

RESEARCH-BASED PREVENTION PRINCIPLES

Clearly relevant to the effectiveness of substance abuse prevention programs are research-based, domain-specific prevention principles. Effective interventions share certain principles in common that guide prevention providers in structuring client services. The principles listed below have been identified through expert or peer consensus efforts; many have also been published in peer-reviewed journals. Appropriate use of these research-based prevention principles can assist prevention providers in designing services that are both innovative and effective, and in modifying proven models to respond to the specialized needs of targeted groups.

Bellow is noted known prevention principles for interventions within the individual, family, school, peer, community, and environment domains.

Individual	Family	Community	School	Peer	Environment
<ul style="list-style-type: none"> • Research-based and theory-driven programs are effective. • Knowledge only programs are not effective. • Attitudes against use are necessary, but alone are insufficient. • Social and personal skills are essential to effective programs. • Interactive approaches are effective. • Effective programs include adequate coverage and follow-up. • Peer role models are key to effective programs. • Media awareness is necessary, but alone is insufficient. • Effective programs respond to relevant motives for substance use. • Effective programs respond to race, ethnicity, age, and gender. 	<ul style="list-style-type: none"> • Effective programs target the family or complement youth-focused curricula with parent-focused curricula. • Effective programs acknowledge and address differential family acculturation. • Effective programs target families of substance-abusing parents. • Effective programs include a parents' or caregivers' component. • Effective programs include both parents and children. • Effective programs emphasize family bonding. • Effective programs provide training in communication. • Effective programs teach parenting techniques. • Interactive techniques are effective. • Effective programs increase parental involvement. • Effective programs facilitate bonds among participating parents. • Effective programs are culturally sensitive. 	<ul style="list-style-type: none"> • Effective programs target youth directly and indirectly. • Effective programs target norms condoning use. • Effective programs limit access to substances through legislation. • Effective programs involve multiple community agencies. • Involving mentors is effective. • Effective prevention efforts reinforce efforts in other domains. 	<ul style="list-style-type: none"> • Effective programs target school failure. • Greater fidelity and program exposure increases effectiveness. • Enhanced teacher-training increases program effectiveness. • Program effects can be generalized across ethnic groups. • Mentoring programs can be effective. • Effective programs understand school climate. • Programs with school commitment to prevention are effective. 	<ul style="list-style-type: none"> • Peer involvement programs are more effective. • Peer involvement is critical to program success. • Effective programs target norms favorable toward use. • Positive alternative activities increase program effectiveness. • Peer resistance skills are important to effective programs • Bonding with prosocial peers protects against substance use. 	<ul style="list-style-type: none"> • Increasing excise taxes on alcohol and tobacco is effective. • Increasing the minimum purchase age for tobacco and alcohol is effective. • Enforcing minimum purchase age laws for tobacco and alcohol is effective. • "Use and lose" laws are effective. • Restricting tobacco use in public and private workplaces is effective. • Greater enforcement minimum purchase age laws is effective. • Dislocating drug dealers to reduce the number and density of retail drug markets is effective. • Training programs should be combined with enforcement to produce changes in selling/serving practices. • Changing environmental norms is effective.