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 they need to implement programs that address their unique needs.

The Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Center for Substance Abuse Prevention (CSAP) is proud to share a comprehensive collection of relevant, practical, and evidence-based approaches for preventing substance misuse. Together, we can help people lead healthier lives and build healthier communities.

To stay up to date on SAMHSA publications and resources, visit public.govdelivery.com/accounts/USSAMHSA/subscriber/new.
Reports and Publications

Facing Addiction in America: The Surgeon General’s Report on Alcohol, Drugs, and Health

The first-ever Surgeon General’s Report on Alcohol, Drugs, and Health discusses a public health approach to addressing the addiction crisis in America. It aims to shift the way our society thinks about substance misuse and substance use disorders while defining actions we can take to prevent and treat these conditions.

addiction.surgeongeneral.gov

Key Substance Use and Mental Health Indicators in the United States: Results from the 2018 National Survey on Drug Use and Health

This publication summarizes key findings from the 2018 National Survey on Drug Use and Health (NSDUH) for indicators of substance use and mental health among people ages 12 years old or older in the civilian, noninstitutionalized population of the United States. Results are provided for the overall category of individuals ages 12 or older, as well as by age subgroups.


Facing Addiction in America: The Surgeon General’s Spotlight on Opioids

Taken from the Surgeon General’s Report on Alcohol, Drugs, and Health, the Spotlight on Opioids shares opioid-related information for family and friends of individuals with a higher risk of opioid overdose, opioid misuse, and/or opioid use disorder.

addiction.surgeongeneral.gov

New! Substance Misuse Prevention for Young Adults

This guide supports health care providers, systems, and communities seeking to prevent substance misuse among young adults. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources.

store.samhsa.gov/system/files/pep19-pl-guide-1.pdf

New! Preventing the Use of Marijuana: Focus on Women and Pregnancy

This guide supports health care providers, systems, and communities seeking to prevent marijuana use by pregnant women. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources.


Report to Congress on the Prevention and Reduction of Underage Drinking

2018

The 2018 Report to Congress includes national data on underage drinking patterns, the federally coordinated approach on underage drinking prevention, and information on the national media campaign, “Talk. They Hear You.”

stopalcoholabuse.gov/resources/reporttocongress/RTC2018.aspx

State Reports on Underage Drinking Prevention and Enforcement

All 51 State Reports (including for Washington, DC) present individual state data on underage drinking, enforcement and prevention, and legal policies.

stopalcoholabuse.gov/townhallmeetings/stateprofiles/fullmap.aspx

State Performance and Best Practices for the Prevention and Reduction of Underage Drinking

This report provides information on 26 evidence-based legal policies, state prevention and enforcement activities and expenditures, and states’ performance on six underage drinking prevention and treatment measures.

REPORTS AND PUBLICATIONS

2012 NATIONAL STRATEGY FOR SUICIDE PREVENTION: GOALS AND OBJECTIVES FOR ACTION

The Office of the U.S. Surgeon General and the National Action Alliance for Suicide Prevention—a call to action to guide suicide prevention efforts across the country, featuring strategic directions with goals and objectives to work together in preventing suicide.


FOCUS ON PREVENTION: STRATEGIES AND PROGRAMS TO PREVENT SUBSTANCE USE

This guide leads communities in planning and delivering substance misuse prevention strategies. It covers needs assessments, partnerships, and marketing and program evaluation strategies and includes a sample timeline of tasks.

store.samhsa.gov/product/Focus-on-Prevention/SMA10-4120

SUBSTANCE ABUSE PREVENTION DOLLARS AND CENTS: A COST-BENEFIT ANALYSIS

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

store.samhsa.gov/product/Substance-Abuse-Prevention-Dollars-and-Cents/sma07-4298

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 misuse and mental, emotional, and behavioral disorders within states and communities.

store.samhsa.gov/product/data-based-planning-effective-prevention/sma12-4724

COMMUNITY OUTREACH MATERIALS

The materials featured represent the array of resources available to community members interested in learning more about preventing substance misuse.
COMMUNITY OUTREACH MATERIALS

PREVENTION WORKS NEWSLETTER

The Prevention Works email newsletter connects prevention organizations and individuals with resources, news, and ideas to make substance use prevention happen every day. The newsletter also shares information about National Prevention Week (NPW) events taking place throughout the year and spotlights NPW’s national collaborating organizations. During NPW, subscribers can look forward to receiving the newsletter each day with content and resources specific to the daily health theme.

NPW CHALLENGE SIGN

Participate in this year’s Prevention Challenge by printing out your own #PreventionHappensHere signs. Share a photo or video of you with your sign in the place where prevention happens in your life, then post your selfie on social media (Facebook, Twitter, Instagram, and Snapchat) using #PreventionHappensHere. You can include a geotag on your post and tag others to encourage them to post their own #PreventionHappensHere selfies.

samhsa.gov/prevention-week/prevention-challenge

DATA VISUALIZATIONS

These data visualizations share some of the latest data from the annual National Survey on Drug Use and Health. The visualizations address opioids, binge drinking, youth marijuana use, e-cigarettes, and suicide prevention.

samhsa.gov/prevention-week/materials/web
COMMUNITY OUTREACH MATERIALS

TIPS FOR TEENS SERIES

This updated series provides facts and dispels myths about substance use. The fact sheets address long-term and short-term effects of substances, physical and psychological risks, and legal implications. So far, the series has covered marijuana, opioids, steroids, tobacco, e-cigarettes, inhalants, methamphetamines, heroin, and cocaine. Future fact sheets will cover HIV, hallucinogens, sedatives, and stimulants.

store.samhsa.gov/series/tips-teens

“TALK. THEY HEAR YOU.” CAMPAIGN

Talking to children about alcohol can be intimidating, but it can have a huge impact on their future. Parents are the No. 1 influence on whether or not their kids drink. The “Talk. They Hear You.” campaign provides resources to help parents talk to their children about the dangers of alcohol.

samhsa.gov/underage-drinking

“TALK. THEY HEAR YOU.” KEEPING YOUR KIDS SAFE BROCHURES

These brochures inform parents about the risks of using marijuana and opioids and provide tips for talking with kids about the dangers of underage drinking and substance use.

samhsa.gov/underage-drinking/parent-resources/keep-kids-safe-brochures

“TALK. THEY HEAR YOU.” TALKING TO KIDS ABOUT ALCOHOL AND OTHER DRUGS: 5 CONVERSATION GOALS

This fact sheet gives parents tips for talking with their children about alcohol and other drugs before they are exposed to these substances.

samhsa.gov/underage-drinking/parent-resources/five-conversation-goals

STUDENT ASSISTANCE: A GUIDE FOR SCHOOL ADMINISTRATORS

This guide provides school leaders and administrators with information regarding student assistance services such as connections to existing school and behavioral health initiatives, key components of programming, considerations for implementation, and planning for success. The guide can help leaders begin and improve services and provides guidance on comprehensive resources for this important work.

store.samhsa.gov/product/Talk-They-Hear-You-Student-Assistance-A-Guide-for-School-Administrators/PEP19-03-01-001
UNDERAGE DRINKING AND COLLEGE STUDENT DRINKING

Alcohol continues to be the most misused substance by those under 21, but underage drinking and its consequences can be prevented. These fact sheets provide an overview and insight into the risks of underage and college student drinking, as well as the progress being made through prevention tactics.

**English:** [https://www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_Underage_Drinking_Spanish_2019.pdf](https://www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_Underage_Drinking_Spanish_2019.pdf)

**Spanish:** [https://www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_Underage_Drinking_Spanish_2019.pdf](https://www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_Underage_Drinking_Spanish_2019.pdf)

**UNDERAGE DRINKING: MYTHS VS. FACTS**

This brochure outlines common myths teens and pre-teens may hold about alcohol use. It corrects misconceptions related to 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.

**English:** [store.samhsa.gov/system/files/sma18-4299.pdf](store.samhsa.gov/system/files/sma18-4299.pdf)

**Spanish:** [www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_MythsVSFacts_Spanish_2019.pdf](www.stopalcoholabuse.gov/media/THMs/tipsresources/Facts_MythsVSFacts_Spanish_2019.pdf)

**TIPS FOR COLLEGE STUDENTS: AFTER A DISASTER OR OTHER TRAUMA (ENGLISH AND SPANISH)**

Designed to help college students cope with disasters and other traumatic events, this fact sheet describes normal reactions to trauma and emphasizes the importance of talking about feelings.

**English:** [store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma-Spanish-Version-/SMA13-4777SPANISH](store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma-Spanish-Version-/SMA13-4777SPANISH)

**Spanish:** [store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma/SMA13-4777](store.samhsa.gov/product/Tips-for-College-Students-After-a-Disaster-or-Other-Trauma/SMA13-4777)

**KEEPING YOUTH DRUG FREE**

This resource guide provides statistics about adolescent substance use and advice for parents about how to keep their children drug-free. It includes tips on good communication, drug facts, action steps for limit-setting, and consequences, as well as case studies.

[store.samhsa.gov/product/Keeping-Youth-Drug-Free/SMA17-3772](store.samhsa.gov/product/Keeping-Youth-Drug-Free/SMA17-3772)
SAMHSA PUBLIC MESSAGES

SAMHSA developed these public message videos to offer information related to its mission to reduce the impact of substance abuse and mental illness across the country. The videos cover topics such as marijuana, methamphetamines, suicide prevention, and mental and substance use disorders in young adults.

samhsa.gov/public-messages

RX PAIN MEDICATIONS: KNOW THE OPTIONS. GET THE FACTS.

These fact sheets provide information and resources on prescription medication use and misuse for health care professionals who prescribe opioids to help these providers better understand the potential risks associated with opioid misuse, as well as signs of misuse, discussion of how to talk to patients, and other options for pain management. The fact sheets also can give patients an introduction to additional pain management options, risks associated with opioid misuse, and tips for safe storage and disposal, among other topics.

store.samhsa.gov/series/rx-pain-medications
Community Outreach Materials

Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth

This report presents research, clinical expertise, and expert consensus on therapeutic practices related to children and adolescents’ sexual orientation and gender identity, and makes the case for eliminating the use of conversion therapy among this population.

store.samhsa.gov/product/Ending-Conversion-Therapy-Supporting-and-Affirming-LGBTQ-Youth/SMA15-4928

Opioid Use Disorder and Pregnancy

Taking helpful steps for a healthy pregnancy

Introduction

If you have an opioid use disorder (OUD) and are pregnant, you can take helpful steps now to ensure you have a healthy pregnancy and a healthy baby. During pregnancy, OUD should be treated with medicines, counseling, and recovery support. Good prenatal care is also very important. Ongoing contact between the healthcare professionals treating your OUD and those supporting your pregnancy is very important. The actions you take or don't take play a vital role during your pregnancy. Below are some important things to know, about OUD and pregnancy, as well as the Do's and Don'ts for making sure you have a healthy pregnancy and a healthy baby.

Things to know

• OUD is a treatable illness like diabetes or high blood pressure.
• You should not try to stop opioid use on your own. Suddenly stopping the use of opioids can lead to withdrawal for you and your baby. You may be more likely to start using drugs again and even experience overdoses.
• For pregnant women, OUD is best treated with the medicines called methadone or buprenorphine along with counseling and recovery support services. Both of these medicines stop and prevent withdrawal and reduce opioid cravings, allowing you to focus on your recovery and caring for your baby.
• Tobacco, alcohol, and benzodiazepines may harm your baby, so make sure your treatment includes steps to stop using these substances.
• Depression and anxiety are common in women with OUD, and new mothers may also experience depression and anxiety after giving birth. Your healthcare professionals should check for these conditions regularly and, if you have them, help you get treatment for them.
• Mothers with OUD are at risk for hepatitis and HIV. Your healthcare professionals should do regular lab tests to make sure you are not infected and, if you are infected, provide treatment.
• Babies exposed to opioids and other substances before birth may develop neonatal abstinence syndrome (NAS) after birth. NAS is a group of withdrawal signs. Babies need to be watched for NAS in the hospital and may need treatment for a little while to help them sleep and eat.

About OUD

People with OUD typically feel a strong craving for opioids and find it hard to cut back or stop using them. Over time, many people build up a tolerance to opioids and need larger amounts. They also spend more time looking for and using opioids and less time on everyday tasks and relationships. Those who suddenly reduce or stop opioid use may suffer withdrawal symptoms such as nausea or vomiting, muscle aches, diarrhea, fever, and trouble sleeping.

If you are concerned about your opioid use or have any of these symptoms, please check with your healthcare professionals about treatment or tapering or find a provider at this website: www.samhsa.gov/find-help.

Opioid Use Disorder and Pregnancy

This fact sheet was developed to help pregnant women who have an opioid use disorder stay healthy during pregnancy and guide them in the steps to take to ensure the best possible outcomes for their babies.

store.samhsa.gov/system/files/sma18-5071fs1.pdf

National Suicide Prevention Lifeline Wallet Card

This publication lists signs for suicide risk in individuals and encourages those showing any of the signs to contact a mental health professional or to call the National Suicide Prevention Lifeline.

store.samhsa.gov/system/files/svp11-0126.pdf

Community Toolkits

These toolkits provide resources to promote community conversations around mental health and substance misuse issues. Specific audiences range from older adults to college students to members of the LGBTQ population.
COMMUNITY TOOLKITS

OPPIOID OVERDOSE PREVENTION TOOLKIT
This toolkit offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths. Access reports for community members, prescribers, patients and families, and those recovering from opioid overdose.

Spanish: store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Spanish/-sma18-4742spanish

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Spanish: store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit-Spanish/-sma18-4742spanish

GET CONNECTED TOOLKIT
Designed for organizations that provide services to older adults, this toolkit offers information and materials to:
- Help staff understand the issues associated with substance misuse and mental illness in older adults;
- Increase staff confidence and comfort in addressing these problems; and
- Enable staff to screen and refer at-risk clients to an appropriate advisor.

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

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

“TALK. THEY HEAR YOU.” FLASH DRIVE TOOLKIT
This flash drive toolkit provides parents and caregivers with tools and information to start talking with their children about the dangers of alcohol and other substances. It includes a suite of materials that will reinforce the importance of underage drinking and substance use prevention.

store.samhsa.gov/product/Talk-They-Hear-You-Partner-Toolkit/SMA13-4755PARTNERKIT

TOP HEALTH ISSUES FOR LGBT POPULATIONS INFORMATION AND RESOURCE KIT
This resource kit presents scientific findings on 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 customizable PowerPoint. The product is designed for anyone who serves the LGBT community, including state, territorial, tribal, and community prevention professionals; community-based organizations; LGBT individuals; clinicians; and trainers and educators.

store.samhsa.gov/product/top-health-issues-lgbt-populations/sma12-4684

BEHAVIORAL HEALTH AMONG COLLEGE STUDENTS INFORMATION AND RESOURCE KIT
This toolkit focuses on substance misuse and mental health issues that many young adults encounter as they enter colleges and universities. It includes summaries of materials relevant to prevention efforts for this population and is geared toward college and university prevention practitioners, health center staff, and administrators.

store.samhsa.gov/product/Behavioral-Health-Among-College-Students-Information-and-Resource-Kit/sma19-5052

PREVENTING SUICIDE: A TOOLKIT FOR HIGH SCHOOLS
Created to assist high schools and school districts in their efforts to design and implement strategies to prevent suicide and promote behavioral health among students, this toolkit features methods for developing a detailed suicide prevention program that addresses the needs of students.

store.samhsa.gov/system/files/sma12-4669.pdf

PREVENTING SUICIDE
A Toolkit for High Schools
COMMUNITY TOOLKITS

TOOLKIT FOR COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH

This three-part resource is designed to help those interested in holding a community dialogue about mental health.

### 1. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: INFORMATION BRIEF

The information brief provides data and other facts about the prevention of mental illness and promotion of mental health awareness; early identification; and access to treatment, crisis response, and recovery supports. The information brief educates and informs community conversation participants and facilitators about mental health issues.

*English:* store.samhsa.gov/product/SMA13-4763
*Spanish:* store.samhsa.gov/product/SMA13-4763SPAN

### 2. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: PLANNING GUIDE

The planning guide provides tools for holding 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 to raise awareness about mental health and promote access to mental health services.

*English:* store.samhsa.gov/product/SMA13-4765
*Spanish:* store.samhsa.gov/product/Community-Conversations-About-Mental-Health-Planning-Guide-Spanish-version/-SMA13-4765SPAN

### 3. COMMUNITY CONVERSATIONS ABOUT MENTAL HEALTH: DISCUSSION GUIDE

The discussion guide takes participants and facilitators through a one-day community conversation. It offers a framework for holding a successful and productive conversation and includes:

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

*English:* store.samhsa.gov/product/SMA13-4764
*Spanish:* store.samhsa.gov/product/Community-Conversations-About-Mental-Health-Discussion-Guide-Spanish-version/-SMA13-4764SPAN

MOBILE AND VIRTUAL TOOLS AND APPLICATIONS

The mobile apps, interactive websites, and video games featured in this section support substance misuse prevention and behavioral health promotion activities for parents, youth, teens, educators, and community leaders.
“TALK. THEY HEAR YOU.” MOBILE APP

Talking to children about alcohol can be intimidating, but it can have a huge impact on their future. Parents are the No. 1 influence on whether or not their kids drink. This app is designed for parents of children ages 9 to 15 and serves as an interactive role-playing tool that helps parents and caregivers practice tough conversations about alcohol.

samhsa.gov/underage-drinking/mobile-application

KNOWBULLYING: PUT THE POWER TO PREVENT BULLYING IN YOUR HAND MOBILE APP

This app empowers parents by giving them the tools they need to start the conversation with their children about bullying. It describes strategies to prevent bullying and explains how to recognize warning signs that a child is bullying or being bullied. It also includes a section for educators.

store.samhsa.gov/product/KnowBullying-Put-the-power-to-prevent-bullying-in-your-hand/PEP14-KNOWBULLYAPP

MATX MOBILE APP

MATx empowers health care practitioners to provide effective, evidence-based care for opioid use disorders. This free app supports practitioners who currently provide medication-assisted treatment (MAT), as well as those who plan to do so in the future.

store.samhsa.gov/system/files/matx-flyer.pdf

ALCOHOL’S EFFECTS ON THE BRAIN: A REACH OUT NOW MOBILE APP

This app is a science-based curriculum for fifth- and sixth-grade classroom use. Students learn about parts of the brain, ways that alcohol can disrupt brain functions, and other facts about underage alcohol use. Students also can record their response to four real-life situations involving alcohol use decisions. Teacher materials include a discussion guide with key concepts, objectives, and questions; suggested cross-curricular use of app content; and a list of resources related to underage alcohol use.

store.samhsa.gov/apps/alcoholfx

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store.samhsa.gov/apps/alcoholfx

COLLEGE DRINKING: PREVENTION PERSPECTIVES VIDEO SERIES

This video series showcases underage drinking prevention strategies on and around college campuses across the nation. The videos explore actions taken to reduce underage and harmful drinking, offering educators, parents, and prevention organizations valuable insight into campus and community prevention efforts that work. The first video shares lessons learned at Frostburg State University, while the second video addresses the prevention work done at Howard University and Morgan State University, both of which are historically black colleges and universities.

Frostburg State University video: youtube.com/watch?v=PEwleuXyPZY
Howard University and Morgan State University video: https://www.youtube.com/watch?v=J4m11UjQ0w

THE SOUND OF YOUR VOICE VIDEO AND COMPANION GUIDE

This video encourages parents to talk with their college-bound young adult about the consequences of underage alcohol use. “Talking With Your College-Bound Young Adult About Alcohol” is a companion guide that emphasizes parents’ influence over alcohol use decisions by their older children and offers tips on discussing alcohol use with them before and during college.

Video: youtube.com/watch?v=IXOVzTpjDrA

SAMHSA BEHAVIORAL HEALTH DISASTER RESPONSE MOBILE APP

This app offers first responders immediate access to field resources for aiding disaster survivors. It has the ability to search for and map behavioral health service providers in the impacted area, review emergency preparedness materials, and send resources to colleagues. Resources for intervention with survivors of infectious disease epidemics are available in the latest version.

store.samhsa.gov/apps/samhsa-disaster

SUICIDE SAFE: THE SUICIDE PREVENTION APP FOR HEALTH CARE PROVIDERS

This free app helps providers integrate suicide prevention strategies into their practice and address suicide risk among patients. Suicide Safe is based on SAMHSA’s Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card.

store.samhsa.gov/apps/suicidesafe
Subscribe to the Prevention Works email newsletter to receive:

- Information about SAMHSA’s newest prevention resources
- News on current trends in substance misuse prevention
- Highlights of inspiring prevention work and activities from across the country
- And more!

SIGN UP FOR PREVENTION WORKS AT
https://www.samhsa.gov/prevention-week