

# Prevention in Ashtabula County

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# National Prevention Strategy

Working together to improve the health and quality of life for individuals, families, and communities by moving the nation from a focus on sickness and disease to one based on prevention and wellness.

When it comes to health we seek help on the individual level.

But when it comes to prevention we want to work on the community level.

# 7 Strategies to Affect Community Change

- Provide Information
- Enhance Skills
- Provide Support
- Enhance Access/Reduce Barriers
- Change Consequences
- Change Physical Design
- Modify/Change Policies



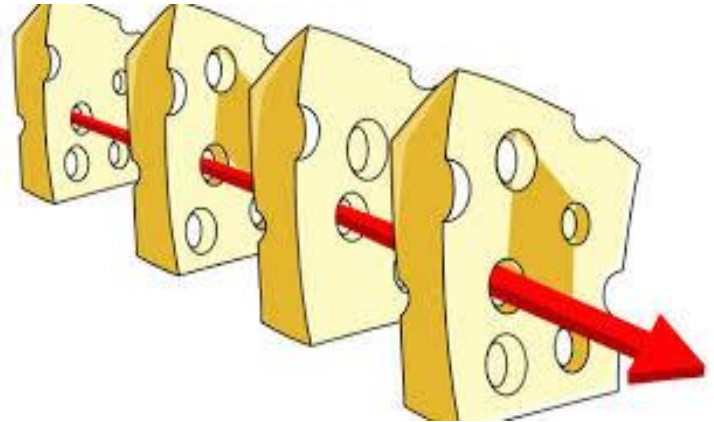
# What is Your Role in Prevention?

The Ashtabula Co. Prevention Coalition- Founded in 2011

Prevention is a multi-pronged approach.

- Building Assets
- Reducing Risks
- Encouraging Nurturing Environments

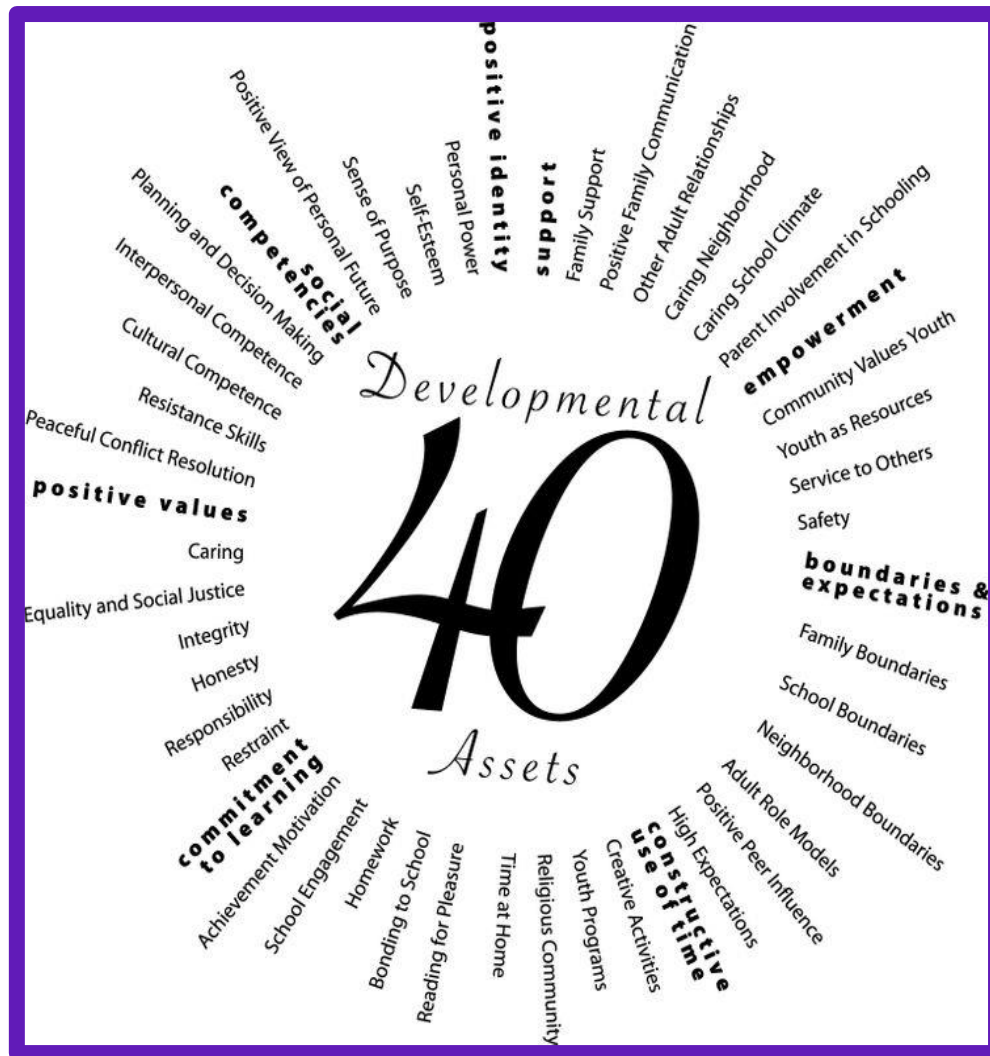
**How can some individuals  
become addicted and others  
not?**



# Building Assets

The Developmental Assets Framework identifies 40 internal and external assets.

The more of these assets youth have, the less likely they are to be involved in risky situations.



# Reducing Risks

- Know Genetic Predisposition
- Address Mental Health Concerns
- Reduce Availability/Access to substances
- Delaying the Onset of Use.

**According to SAMHSA 74 percent of adults participating in a substance abuse treatment program had initiated alcohol or drug use before the age of seventeen. Those who began at a very young age, 11 years old or younger, were more likely to have multiple substance dependencies when compared to those who waited until they were 25 years and older.**



# Encouraging, Nurturing Environments

For proper Brain Development, we all need certain things, such as:

- Positive touch
- Positive attention
- Positive communication
- Knowing people care for you

Dr. Bruce Perry refers to these as *“little doses of health”*.

Those of us who receive enough of these *“little doses of health”* develop a strong stress response system, which helps with our emotional regulation, making us less vulnerable to risk.

# What efforts are happening in Ashtabula?

The two best prevention efforts are ALREADY underway in our county:

- Botvin Lifeskills
    - Drug Resistance Skills
    - Personal Self-Management Skills
    - General Social Skills
  
  - PAX Good Behavior Game
    - Self-regulation
    - self-control
-



# What efforts are happening in Ashtabula?

Quick Response Team

Specialized Dockets (MH Health Court, Family Drug Court, Drug Court and Recovery Court)

Life Consequences

Parenting Classes

Suicide Prevention Coalition (SOS & Rachel's Challenge)

Generation Rx

Youth Opportunities

Drug Free Clubs of America

NARCAN distribution

Prevention Programing (YMCA, Libraries)

Youth Led Prevention (Teen Advisory Council, OTI, SAAD)

Case Management in schools

Medication disposal boxes and bags

Mental Health First Aid

# Reducing Stigma: Words Matter

## Instead of:

Addict, Junkie...

Addiction

Clean

Dirty

Former Addict

Abuse

## Try:

Person with a Substance Use Disorder

Substance Use Disorder (SUD)

Abstinent/Not Using

Active Substance Use Disorder

Person in Recovery

Misuse

# Words Matter: OSAM Survey Q&A

1. Have you ever felt bad about the way media or other people talk about people with substance use disorders or mental illness?

**69% Yes    31% No**

2. What consequences have you experienced from the “stigma” of being a person with mental illness and/or addiction?

**A majority (>50%)** of participants responded that they have experienced the consequences of shame, blame, anger, social isolation, being a ‘black sheep of the family,’ a loss of self-worth and hopelessness.”

The terminology used to describe addiction has contributed to the stigma. By choosing to use language that is not stigmatizing, we can begin to dismantle the negative stereotypes associated with addiction. Changing attitudes of stigma will benefit everyone. It will allow...

- Individuals to more easily regain their self-esteem.
- help the public understand this is a medical condition as real as any other.

# How to speak about addiction

SAMHSA's Do's and Don'ts of Effective Messaging for Substance Abuse Prevention

## DO:

**Do frame the conversation as a health issue**

**Do use realistic, real-life examples**

**Do help individuals identify potential consequences.**

**Do engage peers as messengers.**

## DONT:

**Don't lecture, guilt, or shame.**

**Don't encourage sensation-seeking.**

**Don't use scare tactics.**

**Don't illustrate or dramatize drug use.**

<https://www.samhsa.gov/capt/sites/default/files/resources/tipsheet-effective-messaging.pdf>

# Contact

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