage drinking. Join the conversation using #CommunitiesTalk.' and a 'GETTING STARTED' button. To the right is an 'Event Host Log In' section with a 'Register' link and a form for 'User Name' and 'Password'.

🔍 COMMUNITIES TALK: TOWN HALL MEETINGS TO PREVENT UNDERAGE DRINKING

You can find all the resources and information you need to host or support a Communities Talk meeting at StopAlcoholAbuse.gov. Read success stories and learn how to join the movement to prevent underage drinking.

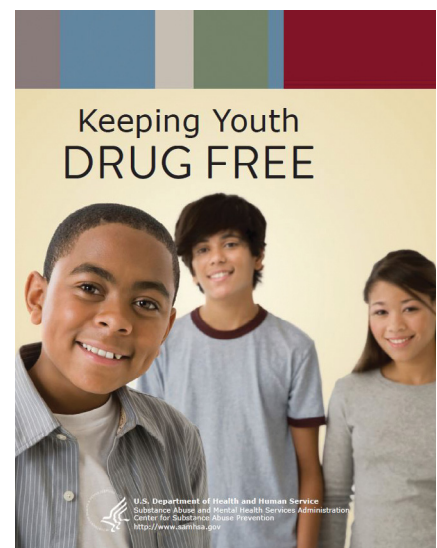
► <https://www.stopalcoholabuse.gov/townhallmeetings>



🔍 "TALK. THEY HEAR YOU." UNDERAGE DRINKING PREVENTION CAMPAIGN TOOLKIT DVD

This DVD provides parents of children ages 9 to 15 with the tools and information they need to start talking with their children early about the dangers of alcohol. It includes a suite of materials that reinforce the underage drinking prevention campaign's messages.

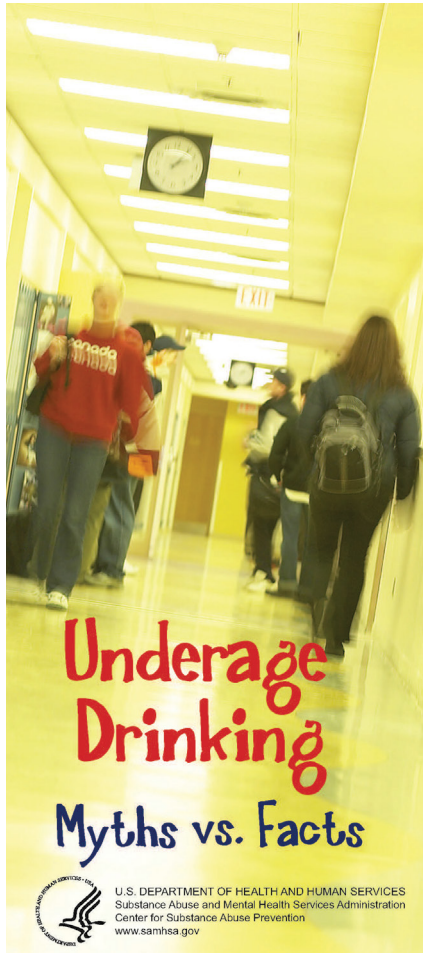
► <http://store.samhsa.gov/product/Talk-They-Hear-You-Underage-Drinking-PreventionCampaign/SMA13-4755>



🔍 KEEPING YOUTH DRUG FREE

This resource guide provides statistics about adolescent substance use and advice for parents about how to keep their children drug-free. It includes tips on good communication, drug facts, action steps for limit-setting and consequences, as well as case studies.

► <http://store.samhsa.gov>



◀ UNDERAGE DRINKING: MYTHS VS. FACTS

This brochure outlines common myths teens and pre-teens may hold about alcohol use. It corrects misconceptions related to facts about the prevalence of alcohol use among youth and the effects of alcohol on the body and brain of a teen or pre-teen. It also provides a resource guide.

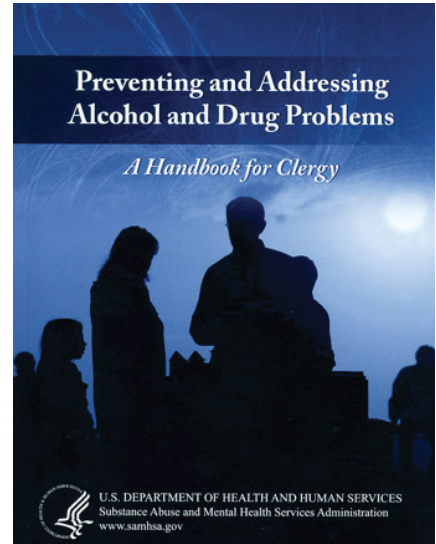
- ▶ <http://store.samhsa.gov/product/SMA08-4299>



▶ TOO SMART TO START: READY, SET, LISTEN ONLINE GAME/DVD

This program's game-style format helps parents influence their children's decision-making skills, promoting the ability to make smart, healthy choices. Players get to choose their own characters to answer approximately 200 randomly selected questions. The game tests knowledge and encourages discussion in a fun, engaging way. The game is available online in English and Spanish, and the Spanish-language version also is available from the SAMHSA Store as a DVD.

- ▶ English: <http://www.toosmarttostart.samhsa.gov/tweens/games/SafeHarbor.aspx>
- ▶ Spanish: http://www.toosmarttostart.samhsa.gov/tweens/games/SafeHarbor_sp.aspx

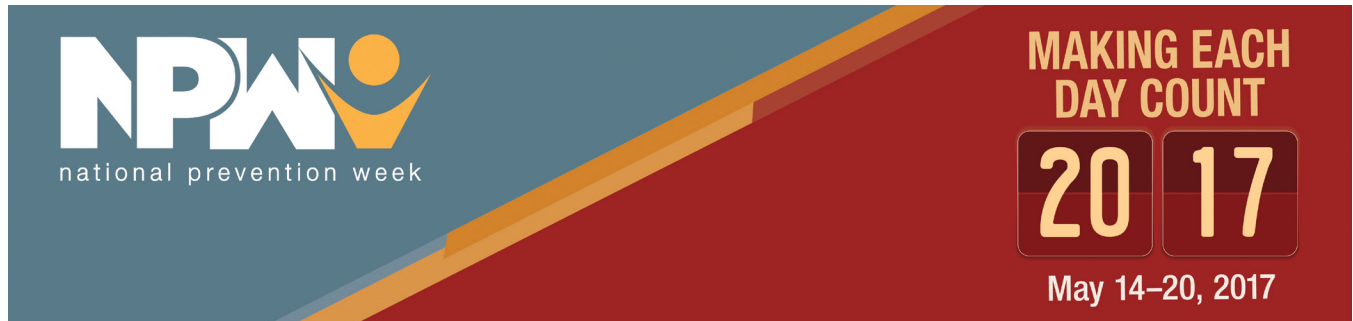


▶ PREVENTING AND ADDRESSING ALCOHOL AND DRUG PROBLEMS: A HANDBOOK FOR CLERGY

This handbook is based on core competencies published by SAMHSA in 2004. These competencies are presented as a specific guide to the core knowledge, attitudes, and skills essential to the ability of all clergy and pastoral ministers to meet the needs of those with alcohol or drug dependence and their family members. This handbook helps clergy address substance misuse and alcoholism issues before families and individuals are in crisis.

- ▶ <http://store.samhsa.gov/product/SMA09-4286>

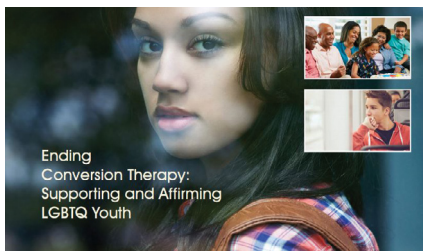
► COMMUNITY OUTREACH MATERIALS



📌 NATIONAL PREVENTION WEEK 2017 TOOLKIT

This online resource equips communities with resources for planning local events to prevent substance use and promote mental health. It includes event ideas, budgeting tips, fact sheets, promotional tools, and more. The 2017 toolkit is now available on the SAMHSA website.

► <http://www.samhsa.gov/prevention-week/toolkit>



📌 ENDING CONVERSION THERAPY: SUPPORTING AND AFFIRMING LGBTQ YOUTH

This report presents research, clinical expertise, and expert consensus on therapeutic practices related to children and adolescents' sexual orientation and gender identity, and makes the case for eliminating the use of conversion therapy among this population.

► <http://store.samhsa.gov/shin/content/SMA15-4928/SMA15-4928.pdf>

TIPS FOR TEENS SERIES

This series of 10 brochures provides facts and dispels myths about substance use. Information is provided on long-term and short-term effects of substances, physical and psychological risks, and legal implications.



📌 CLUB DRUGS

► <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Club-Drugs/PHD852>



📌 COCAINE

► <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Cocaine/PHD640>



▶ HALLUCINOGENS

- ▶ <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Hallucinogens/PHD642>



▶ HIV/AIDS

- ▶ <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-HIV-AIDS/PHD725>



▶ MARIJUANA

- ▶ <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Marijuana/PHD641>



▶ STEROIDS

- ▶ <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Steroids/PHD726>



▶ HEROIN

- ▶ <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Heroin/PHD860>



▶ INHALANTS

- ▶ <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Inhalants/PHD631>



▶ METHAMPHETAMINE

- ▶ <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Methamphetamine/PHD861>



▶ TOBACCO

- ▶ <http://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Tobacco/PHD633>





COMMUNITY

TOOLKITS

These toolkits provide resources to promote community conversations around mental health and substance misuse issues. Specific audiences range from older adults to college students to members of the LGBTQ population.

► COMMUNITY TOOLKITS



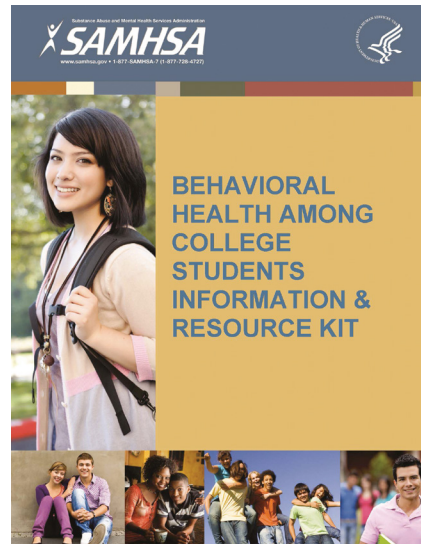
► GET CONNECTED TOOLKIT

Designed for organizations that provide services to older adults, this toolkit offers information and materials to:

- Help staff understand the issues associated with substance misuse and mental illness in older adults;
- Increase staff confidence and comfort in addressing these problems; and
- Enable staff to screen and refer at-risk clients to an appropriate advisor.

The toolkit also contains materials to educate older adults, including awareness-raising and self-screening tools to help them overcome obstacles to seeking help.

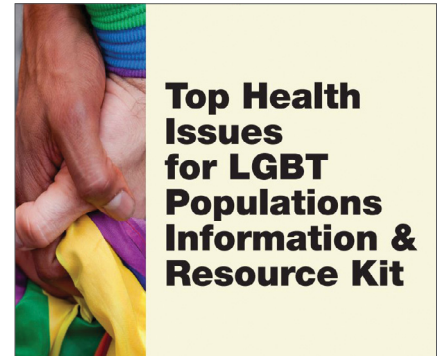
► <http://store.samhsa.gov>



► BEHAVIORAL HEALTH AMONG COLLEGE STUDENTS INFORMATION AND RESOURCE KIT

This toolkit focuses on a range of substance misuse and mental health issues that many of today's young adults encounter as they enter colleges and universities. It includes summaries of materials relevant to prevention efforts designed for the college population. The toolkit is geared toward college and university prevention practitioners, health center staff, and administrators.

► <http://store.samhsa.gov>



► TOP HEALTH ISSUES FOR LGBT POPULATIONS INFORMATION AND RESOURCE KIT

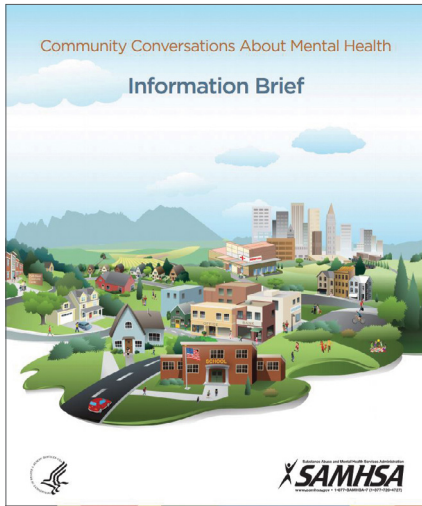
This resource kit presents scientific findings on health issues facing lesbian, gay, bisexual, and transgender (LGBT) populations. The kit contains information on LGBT terminology and gender identity; a guide to web-based resources; and a customizable PowerPoint presentation. The product is designed for organizations and individuals that serve the needs of the LGBT community, including state, territorial, tribal, and community prevention professionals; community-based organizations; LGBT individuals; clinicians; and trainers and educators.

► <http://store.samhsa.gov/product/Top-Health-Issues-for-LGBT-Populations/SMA12-4684>

TOOLKIT FOR COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH

This three-part resource is designed to help those interested in holding a community dialogue about mental health.

► <http://www.samhsa.gov/communityconversations>



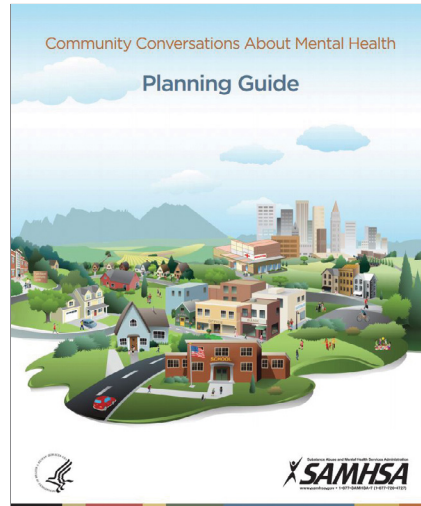
1. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: INFORMATION BRIEF

The information brief provides data and other facts about the prevention of mental illness and promotion of mental health awareness; early identification; and access to treatment, crisis response, and recovery supports. The information brief educates and informs community conversation participants and facilitators about mental health issues.

► <http://store.samhsa.gov/product/SMA13-4763>

ALSO AVAILABLE IN SPANISH

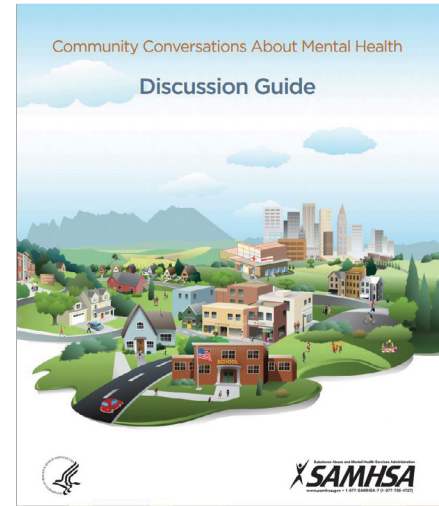
► <http://store.samhsa.gov/product/SMA13-4763SPAN>



2. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: PLANNING GUIDE

The planning guide provides tools for holding a one-day community conversation, including information for planning conversations, recruiting and training facilitators, recruiting conversation participants, and identifying steps participants may want to take in order to raise awareness about mental health and promote access to mental health services.

► <http://store.samhsa.gov/product/SMA13-4765>



3. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: DISCUSSION GUIDE

The discussion guide takes participants and facilitators through a one-day community conversation. It offers a framework for holding a successful and productive conversation, and includes:

- Discussion questions
- Sample views about mental health
- Process suggestions
- Facilitator tips
- Individual and community follow-up steps

► <http://store.samhsa.gov/product/SMA13-4763>





MOBILE AND VIRTUAL TOOLS AND **APPLICATIONS**

The mobile apps, interactive websites, and video games featured in this section support underage drinking prevention and behavioral health promotion activities for parents, youth, teens, educators, and community leaders.

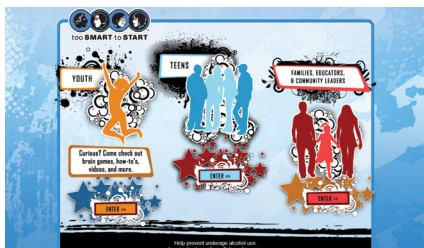
► MOBILE AND VIRTUAL TOOLS AND APPLICATIONS



◀ “TALK. THEY HEAR YOU.” CAMPAIGN TOOLKIT

This toolkit includes resources to help parents talk to their children about the dangers of drinking alcohol. It also includes PSAs, materials for schools, templates, and other materials to support parents, caregivers, partners, and the media in reinforcing the underage drinking prevention campaign’s messages.

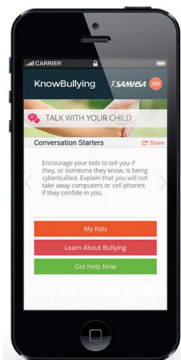
► <http://underagedrinking.samhsa.gov>



◀ TOO SMART TO START WEBSITE

This interactive website educates youth and teens about the risks of alcohol use. There are three individual sections designed for: 1) youth; 2) teens; and 3) families, educators, and community leaders. The website features brain games, video games, and tools and resources focused on taking action to prevent underage alcohol use.

► <http://www.toosmarttostart.samhsa.gov/Start.aspx>



◀ KNOWBULLYING: PUT THE POWER TO PREVENT BULLYING IN YOUR HAND MOBILE APP

This app empowers parents with the tools they need to start the conversation with their children about bullying. It describes strategies to prevent bullying and explains how to recognize warning signs that a child is bullying or being bullied. It also includes a section for educators.

► <http://store.samhsa.gov/product/KnowBullying-Put-the-power-to-prevent-bullying-in-yourhand/PEP14-KNOWBULLYAPP>



◀ “TALK. THEY HEAR YOU.” MOBILE APP

Talking to children about alcohol can be intimidating, but it can have a huge impact on their future. Parents are the No. 1 influence on whether or not their kids drink. The app is designed for parents of children ages 9 to 15. This mobile app, an interactive roleplaying tool, helps parents and caregivers practice tough conversations about alcohol.

► <http://underagedrinking.samhsa.gov>



▶ **SUICIDE SAFE: THE SUICIDE PREVENTION APP FOR HEALTH CARE PROVIDERS**

SAMHSA's suicide prevention app, designed for mobile devices and optimized for tablets, helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. Suicide Safe is a free app based on SAMHSA's Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card.

▶ <http://store.samhsa.gov/apps/suicidesafe>



▶ **THE SOUND OF YOUR VOICE**

This short video encourages parents to talk with their college-bound young adult about the potential consequences of underage alcohol use. "Talking With Your College-Bound Young Adult About Alcohol" is a companion guide for parents that emphasizes their continuing influence over alcohol use decisions by their older children and offers tips on discussing alcohol use with them before and during college.

▶ <https://www.youtube.com/watch?v=IXOVzTjDrA>



▶ **ALCOHOL'S EFFECTS ON THE BRAIN: A REACH OUT NOW MOBILE APP**

This app is a science-based curriculum for fifth- and sixth-grade classroom use. Students learn about parts of the brain, ways that alcohol can disrupt brain functions, and other facts about underage alcohol use. Students also can record their response to four real-life situations involving alcohol use decisions. Teacher materials include a discussion guide with key concepts, objectives, and questions; suggested cross-curricular use of app content; and a list of resources related to underage alcohol use.

▶ <https://play.google.com/store/apps/details?id=gov.samhsa.alcoholfx>

▶ <https://itunes.apple.com/us/app/alcohol-effects-on-brain/id992971998?mt=8>



▶ **SAMHSA BEHAVIORAL HEALTH DISASTER RESPONSE MOBILE APP**

This app offers first responders immediate access to field resources for aiding disaster survivors. It has the ability to search for and map behavioral health service providers in the impacted area, review emergency preparedness materials, and send resources to colleagues. Resources for intervention with survivors of infectious disease epidemics such as Ebola are now available in the latest version of the app.

▶ <http://store.samhsa.gov/product/SAMHSA-Behavioral-Health-Disaster-Response-MobileApp/PEP13-DKAPP-1>

