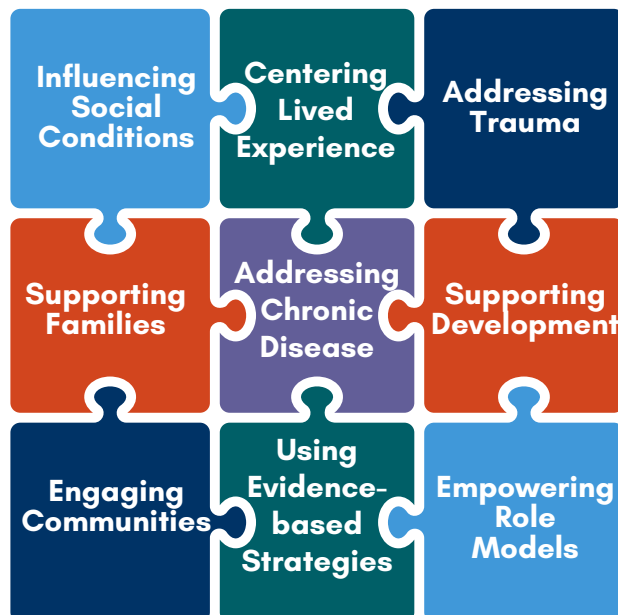# WHAT IS SUBSTANCE MISUSE PREVENTION?

It reduces the harmful effects of tobacco, alcohol and other drugs and stops addiction before it starts by working alongside treatment, recovery and harm-reduction services.

PREVENTION...

- ✔ Reduces substance use and misuse **across all age groups and substances**

- ✔ Uses an **evidence-based approach** that decreases risk and increases protective factors

- ✔ Uses **data to inform and implement best practices** based on local needs

- ✔ Requires **robust long-term funding** to make impacts

- ✔ Includes **comprehensive strategies that work together**, including individual, community and policy levels, to impact long-term change

COMPONENTS OF PREVENTION

Influencing Social Conditions

Centering Lived Experience

Addressing Trauma

Supporting Families

Addressing Chronic Disease

Supporting Development

Engaging Communities

Using Evidence-based Strategies

Empowering Role Models

Substance misuse prevention addresses policy and societal factors that **protect against misuse**, including increasing self-sufficiency, improving physical and economic health, and increasing individual and community connectedness.

It also addresses factors that put a person at **risk for substance** use and misuse by working to limit access to substances, mitigate stressors and educate people about potential harms.

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Implementing prevention strategies before drug use or excessive alcohol use progresses to addiction is among the most cost-effective ways to address substance misuse, reduce its costs to society and improve public health. For example, one study has found that school-based prevention could **save up to $18 for every $1 invested**.[1]

In tobacco control, there are multiple studies showing tobacco prevention could **save up to $55 for every $1 invested**.[2] Policy is central to a sustainable approach to long-term social norm changes such as smoke free workplace laws.

1. U.S. Department of Justice, Department of Justice "Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis" Tinyurl.com/SUPreventionCostBenefit

2. *U.S. Centers for Disease Control and Prevention "CDC's National Tobacco Control Program"* Tinyurl.com/CDCTobaccoControl

PREVENTION SAVES LIVES AND MONEY.

$1 INVESTED   **$18 SAVED**

PREVENTION BUILDS A HEALTHIER COMMUNITY

Examples of prevention efforts and outcomes:

Reducing substance use during pregnancy	Reducing smoking & vaping in public spaces & workplaces	Educating alcohol retailers on recognizing impairment	Increasing resources for schools to address substance use
Healthier Babies	**Healthier Lungs**	**Healthier Roadways**	**Healthier Youth**

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