Prevention Overview

Service Delivery Requirement

- IAC 641-155 Licensure Standards for Substance Use Disorder and Problem Gambling Treatment Program: “activities aimed at minimizing the use of potentially addictive substances, lowering risk in at-risk individuals, or minimizing potential adverse consequences of substance use or gambling.

Institute of Medicine Classifications

- **Universal Services** – targeted to the general public or to a whole population group, that has not been identified on the basis of individual risk. Universal is split into two categories | Direct and Indirect
- **Selective Services** – targeted to individuals or to a subgroup of the population whose risk of developing a disorder is significantly higher than average.
- **Indicated Services** – targeted to individuals in high-risk environments, identified as having minimal but detectable signs or symptoms foreshadowing a disorder, or having biological markers indicating predisposition for a disorder but not yet meeting diagnostic levels.

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Strategic Prevention Framework

SAMHSA's Strategic Prevention Framework (SPF) is a five-step planning process, with two guiding principles.

- **Assessment** – helps define the problem or issue a project needs to address.
- **Capacity** – identifies and mobilizes human, organizational, and financial resources to meet project goals.
- **Plan** – involves creation of a comprehensive plan with goals, objectives, and strategies to meet the prevention needs of the community.
- **Implement** – focuses on carrying out the prevention plan and identifying and overcoming potential barriers.
- **Evaluation** – helps organizations recognize prevention services strengths and areas of further improvement.

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- **Cultural Competence** – process of communicating with audiences form diverse geographic, ethnic, racial, cultural, economic, social, and linguistic backgrounds.

- **Sustainability** – process through which a prevention system becomes a norm and is integrated into ongoing operations.

SAMHSA Prevention Services Categories

- **Direct** services are face-to-face contact between prevention staff and participants through curricula delivery, educational activities, and awareness activities.

- **Indirect** services are delivered through social media, websites, printed media, etc.

SAMHSA Prevention Services Categories

Session-Based Services are a pre-planned series of structured program lessons and/or activities. Session-based services are intended to inform, educate, develop skills, and identify/refer individuals who may be at risk for a substance use disorder or problem gambling. Session-based prevention services must be evidence-based programs listed on a national registry approved by the Department and focus on outcomes directly related to substance abuse.

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SAMHSA Prevention Services Categories

One-Time Services are single activities intended to inform general and specific populations about substance use or problem gambling. The Department will provide direction on allowable one-time services. The Department plans to limit one-time services to Information Dissemination or Environmental strategies.

SAMHSA Prevention Services Categories

Evidence-Based Programs, Policies, and Practices refer to approaches to prevention that are validated by documented evidence. IDPH Provider Network evidence-based programs must be specific to substance abuse or problem gambling.

Prevention Service Priorities

- **Alcohol**
- **Marijuana**
- **Prescription medications**
- **Problem Gambling**
- **Tobacco**

Prevention Services must address the lifespan, with evidence-based programs appropriate to different persons and populations.

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Additional Prevention Services

- Methamphetamine
- Opioids
- Suicide

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Hours of Operation

- A Contractor:
  - Must provide prevention services in the Service Area;
  - Must have sufficient prevention services locations and hours of operation to support access for all residents in each county in the Service Area;
  - May provide prevention services in person or through electronic means or written communications, with direct face-to-face preferred;
  - Must offer prevention services in each county in each awarded Service Area. An exception request may be submitted to the Department;
  - Cannot limit prevention services to the school year and cannot limit prevention services locations to schools

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Staffing and Personnel

- Must assure staffing and qualifications are sufficient to implement prevention services;
- No single staff person may exceed 1.0 FTE;
- Must identify the following lead staff person(s) who will service as the Department's contact(s) for prevention services and will participate in Network Support and other contract monitoring activities:
  - Prevention Services Lead
  - Prevention Services Data/QI Lead

Evidence-Based Practices and Standards of Care

- Prevention services provided must be evidence-based that have outcomes directly related to substance abuse and/or problem gambling. Evidence-based refers to approaches to prevention that are validated by documented experience. The following registries are accepted:
  - Blueprints for Health Youth Development (model program)
  - National Institute of Drug Abuse Red Book (model program)
  - Evidence-Based Practices Resource Center
  - Stacked Deck (gambling)
- Exception requests

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Evidence-Based Practices and Standards of Care

- The Department has established expectations for Prevention Services staff and services by customizing certain sections of the treatment program Licensure Standards to establish similar standards for prevention services.
- The Department will not require full compliance upon Application submission, but will work with the IDPH Provider Network to become fully compliant within the first year of the initial contract term.

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Service Recipient Eligibility Requirements

- All Iowa residents are eligible to receive prevention services, and may receive such services from the Contractor(s) of their choice.
- Contractors shall not provide prevention services to persons identified as in need of substance use disorder or problem gambling treatment or those receiving treatment.

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Covered Services Requirements

- Based on the six SAHMSA Primary Prevention Strategies which include:
  - Information Dissemination
  - Education
  - Alternatives
  - Problem Identification and Referral
  - Community-Based Process
  - Environmental

Prevention Service

Data Collection and Evaluation

- Prevention services must be clearly and accurately documented in Contractor records, grant tracking systems and the Department data systems.
- The Department requires periodic reporting of compliance with proposed work plan, provision of services, and incurred expenses by Contractors.
- Prevention services must be documented in a manner sufficient to support Contractor billing and reporting and Department monitoring. (IOM classifications, SPF steps, SAMHSA Prevention Services Categories)
- IDPH approved data systems include:
    - Iowa Service Management and Reporting Tool (I-SMART)
    - Qualtrics