



What does “evidence-based prevention” look like in the REAL WORLD?

A practical and realistic conversation about building effective, nimble prevention infrastructure



August 14, 2024
National Prevention Network Conference
Brian Bumbarger, Craig PoVey and Terri Schreiber





Terri Schreiber

Project Director and CEO at The Schreiber Research Group (TSRG)

Leads collaborative interdisciplinary community outreach partnerships with local governments and stakeholder agencies



Craig PoVey

Principal at Synergy Enterprises, Inc.

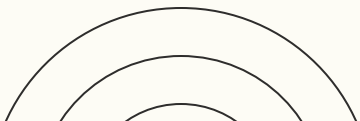
Former NPN President, with nearly 20 years as Prevention Program Administrator for the state of Utah



Brian Bumbarger

Founding Partner/CEO at Science, Systems & Communities Consulting, LLC


Founding Director of the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University





Funding and Expertise Alone Are Not Enough:

Managing Time Limits and Recognizing the Low Prioritization of Substance Use Prevention



August 14, 2024

Prepared for the National Prevention Network

Brian Bumbarger, Craig PoVey and Terri Schreiber



What We Do



The Schreiber Research Group (TSRG): Our purpose is to foster healthy communities by conducting rigorous research, evaluation, and providing evidence-based consulting services. We focus on addressing knowledge gaps and community needs in response to the substance use crisis.



Case Study: Las Animas, Colorado School District Prevention Program



Timeline/Budget

- 1 year
- \$250,000.00

Key Contacts

- Health and Wellness Coordinator for the Las Animas School District
- Superintendent
- CTC Administrators
- Students
- Subject Matter Experts on Prevention Science

Deliverables

- Report with prevention recommendations
- Analysis of the Healthy Kids Colorado Survey
- Red Ribbon Week programming
- Vodcast

Opportunities

- Partnerships formed
- Additional grant funding secured
- Merging of CTC and broader collaborative formed
- Student participation in broader opioid response activities

Challenges

- Available time to implement programming
- Lack of commitment to prevention programming
- Health & Wellness Coordinator position was eliminated

Outcomes/Outputs

- Evidence-based programming was adopted (Botvin)
- Potential CTC integration into larger opioid response workgroups

SE Colorado Opioid Task Force Small Groups



CTC led, 3 counties,
will leverage existing
coalition



Harm
Reduction



Overdose
Fatality
Review



Primary
Prevention



Peer
Recovery
Support
Specialists



SECOR
Region 19
Opioid
Abatement



Workforce
Development

Opioid Task Force Organizing Committee



Interventions

- ✓ Botvin LifeSkills Training
- ✓ Communities That Care
- ✓ Great Body Shop
- ✓ HealthSmart
- ✓ Motovate
- ✓ School Resource Officer (SRO)
- ✓ Red Ribbon Week (RRW)
- ✓ Rise Above Colorado



Source: 2023. The Las Animas School District



Source: 2023. The Las Animas School District



Methods

Subject Matter Expert Interviews

The project team met with experts from each of these organizations on at least one occasion to discuss project goals and discuss evidence-based best practices.

- Colorado Department of Education
- Colorado State University Prevention Research Center
- JBS International
- Rise Above Colorado
- University of Colorado Boulder Institute of Behavior Science





Real World Lessons

Valuable lessons were learned through the partnership between the Las Animas School District (LASD) and The Schreiber Research Group (TSRG) during the Substance Abuse Prevention and Intervention Program (SAPIP).

Facilitators	Barriers
Health and Wellness Coordinator	Timeline
Funding	CTC was not fully operational and had not built a cohesive or active coalition due to COVID-19
Students participated in a District Health Advisory Council (DHAC) and had reach to the student perspective	Limited leadership and teacher buy-in
Subject matter experts provided valuable feedback and access to resources	Limited parent involvement





Prevention as a Complement to Overdose Response Programming

01

HRSA-funded opioid response work in the region was foundational



02

Coalition was already built

Prevention is one element of a larger opioid response (Harm Reduction, Treatment, Recovery, Criminal Justice)



03

Prevention network is strengthened

We didn't have to start from scratch and subject matter experts could play a larger role in prevention programming



04

Prevention tools are part of a larger public health strategy

HKCS survey, learning about other survey instruments, created a linkage to public health community needs assessment





Key Points (Lessons Learned)

01

Community engagement requires a deliberate and sustained approach



02

When tied to a broader opioid response, primary prevention can become a key focus



03

CTC initiatives benefit from skilled community organizers



04

Funding, subject matter experts cannot operate in a vacuum





Thanks

terri@tsrg.org
tsrg.org

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Thank You to my Boss(es)



JBS International

Rural Communities Opioid Response
Program

Synergy Enterprises

SAMHSA's Talk They Hear You Campaign

Opioid's Impact



Opioid overdose deaths in the United States

More than

80,000

people died from overdoses
involving opioids in 2021.

Source: CDC / NCHS

Alcohol's Impact



Alcohol-related deaths in the United States

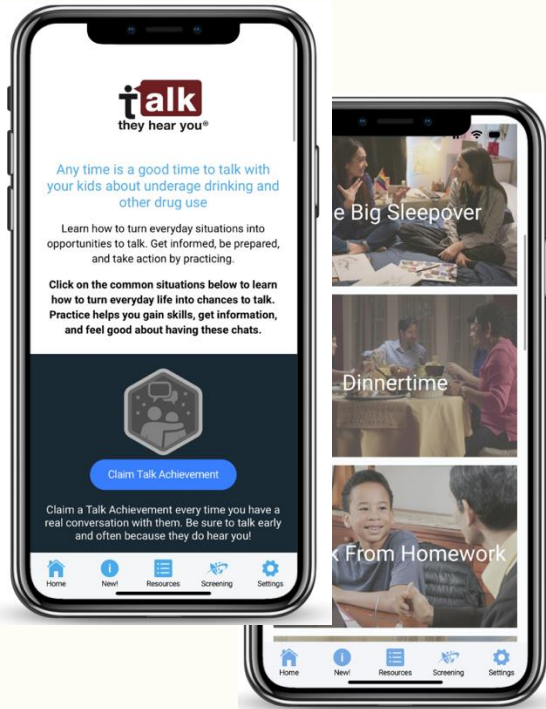
More than

178,000

people died from alcohol-related causes
from 2020 to 2021.

Source: CDC / ARDI

Mobile App



- Helps parents and caregivers turn everyday situations into opportunities to talk with children about alcohol and other drugs.
- Is available on the App Store, Google Play, and the Microsoft Store.
- Is a digital guide to get informed, be prepared, and take action!



Download the app!

Communities That Care (CTC)



Strategic Prevention Framework



SPF CTC



CLP





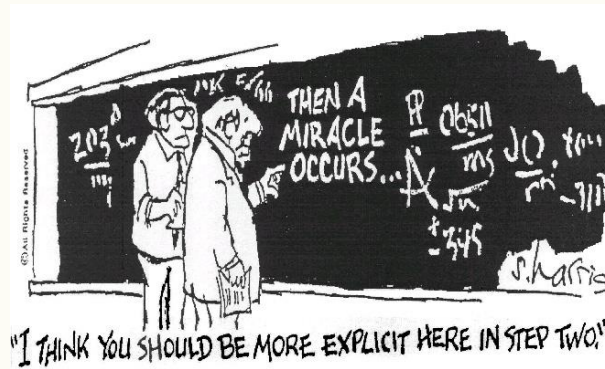
Craig PoVey

Email: CPoVey@seiservices.com

Thank You!



Creating Nimble Prevention Infrastructure to Achieve and Sustain Population Level Impact



Brian K. Bumbarger Ph.D.
Science, Systems & Communities Consulting

National Prevention Network Conference
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Reach Institute
Department of Psychology



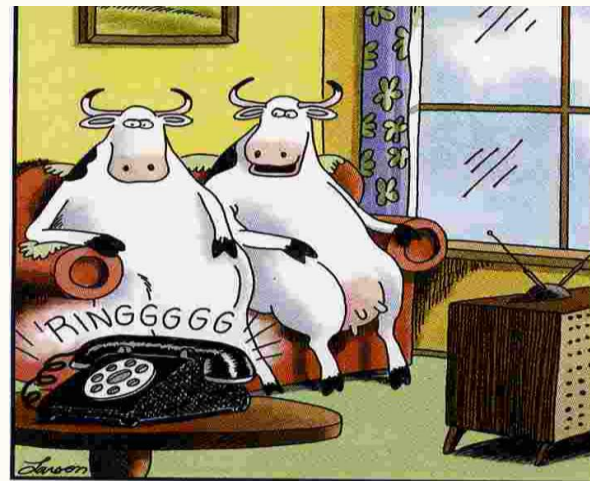
PennState
EDNA BENNETT PIERCE
PREVENTION RESEARCH CENTER



From EBP Lists to Improved Public Health: Barriers

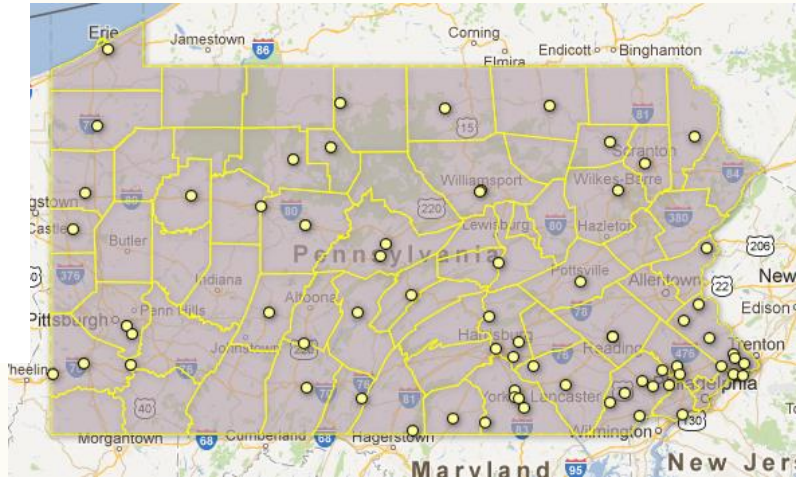
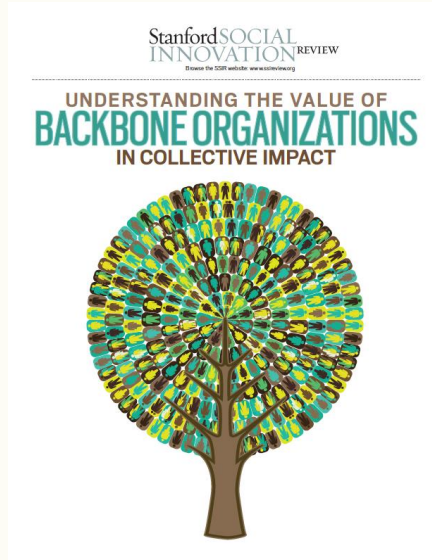


- Synthesis and translation of research to practice (and practice to research)
- EBP dissemination, selection, and uptake
- Ensuring sufficient implementation quality and fidelity
- Understanding adaptation and preventing program drift
- Measuring and monitoring implementation and outcomes
- Policy, systems, and infrastructure barriers
- Coordination across multiple programs and developmentally
- Sustainability in the absence of a prevention infrastructure




“Well, there it goes again. ... And we just sit here without opposable thumbs.”

Evidence-based Prevention at scale: Pennsylvania Case Study



PA's Formula (Logic Model) for Achieving Sustained Public Health Impact at Scale



- 
- A decorative graphic consisting of several concentric circles on the left side of the slide.
- Effective community collective impact coalitions using proven-effective programs targeted at strategically identified risk and protective factors
 - ✓ Community Mobilization (with TA) +
 - ✓ Data-informed Surveillance and Diagnosis +
 - ✓ Evidence-based strategies, carefully chosen +
 - ✓ applied with fidelity & sustained +
 - ✓ Cross-Systems Coordination

Pennsylvania's EBP dissemination in 1999...

Map Layers ✕

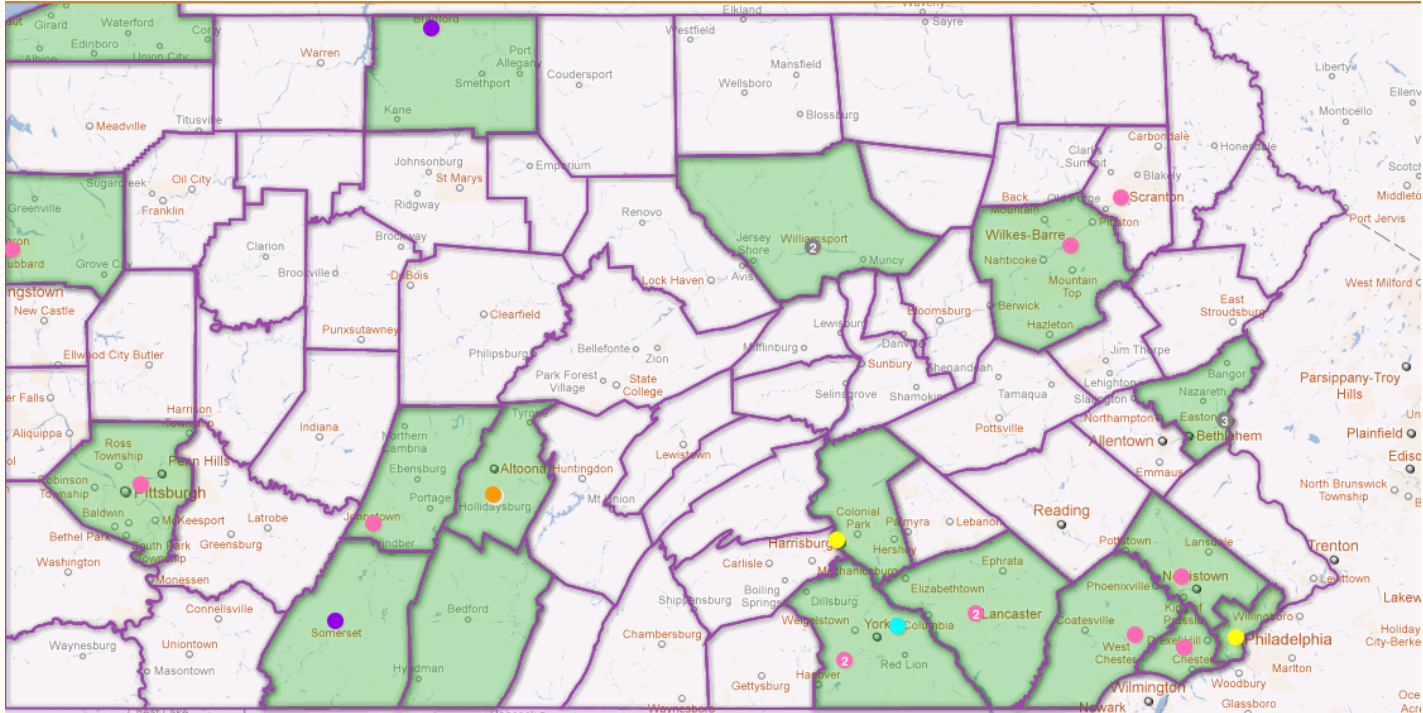
Grant Programs

Select all types
 BBBS MTFC FFT IYS LST
 MST OBPP PATHS SFP Other

*Numbers within markers indicate the number of grants awarded to the agency
Markers without a number indicate agencies with only 1 grant*

Boundary Layers

Counties State House Districts
 School Districts State Senate Districts



Pennsylvania's EBP dissemination in 2019...

Map Layers ✕

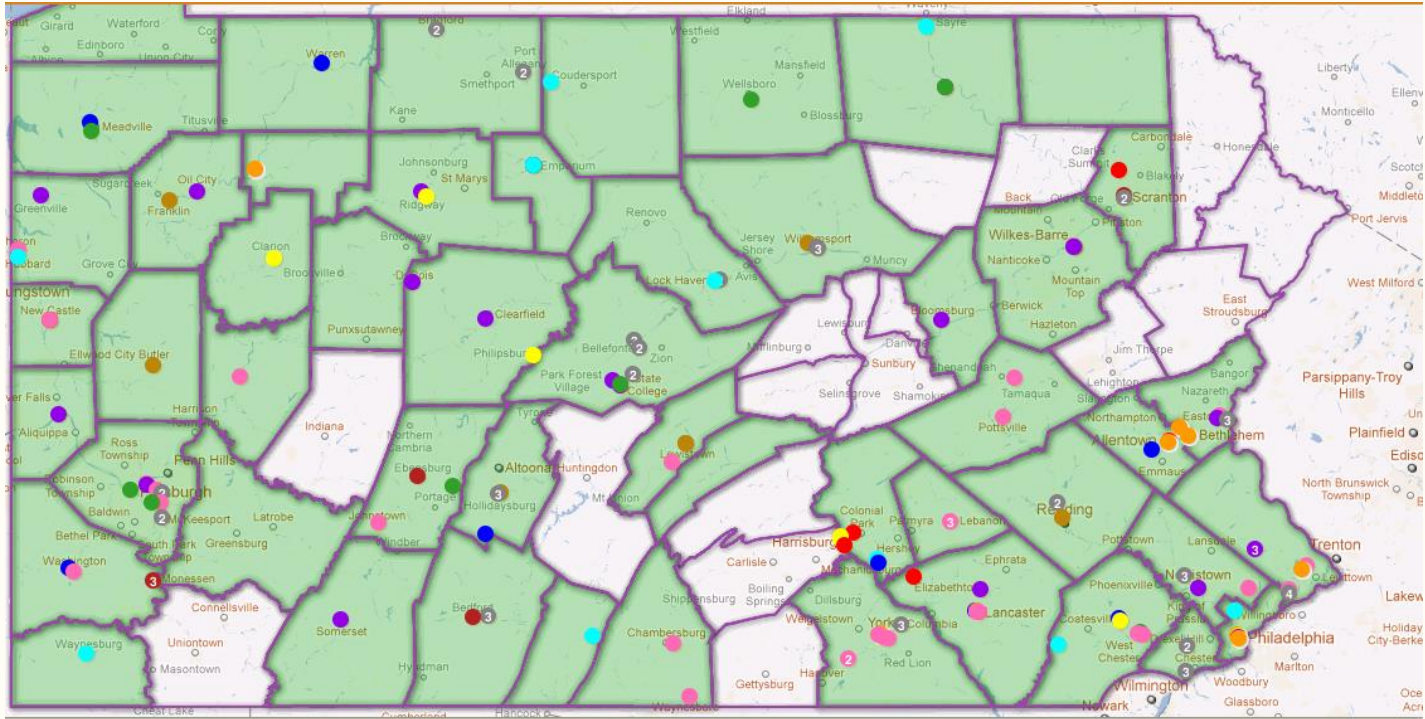
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Evidence-based Prevention at scale: Pennsylvania Case Study



Prevention Science (2019) 20:947–958
<https://doi.org/10.1007/s11121-019-01028-y>

Public Health Benefits 16 Years After a Statewide Policy Change: Communities That Care in Pennsylvania



Sarah M. Chilenski^{1,2}  • Jennifer Frank³ • Nicole Summers^{1,4} • Daphne Lew⁵

Published online: 18 June 2019
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Abstract


Communities That Care (CTC), an evidence-based prevention system, has been installed outside of a research context in over 500 communities worldwide. Yet, its effectiveness in a non-research context is unknown. Using a repeated cross-sectional design with propensity score weighting at the school district-level, the purpose of this study was to examine the effect of widespread diffusion of CTC across Pennsylvania on adolescent substance use, delinquency, and depression. Anonymous youth survey data were collected from 6th, 8th, 10th, and 12th grade students every other year from 2001 to 2011. Three-hundred eighty-eight school districts participated in one to six waves of data collection during that time, resulting in a total of 470,798 student-reported observations. The intervention school districts received programming provided by CTC coalitions. Outcome measures were lifetime and past 30-day alcohol, tobacco, marijuana, and other drug use. Lifetime and past year participation in delinquency and current depressive symptoms were also analyzed. Analyses revealed that CTC school districts had significantly lower levels of adolescent substance use, delinquency, and depression. This effect was small to moderate, depending on the particular outcome studied. Overall effects became stronger after accounting for use of evidence-based programs; there are likely differences in implementation quality and other factors that contribute to the observed overall small effect size. Future research needs to unpack these factors.

Keywords Communities That Care (CTC) · Effectiveness · Policy change · Evidence-based programs · Dissemination · Outcomes

PA's CTC coalitions create collective impact!

Key Learnings from the PA experience...

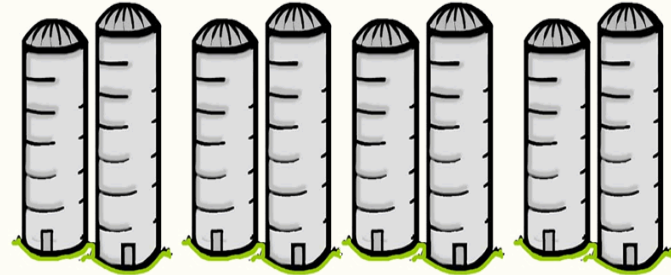


- 
- A decorative graphic consisting of several concentric circles on the left side of the slide.
1. The most wicked problems that interfere with positive human development are in fact preventable, but...
 2. Currently our public systems and community capacities don't take advantage of, and don't represent enabling contexts for, our knowledge about what works, so...
 3. Intentional investment in capacity-building infrastructure is necessary to enable (and empower) communities to capitalize on what we know (from rigorous research) about the causes of and solutions to the human conditions we want to prevent. , can maximize the potential of improved population health, and reduced health disparities



Shared Predictors Across Outcomes and Systems

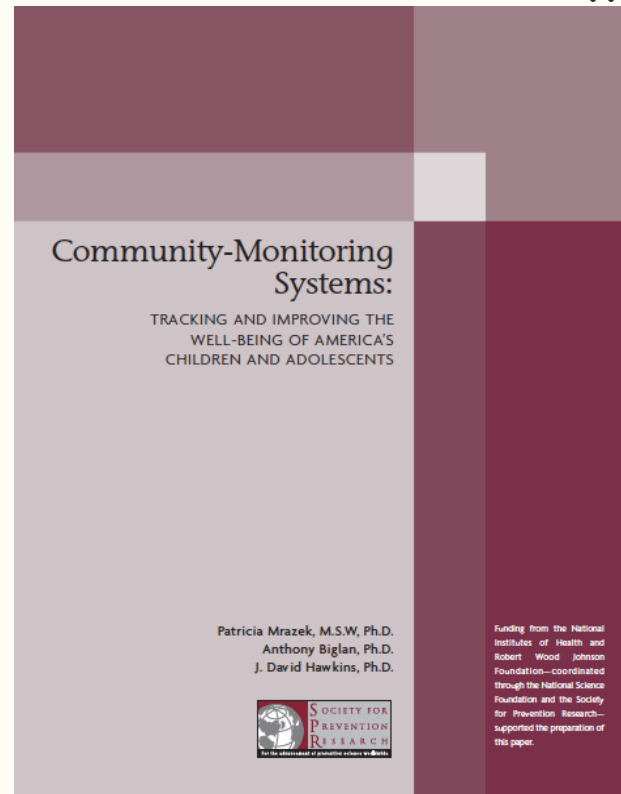
- Although our public systems separate outcomes into silos, these outcomes are predicted by shared risk and protective factors in individuals, families, schools, and communities



- Collectively, community profiles can promote coordination and collective impact locally, and inform state-level priorities within and across agencies

*If you don't know where
you're going, any road will get
you there...*

The Cheshire Cat



It's EVIDENCE BASED!



It's EVIDENCE BASED!





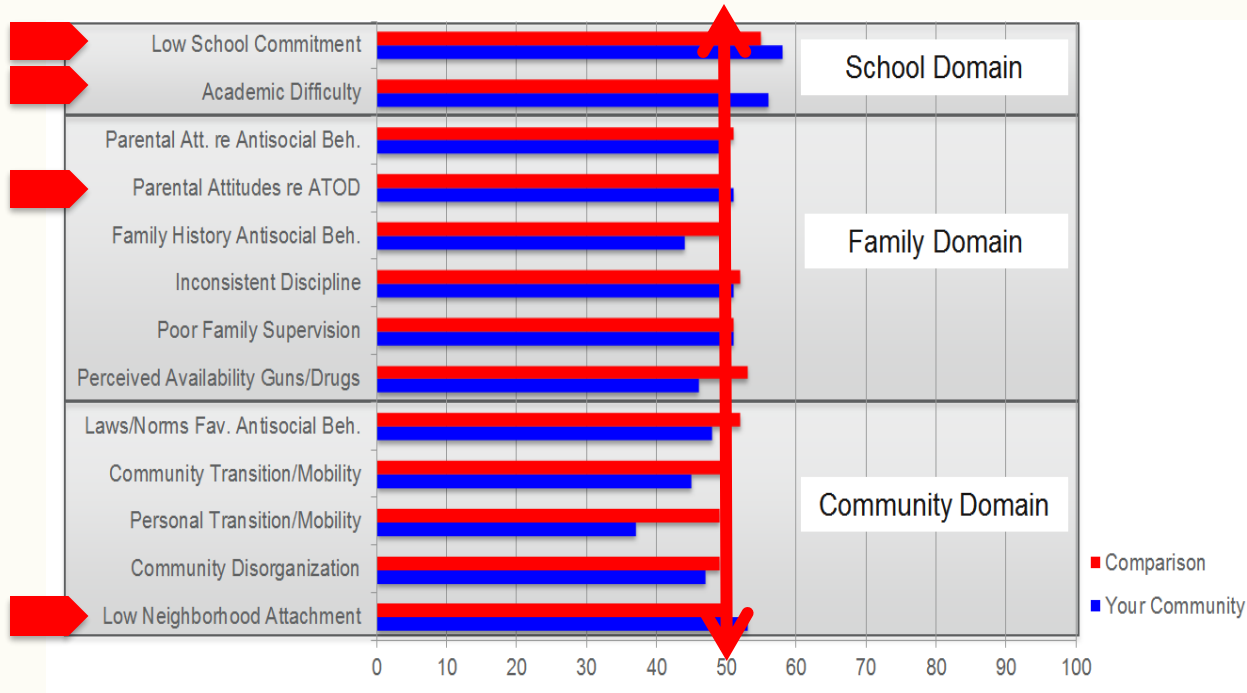
**Data-driven strategic planning is happening
around us all the time...
it is ESSENTIAL for decision making**



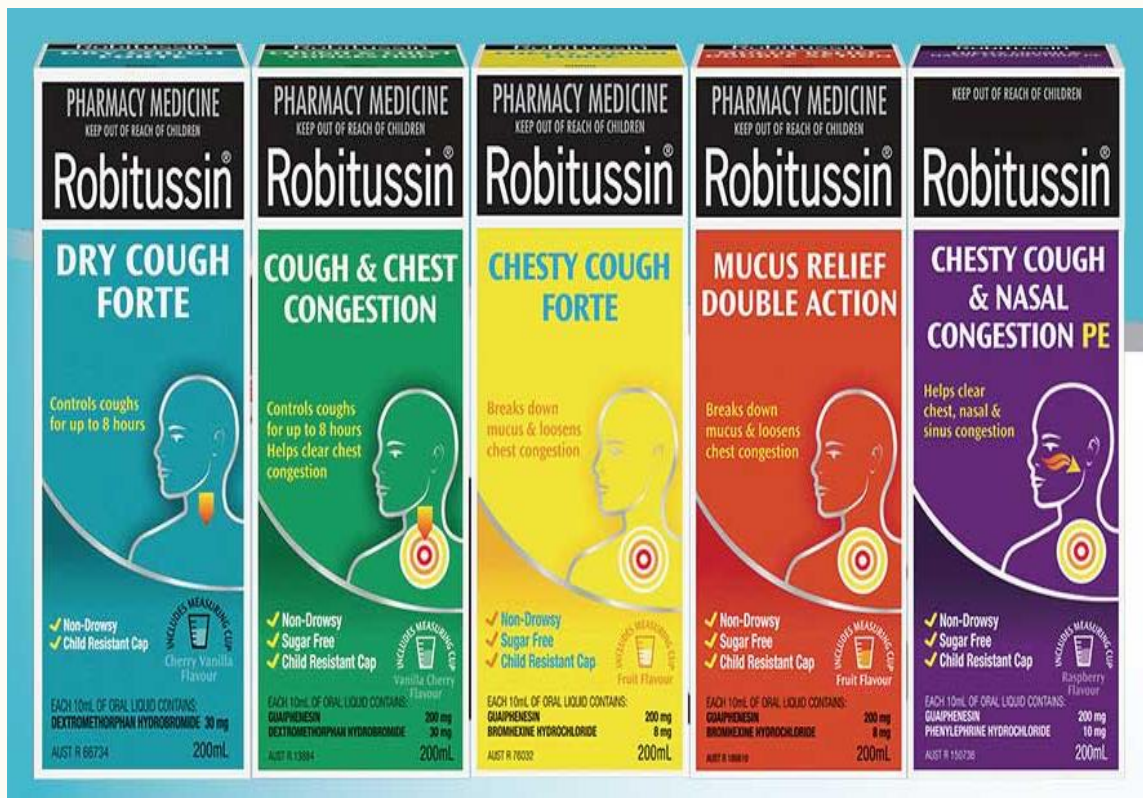
Community Diagnostic Profiles for Strategic Prevention Planning



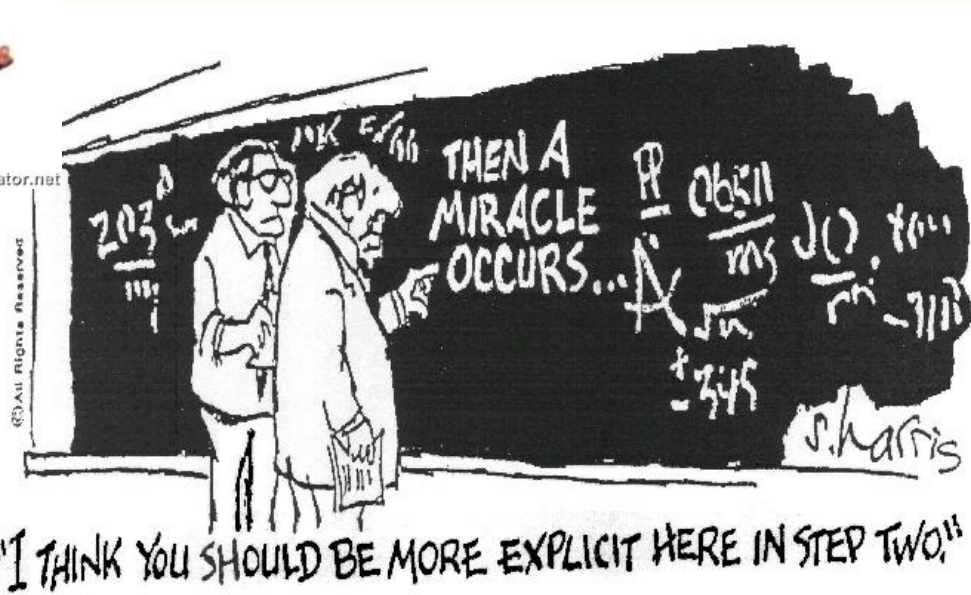
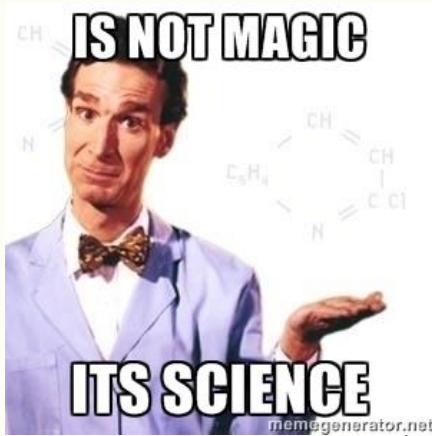
- Helps to guide us strategically toward solutions
- Begins to articulate our logic model



Many paths to the same destination....



Evidence-based Prevention WORKS, but...





For additional information and resources visit:

Unleashing the Power of Prevention
<https://nam.edu/perspectives-2015-unleashing-the-power-of-prevention/>

National Prevention Science Coalition
www.NPSCoalition.org

Blueprints for Healthy Youth Development
www.blueprintsprograms.com

EPISCenter
www.episcenter.org

Griffith University Creating Pathways Project
www.creatingpathways.org.au

Center for Advancing Prevention Excellence
www.ubalt.edu/cpa/centers/center-for-advancing-prevention-excellence

THANK YOU!

Contact:
Science, Systems & Communities Consulting
BKBumbarger@gmail.com