



SPR 32nd Annual Meeting

Advancing Partnerships and Collaborative
Approaches in Prevention Science

May 28-31, 2024

Washington, DC, USA



SPR 2024 CONFERENCE ORIENTATION WHAT IS PREVENTION SCIENCE?

May 17th, 2024



AGENDA



What is Prevention Science?



What to expect at the SPR 2024 conference?



Networking Tips for SPR



Open for Questions



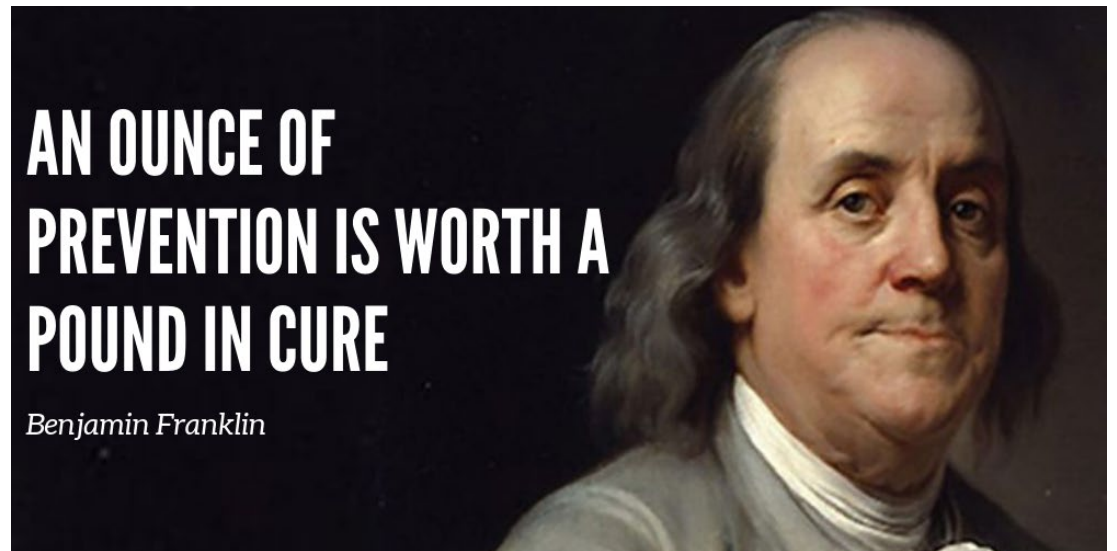
WHAT IS PREVENTION SCIENCE?



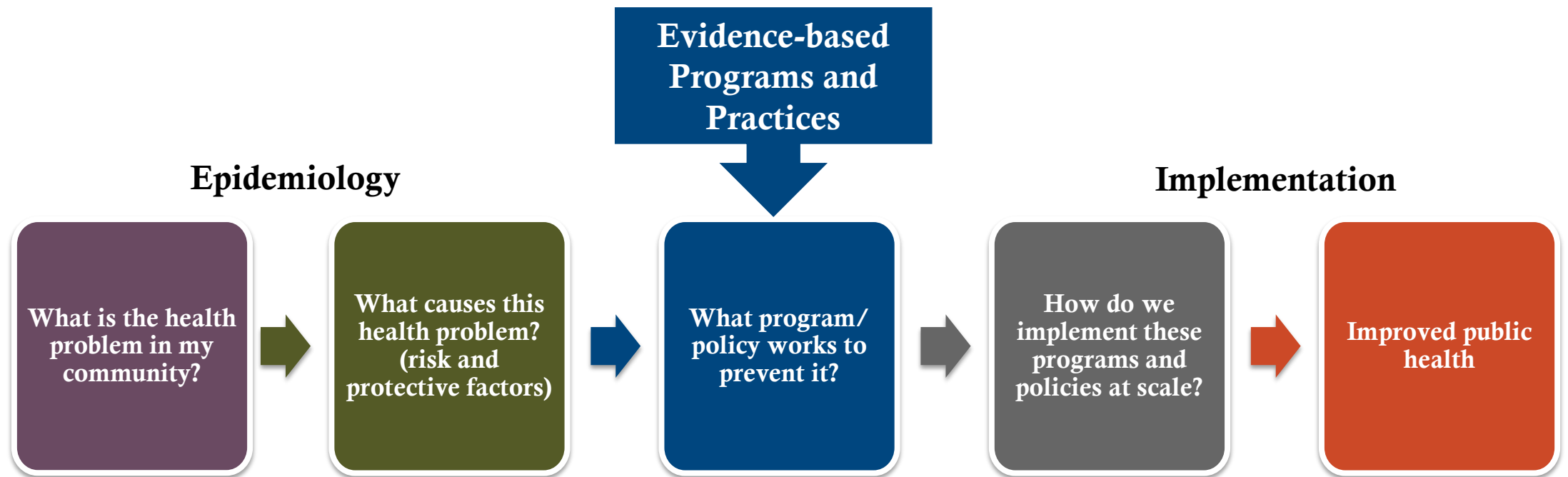


What Is Prevention Science?

- **Interdisciplinary field**
- Applies basic research about individuals, families, and communities to the development, evaluation, and dissemination of scientifically-based programs and policies to promote physical, social, and psychological well-being.



Prevention scientists use research and data to guide and inform our understanding of public health problems and their solutions.



Requires input and involvement from communities.

Where does prevention fit in the spectrum of mental, emotional, and behavioral interventions?

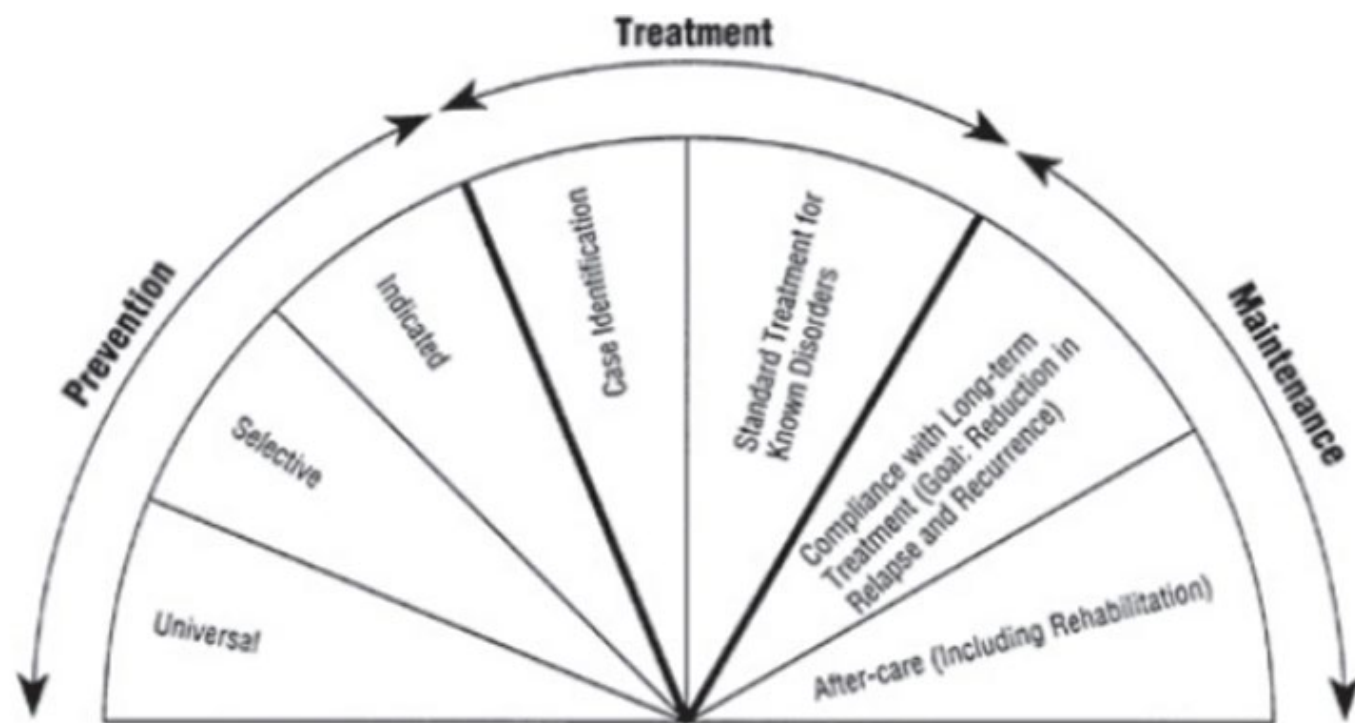
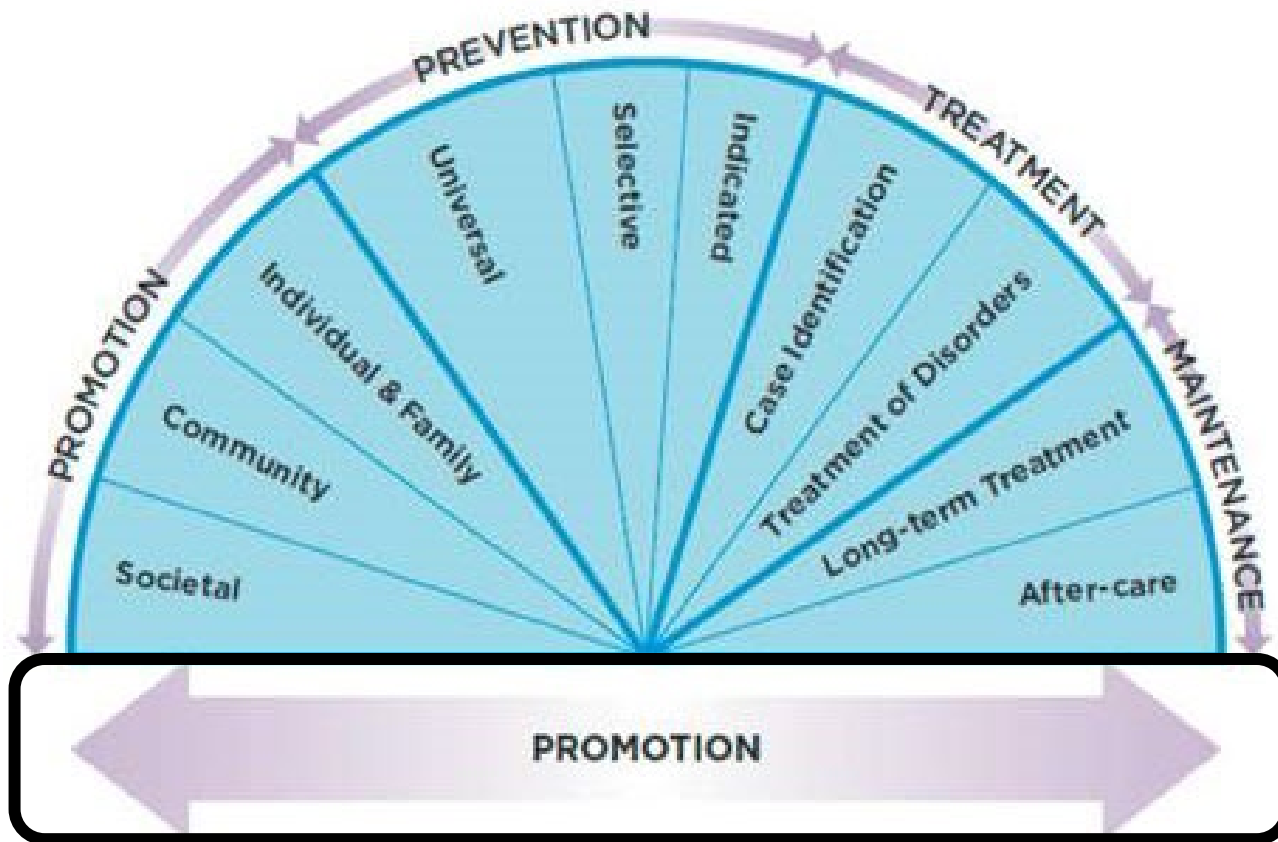


FIGURE 1-1 1994 model of the spectrum of MEB interventions.
SOURCE: IOM (1994).

1994 model of the spectrum of mental, emotional, and behavioral (MEB) interventions depicts interventions beyond treatment to include prevention, and maintenance (sustain treatment effects).

Where does prevention fit in the spectrum of mental, emotional, and behavioral interventions?



- The spectrum of mental, emotional, and behavioral (MEB) interventions depicts the extension of interventions beyond treatment to include promotion (interventions that promote improvement MEB health outcomes), prevention, and maintenance.
- Promotion of health outcomes is done actively across the spectrum.

Levels of Prevention

Indicated

Preventing significant problems for a group of people who **are already showing some indication** that they have early stages of the problem.

Preventing a problem among a group of people that have been identified as particularly **at risk** for the problem.

Selected

Universal

Preventing a problem **before it has happened**.
The aim is to prevent the problem for everyone.

Three Broad Content Areas Of Prevention Science Can Inform Prevention Practice.



Epidemiology



Evidence-Based
Programs and Practices



Implementation



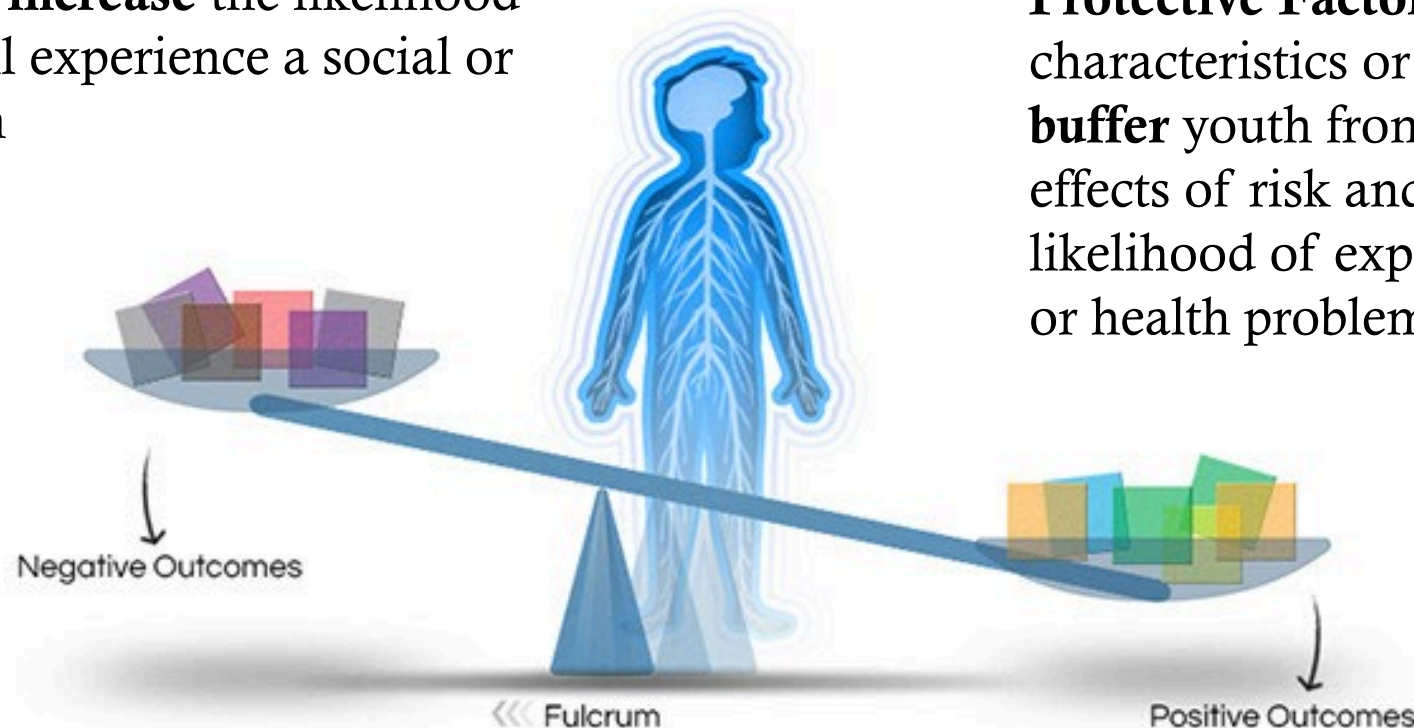
What is Epidemiology?

- **Epidemiology** is the method used to find the causes of health outcomes and diseases in populations (CDC, 2016).
 - Prevention science uses a developmental epidemiological perspective to understand the major risk and protective factors (individual, peer, school, community) that are empirically linked to future healthy development or the development of various behavioral health problems.
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Risk and Protective Factors

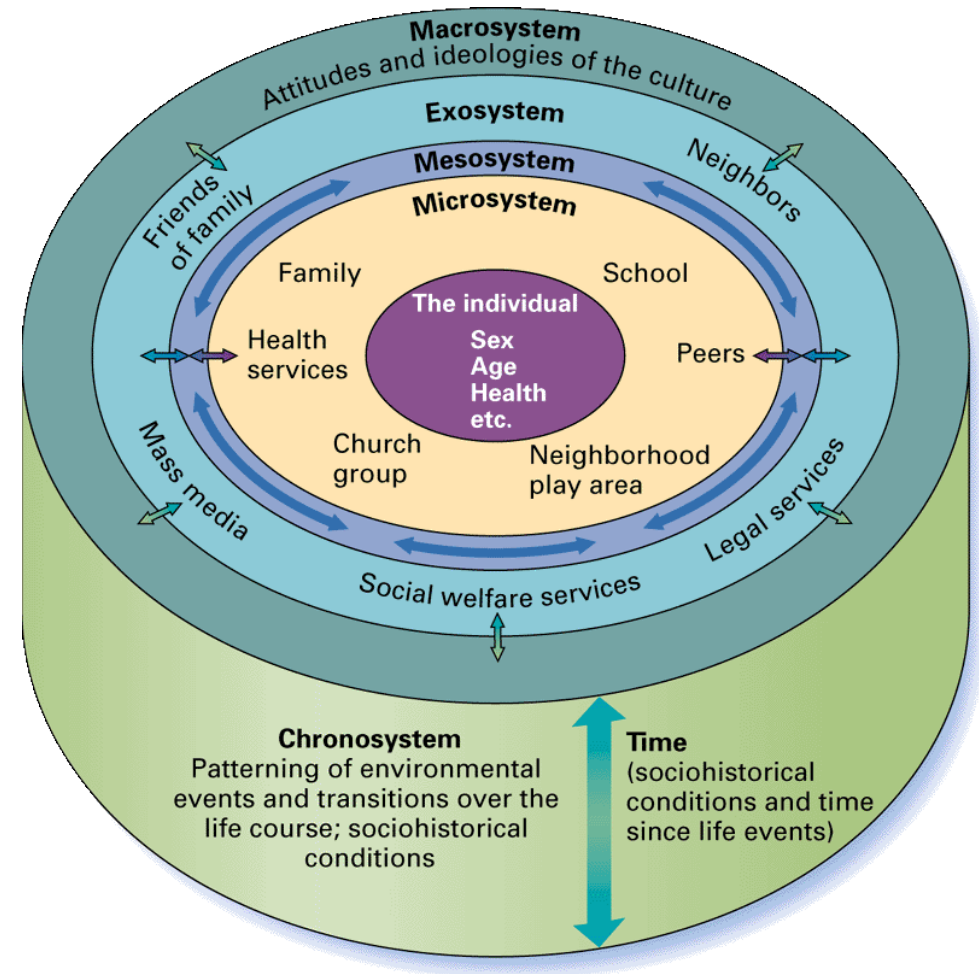
Risk Factors: individual, school, peer, family, and community influences that **increase** the likelihood that a child will experience a social or health problem

Protective Factors: influences, characteristics or conditions that **buffer** youth from the negative effects of risk and **decrease** the likelihood of experiencing a social or health problem



Ecological Theory

An individual's development is affected by interactions between characteristics of the self and conditions in their environment.





Risk and Protective Factors

What are some risk and protective factors for early engagement in adolescent substance use?

	Risk Factors	Protective Factors
Individual-level	<ul style="list-style-type: none">• Adverse childhood experiences (ACEs)	<ul style="list-style-type: none">• Positive social skills
Family-level	<ul style="list-style-type: none">• Lack of supervision• Family conflict	<ul style="list-style-type: none">• Strong attachment
School-level	<ul style="list-style-type: none">• Bullying• Perceived physical safety	<ul style="list-style-type: none">• Pro-social peer group• Achievement recognition
Community-level	<ul style="list-style-type: none">• Perceived availability of substances• Economic disadvantage	<ul style="list-style-type: none">• Opportunities to get involved in positive ways in the community



Evidence-based Programs (EBPs) are Programs/Interventions That Have Been...



rigorously tested in research,



proven effective in achieving meaningful improvements in health/wellness or reductions in disease, and



translated into practical models that are widely available to community-based organizations

Where to Find EBPs?

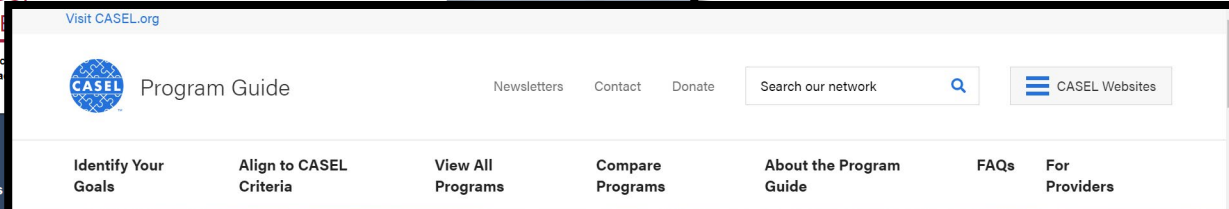
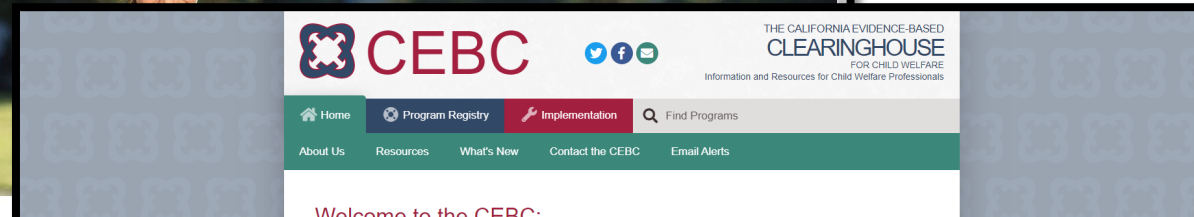
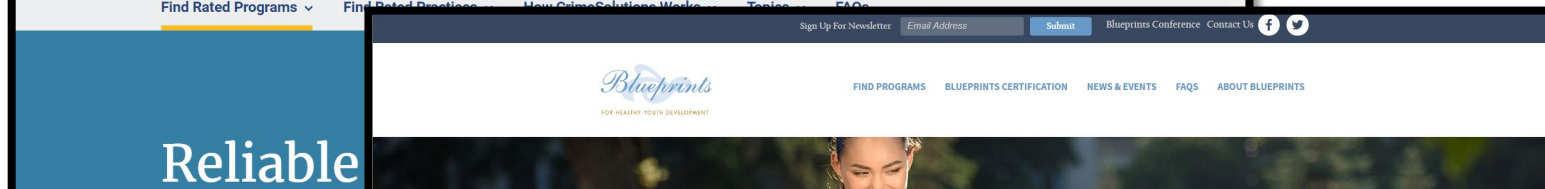


<https://pg.casel.org/>

<https://www.blueprintsprograms.org/>

<https://crimesolutions.gov/>

<https://www.cebc4cw.org/>



Reliable
Knowing what to do s
practitioners and polic
juvenile justice, victim

About Blu
Blueprints for Healthy
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California Evidence-
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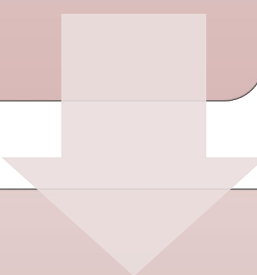
[Penn State Results First™ Clearinghouse Database](#)



What Role Does Implementation Science Play?

Evidence-based programs (EBPs) can lead to improvements in targeted behavioral health outcomes

To achieve these outcomes, EBPs need to be implemented well

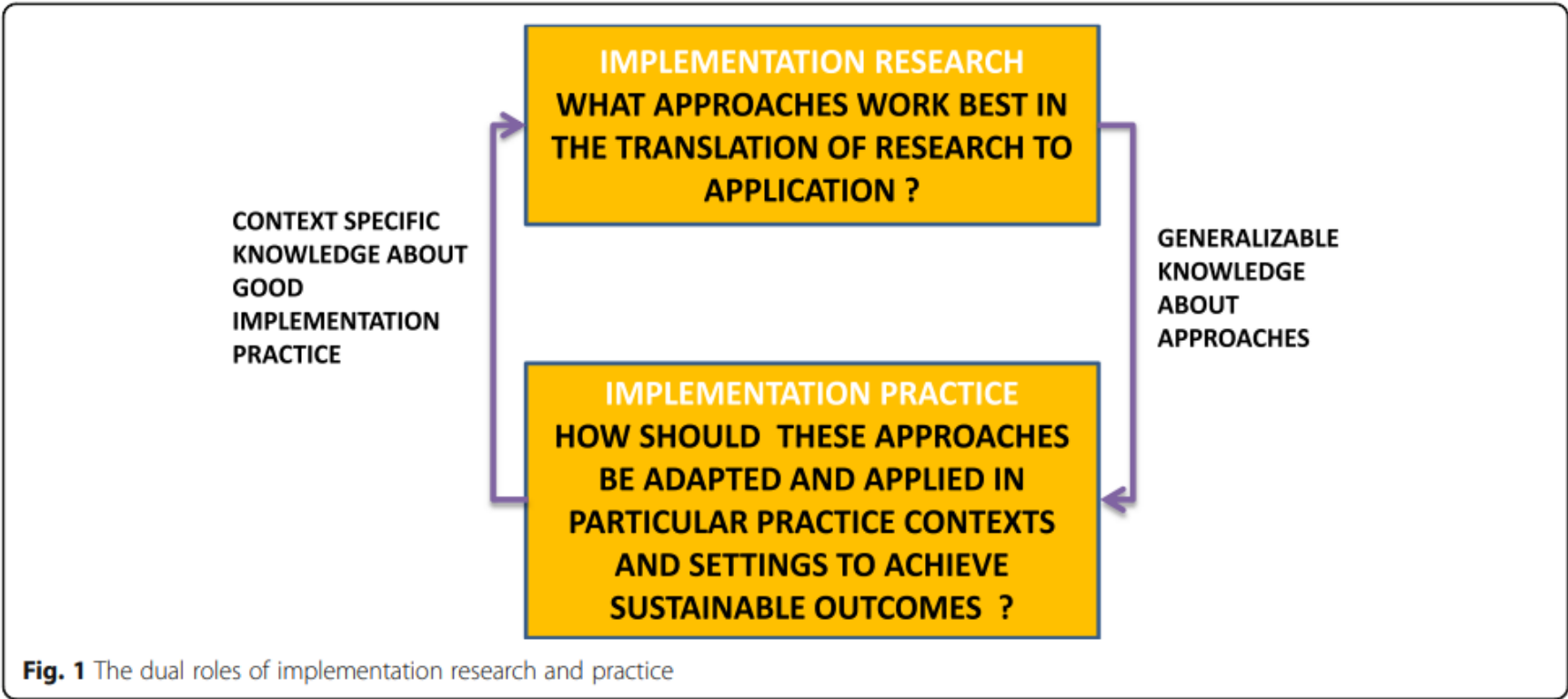


Implementation science aims to understand challenges and identify strategies that best promote the uptake, adoption, and continued high quality implementation of EBPs



What Is Implementation?

- Implementation science connects research and practice (Ramaswamy et al., 2019).



When defining implementation science, some very non-scientific language can be helpful...

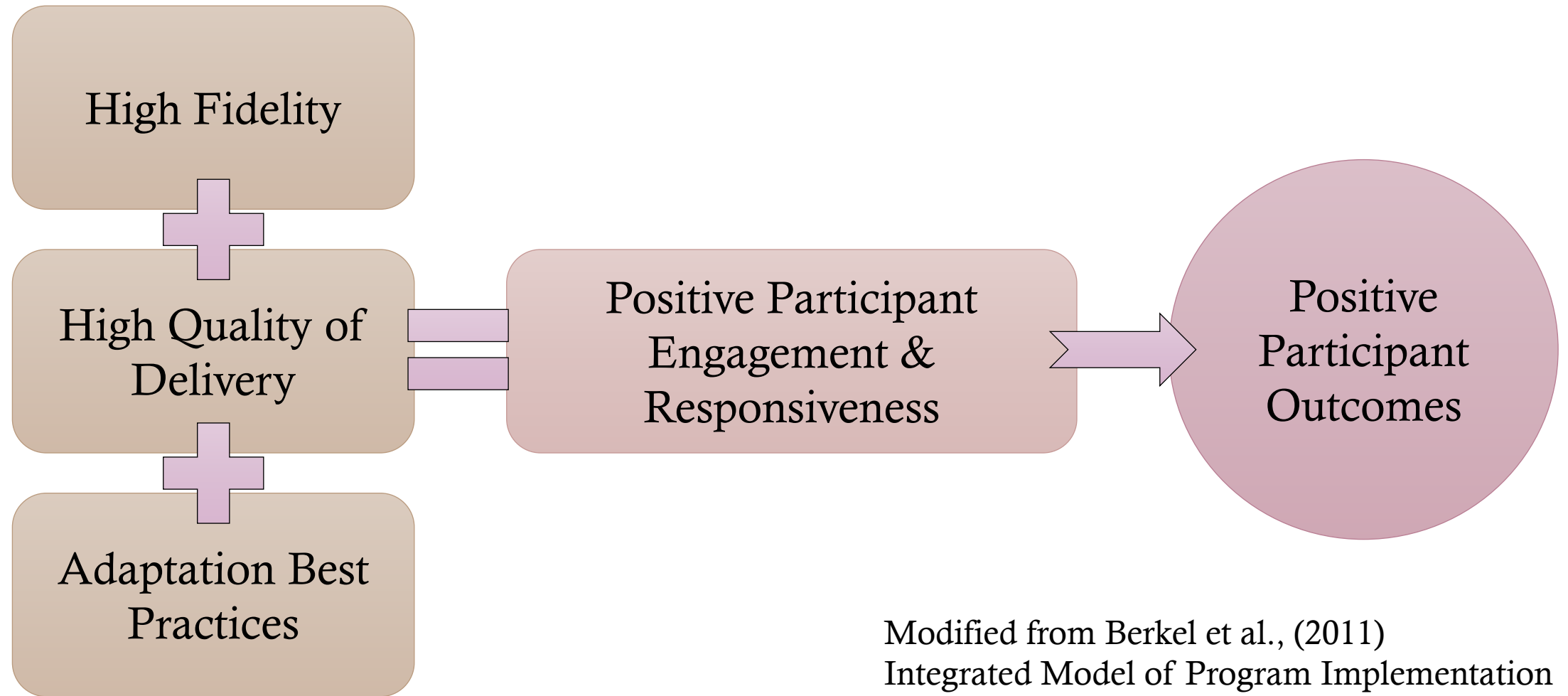
- The intervention/practice/innovation is **THE THING**
- *Effectiveness* research looks at whether **THE THING** works
- *Implementation* research looks at how best to help people/places **DO THE THING**
- Implementation strategies are the stuff we do to try to help people/places **DO THE THING**
- Main implementation outcomes are **HOW MUCH** and **HOW WELL** they **DO THE THING**



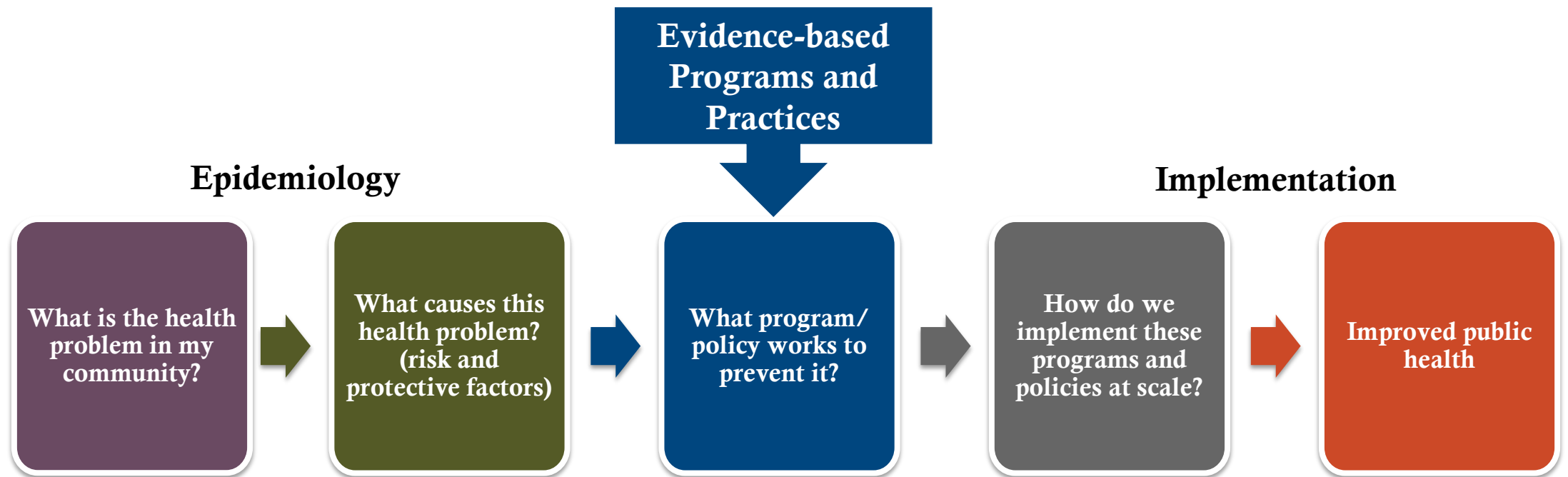
IMPLEMENTATION OUTCOMES (BERKEL ET AL., 2011)

	Definition	Other Labels
Differentiation	Distinctiveness of a program's theory and practices from other available programs	Program uniqueness
Dosage	Number of program sessions delivered	Quantity Intervention strength
Reach	Extent to which participants being served by the program are representative of the target population	Participation rates Program scope
Monitoring	Documenting what services members of intervention and control groups receive beyond the program being evaluated	Treatment contamination Usual care Alternative services
Fidelity	Whether prescribed program components were delivered as instructed in program protocol	Adherence Compliance Integrity Faithful replication Completeness
Quality	Teaching and clinical skill with which the program is implemented	Competence
Adaptation	Additions made to the program during implementation	Modification Reinvention
Responsiveness	Involvement and interest in the program	Engagement Attendance Retention Satisfaction Home practice completion Dosage

Model Of Program Implementation



Prevention scientists use research and data to guide and inform our understanding of public health problems and their solutions.



Requires input and involvement from communities.
