

# Evidence Based Practice Starter Pack

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 the possibility for substance misuse
- **Protective Factor:** Circumstances that decrease possibility of substance misuse and promote healthy connections, attitudes and behavior.

## General Evidence Based Prevention Strategies by Level of Influence

### Schools

Prevention Curriculum  
Disciplinary or Regulatory Policy  
Teacher Training

### Community

Community Coalitions  
Community Ordinances  
Substance Sale Compliance Check Operations

### Societal (Laws and Policy)

Social Norms Marketing  
Parent Education

## 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.

Each level of influence has specific risk and protective factors that prevention strategies can target.



## 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>