

# CPI NEWSLETTER

## Spring 2015



## ***Making substance abuse prevention more accessible to communities in California.***

# Happy Spring!



## WHAT'S NEW?

## Announcements

***2015 Prevention Workforce Development Survey Now Open!***

In 2013, CPI distributed the first prevention (Pv) workforce survey throughout California for the purpose of assessing the characteristics, capacities, and emerging trends of the professional Pv workforce. The data collected through this survey was used to create a detailed synopsis of the Pv field, including information about positions, education levels, and opportunities for advancement. CPI is implementing a second round of data collection to assess what changes have emerged in the workforce over the last two years. [Click to share your valuable perspective as a Pv professional in California.](#) Thank you for contributing your information to this ongoing assessment effort.

***SAVE THE DATE!!!***

*Community Prevention Initiative 2015 Regional Trainings*

## Promoting Our Excellence Through Evaluation

**Sacramento - Hilton Arden West | Orange - Hyatt Regency**  
**August 12 - 13, 2015 | August 25 - 26, 2015**

The CPI is pleased to announce the 2015 regional trainings. The topic this year is “data-based outcomes and evaluation” which will consist of practical training and interactive workgroups to develop an evaluation plan for your Pv efforts. More detailed information will be available soon. Questions? Contact Erika Green at [egreen@cars-rp.org](mailto:egreen@cars-rp.org).

## **April is Alcohol Awareness Month**

Since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding aimed at reducing the stigma associated with alcoholism that too often prevents affected individuals and families from seeking help. This year's theme "*Help for Today. Hope for Tomorrow.*" draws attention to the impact of alcohol on young people, on their friends, on families, and in our communities. Even for those who will never develop a dependence or addiction, alcohol use by young people affects everyone. Underage drinking is dangerously associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex, and other problem behaviors. For some, alcoholism and addiction develop at a young age and screening and early intervention services are essential for them and their families.

To learn more about the issue of underage drinking, visit [\*\*FOR YOUTH: Underage and College Drinking\*\*](#). Click here to learn more about [\*\*Alcohol Awareness Month\*\*](#).

## **Prevention News**

### **New Training Available on Trauma-Informed Practices and Models for Addiction Prevention**

National Council for Behavioral Health

Research shows that trauma is surprisingly common and impacts mental health and substance addiction. Most people will see a primary care physician before a mental health or addiction professional. With financial support from the Kaiser Permanente Community Benefit fund, the National Council for Behavioral Health is offering training for safety net community health centers to become trauma-informed centers of practice and models for replication. These clinics often serve diverse and underserved populations who need these services but don't have access to them. The training will explore how adopting trauma sensitive screening, assessment, and treatment practices will support efforts to successfully support patients before addictive behaviors emerge. [Learn more about the program.](#)

## **Prevention Tools**

### **Suicide Safe: The Suicide Prevention App for Health Care Providers**

Substance Abuse and Mental Health Services Administration (SAMHSA) (April 2, 2015)

Suicide is completely preventable. Yet, suicide remains the second leading cause of death among people ages 10 to 44. For individuals at risk, behavioral health and primary care settings provide opportunities to connect with effective treatment. Almost half (45%) of people who commit suicide have visited a primary care provider in the month prior to death and 20% had contact with mental health services. To help providers integrate suicide Pv strategies into their practice, SAMHSA has developed Suicide Safe, a free app for mobile devices and tablets. The free app is based on SAMHSA's **Suicide Assessment Five-Step Evaluation and Triage (SAFE-T)** card. Suicide Safe helps providers:

- Learn how to use the SAFE-T approach with patients;
- Explore interactive case study scenarios and tips;
- Access and share information including crisis lines, fact sheets, educational opportunities, and treatment resources;
- Browse conversation starters and tips for talking with patients in need of intervention; and
- Locate treatment options filtered by type and distance for timely referrals.

[Learn more and download the free app.](#)



## Relevant Reports

### ***Report to Congress on the Prevention and Reduction of Underage Drinking 2013/Selected Updates for 2014 & 2014 California Update***

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

The annual report includes information on the prevalence and nature of underage drinking and the national efforts and best practices to address the problem. The 2014 Report has not been published to date. However, policy summaries and the California State Report for 2014 can be accessed [here](#).



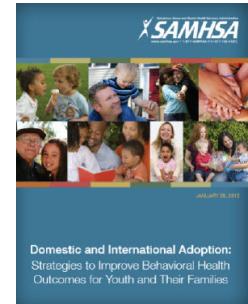
### ***Domestic and International Adoption:***

### ***Strategies to Improve Behavioral Health Outcomes for Youth and Their Families***

**SAMHSA**

**January 28, 2015**

This 2015 report summarizes key findings of a two-day interagency meeting hosted by SAMHSA in August 2012 to discuss science, policy, and practice related to behavioral health challenges that may be experienced by adopted children and their families. [View the full, 41-page report.](#)



### ***Changes in Gender and Racial/Ethnic Disparities in Rates of Cigarette Use, Regular Heavy Episodic Drinking, and Marijuana Use: Ages 14 to 32***

**Addictive Behaviors, Vol 41, February 2015, pp 218-222**

**R.J. Evans-Polce, S.A. Vasilenko, & S.T. Lanza**

Data from the National Longitudinal Study of Adolescent Health was used to examine gender, age and racial/ethnic differences in the prevalence of cigarette use, regular heavy episodic drinking, and marijuana use. Significant age-related differences in substance use were found that varied by gender and race/ethnicity. For example, use rates for all substances were highest for white teenagers when compared to other racial/ethnic groups and these disparities increased significantly from ages 16 to 20, particularly for cigarette use. Then, throughout their 20s, rates of cigarette smoking increased among blacks and Hispanics while they declined for whites. Pv interventions need to consider these findings when determining age appropriate interventions for diverse populations. [View the full report.](#)



## Win of the Month

Would you like to inspire others with news about community projects, programs, innovations, awards, opportunities, and stories that promote the positive impact of Pv across the state? Email your submissions to the CPI Project Director, Erika Green, at [egreen@cars-rp.org](mailto:egreen@cars-rp.org), so we can share your story as a “Win of the Month” in an upcoming CPI newsletter.

# WHAT'S AVAILABLE FOR YOU?

## Prevention Extension (PX) Trainings

The CPI project is committed to providing face-to-face trainings to the Pv field on a variety of emerging and relevant topics. These high quality no-cost trainings are located throughout the state and offer participants information on best-practices in substance abuse Pv. Continuing Education Units for alcohol and drug counselors, licensed clinical social workers, and marriage and family therapists are offered at these events for a nominal fee.

### Responsible Beverage Service

Wednesday, April 29, 2015

Mendocino County | Laytonville, CA

[More Information and Registration](#)

### Responsible Beverage Service

Thursday, April 30, 2015

Contra Costa County | Richmond, CA

[More Information and Registration](#)

### From Risk to Resilience

Tuesday, May 19, 2015

Riverside County | Riverside, CA

[More Information and Registration](#)

*Registration is full; however you can sign up for the wait list.*

## Scheduled Webinars

Please visit [www.cpiwebinars.org](http://www.cpiwebinars.org) to stay up to date on upcoming webinars and to access our archive library.

### Professional Competency Series | Module 4: Enhancing Sustainability through Capacity Building

Thursday, April 30, 2015 | 11:00 am – 12:30 pm PST

Presenter: Paul Nolfo

[Register Now](#)

This webinar highlights the importance of sustainability as a strategy for growth utilizing the eight capacity building factors. Sustainability is a core component in the Strategic Prevention Framework (SPF) and addresses how an effective organizational infrastructure that cultivates community and stakeholder involvement will support the institutionalization of prevention efforts in the community. Participants will learn how sustainability is connected to each step of the SPF and how to create a sustainability plan that will nourish prevention efforts into the future.

## Archived Webinars

CPI has a robust library of archived webinars that are viewable anytime from the [CPI website](#). The webinars include topics that continue to support the needs of the Pv field:

- Key Concepts in Pv
- Sustainability
- Capacity
- Planning
- Evaluation
- Mentoring
- Media Strategies
- Vulnerable Youth
- Youth Development Strategies
- Pv Implementation, Issues and Topics
- Cultural Competence and Responsiveness
- Environmental Pv and Public Policy
- Substance Abuse Pv: Current Issues for the Field
- Supporting the Strategic Pv Framework Process



[\*\*View Archived Webinars\*\*](#)

## Online Training Series

The first five courses of the **Professional Competencies**, the “Core Competencies”, are now [available online](#) at the CPI website and can be taken individually or as a whole series. The “Core Competencies” courses build proficiency in the Strategic Prevention Framework (SPF) and include:

- **Assessment:** Assessing need, resources and readiness
- **Capacity Building:** Building capacity and community organizing
- **Planning:** Using outcome-based logic models and developing strategic plans
- **Implementation:** Implementing evidence-based policies, programs, and practices
- **Evaluation:** Monitoring and evaluating programs and strategies for improvement and decision making

## Products and Publications

CARS and the CPI Technical Assistance (TA) team have a strong reputation for creating and disseminating publications that are relevant, timely, and research-based. The appropriate resources can make your work easier by translating sophisticated research findings into concrete tips and strategies for practical application. The CPI Prevention Tactics and other products are downloadable and available at no cost.

Here is a sample of publications related to integrating mental health and behavioral health services:

### ***Community Prevention: New Opportunities to Create Impact through Collaboration***

This publication in the Power of Prevention Series takes a closer look at how substance abuse Pv can utilize community Pv efforts to further the goals of both substance abuse Pv and community Pv. One of the hallmarks of community Pv is a focus on improving public health outcomes. ***The power of community prevention*** lies in its ability to do much more than address current problems; it builds a foundation through engaging people, developing skills, fostering relationships, and building and sustaining capacity within the community. [View the tactic.](#)



### ***Cross-Sector Collaboration***

The California Department of Health Care Services (DHCS) is prioritizing integration and coordination of Pv services in public health, mental health, social services, juvenile justice, and education for youth and families with multiple areas of need. This Tactic highlights two counties in California that are implementing cross-sector collaboration in unique ways and also provides recommendations and resources to support communities at a local level. Using diverse strategies, these communities are creating innovative programs and notable outcomes despite economic challenges. [View the tactic.](#)



### ***New Approaches to Prevention:***

#### ***Aligning Interventions between Substance Abuse and Mental Health***

In an effort to illuminate the research-to-practice application, this Power of Prevention document focuses on how substance abuse Pv efforts can more strongly align with the mental health field. [View the tactic.](#)



## **Moving Towards a Continuum of Services:**

### **Alcohol and Other Drug (AOD) Screening and Referral**

This Prevention Tactic provides background about the integration of Pv screening as part of a continuum of services. It examines common definitions of AOD screening, discusses Pv screening and referral strategies, and suggests implementation and management strategies.

[View the tactic.](#)



## Customized Technical Assistance (TA)

TA is tailored to meet the individual needs of the Pv field. Subject matter experts provide TA through consultation calls or site visits to assist with specified areas as requested by the Pv professional.

Examples of consultation topics include:

- Strategic Planning
- Logic Model Development
- Evidence-Based Practices and Programs
- Local Evaluation Strategies

### **Request Technical Assistance**



## Follow CARS and CPI News



Are you part of the Twitter world? Follow CARS and the CPI project at <https://twitter.com/CARSRP>.



Are you subscribed to the CPI Newsletter? If you would like to receive the monthly newsletter, email Joanne Oshel at [joshel@cars-rp.org](mailto:joshel@cars-rp.org).



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