



## **The Six Federal Prevention Strategies**

**SAMHSA's Center for Substance Abuse Prevention (CSAP)** offers **Six Prevention Strategies** which are effective in preventing underage substance use and gambling, as well as adult substance misuse and problem gambling.

Research shows that prevention efforts in any given area (a school, neighborhood, county, or state, for instance) must include strategies in each of the 6 areas below in order to be effective.

### **Information Dissemination**

One-way communication, from the source to the audience, providing accurate information about the nature and extent of drug & alcohol use and gambling, as well as available prevention programs and services, for individuals, families, and communities.

*Example: brochures, posters, presentations, health fairs*

### **Education**

Two-way communication and activities that help an individual develop self-awareness, self-management, social awareness, relationship skills, and healthy decision-making.

*Example: school-based multi-lesson health curricula*

### **Alternative Activities**

Healthy, constructive alternatives to substance use and gambling that can meet the personal needs of the targeted audience. Activities should be intensive, incorporate skill building, target those with higher risk for substance use and gambling, and be built into a comprehensive prevention plan. This strategy cannot stand alone.

*Example: gambling-free social events for older adults, adult-led youth mentoring, community clean-up events*

### **Problem Identification and Referral**

Early identification of substance use or gambling issues and referral for education or treatment if indicated.

*Example: helplines, Student Assistance Program, Employee Assistance Program*

### **Community-Based Processes**

Enhance the ability of a community to more effectively provide prevention, intervention, or treatment services for substance use and gambling disorders. Includes assessment of community services and resources, risk & protective factor assessment, community action planning, and team building.

*Example: training services, technical assistance, developing new programs*

### **Environmental Approaches**

Establishes or changes written or unwritten community laws, standards, or policies, thereby reducing the incidence of substance misuse and problem gambling in the general population.

*Example: zoning to limit alcohol or gambling outlets, billboards, radio or TV ads, town hall meetings, sobriety checkpoints*

**Source:** Center for Substance Abuse Prevention (CSAP), <https://www.samhsa.gov/about-us/who-we-are/offices-centers/csap>