Parenting *IS* Prevention

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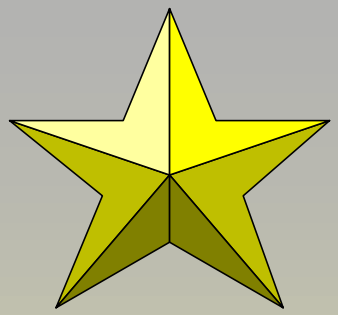
Department of Health Promotion and Education
Former Director,Center for Substance Abuse Prevention

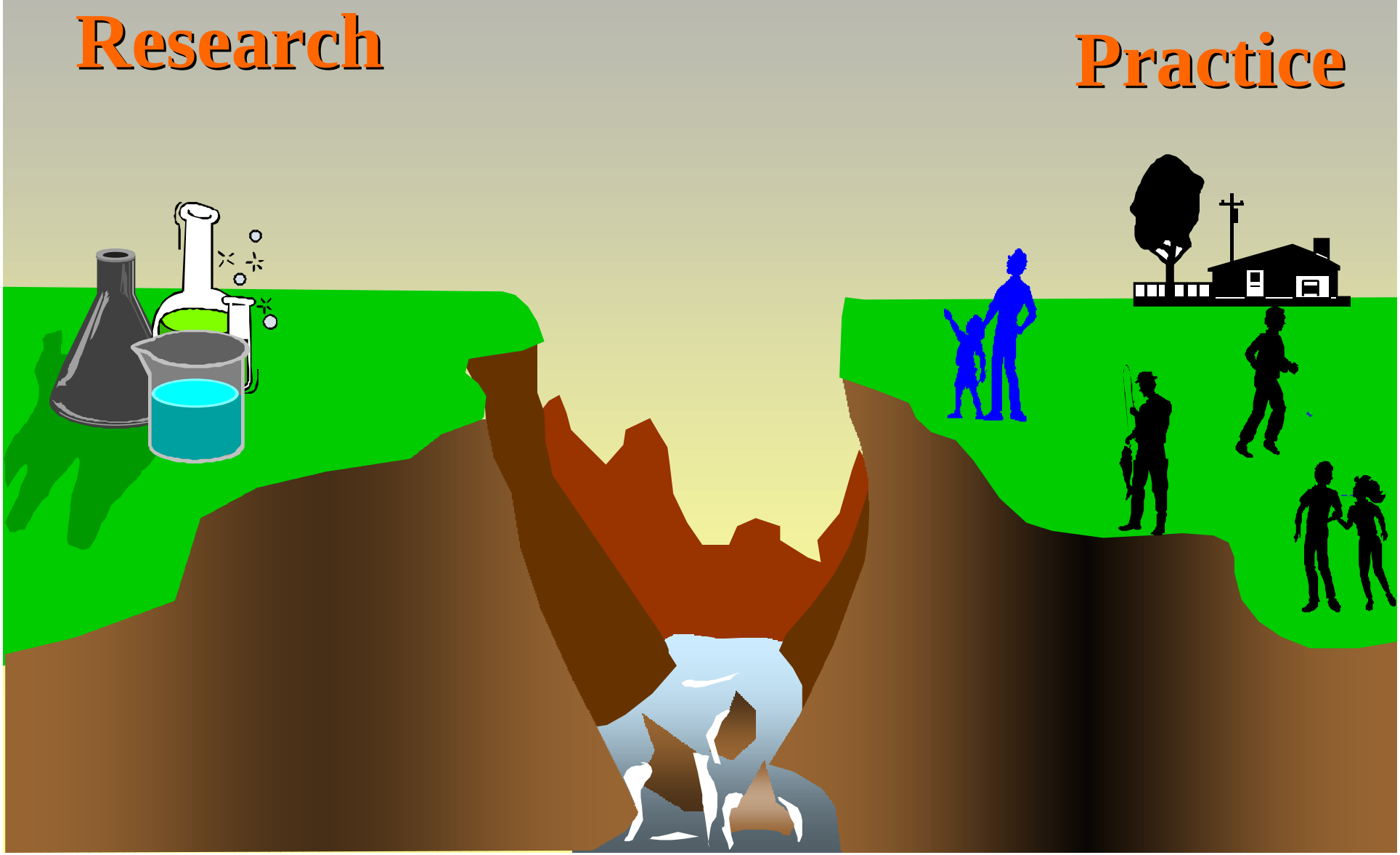
CSAP's Mission



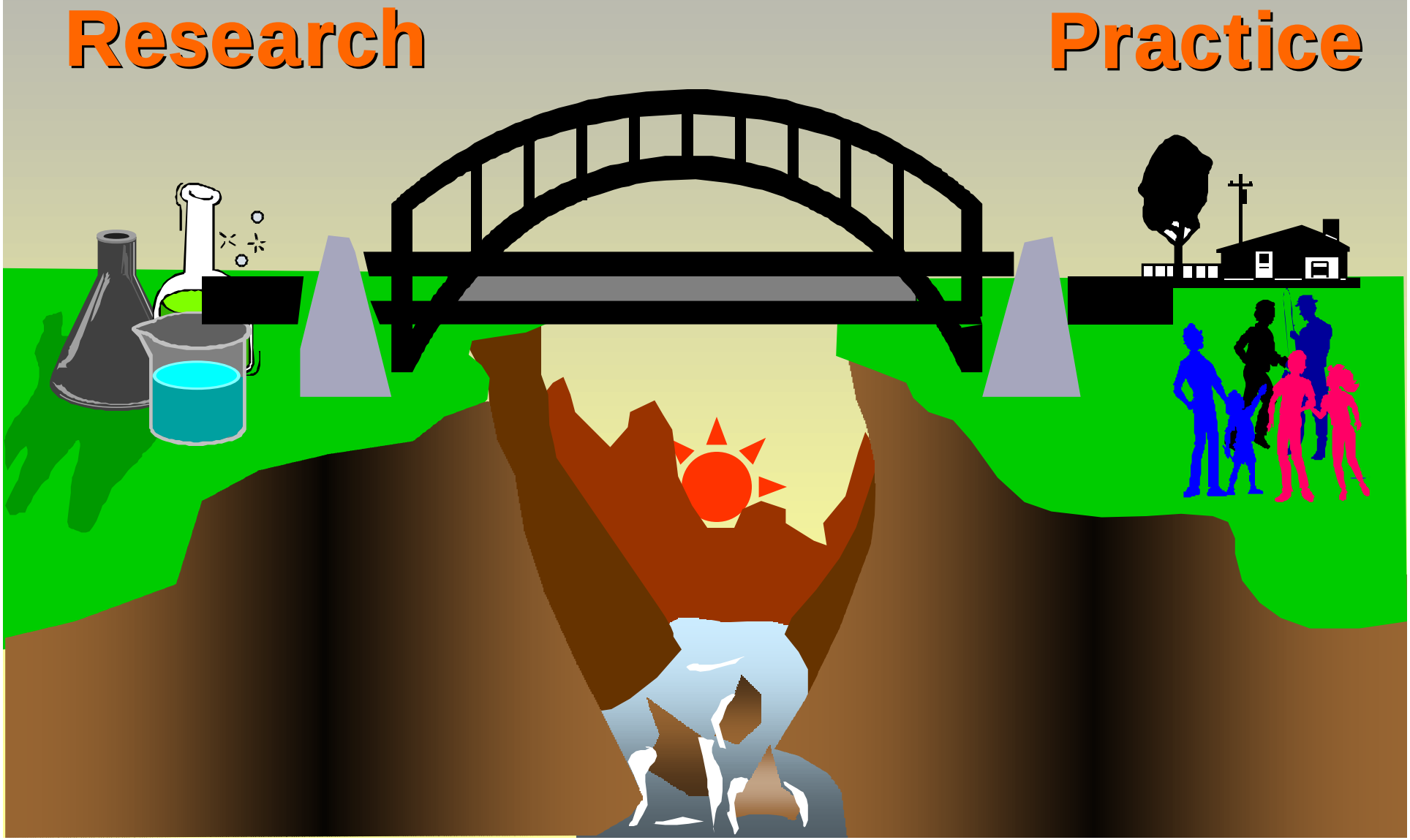
To Decrease Substance Use & Abuse and Related Problems Among the American Public Through:

- **Bridging the gap between research and practice**
- **Field-testing scientifically defensible programs**
- **Disseminating comprehensive, culturally appropriate prevention strategies, policies, and systems**
- **Capacity-building for states and community-based providers**

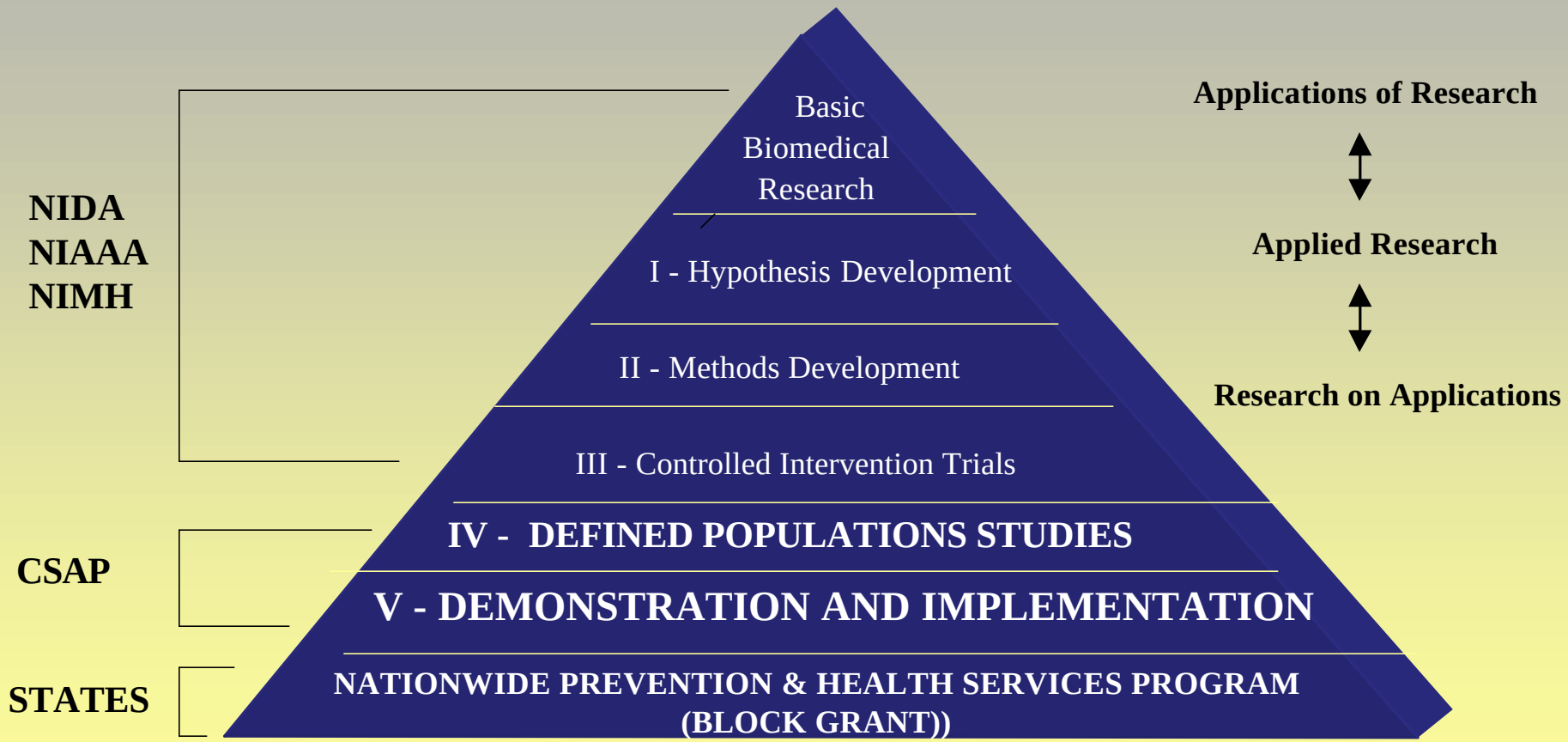
The Great Disconnect



CSAP's Vision for the Future

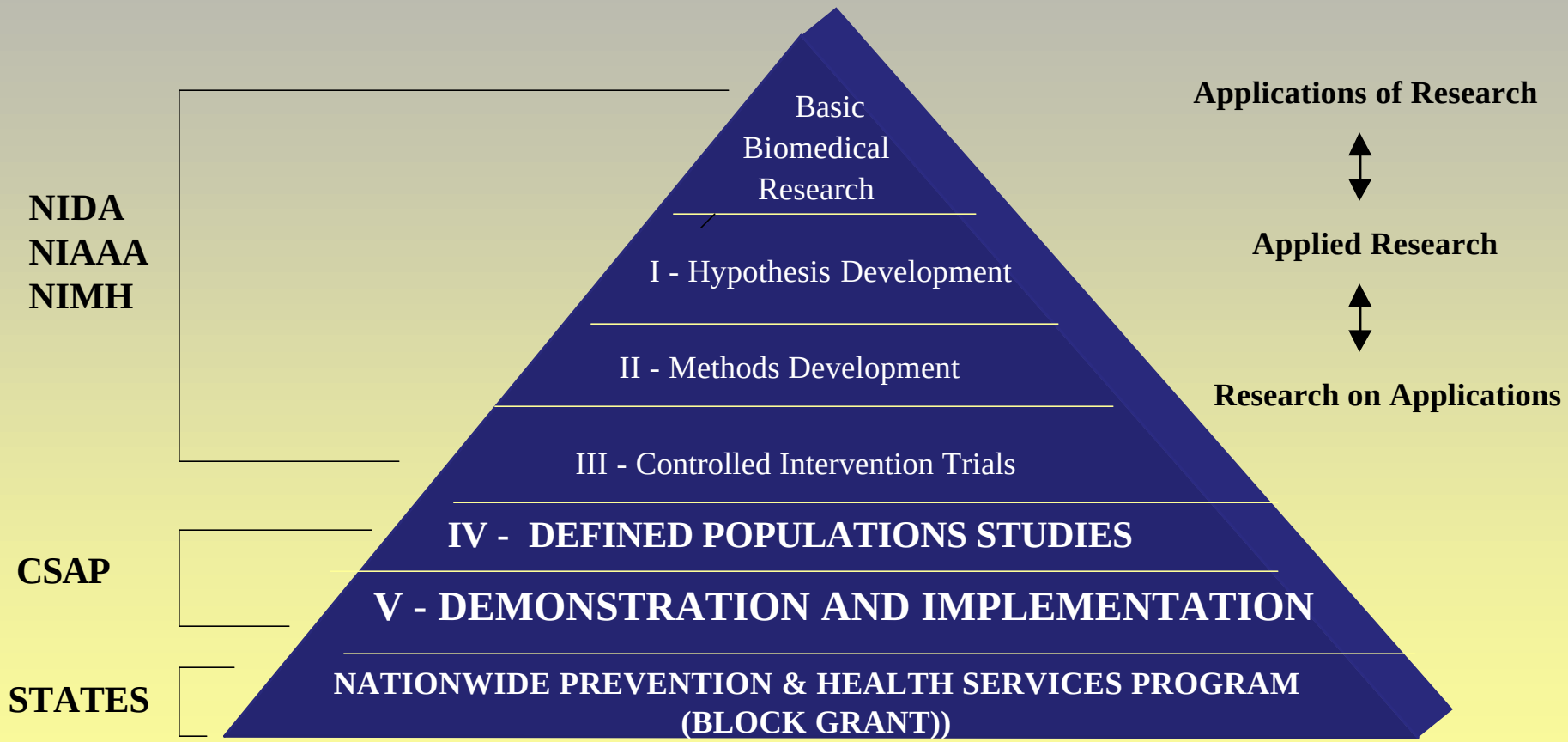


Continuum of Substance Abuse Prevention Research



Sources: Jansen, Glynn & Howard, 1996; Greenwald and Cullen, 1995

Continuum of Substance Abuse Prevention Research



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Public Health Model Triangle

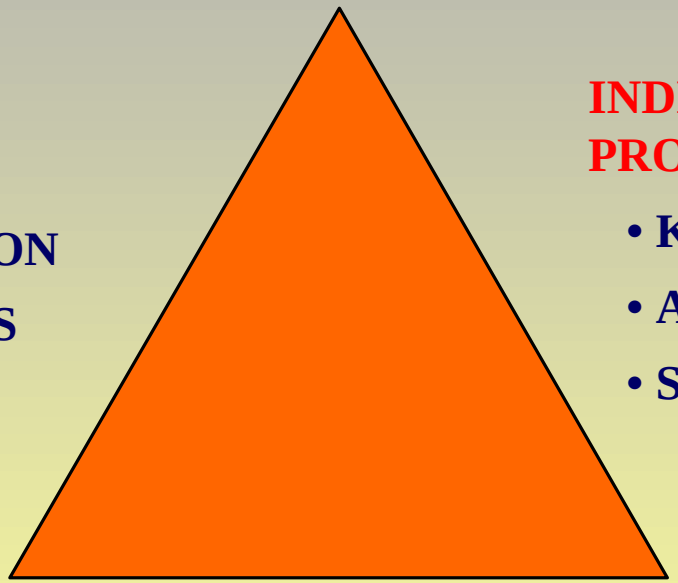
AGENT / DRUG

SUPPLY REDUCTION

- INTERDICTION
- CROP ERADICATION
- POLICY AND LAWS
- REDUCE ACCESS
- INCREASE COST

INDIVIDUAL CHANGE PROGRAMS

- KNOWLEDGE
- ATTITUDE / NORMS
- SKILLS



ENVIRONMENT

- SYSTEM CHANGE
- FAMILY
- SCHOOL
- COMMUNITY

HOST / PERSON

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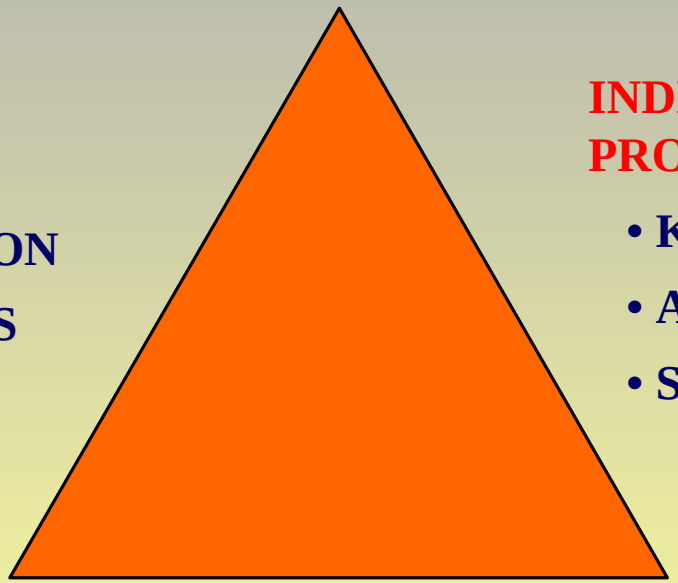

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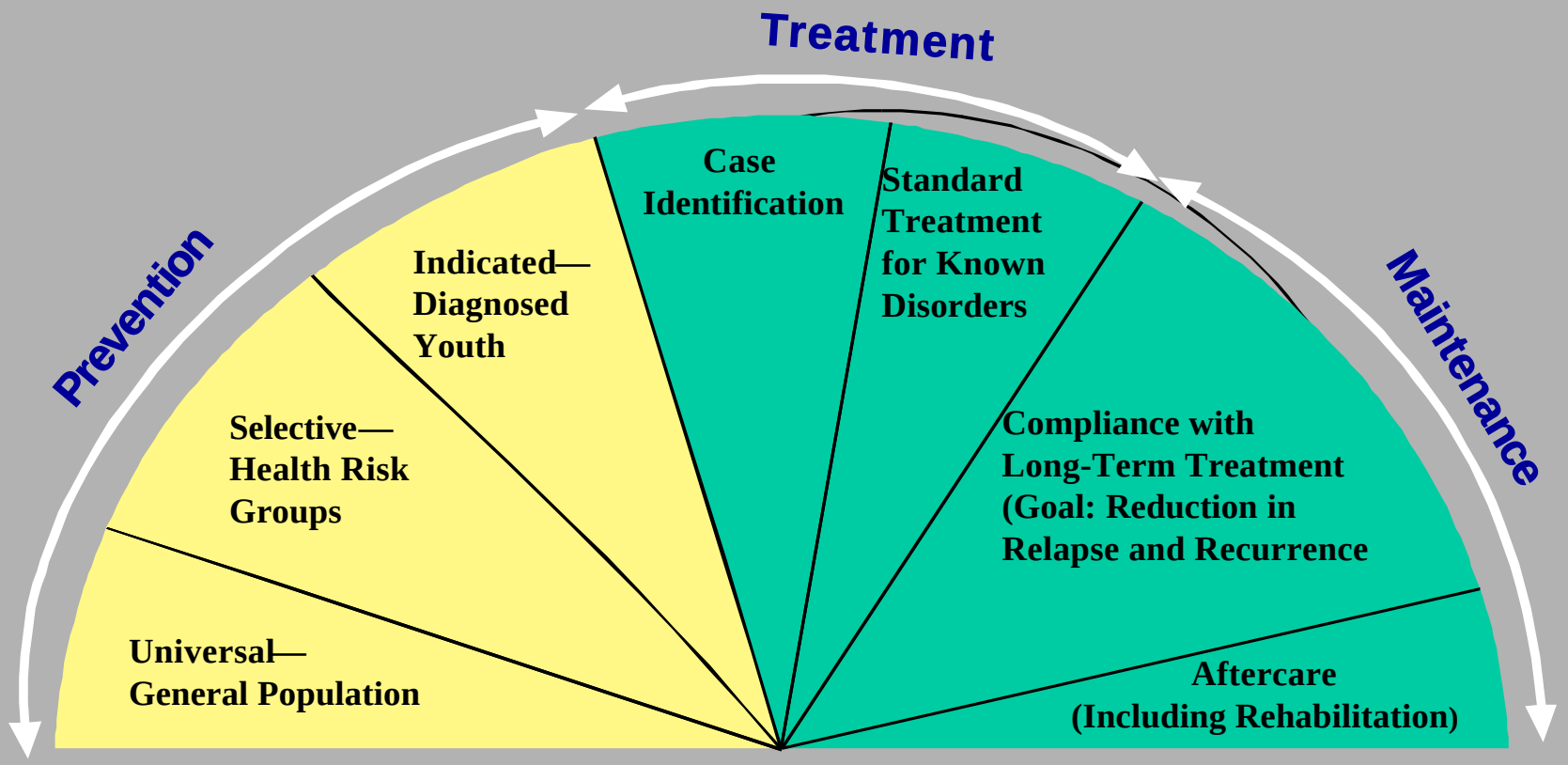
The Intervention Spectrum for Behavioral Disorders



Source: Mrazek, P.J. and Haggerty, R.J. (eds.), Reducing Risks for Mental Disorders, Institute of Medicine, Washington, DC: *National Academy Press*, 1994.

Family and Parenting Program Approaches

- **Focus on Children at High Risk for Substance Abuse**
  - **Alcoholism or Drug Abuse Runs in the Family?**

Family and Parenting Program Approaches

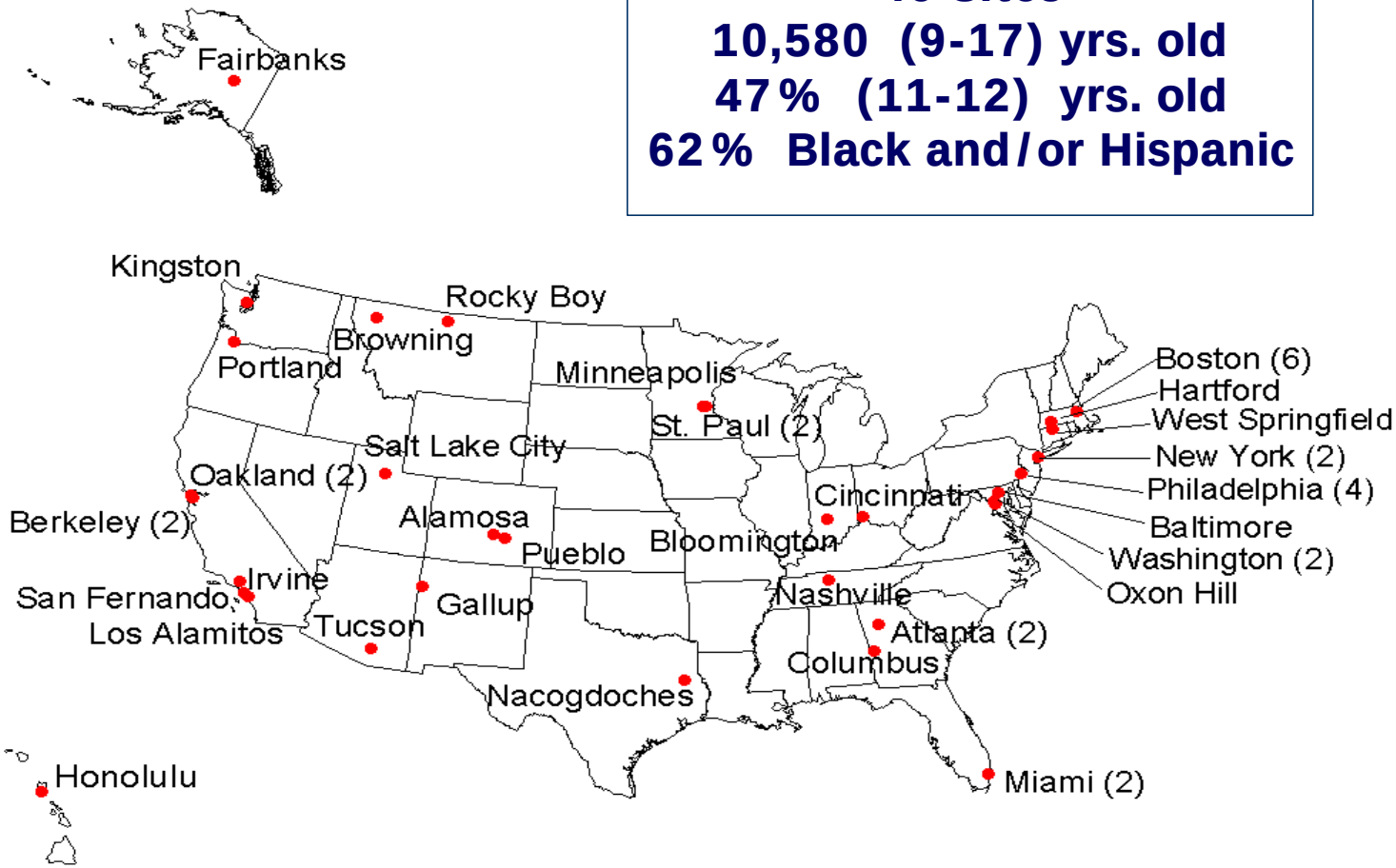
- Focus on Special Families
  - Adoptive Families
  - Foster Families
  - Divorcing Parents
  - Step-Parents, Step-Families

Family and Parenting Program Approaches

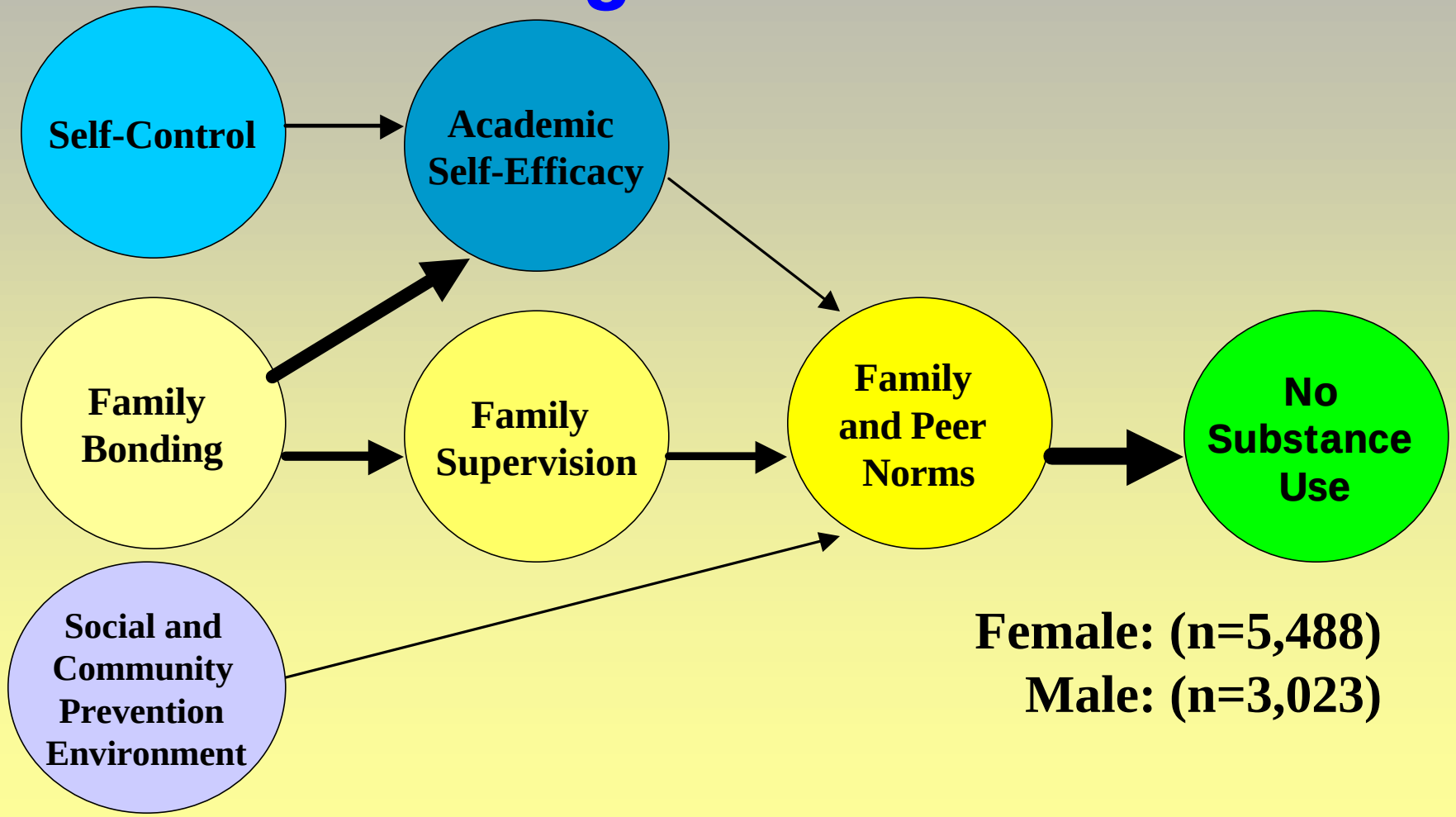
- **Focus on Children with Diagnosed Problem**
  - **Hyperactivity**
  - **Conduct Disorders**
  - **School Failure**

High Risk Youth Cross-Site Study

49 Sites
10,580 (9-17) yrs. old
47% (11-12) yrs. old
62% Black and/or Hispanic



Pathways to Preventing Substance Use for High Risk Youth



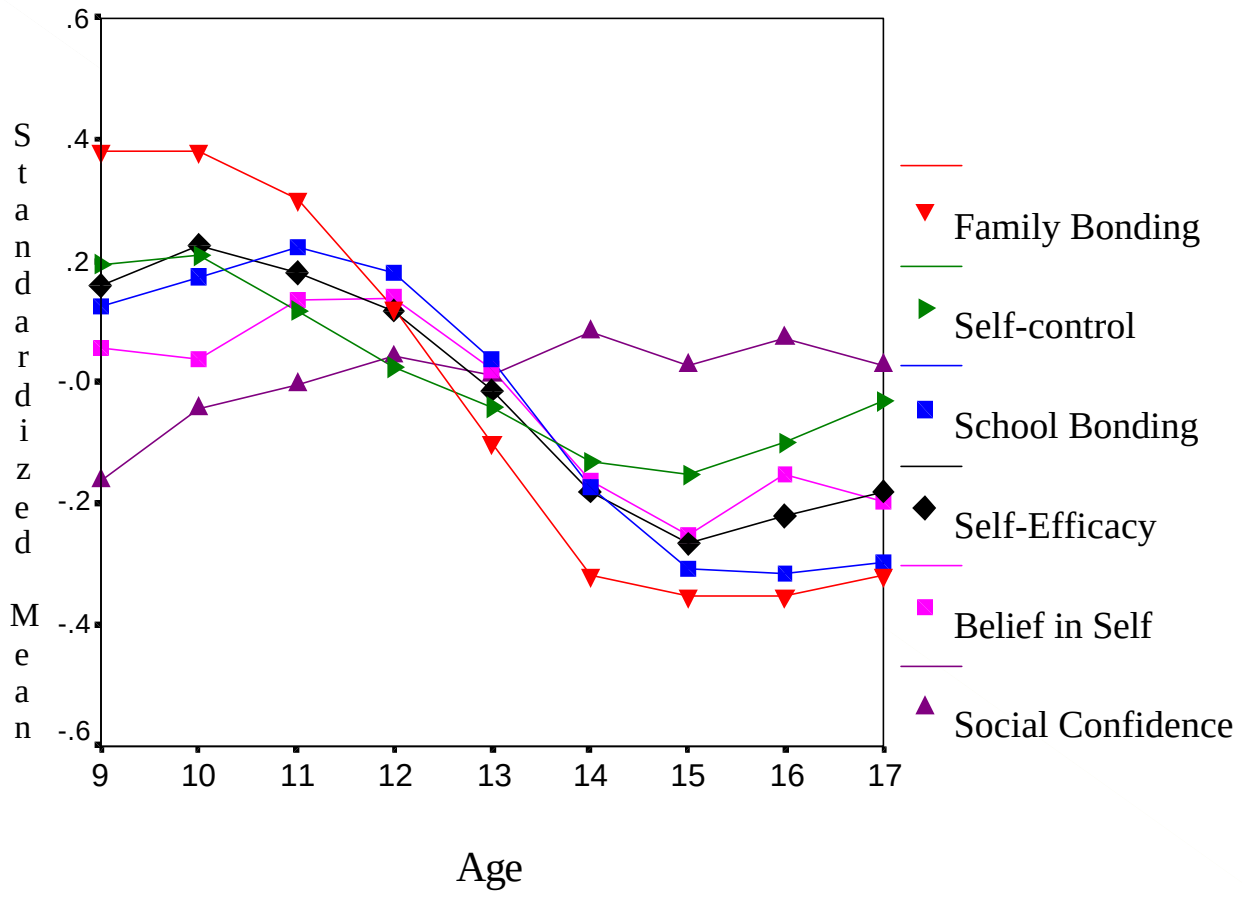
Female: (n=5,488)
Male: (n=3,023)

INTERNAL RISK AND PROTECTION BY AGE IN THE BASELINE SAMPLE

(n= 9,875)

More Protection

More Risk



Critical Role of Families

- **The family is the social unit primarily responsible for child rearing functions.**
- **When families fail to fulfill this responsibility, the entire society suffers.**
- **Families are responsible for providing:**
  - **Physical necessities**
  - **Emotional support**
  - **Learning opportunities**
  - **Moral guidance**
  - **Building self-esteem and resilience**

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CSAP Family PEPS (1998)

Effective Family Intervention Strategies

1. **Parent training**
2. **Family skills training**
3. **Family in-home support**
4. **Family therapy**

Principles of Effective Family-Focused Programs

There Is No One Best Family-Focused Program.

Select Programs Based On:

- **Ages of Children**
- **Cultural Appropriateness**
- **General Level of Family Needs (Universal Low Risk Families)**

Specific Family Needs. Different Types of Family Interventions Are Used to Modify Different Risk and Protective Factors.

For More Information on Strengthening Families

www.strengtheningfamilies.org