This is (Not) About Drugs (TINAD)

Community Problem/Need: Youth misuse of prescription opioids results in increased risks of substance use disorder (SUD), risk of transition to heroin, overdose and death.

Intended Outcome: Reduce and prevent prescription opioid misuse and overdose.

Program information: overdose-lifeline.org/education

### Theory

**Social Learning Theory** – behavior is shaped through modeling or observing behaviors, reinforcement of experiencing positive consequences for behavior.

**Social Development Theory** – behavior change occurs when an individual gains information about the risks and benefits of certain behaviors, while forming attitudes based on that information and learn behavioral skills.

### Program Applied Theory

**Raising awareness of accurate and evidence formulated information about opioids, addiction and substance use encourages non-substance use norms.**

Learning from peer experience around the initiation, progression and addiction of opioids strengthens low benefit and high-risk perceptions of misuse.

### Process Measures / Outputs

- **# of youths served.**
- **Youth pre- and post-survey worksheet results.**
- **Educators feedback survey.**

### Strategy / Activities

**TINAD Facilitator Training**

Facilitators complete two prerequisite foundational online courses (The Brain and the Disease of Addiction and The Opioid Public Health Crisis).

Program developer trains facilitators (preventionists, teachers, social workers, health educators, health care professionals, school resource officers, youth / school counselors) on the theory, approach and design of the program.

Facilitators learn how to utilize program materials, how to adapt and customize for local needs.

Facilitators submit the program’s worksheet data for review and additional coaching/technical support during first 90 days of intervention implementation.

**TINAD Brief Intervention**

One-touch, classroom/small group setting. 45-minute w/ ability to expand for longer time periods.

Topics: classifying opioids, addiction as a brain disease, risks for addiction (age of substance use, genetics/ family, substance (opioids)), opioid overdose signs, naloxone, call 911, Good Samaritan laws, peer influence, healthy alternatives for coping with stress, encourage help seeking behaviors.

Peer-to-peer interactive film

Worksheet activity (pre-post assessment)

Take home resource card (key messages, link to resources / help lines)

Optional: recovery speaker, booster discussion guides, breakout activities.

### Immediate Outcomes

- **Youth have knowledge about opioids and their effects**
- **Youth understand addiction (SUD) as a brain disease, and the risk factors for developing addiction.**
- **Youth develop and accurate perception of opioid misuse as risky or harmful**
- **Youth gain an accurate view on pathways to substance use including peer pressure**
- **Youth understand the impact opioid misuse and addiction have on the individual, family and relationships**
- **Youth know how to spot an opioid overdose, availability of naloxone (opioid overdose reversal drug) and actions to take**
- **Youth have increased self-confidence in asking for help / talk to someone**
- **Youth can identify national 24/7 and community resources**

### Intermediate Outcomes

- **Youth develop a belief that misusing prescriptions has negative consequences**
- **Youth reduce the belief that substance use is a positive coping skill**
- **Youth gain improved self-confidence in resisting peer pressure to use**
- **Youth experience reduced shame and stigma around substance use disorders / addiction**

### Final Outcomes

- **Overall reduction in the onset and regular use of opioids and other substances**
- **Reduced rates of youth substance use disorders in communities and state**
- **Reduced rates in youth overall opioid overdose and related deaths**

**Targeted Risk & Protective Factors**

- **Risk** – early initiation of drug use, friends’ use of substances, low perceived risks with substance use, favorable attitudes toward substance use

- **Protective** – educate to the risks of opioid misuse, understand disease of addiction and contributing factors, encourage help-seeking behaviors, discuss healthy alternatives to substance use in dealing with life stressors