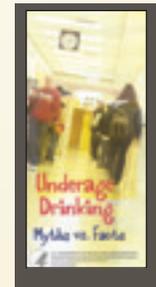
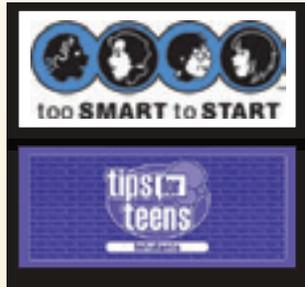
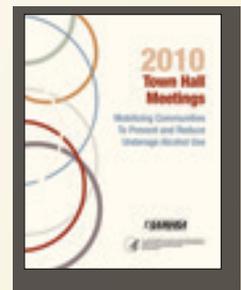
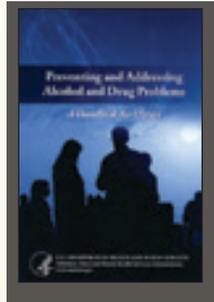
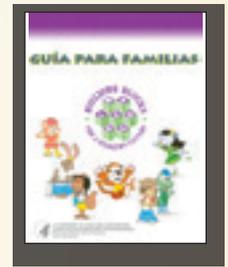
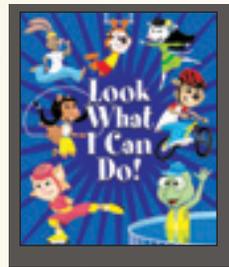
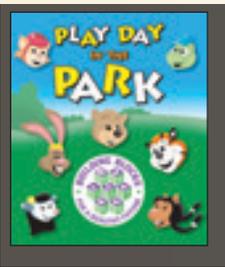
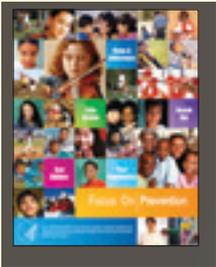


Prevention Resources for Building Healthy Communities







Prevention Resources for Building Healthy Communities

Prevention is a critical part of the public health system, but it only works when communities have access to the facts and support to implement programs that answer their unique needs. The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Prevention (CSAP) is proud to share our comprehensive list of relevant, practical, evidence-based approaches for preventing illegal drug use and the misuse of alcohol, tobacco, prescription drugs and household items abused as inhalants. Together we can help people lead healthier lives by building healthier communities.

Reports and Publications



Focus on Prevention

Guides communities in planning and delivering substance abuse prevention strategies. Covers needs assessments, identifying partners, creating effective strategies, marketing, special populations, and program evaluation. Includes a sample timeline of tasks.

<http://store.samhsa.gov/shin/content/SMA10-4120/SMA10-4120.pdf>



Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis

This report reviews the total annual social and direct costs of substance abuse from a number of perspectives, including people who abuse substances, family members, the general public, communities, and all levels of government (federal, state, and local).

<http://store.samhsa.gov/shin/content//SMA07-4298/SMA07-4298.pdf>



Identifying and Selecting Evidence-Based Interventions: Revised Guidance Document for Strategic Prevention Framework State Incentive Grant Program

A guidance document that assists state and community planners when applying SAMHSA's Strategic Prevention Framework (SPF) to identify and select evidence-based interventions.

<http://store.samhsa.gov/shin/content/SMA09-4205/SMA09-4205.pdf>



2010 Town Hall Meetings: Mobilizing Communities to Prevent and Reduce Underage Alcohol Use

This report documents the Town Hall Meetings' contributions to the implementation of the Surgeon General's Call to Action to Prevent and Reduce Underage Drinking. Included are the challenges that confronted community-based organizations (CBOs) and recommendations for future Town Hall Meetings. The 2012 report will be released soon.

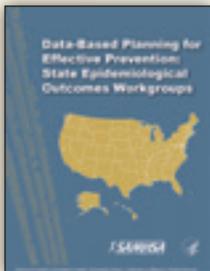
<http://store.samhsa.gov/product/2010-Town-Hall-Meetings-Mobilizing-Communities-To-Prevent-and-Reduce-Underage-Alcohol-Use/SMA12-4448>



2012 Annual Synar Reports: Tobacco Sales to Youth

This report presents findings on compliance of the Synar Amendment aimed at decreasing youth access to tobacco. It also reviews progress in enforcing state youth tobacco access laws and in reducing the percentage of retailers selling tobacco products to minors.

<http://store.samhsa.gov/product/2012-Annual-Synar-Reports-Tobacco-Sales-to-Youth-SYNAR-13>



Data-Based Planning for Effective Prevention: State Epidemiological Outcomes Workgroups

This publication describes the evolution, structure, and accomplishments of State Epidemiological Outcomes Workgroups (SEOWs) in their collaborative efforts with SAMHSA to address problems related to substance abuse and mental, emotional, and behavioral disorders within states and communities. Along with presenting the key principles, core expectations, and anticipated trajectory of the SEOWs, the publication highlights successes and offers guidance for providing data to support prevention decision-making.

<http://store.samhsa.gov/product/Data-Based-Planning-for-Effective-Prevention/SMA12-4724>

Community Outreach Materials

Toolkit for Community Conversations About Mental Health

The *Toolkit for Community Conversations About Mental Health* is designed to be a resource to help those interested in holding a community dialogue about mental health. It is comprised of three parts, described below, that will help communities and groups plan and facilitate a dialogue about mental health.

<http://www.samhsa.gov/communityconversations/>



Information Brief for Community Conversation About Mental Health

The *Information Brief* provides data and other facts about the promotion of mental health, prevention of mental illness, and how to promote awareness, early identification, access to treatment, crisis response, and recovery supports. The Information Brief helps educate and inform community conversation participants and facilitators about mental health issues.

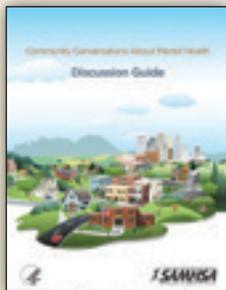
<http://store.samhsa.gov/product/SMA13-4763>



Diálogos comunitarios acerca de la salud mental – Resumen informativo (Information Brief for Community Conversations About Mental Health, Spanish version)

The *Resumen informativo* provides data and other facts about the promotion of mental health, prevention of mental illness, and how to promote awareness, early identification, access to treatment, crisis response, and recovery supports. The Information Brief helps educate and inform community conversation participants and facilitators about mental health issues.

<http://store.samhsa.gov/product/SMA13-4763SPAN>



Discussion Guide for Community Conversations About Mental Health

The *Discussion Guide* provides a resource to help guide participants and facilitators through a one-day community conversation. The discussion guide offers a framework for holding a successful and productive conversation. The discussion guide includes:

- Discussion questions
- Sample views about mental health
- Process suggestions
- Facilitator tips
- Individual and community follow-up steps

<http://store.samhsa.gov/product/SMA13-4764>



Planning Guide for Community Conversations About Mental Health

The Planning Guide provides tools to help people hold a one-day community conversation, including information for planning conversations, recruiting and training facilitators, recruiting conversation participants, and identifying steps participants may want to take in order to raise awareness about mental health and promote access to mental health services.

<http://store.samhsa.gov/product/SMA13-4765>



Get Connected Toolkit

Designed for organizations that provide services to older adults, this toolkit offers information and materials to:

- Help staff better understand the issues associated with substance misuse and abuse and mental illness in older adults;
- Increase staff confidence and comfort in addressing these problems; and
- Enable staff to effectively screen and refer at-risk clients to an appropriate advisor such as a physician, an alcohol counselor, or a mental health professional.

The toolkit also contains materials to educate older adults, including awareness-raising and self-screening tools to help them overcome obstacles to seeking help.

<http://store.samhsa.gov/product/Linking-Older-Adults-With-Medication-Alcohol-and-Mental-Health-Resources/SMA03-3824>



Talk. They Hear You. Underage Drinking Prevention Campaign Toolkit DVD

Provides parents of children ages 9 to 15 with the tools and information they need to start talking with their children early about the dangers of alcohol. Includes a suite of materials that helps reinforce the underage drinking prevention campaign's messages.

<http://store.samhsa.gov/product/Talk-They-Hear-You-Underage-Drinking-Prevention-Campaign/SMA13-4755>

Building Blocks for a Healthy Future

Building Blocks for a Healthy Future (Building Blocks) is a program for parents, caregivers, and educators of children ages 3 to 6. The program is designed to teach children the good behaviors and social skills that will help protect them against alcohol and drug use as they grow older.

Building Blocks is based on six protective steps that the National Institute on Drug Abuse and SAMHSA identified through substance abuse prevention research. These steps are for adults to:

- Establish and maintain good communication with children;
- Get involved and stay involved in their lives;
- Make clear rules and enforce them consistently;
- Be a positive role model;
- Teach children to choose friends wisely; and
- Monitor the activities of children.

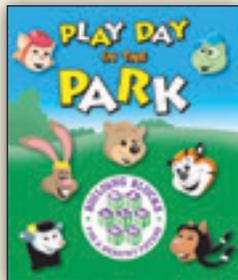
Adults who follow these steps at home and at school are helping to develop considerate, self-confident children who can make positive choices about their health and future.



Building Blocks Kit

Building Blocks Kit contains six evidence-based and coordinated pieces for parents and caregivers to practice the six protective steps with children. Each of the pieces provides practical and fun activities and discussion starters on topics such as engaging in active listening, making rules, decision-making, being a good role model, and helping children understand that everyone is different — and that's okay.

<http://store.samhsa.gov/product/Building-Blocks-for-a-Healthy-Future-Kit/SMA07-4305>

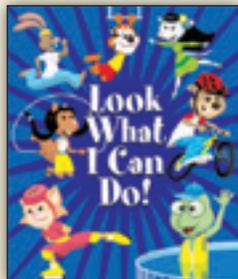


Building Blocks Easy Readers

Designed to supplement the materials in the Building Blocks Kit, these two colorful, oversized (16 by 19 inches) books feature the familiar Building Blocks characters and lively, rhyming text.

Play Day in the Park (for 3- to 4-year-olds) encourages children to play outside and exercise. Children also will improve their counting and problem-solving skills.

<http://store.samhsa.gov/product/Play-Day-in-the-Park-Easy-Reader/BKD542>



Look What I Can Do! (for 5- to 6-years-olds) encourages children to play outside and exercise as well as eat healthy meals and snacks. Activities throughout the book let children show all of the things that they can do, too!

<http://store.samhsa.gov/product/Look-What-I-Can-Do-/BKD553>



Spanish-Language Materials

(*Guía Para Familias, Libro de Actividades, y Wally El Osito y Sus Amigos*)

Spanish-language Kit Materials

Spanish-language versions of the *Family Guide, Activity Book, and Wally Bear and Friends* coloring book are available. Order this Kit book set for discussion starters, tips, and activities in Spanish that you can use at home or in the classroom.

<http://store.samhsa.gov/product/Cimientos-para-un-futuro-sano-gu-a-para-las-familias-libro-de-actividades-y-el-osito-Wally-y-sus-amigos/BBKITS06-01>



Too Smart to Start: Ready, Set, Listen Game DVD

(For computer use)

This computer program's game-style format helps parents influence their children's decision-making skills, promoting the ability to make smart, healthy choices. Players get to choose their own characters to answer approximately 200 randomly selected questions. The game tests knowledge and encourages discussion in a fun, engaging way.

English version

<http://www.toosmarttostart.samhsa.gov/tweens/games/SafeHarbor.aspx>

Spanish version

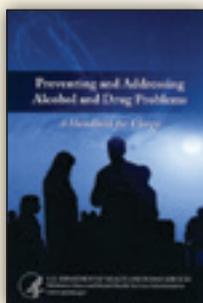
<http://store.samhsa.gov/product/SMA09-4470>



Underage Drinking: Myths vs. Facts

This brochure outlines common myths teens and pre-teens may hold about alcohol use. It corrects misconceptions with facts about the prevalence of alcohol use among youth and the effects of alcohol on the body and brain of a teen or pre-teen. In addition, it provides a resource guide.

<http://store.samhsa.gov/product/SMA08-4299>



Preventing and Addressing Alcohol and Drug Problems: A Handbook for Clergy

This handbook is based on the core competencies published by SAMHSA in 2004. These competencies are presented as a specific guide to the core knowledge, attitudes, and skills which are essential to the ability of all clergy and pastoral ministers to meet the needs of persons with alcohol or drug dependence and their family members. This handbook ultimately will offer clergy an effective tool to help address abuse and alcoholism issues before families and individuals are in crisis.

<http://store.samhsa.gov/product/SMA09-4286>

Tips for Teens Series

This series of brochures provides facts and dispels myths about substance use. Information is provided on long-term and short-term effects, physical and psychological risks, and legal implications. These brochures were updated and reprinted in 2009.



Club Drugs

<http://store.samhsa.gov/shin/content/PHD852/PHD852.pdf>



Cocaine

<http://store.samhsa.gov/shin/content/PHD640/PHD640.pdf>



Hallucinogens

<http://store.samhsa.gov/shin/content/PHD642/PHD642.pdf>



Heroin

<http://store.samhsa.gov/shin/content/PHD860/PHD860.pdf>



HIV/AIDS

<http://store.samhsa.gov/shin/content/PHD725/PHD725.pdf>



Inhalants

<http://store.samhsa.gov/shin/content/PHD631/PHD631.pdf>



Marijuana

<http://store.samhsa.gov/shin/content/PHD641/PHD641.pdf>



Methamphetamine

<http://store.samhsa.gov/shin/content/PHD861/PHD861.pdf>



Steroids

<http://store.samhsa.gov/shin/content/PHD726/PHD726.pdf>



Tobacco

<http://store.samhsa.gov/shin/content/PHD633/PHD633.pdf>



Top Health Issues for LGBT Populations Resource Kit

This resource kit presents scientific findings on specific health issues facing lesbian, gay, bisexual, and transgender (LGBT) populations. The kit contains information on LGBT terminology and gender identity; a guide to Web-based resources; and a PowerPoint presentation that can be used to explain LGBT health issues to a variety of audiences. The product is designed for organizations and individuals that serve the needs of the LGBT community, including state, territorial, tribal, local and community prevention professionals; community-based organizations; LGBT individuals; clinicians; and trainers and educators. The tools in this resource kit may be used individually or together to raise awareness of physical and behavioral health issues within the LGBT community. Users may customize the PowerPoint slides to meet their specific needs.

<http://store.samhsa.gov/product/Top-Health-Issues-for-LGBT-Populations/SMA12-4684>



National Prevention Week 2014 Participant Toolkit

This product equips communities with information and resources for planning local events to help prevent substance use and promote mental health. The toolkit includes event ideas, budgeting tips, informational fact sheets, promotional tools, and more. The 2014 toolkit is coming soon to SAMHSA's Store.

<http://store.samhsa.gov/product/National-Prevention-Week-2013-Participant-Toolkit/SMA13-4687>

