



Interagency Coordinating Council on State Prevention Programs

Guiding Principles for Effective Prevention



STRATEGY

RESPECT COMMUNITY PERSPECTIVE

- ✓ Keep in mind the prevention approach is community-driven and rooted in the *community's* vision for prevention.
- ✓ Recognize *cultural considerations* – community-based values, traditions and customs -- in guiding prevention efforts.

COORDINATE APPROACH

- ✓ Create a strategy that considers a full range of prevention programs and provides opportunities to *collaborate*.

TARGET EFFORTS

- ✓ Design prevention strategies to *develop assets or enhance protective factors* and *reverse or reduce known risk factors*
- ✓ *Focus on domain(s) or areas:* School, Community, Family, Individual/ Peer

DESIGN RESEARCH-BASED PROGRAMS

- ✓ Base prevention programs on *demonstrated effectiveness (success)*, the *promise of effectiveness* and *established best practices and research*.

ACCOUNTABILITY

ASSESS NEED

- ✓ Use *objective data* to identify trends, demographics and related problems.

SET GOALS AND MEASURABLE OBJECTIVES

- ✓ Base objectives on community needs assessment
- ✓ Establish *long-term goals, short-term objectives and benchmarks* to measure the extent to which prevention efforts are effective.

EVALUATE

- ✓ *Evaluate progress* toward goals and objectives.
- ✓ Provide a basis to *modify and strengthen the plan* defined by the community.

Mission: To create and sustain a coordinated and comprehensive system of prevention services in the state of Montana.



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Definitions

Assets: Resources that help youth grow-up strong, capable and caring, including positive relationships, opportunities, competencies, values, and self-perceptions.

Asset Building: Any action or activity carried out by an individual, family, organization, or community that contributes to the development of assets among children.

Benchmark: A specified reference point, when a given state of affairs is measured. The benchmark is used to determine progress toward or attainment of an ultimate goal or outcome the desired state of affairs.

Community: A defined geographical area, such as a neighborhood, town or county.

Developmental Assets: Key building blocks critical for successful growth and development.

Domain: A targeted area or environment, often referred to as school, community, family and individual/peer.

Evaluation: Assessment of process toward meeting an intended outcome.

Goal: The end toward which effort is directed.

Interagency Coordinating Council for State Prevention Programs: Created by the 1993 Legislature, this council is comprised of eight Montana state agency directors, as well as two persons appointed by the Governor, both of whom have experience related to the private or nonprofit provision of prevention programs and services.

Intervention: Activities aimed at reducing the occurrence of problem behaviors.

Objective: A means to measure progress toward achieving an established goal.

Prevention: The proactive process of creating and sustaining conditions that addresses risk and promotes safety, personal responsibility and well-being.

- Primary prevention is successfully preventing the onset of problem behavior.
- Secondary Prevention is also called *early intervention*, and is directed at intervening in the early stages of risk behavior or the exhibition of problem behaviors associated with the risk behavior.
- Tertiary Prevention is treatment directed at the risk behavior, and also includes rehabilitation and relapse prevention.

Program: Services or activities that affect a particular population and that contain budgetary parameters.

Protective Factor: The combination of environmental assets, behaviors and attitudes protecting individuals from initially expressing problem behavior.

Risk Factor: The combination of behaviors and attitudes that can help predict the future occurrence of problem behavior.

Risk Behavior: Problem activities. (E.g., Alcohol Tobacco and other drug (ATOD) use)

Well-being: Healthy attitude, beliefs, and behavior.

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