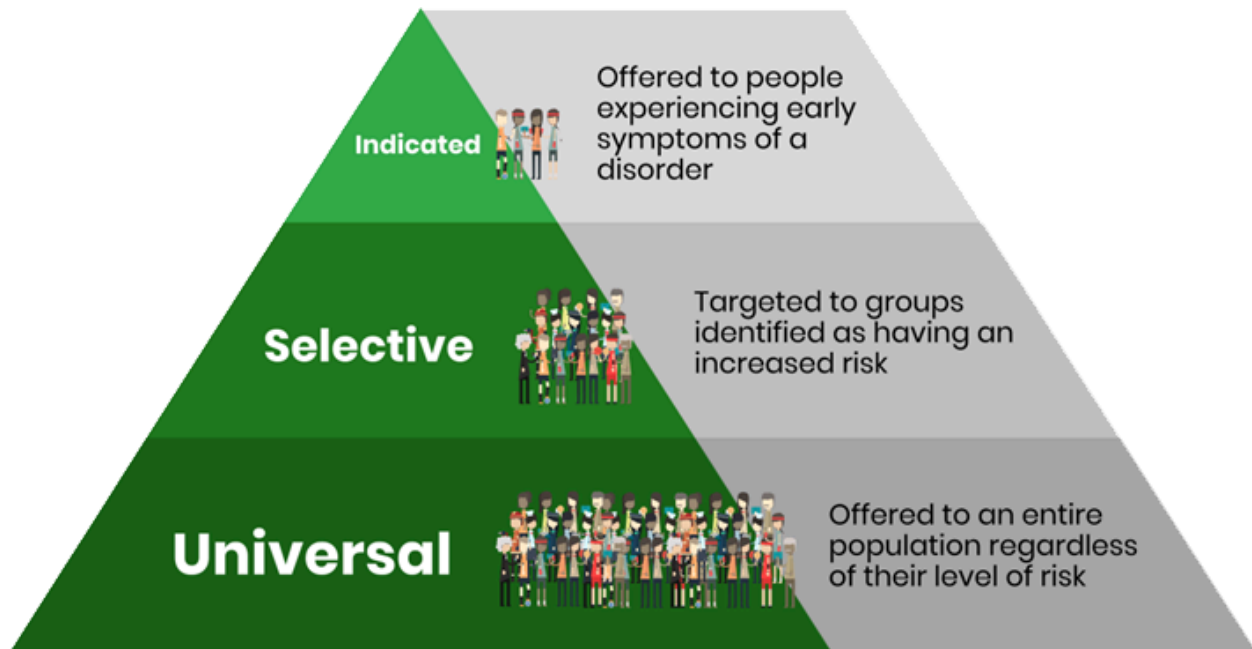Prevention Continuum for Substance Misuse & Continuum of response.

The document highlights the role of Student Assistance Programs (SAP) and school prevention staff in the early stages of this continuum, stressing the importance of proactive measures to address risks and strengthen prevention efforts. This integrated approach seeks to effectively reduce and prevent substance misuse through collaboration and targeted interventions.

There is a tiered approach to substance misuse and prevention as follows:

Indicated — Offered to people experiencing early symptoms of a disorder

Selective — Targeted to groups identified as having an increased risk

Universal — Offered to an entire population regardless of their level of risk

The prevention framework for substance misuse is part of a larger continuum of care and is represented by a triangle that illustrates the level of impact of various strategies. It includes:

Indicated Prevention: Programs and services for specific individuals who are already showing signs of substance misuse or are at high risk. These are tailored interventions aimed at preventing the progression to substance use disorder.

Selective Prevention: Tailored programs for subgroups of the population that are at higher risk of using substances. These programs focus on preventing substance misuse among these specific groups.

Universal Prevention: Programs, policies, and strategies designed to provide information, skills, or support to the entire population. These interventions aim to prevent substance misuse by addressing risk factors and enhancing protective factors across the whole community.

Health Promotion: Interventions for the whole community that improve an individual's control over their health and wellness. These strategies are broad and aim to create a supportive environment that promotes healthy behaviors and reduces the likelihood of substance misuse.

The framework emphasizes the importance of addressing both risk and protective factors at various levels to effectively prevent and reduce substance misuse.

We also see that Prevention and Early intervention is on one side of the continuum of response. It is in the first and second stages that SAP's and school prevention staff are needed.