

CSAP STRATEGIES

The Center for Substance Abuse and Prevention (CSAP) strategies were developed and approved by the Substance Abuse Mental Health Services Administration (SAMHSA).

Strategy & Reporting DMHAS Codes	Types of Programs/Activities	Region 1 Suggestions
<p>Information Dissemination: Provide information about drug use, misuse, and abuse, effects of substance use on individuals. Provide information on prevention related programs and resources available.</p> <p>DMHAS Codes include: STN02 (Health fairs), STN03 (Health Promotions), STN10 (Audiovisual Material Disseminated), STN11 (Printed Material Disseminated), STN12 (Curriculum Disseminated), STN13 (Periodicals Disseminated), STN14 (PSA Disseminated), STN15 (Resource Directory Disseminated), STN16 (Media Campaign Distributed), STN17 (Speaking Engagement)</p>	<ul style="list-style-type: none"> • Brochures, Fact Sheets, Newsletters & Handouts • Information Resource Centers • Health Fairs, Other Health Promotion • Information Lines/Hotlines • Media Campaign • Radio & TV Public Service Announcements • Speaking Engagements 	<ul style="list-style-type: none"> • Change the Script • Live Loud Campaign • Recovery Month (September) • Suicide Prevention Awareness Month (September) • Problem Gambling Awareness Month (March) • Alcohol Awareness Month (April) • National Prevention Week (May) • Mental Health Awareness Month (May)
<p>Prevention Education: Activities to provide education to identified group/individuals aimed at teaching decision - making skills, refusal skills, parental management skills, social skill development etc. Education activities involve two-way communication and involve an educator teaching participants.</p> <p>DMHAS Codes include: STE02 (Classroom Educational Services), STE03 (Educational Service for Youth Groups), STE04 (Parenting/Family Management Service), STE05 (Peer Leader/Helper Program), STE06 (Small Group Session), STP001 (Naloxone Distribution)</p>	<ul style="list-style-type: none"> • Traditional Teaching • Ongoing Classroom &/or Small Group Sessions • Parenting & Family Management • Peer Leader/Helper Programs • Preschool ATOD Prevention Programs • Other Education Activities 	<ul style="list-style-type: none"> • SMART Recovery group • 4 What's Next coping skills curriculum • Opioid Education & Narcan Administration • Freshman Forum • DARE • TIPS Training • Alcohol EDU • Preventure • QPR, ASIST, safeTALK, SOS, More Than Sad (suicide prevention trainings) • MHFA, YMHFA • Training of youth to conduct compliance checks • Hidden in Plain Sight • Developmental Assets

<p>Positive Alternative Activities (Cultural Programs): Activities that involve participation by targeted groups/individuals that purposefully exclude alcohol and other substances by way of providing prosocial and healthy alternatives.</p> <p>DMHAS Codes include: STA01 (Substance-free Social/Recreational Event), STA04 (Community Drop-in Center Service), STA06 (Community Service), STA07 (Youth/Adult Leadership Function)</p>	<ul style="list-style-type: none"> • Youth Cultural Program • Community Drop-In Centers • Community Service Activities • Drug-Free Social Recreational Activities • Mentoring Programs • Youth/Adult Leadership Activities 	<ul style="list-style-type: none"> • Signs of Suicide (SOS) • SMART Recovery alternative peer group activity • CARIBE Youth Meetings • Color Run • Free Play • Teen groups
<p>Environmental: Establish or change community attitudes, norms, and policies that can influence substance use occurrence within the community.</p> <p>DMHAS Codes include: STV001 (alcohol policy enforcement), STV002 (drug policy enforcement), STV01 (environmental consultation to communities), STV02 (preventing tobacco sales to minors), STV03 (preventing alcohol sales to minors), STV04 (establish ATOD policies), STV05 (change codes & ordinances), STV06 (public policy efforts)</p>	<ul style="list-style-type: none"> • Promoting Establishment/Review of School/Workplace Policies • Public Policy Efforts • Social Marketing Campaign • Social Norms Campaign 	<ul style="list-style-type: none"> • Legislative Forums • Supporting In-person or written testimony • Participation in policy workgroups or task forces (e.g., Catchment Area Councils, Community Health Improvement Projects) • Darien 06820 campaign (example) • Recovery Friendly Community Initiative

<p>Community-Based Process: Providing an organized forum to enhance prevention activities by forming a group. The group organizes, plans, and implements prevention activities through this format.</p> <p>DMHAS Codes include: STC01 (Accessing services & Funding), STC02 (Assessing Community Needs), STC03 (Community/Volunteer Services), STC05 (Community Team Activities STC10 (Systematic Planning Services), STC011 (Focus Group), STC013 (Coalition Building), STC014 (Coalition Capacity Building), STC015 (Monitoring and Evaluation)</p>	<ul style="list-style-type: none"> • Community Team Building • Systematic Strategic Planning • Multi-agency Coordination & Collaboration/Coalition Community Prevention Coalition 	<ul style="list-style-type: none"> • Monthly LPC meetings • SW Regional Suicide Advisory Board meetings • Region 1 Gambling Awareness Team Meetings • Other committee or project meetings
<p>Problem Identification and Referral: Identify individuals with misuse/abuse of substances in order to provide interventions that can deter those Individuals of continued misuse through education and motivation strategies.</p> <p>DMHAS Codes include: STP01 (EAP), STP03 (student assistance program), STP06 (SBIRT),</p>	<ul style="list-style-type: none"> • DUI Education Programs • Employee Assistance Programs • Student Assistance Programs 	<ul style="list-style-type: none"> • “Get Your Check Up from the Neck Up” community screening for Wellness Month (October) • ASBIRT / SBIRT • MADD

Resources:

Focus on Prevention / SAMHSA / CSAP website page

