

Unleashing the Power of Prevention through Evidence-Based Programs

Gilbert J. Botvin, Ph.D.
Weill Cornell Medical College
National Health Promotion Associates
Coalition for the Promotion of Behavioral Health

National Academy of Sciences
June 9, 2016

We've Come a Long Way!

- Ineffective Early Prevention Efforts
- Focused on Knowledge and Attitudes
- No Impact on Target Behaviors
- Some Drug Information Programs
Increased Drug Use
- Untested Ideas Can Make Things Worse
- Paradigm Shift to Risk-Focused Approach

Prevention Research Cycle



Progress: 35 Years of Research

- RCTs: over 60 effective programs and policies
 - Programs: www.blueprintsprograms.com
 - Policies: Catalano et al. 2012, Hingson & White 2013
- Preventing Behavioral Health Problems
- Substance abuse, delinquency and violence
- Mental health problems (depression, anxiety)
- Prevention Saves Money
 - Lee, S., Aos, S., & Pennucci, A. (2015)

Advances in Scientific Rigor and Standards of Evidence

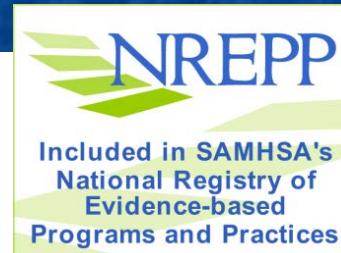
- Blueprints for Healthy Youth Development
- SPR Standards of Evidence
 - Flay et al., 2005
 - Gottfredson et al., 2015
- Coalition for Evidence-Based Policy
 - Top Tier Initiative

Agency Recognition of Evidence-Based Programs



U.S. Department
of Justice

Office of Juvenile
Justice and Delinquency
Prevention



Examples of EBPs

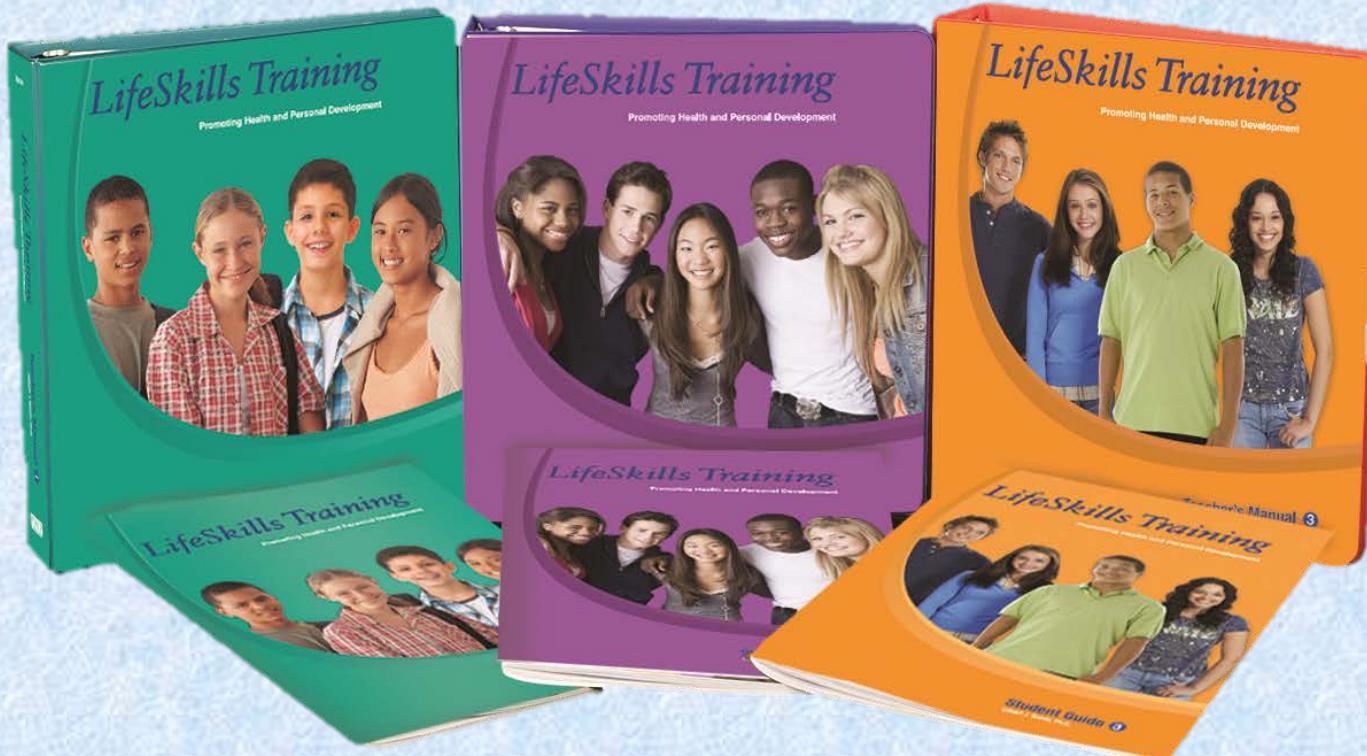
- Good Behavior Game, Life Skills Training,
- Positive Action, Project Northland,
- Raising Healthy Children,
- Achievement Mentoring- Middle school, ATLAS,
- BASICS, Coping Power, Keep Safe,
- Familias Unidas, Strengthening Families 10-14,
- Strong African-American Families,
- Guiding Good Choices,
- MST, Functional Family Therapy

Some EBPs Prevent Multiple Behavioral Health Problems

- Many Problems Share Risk Factors
- Addressing Shared Risk Factors Can Prevent Multiple Problems
- Some EBPs Prevent Multiple Problems
- Increasing Efficiency and Saving Money



Botvin LifeSkills®Training



Life Skills Training: Preventing Substance Abuse and Violence

- Teaches self-management and social skills
 - Decrease SA and violence motivations
 - Decrease vulnerability to pro-SA/V influences
 - Promote resilience
- Teaches SA and violence resistance skills
 - Resist peer and media influences
 - Make healthy decisions
 - Promote healthy attitudes and norms

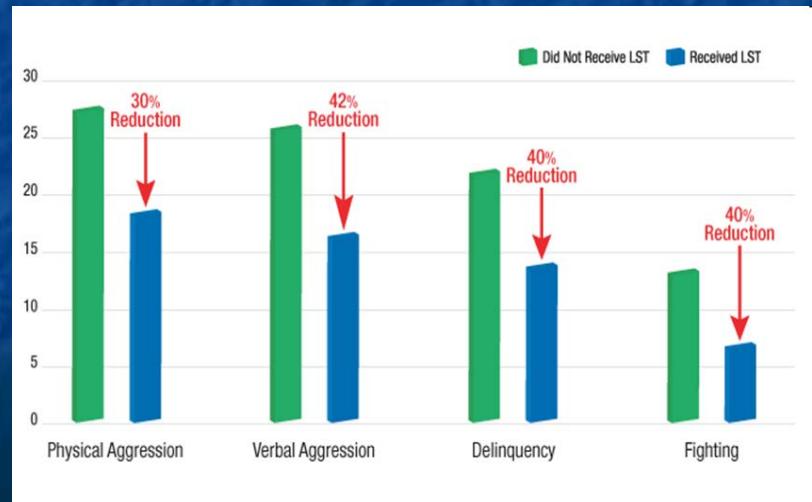
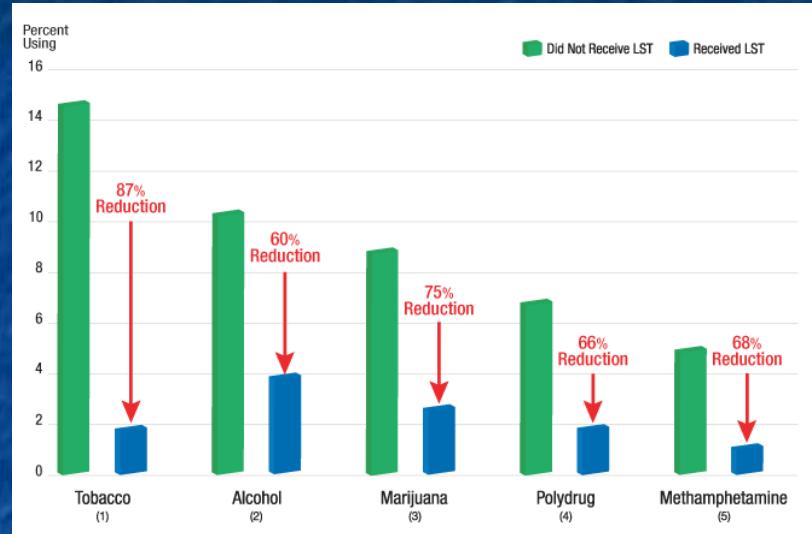
LST Program Elements

- Middle/JHS School
- Year 1: 15 sessions
- Year 2: 10 sessions
- Year 3: 5 sessions
- Interactive methods
- Provider Training
- Technical Assistance



Effectiveness

- 32 published studies
- Randomized Trials
- Short and long-term
- SA and violence
- Diverse populations
- Different providers
- Multiple replications
- \$15 benefit: \$1 cost



Challenges of Going to Scale

- Organizational Infrastructure
- User-Friendly, High Quality Materials
- Effective Training Models
- Adequate Training Capacity
- Adequate Technical Assistance Capacity
- Understand Practice Needs
- Address Planning and Scheduling Issues
- Fidelity and Adaptation
- Funding/Resources for Sustainability

Advantages of Proven Programs

- Detailed Intervention Protocols
- Well-Tested Intervention Methods
- Well-Developed, User-Friendly Materials
- Existing Dissemination Structures
- Available Training and TA
- Tools for Assessing Fidelity

Disadvantages of Disseminating Interventions Based on Principles

- Insufficient Understanding of Active Ingredients
- Educated Guesses about Underlying Principles
- Fidelity Data: Implement Programs as Designed
- High Variability of Principles-Based Interventions
- Unknown Effectiveness of Principles Approach
- Risk of Encouraging Ineffective Interventions

Unleash Power of Prevention

- Capitalize on 35 Years of Research
- Tools to Reduce Mortality and Morbidity
- Disseminate Evidence-Based Programs
- Focus on Fidelity and TA
- Promote Dissemination/Support Systems
 - Communities That Care
 - PROSPER

Conclusions and Implications

- Premature to Focus on Principles
- More Research Needed
 - Identify Active Ingredients
 - Test Principles-Based Approach
- Potential to Undermine Progress
- Power of Prevention within our Grasp
- Promote Sustained Use of EBPs
- New Initiatives to Disseminate EBPs, Not Untested Approaches Based on Principles