

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.

Increasing awareness of role of peers, coping, family and environment initiates student pursuit of help-seeking behavior and self-efficacy.

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 understand the impact opioid misuse and addiction have on the individual, family and relationships

Youth gain an accurate view on pathways to substance use including peer pressure

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

Universal Brief Intervention

Classroom / Small Group Setting

Youth Middle School (Ages 11-14)

Youth High School (Ages 14-18)

Process Measures / Outputs

of youths served.

Youth pre- and post-survey worksheet results.

Educators feedback survey.