
Working with the 7 Strategies in Mind

*Using CADCA's 7 Strategies in Local
Prevention Settings*

PL - 1



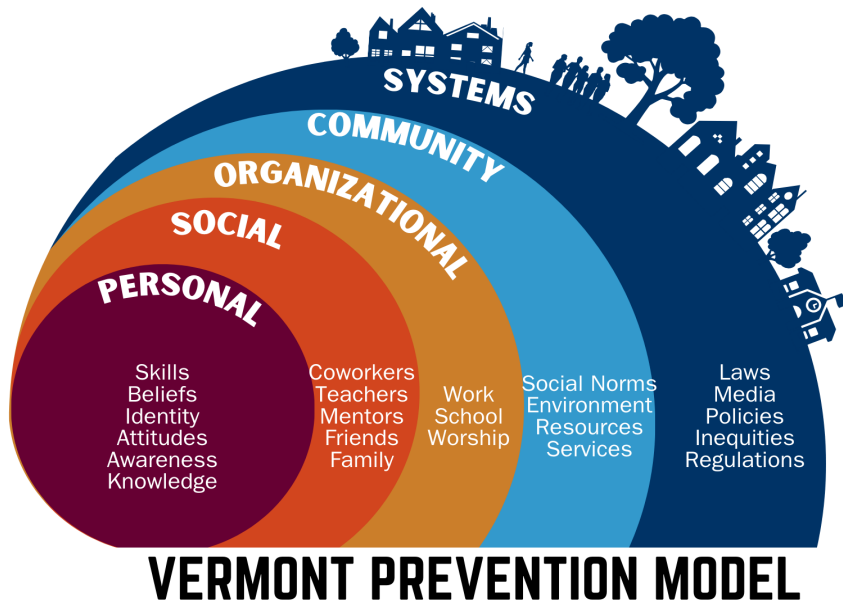
Disclaimer



Objectives:

Increase	Increase understanding of CADCA's 7 Strategies.
Gain	Gain an understanding of how the use of CADCA's 7 strategies will improve your work to address a specific local condition/problem.
Collaborate	Increase opportunities to collaborate towards a common goal of reducing substance misuse

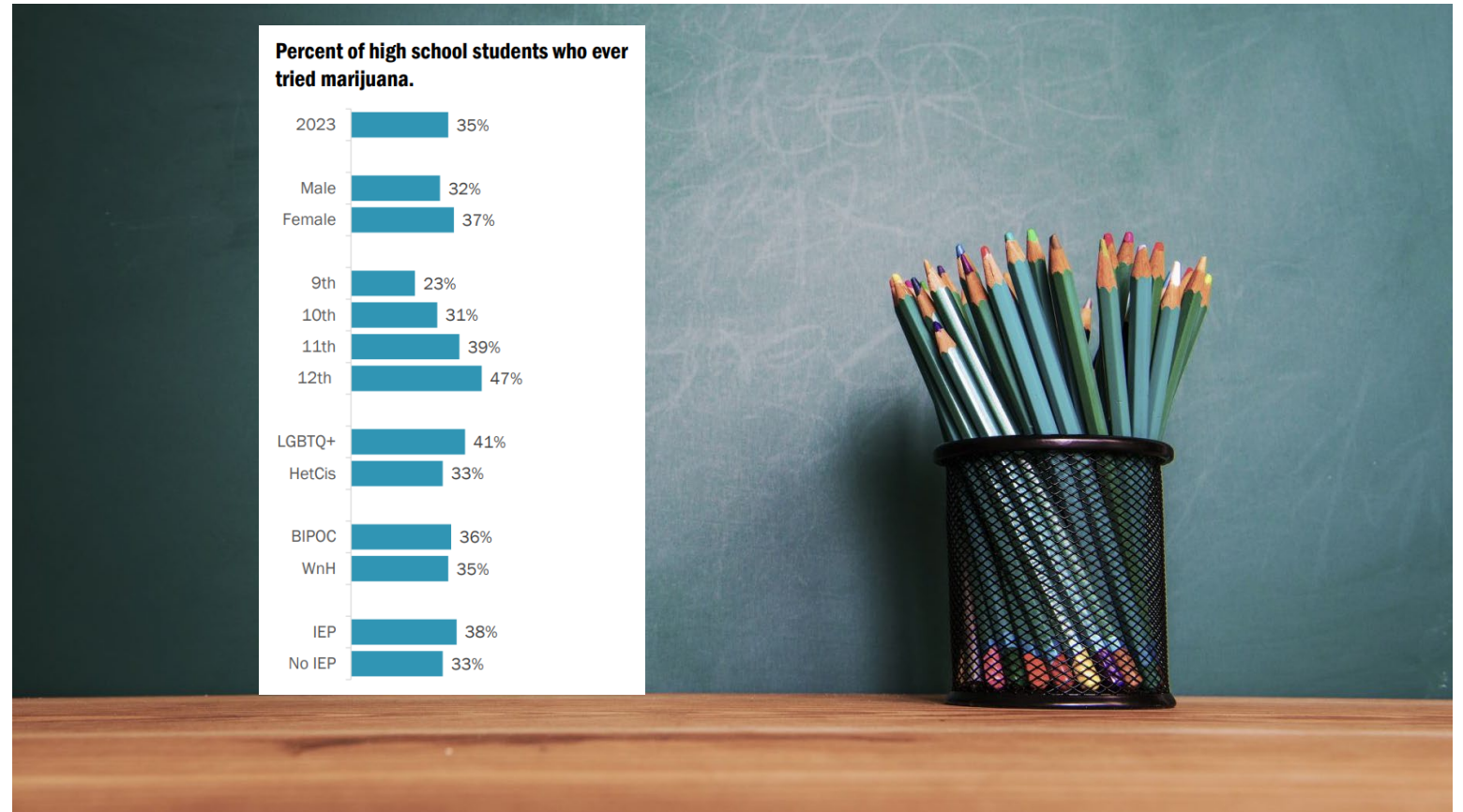
Frameworks:



Slides from Introduction to Prevention Core Competencies & Vermont Prevention Model



Importance of Using Data



**Equity at
every point**



1. Provide Information
2. Enhance Skills
3. Provide Support (Substance Free Alternatives)
4. Enhance or Reduce Access or Barriers
5. Change Consequences (Incentives/Disincentives)
6. Change Physical Design
7. Change Policy



7 Strategies

Provide Information

- *Educational presentations, workshops or seminars and data or media presentations (e.g., public service announcements, brochures, billboard campaigns, community meetings, town halls, forums and Web-based communication).*
- *FY 25 Examples:*
 - *Burlington Partnership for a Healthy Community*
 - *Project All Together Now*
 - *Winooski Partnership for Prevention*

Enhance Skills

- *Workshops, seminars or activities designed to increase the skills of participants, members and staff (e.g., training, technical assistance, distance learning, strategic planning retreats, parenting classes and model programs in schools).*
- *FY 25 Examples:*
 - *Education Justice Coalition of VT*
 - *Prevent Child Abuse VT*
 - *Pride Center*
 - *Project All Together Now*
 - *Winooski Partnership*
 - *BPHC*

Provide Support

- *Opportunities to support people for participation in activities that reduce risk or enhance protection (e.g., providing alternative activities, mentoring, referrals for services, support groups, youth clubs, parenting groups, Alcoholics or Narcotics Anonymous).*

FY 25 Examples:

Dismas House

Education Justice Coalition of VT

Enosburg Youth Center

Milton Family Connection Center

Outright VT

Richard Kemp Center

Sage Mtn.

Swanton Rec.

Twinfield Together Mentoring

Youth First Mentoring

Enhance or Reduce Access or Barriers

- *Improving systems and processes to increase the ease, ability and opportunity to utilize systems and services (e.g., access to treatment, childcare, transportation, housing, education, special needs and cultural and language sensitivity).*
- *FY 25 Examples:*
 - Dismas House
 - Good Samaritan Haven
 - People's Health and Wellness
 - Turning Point Center of VT
 - BPHC

Change Consequences

- Incentives/Disincentives: *Increasing or decreasing the probability of a specific behavior that reduces risk or enhances protection by altering the consequences for performing that behavior (e.g., increasing public recognition for deserved behavior, individual and business rewards, taxes, citations, fines, revocations and loss of privileges).*
- *FY 25 Examples*
 - *Winooski Partnership*
 - *BPHC*
 - *Amy Brewer's Work (Tobacco Grant Funded)*

Change Physical Design

- *Changing the physical design or structure of the environment to reduce risk or enhance protection (e.g., parks, landscapes, signage, lighting and outlet density).*
- *FY 25 Examples:*
 - *BPHC*
 - *Amy Brewer's Work (Tobacco)*
 - *Winooski Partnership*

Modify or Change Policies

- *Formal change in written procedures, bylaws, proclamations, rules or laws with written documentation and/or voting procedures (e.g., workplace initiatives, law enforcement procedures and practices, public policy actions and systems change within government, communities and organizations).*
- *Big P = Voted on Policies or Laws – Significant process*
- *Little p = internal policies or practices.*
- *FY 25 Examples:*
 - *Winooski Partnership*
 - *BPHC*
 - *Amy Brewer's Work*

**What can
this look
like?**



What is the problem or issue your work is addressing?

*Youth using
alcohol*

*Youth using
cannabis*

*Youth using
tobacco*

*Adult high risk
substance use*

How do you know? What data supports this?

What are the root causes/contributing factors to this problem?

*High peer
approval*

*High access
to
substances*

*Community
norms
support use*

*Social
isolation*

*Poor mental
health*

*Lack of self
esteem and
connections*

How do you know? What data supports this?

What does this look like in your community? (Take a picture of it)

*Youth vaping nicotine
in the bathrooms.*

*Youth using cannabis
to self medicate.*

*Youth taking alcohol
or medicines from
unattended spaces in
the home.*

*Young adults buying
vapes for minors.*

*Theft of substances
from retail
environments.*

*Youth not having
strong mentors or role
models (no
afterschool activities
or work)*

How do you know? What data supports this?

Putting it Together: Stacking Strategies Maximizes Impact

Youth are using alcohol

59% of Lamoille County high school students have ever drank alcohol, 10% higher than VT, YRBS 2023

35% of Lamoille County high school students drank alcohol in the last 30 days, 8% higher than VT, YRBS, 2023

Social Availability

68% of Lamoille County high school students report it would be sort of easy or very easy for them to get some alcohol, 2% higher than VT, YRBS 2023

40% of Lamoille County middle school students report it would be sort of easy or very easy for them to get some alcohol, 2% higher than VT, YRBS 2023

Parents/family members or older peers are purchasing alcohol for youth to drink at social events (social hosting)

Parents and other adults violating the state's social hosting laws, Key Informant Interviews: Law Enforcement, 2023

Older sibling or friends buy or give it to underage people, Strategic Planning Community Meeting: Alcohol, 2023

Youth are taking unsecured alcohol from family members or friend's parents houses for and during social events

58% of Lamoille Valley high school students think youth can get alcohol from home or someone else's home, HLV Core Measures Survey, 2024

Youth are stealing alcohol from parents/grandparent...sneaking alcohol at family gatherings, Strategic Planning Community Meeting: Alcohol, 2023

A common source for people under the age of 21 in this community to get alcohol is from an adult in the community, left or purposefully bought, Key Informant Interviews: Law Enforcement, 2023

1. Provide Information: Impacts of alcohol use.
2. Enhance Skills: Askable Adult
3. Provide Support: Parent Group working on this.
4. Decrease Access: Cooler/Fridge Monitoring
5. Change Consequences: Positive Peer pressure to not provide
6. Physical Design: Cooler safety stickers. Location of coolers.
7. Policy: Clear house rules... small p, Big P: Social Hosting Ordinance.

Who Might Partner on Strategies?



For Conversation: Think About Your Projects:

- What are you working to address?
- What are you currently doing?
- How might your work be strengthened by stacking strategies?
- Who else might you partner or align with to strengthen your work?
- Could your work be strengthened by bringing in more data?

1

Provide information

2

Build skills

3

Provide social support

**INDIVIDUALLY
FOCUSED**

4

Reduce Barriers

5

Change consequences

6

Alter environment's
physical design

7

Change policies and rules

**ENVIRONMENTAL
FOCUSED**

References:

- Prevention of Substance Use and Mental Disorders. SAMHSA, 2022 www.samhsa.gov/find-help/prevention
- Introduction to Prevention Core Competencies Training, SAMHSA
- CADCA's Seven Strategies, [National Coalition Academy | CADCA](#)
- Rx abuse prevention toolkit: *From awareness to action*, www.PreventRxAbuse.org
- [What is Substance Misuse Prevention?](#)
- [12 Sector Series | TTASC](#)
- [Youth Risk Behavior Survey \(YRBS\) | Vermont Department of Health](#)



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