

Evidence Based Practice Starter Kit

Effective substance misuse prevention practices have research evidence to support their efficacy.

- *They minimize the effect and/or prevalence of circumstances that place young adults at increased risk for substance misuse*
- *and, enhance the effects and/or prevalence of circumstances that decrease likelihood of youth substance use.*

Evidence Based Practices (EBP)

EBPs are practices confirmed effective by several thorough research studies. The practices address major risk and protective factors at the individual, family, community, and societal level of influence.

Defining the Risk and Protective Factors

- **Risk Factor:** Circumstances that increase likelihood or aptitude for substance misuse
- **Protective Factor:** Circumstances that decrease likelihood or aptitude of substance misuse.

EBPs to Reduce Alcohol Consumption by Level of Influence

Community/Family (School Based)
[Project Towards No Drug Abuse](#)
[Life Skills Training](#)

Societal (Norms)
[Social Marketing Campaign](#)
[Social Norm Approach](#)

Societal (Laws and Policy)
[Community Preventive Services Task Force - Evidence Based Interventions for Your Community](#)

Levels of Influence

Socio-Ecological Developmental Model: People are influenced not just by their unique personalities but also by their relationships with others. These others include not only their close social circles but also the communities and society to which they belong.



Evidence Based Practice Databases

- Substance Abuse and Mental Health Services Administration (SAMHSA) Evidence-Based Practices Resource Center:
<https://www.samhsa.gov/resource-search/ebp>



- Community Tool Box's Database of Best Practices:
<https://ctb.ku.edu/en/databases-best-practices>



- National Institute of Health (NIH) Evidence-Based Practices & Programs:
<https://prevention.nih.gov/research-priorities/dissemination-implementation/evidence-based-practices-programs>



RESOURCES

1. **Evidence-Based Interventions for Preventing Substance Use Disorders in Adolescents:**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2916744/#R18>
2. **Substance Misuse Prevention for young Adults - Substance Abuse and Mental Health Services Administration:** <https://store.samhsa.gov/sites/default/files/d7/priv/pep19-pl-guide-1.pdf>