Emerging Principles of Drug Abuse Prevention: Program Delivery

**Presenters and Organizers:** Elizabeth B. Robertson, PhD, Belinda E. Sims, PhD, Eve E. Reider, PhD, National Institute on Drug Abuse

**Moderator:** Catherine Bradshaw, PhD, Johns Hopkins University

**Discussants:**
- Brian K. Bumbarger, PhD, Pennsylvania State University
- Abigail Fagan, PhD, University of South Carolina
- Luanne Rohrbach, PhD, University of Southern California
- Lisa Saldana, PhD, Oregon Social Learning Center

**Purpose of the Workshop, including specific learning objectives**

In 1997 the National Institute on Drug Abuse (NIDA) published the first edition of Preventing Drug Use among Children and Adolescents: A Research-Based Guide, which has been often referred to as “The Red Book.” The Guide introduced the concept of “research-based prevention” with questions and answers on risk and protective factors, community planning and implementation, and 14 prevention principles derived from effective drug abuse prevention research. The purpose of the Guide was to help practitioners use the results of NIDA research in their efforts to promote healthy development through preventing the initiation and progression of drug abuse and associated problem behaviors among children and adolescents in communities across the country. The 2003 second edition was double the size of the first edition, reflecting NIDA’s expanded research program and knowledge base. It is almost ten years since the publication of the second edition and there has been a tremendous proliferation of knowledge from NIDA sponsored research on drug abuse prevention. This research has been reviewed and synthesized and a new set of emerging principles has been derived and organized. The emerging principles related to prevention program delivery are the focus of the proposed pre-conference workshop. These new principles build on the 2003 view that program delivery could be subdivided into three categories: structure, content and delivery.

The purpose of the workshop is: 1) to describe the process used in deriving principles; 2) to present the emerging principles regarding program delivery; and 3) to obtain feedback on the proposed principles from panelists and audience members toward further crystallizing them. The principles will be presented in three sections: 1) structure (how the program is organized and constructed), 2) content (the information, skills and strategies of the program), and 3) delivery (how the program is adapted, implemented and evaluated). There will be a discussion
following each section to talk about the proposed principles including: the supporting research findings, alternate interpretations, and the choice of wording to describe the principles. The workshop will conclude with an open discussion aimed at solidifying thoughts from the prior discussions.

Learning objectives (new skills and knowledge):
- To understand the origins of the emerging principles of drug abuse prevention delivery;
- To become familiar with the research that supports the principles;
- To discuss the merits of the proposed principles and alternate conclusions.

Target workshop audience
Prevention scientists, practitioners, federal employees and policy makers interested in prevention services.

Materials provided to attendees
- The second edition of Preventing Drug Use among Children and Adolescents: A Research-Based Guide
- A list of the 2003 Principles
- A list of the emerging principles regarding program delivery
- Handouts of the PowerPoint presentation
- References for the principles (content, delivery, and structure)

Outline of workshop

1-1:10 p.m.  Introduction of Workshop, Organizers, and Discussants
Moderator: Catherine Bradshaw

1:10-1:30 p.m.  Background of Prevention Research at NIDA and Principles of Prevention
Presenter: Elizabeth Robertson

1:30-1:50 p.m.  Emerging Principles of Prevention Program Delivery: Structure
Presenter: Elizabeth Robertson

1:50-2:10 p.m.  Discussion
Brian Bumbarger, Abigail Fagan, Luanne Rohrbach, Lisa Saldana

2:10-2:20 pm  Open discussion

2:20-2:50 pm  Emerging Principles of Prevention Program Delivery: Content
Presenter: Eve Reider

2:50-3:00  Break

3-3:20 p.m.  Discussion
Brian Bumbarger, Abigail Fagan, Luanne Rohrbach, Lisa Saldana

3:20-3:30  Open discussion

3:30-4 p.m.  Emerging Principles of Prevention Program Delivery: Delivery
Presenter: Belinda Sims

4-4:20 p.m. Discussion
Brian Bumbarger, Abigail Fagan, Luanne Rohrbach, Lisa Saldana

4:20-4:30 pm Open discussion

4:30-5 p.m. Final Discussion: Synthesizing Information, New Ideas for Emerging Principles
Moderator: Catherine Bradshaw
Presenters, Discussants, Audience
Elizabeth Robertson

Dr. Elizabeth Robertson is Senior Advisor for Prevention Research at the National Institute on Drug Abuse (NIDA) and served as Chief of the Prevention Research Branch (PRB) for almost 15 years. During her tenure at NIDA, she advanced the development of PRB’s research portfolio to include topics related to the dissemination and implementation of evidence-based interventions. She was co-author of the 2nd edition of NIDA’s booklet titled “Preventing Drug Use among Children and Adolescents” which identified principles of prevention for use by families, schools and community leaders. This workshop builds on that effort through identifying principles for the dissemination and implementation of drug abuse prevention programs.

Belinda Sims

Dr. Belinda Sims is a Health Scientist Administrator in the Prevention Research Branch of the Division of Epidemiology, Services and Prevention Research, at the National Institute on Drug Abuse (NIDA). Dr. Sims manages a research portfolio on drug abuse prevention that spans the prenatal period through pre-adolescence. Within this developmental age range, her portfolio includes interventions for early childhood, and family-based and school-based preventive interventions. Another primary research focus in Dr. Sims’ portfolio is prevention services research. This includes studies examining factors internal or external to the prevention process that contribute to the efficacy and effectiveness of interventions as well as the scaling up, and sustainability of evidence-based prevention interventions in existing and created settings and systems.

Eve Reider

Dr. Eve Reider is the Deputy Branch Chief of the Prevention Research Branch (PRB) in the Division of Epidemiology, Services and Prevention Research (DESPR) at the National Institute on Drug Abuse (NIDA). She has been involved in the development of the PRB research portfolio that focuses on implementation of evidence-based prevention interventions and has contributed to the synthesizing of findings and identifying of emerging principles on program delivery that will be presented at this pre-conference workshop.

Catherine Bradshaw

I am an Associate Professor in the Department of Mental Health at the Johns Hopkins Bloomberg School of Public Health, and have a secondary appointment in the School of Education at Johns Hopkins University. I also serve as the Deputy Director of the Johns Hopkins Center for the Prevention of Youth Violence and the Co-Director of the Johns Hopkins Center for Prevention and Early Intervention. My research focuses on the prevention of substance abuse and related behavioral and mental health problems among children, adolescents, and young adults. Much of my work is conducted in school and community settings, where issues of translational research are quite pertinent. I have been PI/Co-PI on a number of large-scale group randomized controlled efficacy and effectiveness trials, and am directly involved in several state- and district-level scale-up efforts of evidence-based prevention programs. When moderating the panel, I will draw upon my expertise in implementation research, scaling-up evidenced-based practices, and working in close partnership with
community collaborators. The panel brings together experts from different aspects of prevention and will provide the opportunity for audience members to learn more about type 2 translational research by seeing some examples of research into practice and hearing some ‘lessons learned’ from experts in the field. I am particularly interested in highlighting issues related to program selection, implementation fidelity, community buy-in, transactional processes, contextual influences, and efficient methods for monitoring fidelity and program impact in real world settings. I look forward to exploring these and other common themes across the presentations, and will help identify unique contributions of each of the panelists.

Brian Bumbarger

Brian Bumbarger is the founding Director of the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University (www.EPISCenter.psu.edu). He is also Director of Policy Research and Outreach at the Prevention Research Center at Penn State, where he leads the Dissemination and Implementation (Type 2 Translational Research) Unit. Brian is currently Principal Investigator of a decade-long study of the large-scale replication of evidence-based prevention programs in nearly 200 communities throughout Pennsylvania. The study focuses on site readiness and program selection, implementation quality and fidelity, sustainability, and connection to community prevention coalitions, as well as program impact and cost-effectiveness. In addition, Brian is Principal Investigator of a NIDA study examining the use of data dashboards to improve implementation quality and fidelity and drive influence practitioners and policy makers. He has previously been Principal Investigator of randomized studies examining the effectiveness of low-cost/low-burden intervention to improve implementation quality of EBPs, and the use of police officers in the delivery of school-based drug prevention programs. He directs training and technical assistance projects supporting over 100 community prevention coalitions, and has been involved for nearly a decade in the 28-community PROSPER randomized trial testing the efficacy of the Land-grant Cooperative Extension system as a mechanism for disseminating evidence-based prevention programs.

Evidence-based Prevention and Intervention Support Center (EPISCenter):

The EPISCenter is a project of the Prevention Research Center at Penn State University, and was created in 2008 with joint support from the Pennsylvania Commission on Crime and Delinquency (PCCD) and the Pennsylvania Department of Public Welfare. The EPISCenter promotes the widespread dissemination of a menu of evidence-based prevention and intervention programs (EBPs) aimed at preventing and reducing violence, delinquency, youth substance use and school failure, and promoting positive youth development. As a state-level prevention support system, the EPISCenter seeks to improve the impact of these EBPs on population level public health by ensuring their careful selection and adoption, high quality implementation with fidelity, and long-term sustainability. The EPISCenter’s efforts are guided by an organizational logic model focused on providing both general and intervention-specific capacity building as well as facilitating the interaction between prevention practitioners, policy makers/funders, and researchers.

Abigail Fagan
My background and research in the area of drug abuse prevention makes me well qualified to comment on NIDA’s draft principles related to drug prevention programming. I am thoroughly familiar with the scientific literature related to drug prevention programming and implementation, and I have practical experience in translating this information to community practitioners. As a research assistant on the Blueprints for Violence Prevention Initiative (Dr. Delbert Elliott, Principal Investigator), I assisted in the identification of effective drug prevention programs and managed a large-scale replication of the Life Skills Training drug prevention curriculum in schools across the United States. This project documented challenges related to program delivery and provided technical assistance in overcoming these obstacles. As an Intervention Specialist for the Community Youth Development Study (Dr. J. David Hawkins, Principal Investigator), a randomized controlled evaluation of the Communities That Care prevention system, I designed a multi-component process for monitoring the implementation of prevention programs and provided training and technical assistance to community coalitions to utilize this system when implementing prevention activities. I have published extensively in the area of prevention programming and implementation and have presented on this topic to both academic and lay audiences.

Luanne Rohrbach

Dr. Rohrbach’s research focuses on interventions to prevent tobacco, alcohol, and other drug abuse and risky sexual behaviors among youth. At present, her primary emphasis is translational research, in which she investigates strategies for dissemination and implementation of evidence-based interventions in a variety of real-world settings. Recently, she was the principal investigator on a NIDA-funded study that examined the relative effectiveness of two approaches to teacher training for the evidence-based program Towards No Drug Abuse. Currently, she is co-principal investigator on an evaluation of a comprehensive sexual risk reduction program for high school students in Los Angeles schools and principal investigator on a study examining implementation of evidence-based prevention programs in community-based agencies throughout Los Angeles County. Dr. Rohrbach is co-chair of the Type 2 Translation Task Force of the Society for Prevention Research, which is devoted to synthesizing information about and promoting advances in translation research.

Lisa Saldana

Dr. Saldana is a Research Scientist at Oregon Social Learning Center, a leading institute in prevention and intervention research for children and families. Her primary research has focused on preventive interventions for families involved in the juvenile justice and child welfare systems, with complications of substance abuse. In particular, Dr. Saldana has expertise in implementation science and the evaluation of implementation processes to move evidence-based practices into real-world community settings. She has recently developed a method for costing implementation strategies, and has been involved in conducting economic evaluations of multiple preventive interventions. Her overarching research goal is to increase understanding of what “it takes” to install evidence-based practices in order to increase the availability of the most beneficial services to clients and decrease the wasted efforts and resources on failed implementation attempts.