



PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

SAPST Revisions Update for 2023

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PTTC Workforce Development Working Group**

SAMHSA
Substance Abuse and Mental Health
Services Administration



PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

About you! Type in the chat

- Your State, Territory, Jurisdiction, Tribe
- Years in Prevention



Agenda

- Welcome
- Background and Overview
- Session #1 Updates
 - Review updated slides/handouts
 - Q&A
- Session #2 Updates
 - Review updated slides/handouts
 - Q&A
- Session #3 Updates
 - Review updated slides/handouts
 - Q&A
- Session #4 Updates
 - Review updated slides/handouts
 - Q&A



PTTC Network Purpose

The purpose of the Prevention Technology Transfer Center (PTTC) Network is to improve implementation and delivery of effective substance use prevention interventions.

Provide training and technical assistance services to the substance use prevention field.



PTTC Network Approach

Develop and disseminate tools and strategies needed to improve the quality of substance use prevention efforts.

Provide intensive technical assistance and learning resources to prevention professionals in order to improve their understanding of:

- prevention science,
- how to use epidemiological data to guide prevention planning, and
- selection and implementation of evidence-based and promising prevention practices.

Develop tools and resources to engage the next generation of prevention professionals.

Structure

The 2019-2023 PTTC Network



New England PTTC



Northeast & Caribbean
PTTC



Central East PTTC



Southeast PTTC



Great Lakes PTTC



South Southwest PTTC



Mid-America PTTC



Mountain Plains PTTC



Pacific Southwest PTTC



Northwest PTTC



National American Indian
& Alaska Native PTTC

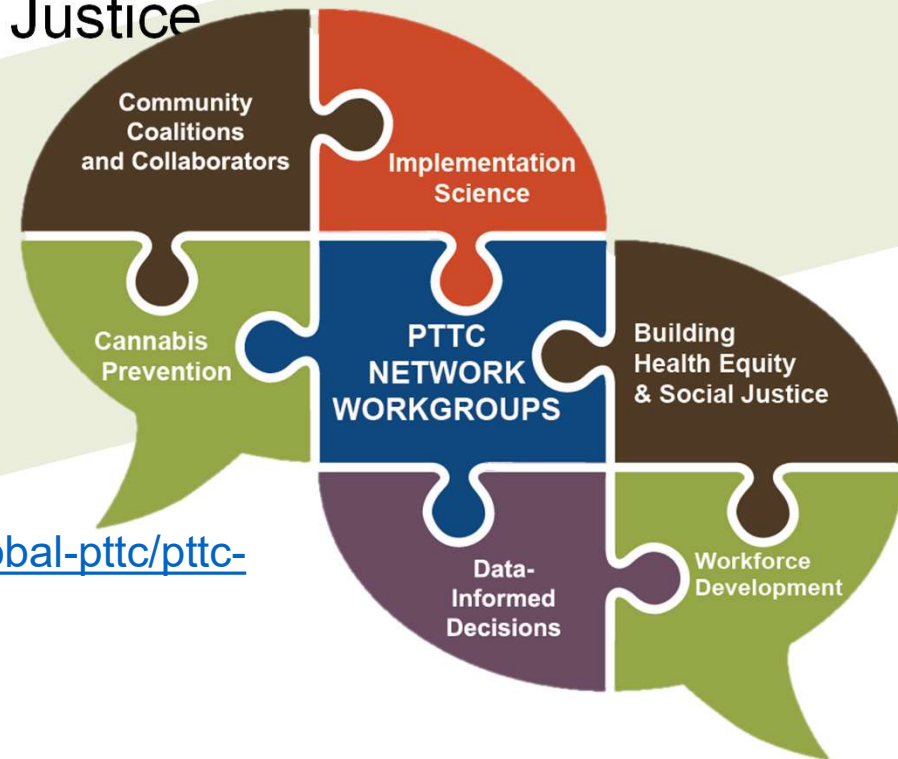


National Hispanic & Latino
PTTC

Focus Areas and Working Groups

1. Community Coalitions and Collaborators
2. Building Health Equity and Social Justice
3. Data-Informed Decisions
4. Implementation Science
5. Cannabis Prevention
6. Workforce Development

Learn more: <https://pttcnetwork.org/centers/global-pttc/pttc-areas-focus>





The Important Stuff (FAQs)

Documents will be ready for download in mid-April

Translations, Adaptations, and Updates

- American Indian adaptation: AI/AN PTTC is leading this project with support from the NCO
- Spanish translation and adaptation
- Virtual SAPST
- SAPST Training of Trainer curriculum

For face-to-face course, recommend 4 consecutive days.

Update of Pre-SAPST online course: TBD, but not currently in pipeline

History of SAPST Curriculum

- Initially developed by the Western Center for the Application of Prevention Technologies (CAPT) in 1999
- Revisions made in 2003 and 2004
- Adopted as a national curriculum in 2006
- Revisions made in 2006, 2012, and 2018
- 2021-23 PTTC Workforce Development SAPST update

SAPST Revision Process

- Fall 2021: Scoped out a full update with 3 SAPST master trainers
- Spring 2022: 3 Draft #1 produced by SAPST master trainers
- Summer 2022: PTTC review of draft #1
- Summer 2022: Incorporated edits, produced draft #2
- Summer 2022: External in-depth review, incorporated feedback
- Fall 2022: Pilots of draft #2 - 3 locations ~90 people total
- Winter 2022: Pilot feedback incorporated, produced draft #3
- Spring 2023: Final version ready for distribution

SAPST Curriculum

- Introduction to Substance Abuse Prevention: Understanding the Basics (online)
 - Basic terminology and facts
 - History of substance use and prevention in the U.S.
 - Addiction and the brain
 - Effects and health risks of alcohol, tobacco, and other drugs
- Setting the Foundation: From Theory to Practice (in-person)
 - Behavioral health
 - Spectrum of Mental, Emotional, and Behavioral Interventions
 - Public health approach
 - Risk and protective factors
 - Developmental perspective
- Application: SAMHSA's Strategic Prevention Framework (in-person)
 - Assessment, capacity, planning, implementation, and evaluation
 - Cultural proficiency, sustainability

New Name:

SPF Application for Prevention Success Training

- Retains the SAPST acronym
- Better represents the content of the course
- Drops “abuse” from the title

Language Updates

Updated language to remain relevant with evolving perspectives:

- Stakeholders → Interest groups
- Continuum of Care → Spectrum of Mental, Emotional, and Behavioral Interventions
- Marijuana → Cannabis
- Target Population → Focus Population
- Abuse → Use or Misuse
- Cultural Competency → Cultural Proficiency

Session #1



SAPST Session #1 Agenda

1. An Introduction to the SAPST

- Training Overview and Logistics

2. Setting the Foundation: From Theory to Practice

- Behavioral Health
- Spectrum of Mental, Emotional, and Behavioral Interventions
- Prevention Within the Public Health Approach
- Risk and Protective Factors
- Developmental Perspective
- Introduction to the SPF

Session 1 Learning Objectives

1. Define “behavioral health”
2. Explain the *Spectrum of Mental, Emotional, and Behavioral Interventions*
3. Identify the key characteristics of the public health approach
4. Describe risk and protective factors in multiple contexts and from a developmental perspective
5. Summarize the SPF



Objective 1

Define “behavioral health”



Session #1 Slide Updates

- Decades Activity
- Eight Dimension of Wellness: Enrichment Activity
- Continuum of Care Updated to Spectrum of Mental, Emotional, and Behavioral Interventions
- U, S, & I Activity (*alternative options*)
- Harm Reduction (*new addition*)
- Social Determinants of Health (*new addition*)

Session #1 Slide Updates (cont.)

- Risk and Protective Factors: *US Surgeon General's List*
- Activity- Risk and Protective Factors
- Shared Risk and Protective Factors
- Foundational information to include ACEs and Positive Childhood Experiences and their connection to Risk and Protective Factors

Shared Adolescent Risk Factors

Risk Factors for Adolescent Problem Behavior	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Community						
Availability of Drugs	+					+
Availability of Firearms		+				
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	+	+				+
Media Portrayals of the Behavior	+					
Transitions and Mobility				+		+
Low Neighborhood Attachment and Community Disorganization	+	+				+
Extreme Economic Deprivation		+	+	+	+	
Family						
Family History of the Problem Behavior	+	+	+	+	+	+
Family Management Problems	+	+	+	+	+	+
Family Conflict	+	+	+	+	+	+
Favorable Parental Attitudes and Involvement in the Problem Behavior	+	+				+
School						
Academic Failure Beginning in Late Elementary School	+	+	+	+	+	+
Lack of Commitment to School	+	+	+	+	+	+
Individual/Peer						
Early and Persistent Antisocial Behavior	+	+	+	+	+	+
Rebelliousness	+	+			+	
Gang Involvement		+			+	
Friends Who Engage in the Problem Behavior	+	+	+	+	+	
Favorable Attitudes Toward the Problem Behavior	+	+	+	+	+	
Early Initiation of the Problem Behavior	+	+	+	+	+	
Constitutional Factors	+	+	+	+	+	



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Information Sheet 1.11: Shared Risk and Protective Factors



Session 1 Handout updates

- Language updates
- Information Sheet 1.8 Overview of Harm Reduction
- Risk and Protective Factors updates reflects the list from *US Surgeon General's List*
- Information Sheet 1.10 Shared Risk and Protective Factors

Session #1 Slide and Handout Review

Q&A

Session #2



SAPST Session #2 Agenda

1. Review Key Concepts from Session 1
2. Strategic Prevention Framework (SPF)
 - Step 1: Assessment
 - Step 2: Capacity (Assessing)



Session 2 Learning Objectives

1. Describe how to assess substance misuse problems and related behaviors
2. Explain how health disparities relate to prevention
3. Describe how to assess the risk and protective factors that influence (or contribute to) behavioral health problems
4. Explain how to assess a community's readiness and resources to address its substance misuse problems



Objective 2

Explain how health disparities relate to prevention



Session #2 Slide Updates

- Health disparities, their link to social determinants of health, and their importance in a comprehensive needs assessment and the entire SPF process
- Social Determinants of Health Activity
- Reliability and Validity (New)
- Case Study

Activity – SDOH¹⁰



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Information Sheet 2.2: Social Determinants of Health

Session #2 Updates (cont.)

- Emphasis on evidence based risk and protective factors
- Match Up Activity
- High/Low Activity

		Resources	
		HIGH	LOW
Readiness	HIGH		
	LOW		

Session 2 Handout updates

- Information Sheet 2.2 Social Determinants of Health
- Information Sheet 2.3 Types of Data
- Information Sheet 2.5 Data Sources
- Worksheet 2.6 Case study
- Worksheet Sheet 2.10 Match Up Activity
- Information Sheet 2.11 Assess Capacity
- Worksheet Sheet 2.12 Case Study

Session #2 Slide and Handout Review

Q&A

Session #3



SAPST Session #3 Agenda

1. Review Key Concepts from Session

- Strategic Prevention Framework (SPF) Step 1: Assessment
- SPF Step 2: Capacity (Assessing)

2. SPF

- Step 2: Capacity (Building)
- Cultural Proficiency
- Step 3: Planning



Session 3 Learning Objectives

1. Explain how a community can build its capacity to prevent the problems identified in its assessment
2. Describe how to apply cultural humility to build cultural proficiency
3. Explain how to prioritize risk and protective factors



Objective 2

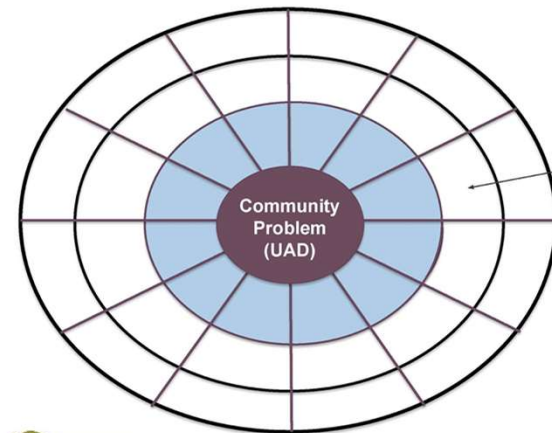
Describe how to apply cultural humility to build cultural proficiency



Session #3 Slide Updates

- Building capacity- reorganized
- Recruiting New Members activity
- Cultural Proficiency
- My Identity Roles
- Cultural Humility
- Cultural Proficiency

Activity – Recruiting New Members



Potential Partners
or "Secondary
Interest Groups"

Sectors or
"Primary Interest
Groups"

Influencers or
"Key Individuals"



Worksheet 3.2: Recruiting New Members



Session 3 Handout updates

- Information Sheet 3.1 Building Capacity
- Worksheet 3.2 Recruiting New Members
- Information Sheet 3.4 Culture
- Information Sheet 3.5 The Cultural Proficiency Framework
- Information Sheet 3.6 Skills for Cultural Proficiency
- Worksheet 3.7 Barriers to Cultural Proficiency Activity

Session 3 Handout updates (cont.)

- Worksheet 3.12 Case Study – Assessment Information
- Worksheet 3.13 Case Study Activity – Prioritizing Risk and Protective Factors

Session #3 Slide and Handout Review

Q&A

Session #4



SAPST Session #4 Agenda

1. Strategic Prevention Framework (SPF)

- Step 3: Planning (Continued)
- Step 4: Implementation
- Step 5: Evaluation
- Sustainability

2. Bringing It All Together



Session 4 Learning Objectives

1. Describe the criteria for selecting and implementing high-quality prevention interventions
2. Explain how a community can use evaluation to enhance prevention practice
3. Describe the elements of sustainability that will help a community continue to produce positive prevention outcomes over time
4. Summarize and connect the steps in prevention planning



Objective 3

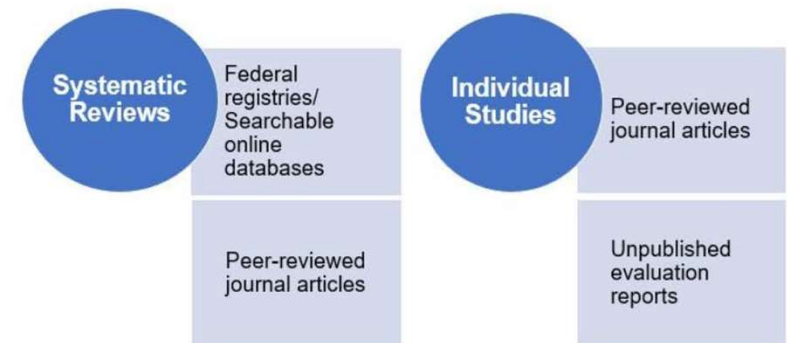
Describe the elements of sustainability that will help a community continue to produce positive prevention outcomes over time



Session #4 Slide Updates

- Selecting Interventions
- Continuum of Evidence
- Updates on identifying Evidence Based Interventions (EBIs)
- Sample Action Plan
- Process or Outcome Activity

Where Are EBIs Located?³



Session #4 Updates (cont.)

- Writing short term outcomes
- Logic Model
- Sustainability section - reworked to be more interactive

Core Components of Sustainability⁶



Session 4 Handout updates

Information Sheet 4.1 Examples of Different Interventions

Information Sheet 4.2 Criteria for Selecting Interventions

Information Sheet 4.3 Conceptual Fit- Sample Risk and Protective Factors and Interventions for Underage Drinking

Worksheet 4.7 Case Study Activity- Implementation, Part 1 & 2

Information Sheet 4.11 Sustainability Overview

Information Sheet 4.12 How the SPF Contributes to Sustainability

Information Sheet 4.13 Core Components of Sustainability

Session #4 Slide and Handout Review

Q&A

Additional Updates

- Acronyms list
- Trainer Preparation Guide
- Training Posters (29x20)
- Additional Resources

What are your questions?



Keep in touch!



@PTTCnetwork



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Post-Event Survey URL:

<https://ttc-gpra.org/P?s=942608>



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Walking the Walk in 2022: Embracing SAMHSA Priorities and the Intersection of Harm Reduction, Prevention, and Recovery

Cele Fichter DeSando, MPM

I went to my first 12 step recovery support group meeting in 1976. I was twenty years old and attended the open meeting as part of a community psychology class assignment. I didn't begin working as a prevention specialist for another 10 years but something the lead speaker said has resonated with me for more than 40 years. "It's not enough to talk the talk, you have to walk the walk."

Each year, many of us make New Year's resolutions that never make it past the talking stage. Resolutions and goals take more than words, they need actions that are put into practice. Sometimes, like newly walking toddlers, we take two steps forward, one step back, and an occasional fall along the way. Changing behavior and learning new practices takes time, a plan, support from peers, a way to measure success, and resources from trusted experts.

In 2022, as we develop prevention goals, plans, and resolutions, the Substance Abuse Mental Health Services Administration (SAMHSA) serves as a trusted expert resource with a roadmap of priorities and principles to guide

Featured PTTC Resources

- [Harm Reduction Through a Prevention Lens Resources](#)
PTTC Network Coordinating Office



- [Fentanyl Test Strips: A Grassroots Harm Reduction Strategy](#)
Great Lakes PTTC
- [Preventing Drug Overdoses](#)



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THANK YOU!

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