

SPORT PPW IN TILLAMOOK COUNTY

ADAPTATION AND IMPLEMENTATION OF EVIDENCE-BASED YOUTH SUBSTANCE USE PREVENTION PROGRAMS

SARAH ERMER, MPH, CHES

SHE/HER

Prevention Specialist

Tillamook family counseling center

October 8th, 2024

TOPICS & LEARNING OUTCOMES

1

The nuts and bolts

What does the textbook say?

- Why and how we choose evidence-based programs
- Balancing fidelity with adaptation

2

SPORT PPW

How's it going in Tillamook County?

- Program selection
- Adaptation
- Current status, lessons learned, and future paths

3

Evidence-base and you

Practice makes perfect!

- Exploring programs and resources

CAKE ANALOGY

The task: making a chocolate porcupine cake for their child's birthday party

Chef A

Chef B

CAKE ANALOGY

The task: making a chocolate porcupine cake for their child's birthday party

Chef A

- Finds a porcupine cake recipe online
- Identifies variations to suit needs
 - Asks child if they wanted chocolate cake or frosting
 - Vanilla -> chocolate
- Plans in advance
- Identifies core...
 - Ingredients
 - Methods
 - Equipment
- Follows the core recipe while adding in needed changes

Chef B

CAKE ANALOGY

The task: making a chocolate porcupine cake for their child's birthday party

Chef A

- Finds a porcupine cake recipe online
- Identifies variations to suit needs
 - Asks child if they wanted chocolate cake or frosting
 - Vanilla -> chocolate
- Plans in advance
- Identifies core...
 - Ingredients
 - Methods
 - Equipment
- Follows the core recipe while adding in needed changes

Chef B

- Finds a porcupine cake recipe online
- Starts cake the night before without looking at the ingredients or methods in advance
 - *What do you mean we're out of baking powder??*
- Doesn't clarify with child if "chocolate cake" means the cake or the frosting
- Sort of follows core recipe, but missing ingredients and fails to account for tastes and needs

CAKE ANALOGY

The task: making a chocolate porcupine cake for their child's birthday party

Chef A



Chef B



CAKE ANALOGY

The task: making a chocolate porcupine cake for their child's birthday party

Chef A

- Finds a recipe with good reviews and sticks with the core *ingredients, methods, and equipment*
- Planned ahead and collaborated with child to identify *variations, needs, and tastes*
- Considered *capacity*- planned for needed time

= Successful
cake!

Chef B

- Found a recipe with good reviews, but didn't follow the core ingredients
- Didn't plan ahead or collaborate with the child for needed variations
- Didn't consider capacity & time needed

= Not so
successful cake :(

WHAT DOES “EVIDENCE-BASED PROGRAM” (EBP) MEAN?

Programs and practices that have been tested in controlled settings and proven to be effective in impacting the targeted behavior or outcome.

What's the benefit?

- We know it will deliver the desired effect
- Demonstrated to be cost effective
- Don't have to build from the ground up
- Ensures consistent delivery for participants
- Funder requirements/preferences

How do you select an EBP?

- Specify what problem or behavior you are trying to change
- Know your population's needs: risk and protective factors
- Consider your capacity
- Consider community readiness & previous efforts

SAMHSA's Strategic Prevention Framework (SPF)



The SPF includes these five steps:

- 1. Assessment:** Identify local prevention needs based on data (e.g., *What is the problem?*)
- 2. Capacity:** Build local resources and readiness to address prevention needs (e.g., *What do you have to work with?*)
- 3. Planning:** Find out what works to address prevention needs and how to do it well (e.g., *What should you do and how should you do it?*)
- 4. Implementation:** Deliver evidence-based programs and practices as intended (e.g., *How can you put your plan into action?*)
- 5. Evaluation:** Examine the process and outcomes of programs and practices (e.g., *Is your plan succeeding?*)

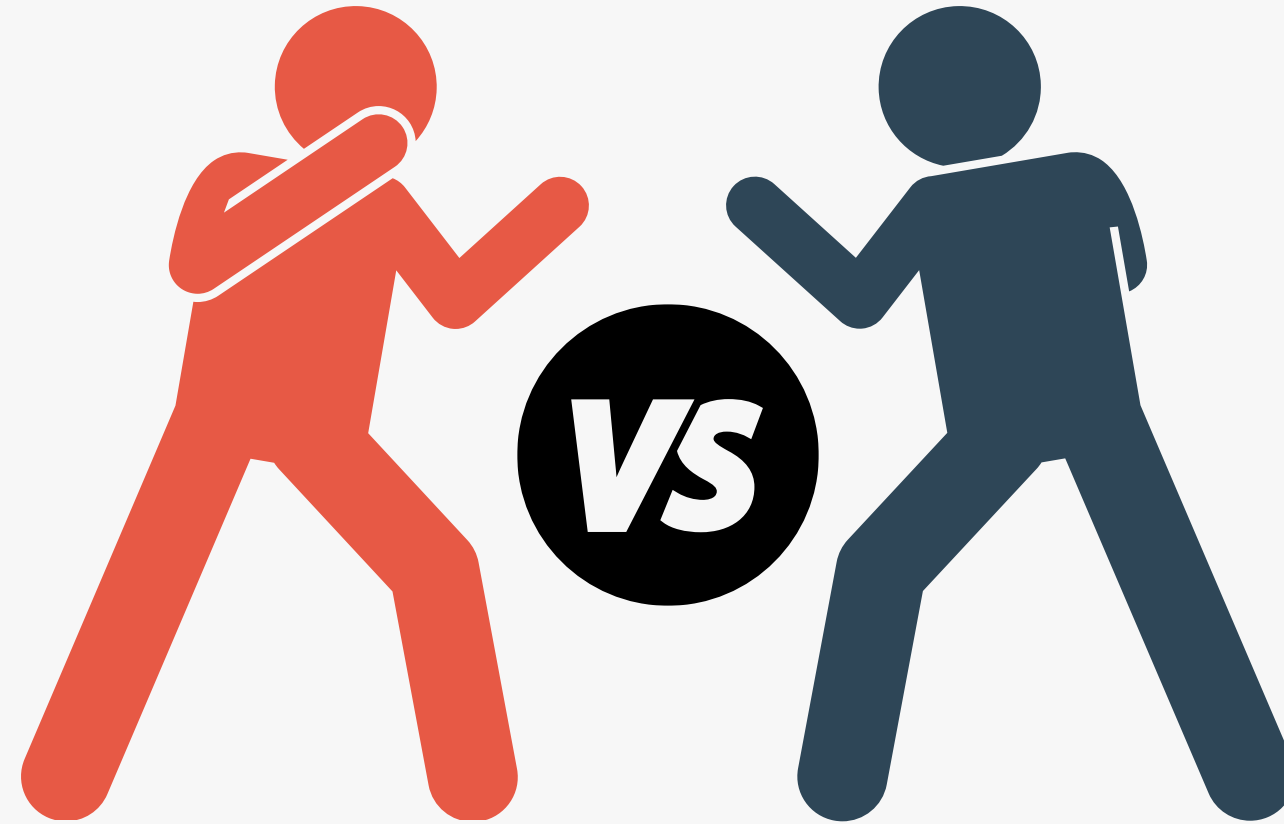
The SPF is also guided by two cross-cutting principles that should be integrated into each of the steps that comprise it:

- **Cultural competence.** The ability of an individual or organization to understand and interact effectively with people who have different values, lifestyles, and traditions based on their distinctive heritage and social relationships.
- **Sustainability.** The process of building an adaptive and effective system that achieves and maintains desired long-term results

BALANCING FIDELITY AND ADAPTATION

FIDELITY

- Subject-matter experts made the program! Leave it to them!
- You don't know if it will work if you make changes!



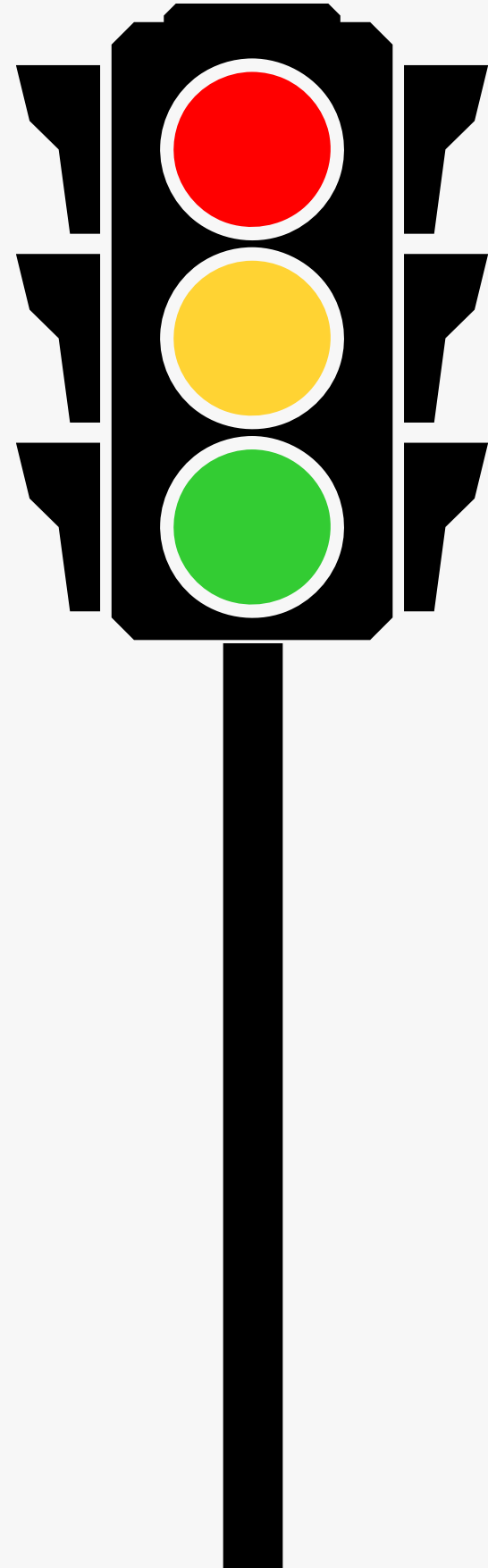
ADAPTATION

- Adaptations are inevitable in the real world!
- My community has unique needs!

WHEN ADAPTING...

- Retain core components
- Build capacity before changing the program
- Add rather than subtract
- Adapt with care
- If adapting, get help

ADAPTING EVIDENCE-BASED PROGRAMS



Red light adaptations:

- Changing the underlying theory
- Removing core components
- Changing targeted behavior

Yellow light adaptations:

- Adding/substituting information
- Changing the sequence of delivery
- Changing the method of delivery

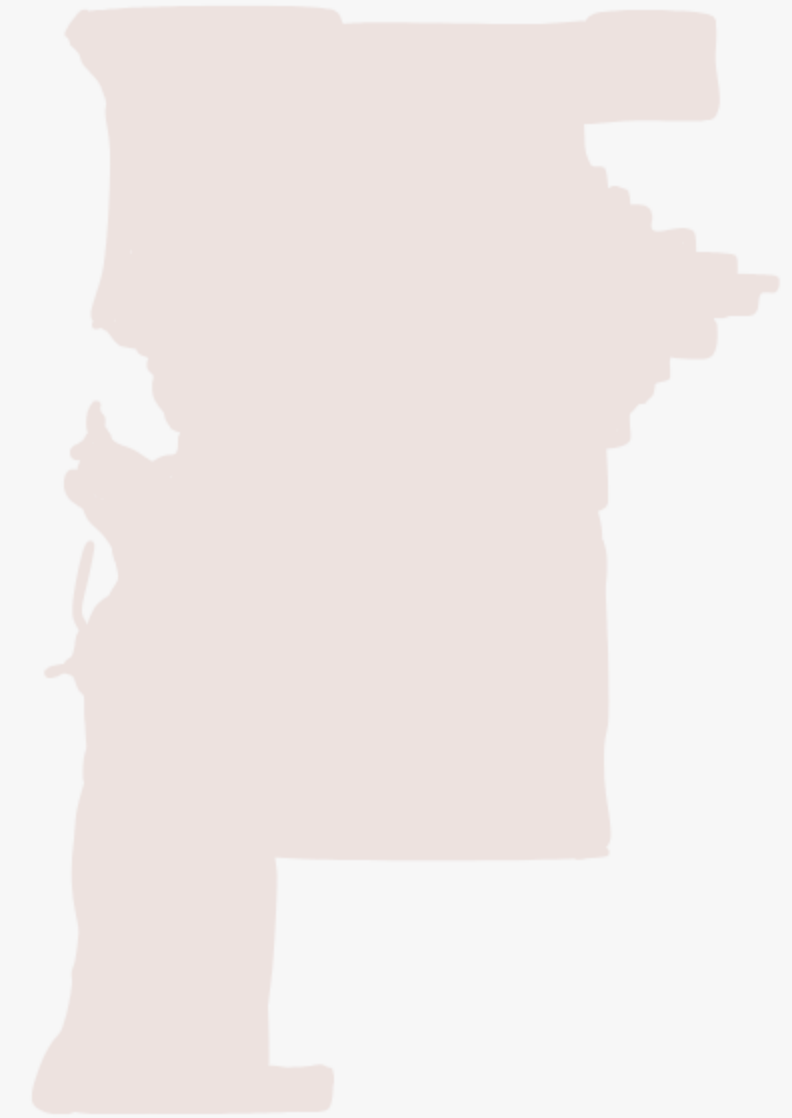
Green light adaptations:

- Update data/statistics
- Changing language or pictures
- Changes for cultural consideration & inclusivity

In Tillamook County...

How do you select an EBP?

- Specify what problem or behavior you are trying to change
- Know your population's needs: risk and protective factors
- Consider your capacity
- Consider community readiness & previous efforts



How do you select an EBP?

- Specify what problem or behavior you are trying to change
- Know your population's needs: risk and protective factors
- Consider your capacity
- Consider community readiness & previous efforts

In Tillamook County...

Underage substance use*

- Age of substance use initiation (cannabis, alcohol)
- Past 30-day substance use (alcohol, cannabis, misuse of prescription medications)
- Perceived risk of harm (cannabis, alcohol, misuse of prescription medications)

**These metrics were selected because they are measured in the Oregon Student Health Survey, and changes can be tracked over time*

How do you select an EBP?

- Specify what problem or behavior you are trying to change
- Know your population's needs: risk and protective factors
- Consider your capacity
- Consider community readiness & previous efforts

In Tillamook County...

Risk factors*

- Parental acceptance of substance use
- Peer acceptance of substance use
- Poor mental health
- Poor physical health

Protective factors*

- Self-confidence and resilience (e.g., “I can do most things if I try”, “I can work out my own problems”)
- Meets Positive Youth Development (PYD) Benchmark

**These metrics were selected because they are measured in the Oregon Student Health Survey, and changes can be tracked over time*

How do you select an EBP?

- Specify what problem or behavior you are trying to change
- Know your population's needs: risk and protective factors
- Consider your capacity
- Consider community readiness & previous efforts

In Tillamook County...



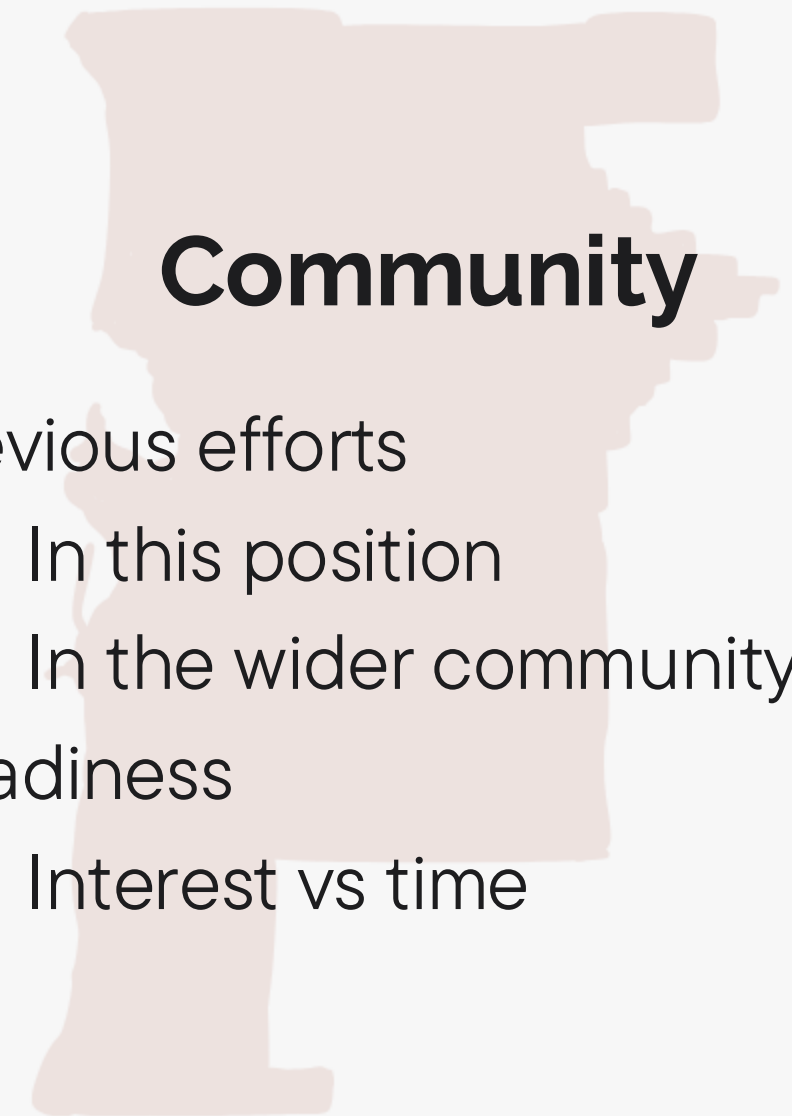
Capacity

- Staffing: I am the only full-time prevention staff & only facilitator for school-based prevention
 - Also covering other activities & areas of prevention

How do you select an EBP?

- Specify what problem or behavior you are trying to change
- Know your population's needs: risk and protective factors
- Consider your capacity
- Consider community readiness & previous efforts

In Tillamook County...



- Previous efforts
 - In this position
 - In the wider community
- Readiness
 - Interest vs time

	Universal?	High school?	Drug & alcohol?	1-2 Sessions?	Group?
SHAHRP	✓	✗	✓	✗	✓
BASICS	✗	✗	✓	✓	✗
Family Check Up (FCU)	✓	✗	✓	✓	✗
Project Towards No Drug Abuse (TND)	✓	✓	✓	✗	✓
Teen Intervene	✗	✓	✓	✓	✗
LifeSkills	✓	✓	✓	✗	✓
SPORT PPW	✓	✓	✓	✓	✓



Universal



High School



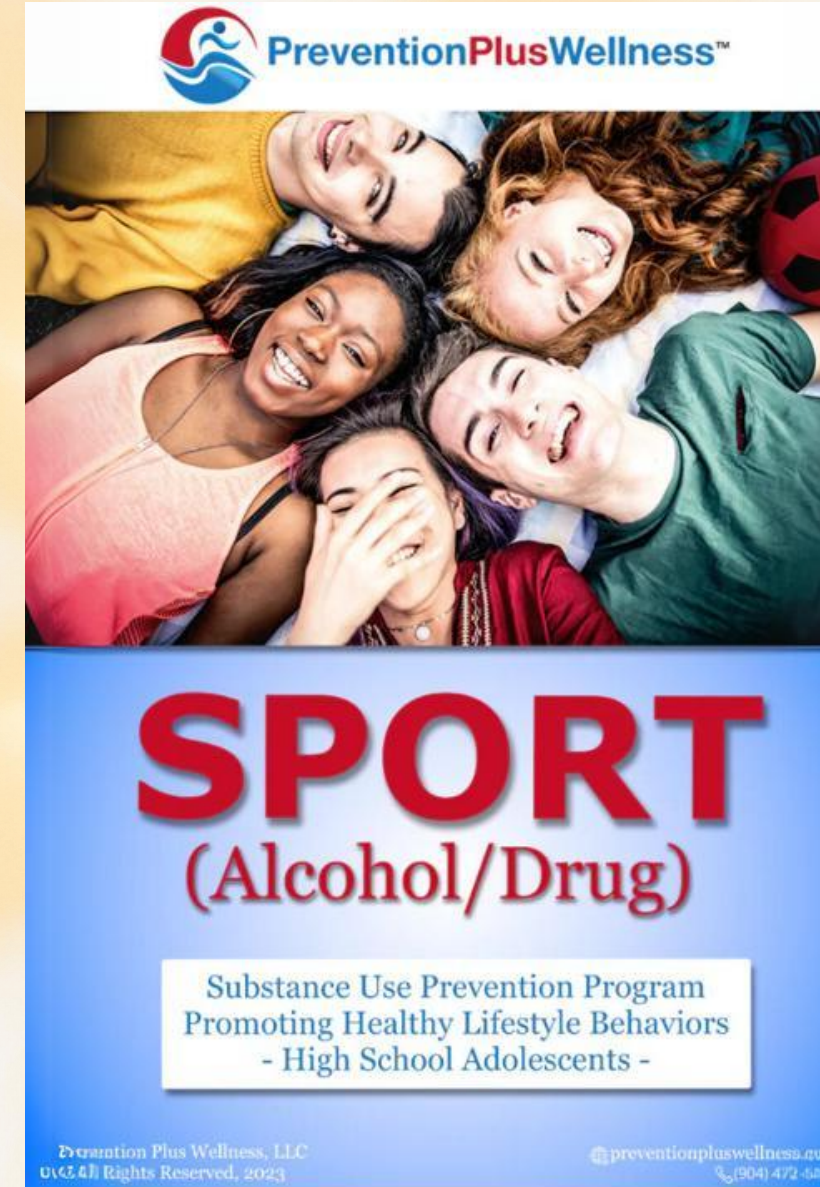
Drug & Alcohol



Single Session



Group



CONTENTS & OUTCOMES OF SPORT PPW


Theory: Behavior-Image Model

Core Components:

- Screening survey
- Goal plan
- Integration of health-promoting and health-risk behaviors

Topics:

- Benefits of physical activity
- Positive social support
- Benefits of balanced nutrition
- Benefits of balanced sleep
- Risks of alcohol and drugs
- Explanation of how substances can harm areas of health (physical activity, nutrition, sleep)
- Social norms
- Refusal skills
- Alternatives to substances



**MOST TILLAMOOK COUNTY
TEENAGERS DON'T DRINK OR
USE DRUGS**



**A HEALTHY, ACTIVE LIFE
AND ALCOHOL DO NOT MIX**

Alcohol and drugs hurt:

- Your relationships
- How well you do in sports
- How you feel about yourself
- Your energy level
- How you do in work and school



**SPEND TIME WITH FRIENDS WHO
SUPPORT YOU BEING HEALTHY &
AVOIDING DRUGS AND ALCOHOL**

Ask yourself:

- Do they encourage you to engage in habits that better your fitness & health?
- or-
- Do they pressure you to do unhealthy things?



**IT MIGHT NOT ALWAYS BE EASY TO
"JUST SAY NO"**

**Decide in advance to avoid drinking
& drug use so you can stay in control
and resist pressure from others**

**Try non-alcoholic drinks, exercise, music,
sports, reading, or your own fun activity in
place of drinking**

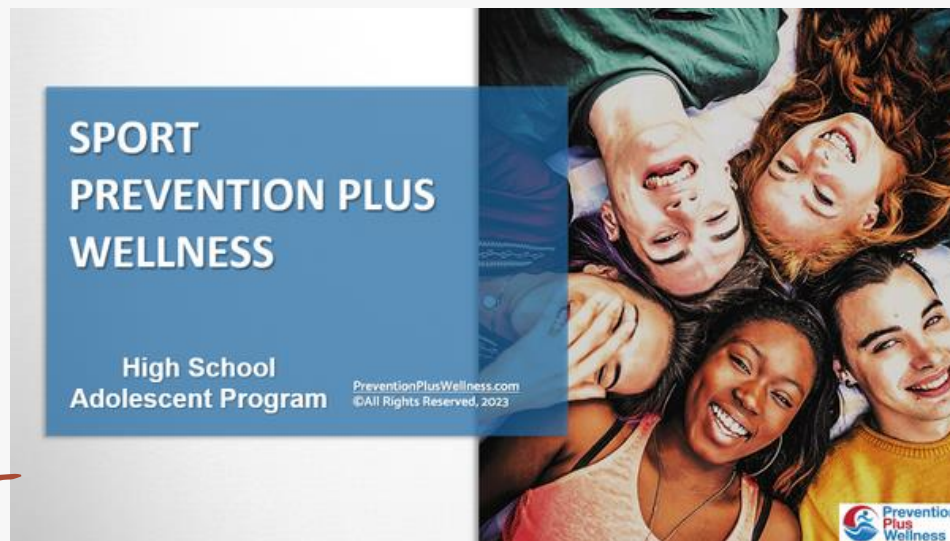


ADAPTATIONS TO SPORT

1

What did I change?

- Visual design
- Order



2

What did I add?

- Tillamook-specific data
- Gambling
- Stress (eustress/distress)
- Fake pills/fentanyl
- Booklet
- Activities

3

What did I remove?

- “Look better”

4

What stayed the same?

- Everything else

EVALUATIONS

Pre-test

This survey is optional and confidential. Do not put your name on this page. These questions help us learn more about the behaviors of people your age so we can provide information relevant to you.

Check the box that is closest to your answer. Check only one box per question.

Thinking back over the last few months, how often do you usually...					
	Never/0 days	1-2 days per week	3-4 days per week	5-6 days per week	Every day/7 days
1. Participate in physical activity for at least 30 minutes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Get 8 or more hours of sleep at night?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Eat fruits and vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat a healthy breakfast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do a relaxing activity to help manage stress?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thinking back over the last few months, how often have you...					
	Never	Less than once per month	Once or twice per month	Weekly	Multiple times per week
6. Had a drink (or more) of alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Used marijuana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Vaped or used any other nicotine product?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How much do you think someone risks hurting themselves if they often....				
	No harm	Little harm	Medium harm	Lots of harm
9. Drink alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Use marijuana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Vape?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Take a prescription pill that isn't theirs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Gamble?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

14. **What sports or physical activities have you done in the last year? (Circle all that apply)**

Baseball or softball	Golf	Skiing/snowboarding	Walking
Basketball	Gymnastics	Surfing	Weightlifting
Biking	Horseback riding	Swimming	Wrestling
Cheerleading	Running	Tennis	Other:
Dance	Rollerblading	Track	_____
Football	Skateboarding	Volleyball	_____

Post-test

This survey is optional and confidential. Do not put your name on this page. These questions help us learn more about the behaviors of people your age so we can provide information relevant to you.

Check the box that is closest to your answer. Check only one box per question.

Thinking ahead to the next few months, how often do you think you will...					
	Never/0 days	1-2 days per week	3-4 days per week	5-6 days per week	Every day/7 days
1. Participate in physical activity for at least 30 minutes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Get 8 or more hours of sleep at night?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Eat fruits and vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat a healthy breakfast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do a relaxing activity to help manage stress?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thinking ahead to the next few months, how often do you think you will...					
	Never	Less than once per month	Once or twice per month	Weekly	Multiple times per week
6. Had a drink (or more) of alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Used marijuana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Vaped or used any other nicotine product?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

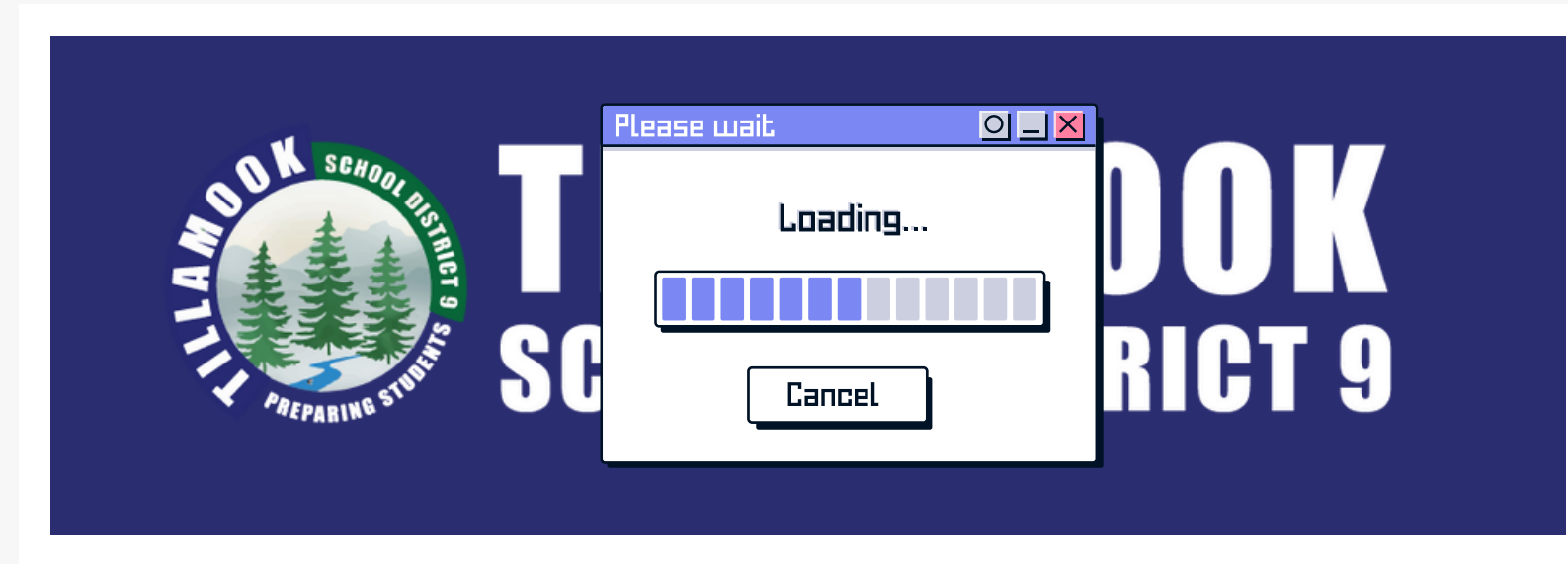
How much do you think someone risks hurting themselves if they often....				
	No harm	Little harm	Medium harm	Lots of harm
9. Drink alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Use marijuana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Vape?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Take a prescription pill that isn't theirs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Gamble?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

14. **What was your favorite part of this presentation?**

15. **What was your least favorite part of this presentation?**

16. **Are there any topics that were not covered that you think should be added?**

IMPLEMENTATION SO FAR



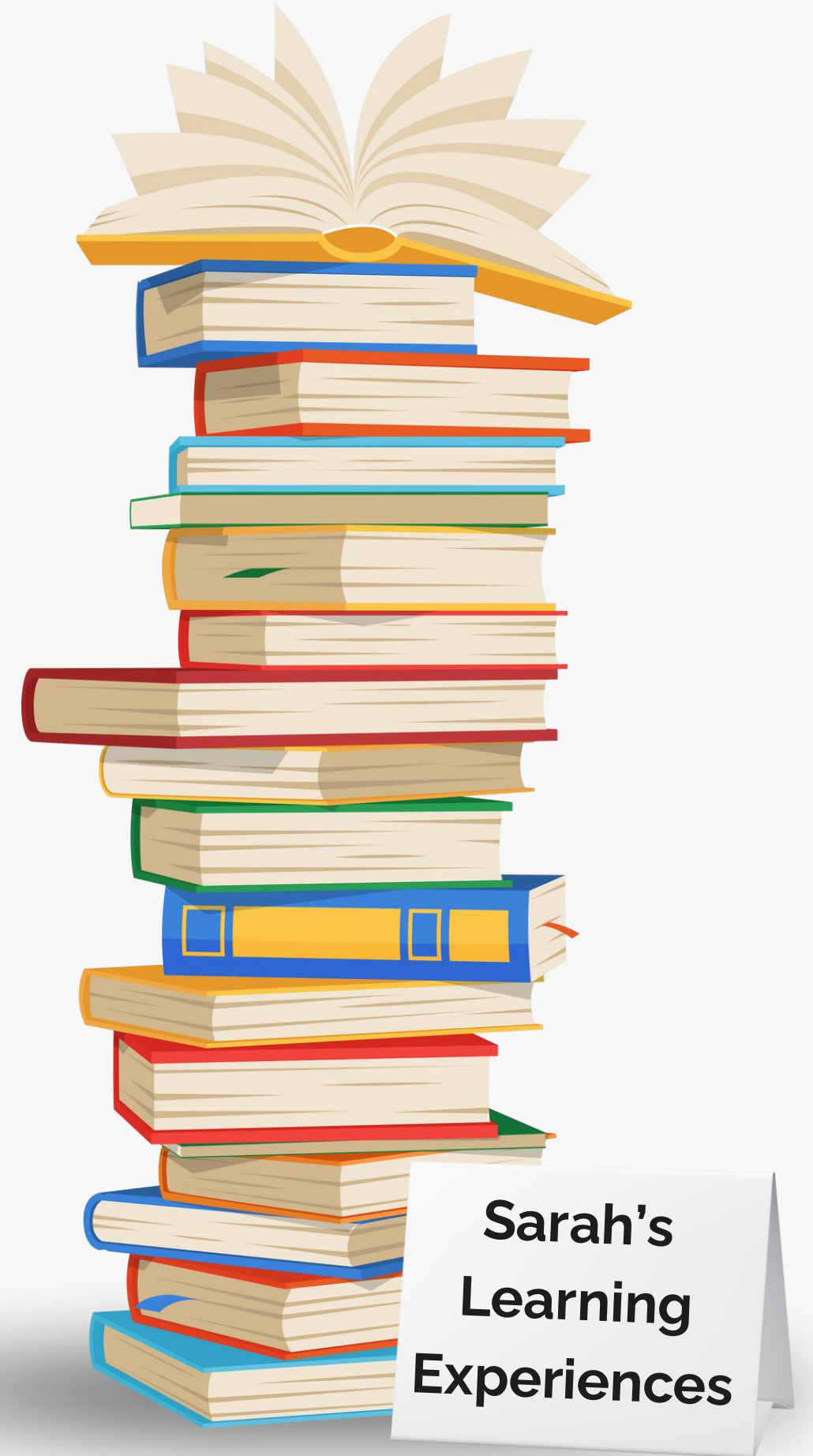
LESSONS & WHAT I WOULD DO DIFFERENTLY



- Schools respond well to evidence-based programs
- Students are awesome and perceptive!



- Coordination and feedback over the summer = tricky
- Balancing my capacity with doing it “right”
- Would I select SPORT again?



THE REST OF THE RABBIT HOLE

A.K.A. EVERYTHING I DIDN'T COVER

Process, impact, and outcome evaluation

Community engagement & buy-in

Social Ecological Model (SEM)

Adaptation frameworks

Theories of behavior change

Pilot testing

Logic models

Levels of risk



Substance Abuse and Mental Health Services Administration (SAMHSA)

Selecting Best-fit Programs and Practices: Guidance for Substance Misuse Prevention Practitioners



SEPTEMBER 2018

SAMHSA
Substance Abuse and Mental Health
Services Administration

SAMHSA
Substance Abuse and Mental Health
Services Administration

A Guide to SAMHSA's Strategic Prevention Framework



JUNE 2019

EVIDENCE-BASED RESOURCE GUIDE SERIES

Substance Misuse Prevention for Young Adults



SAMHSA
Substance Abuse and Mental Health
Services Administration

FINAL THOUGHTS

THANK YOU!

QUESTIONS?

AND...

ACTIVITY TIME!