



Department of

**Mental Health &**

**Substance Abuse Services**

# Comprehensive Approaches to Substance Use Prevention

Division of Substance Abuse Services

Office of Prevention and Early Intervention Services

# Learning Objectives

- 1. Understand the Landscape of Substance Use Among Youth**
- 2. Enhance Collaboration with Community Resources**
- 3. Engage Families and Caregivers in Prevention and Intervention**



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# TDMHSAS: Mission and Vision

# OUR MISSION:

Creating

***COLLABORATIVE  
PATHWAYS TO  
RESILIENCY,  
RECOVERY, and  
INDEPENDENCE***

for Tennesseans living with mental illness and  
substance use disorders

# OUR VISION:

*A STATE*  
of resiliency, recovery,  
and independence  
*IN WHICH*  
***TENNESSEANS***  
living with mental illness  
and substance use disorders  
***THRIVE***



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# Evidence-Based Prevention

# Prevention

*“Many factors influence a person’s chance of developing a mental and/or substance use disorder. **Effective prevention focuses on reducing those risk factors and strengthening protective factors...**”*

-Substance Abuse and Mental Health Services Administration

## Risk factors

Characteristics that precede and are associated with higher likelihood of negative outcomes.

## Protective Factors

Characteristics associated with lower likelihood of negative outcomes; positive countering events

# Which population should be the focus of prevention?

- Half of all lifetime cases of mental and substance use disorders begin by age 14, and three-fourths begin by age 24.
  - By reducing the number of youth who use alcohol, drugs, and tobacco, we can reduce the number of individuals with chronic substance use disorders in society
- People usually make decisions about substance use (alcohol, drugs, and tobacco) before the age of 18, and 18 – 25-year-olds have the highest rate of use.
- Because perception of risk decreases with age, prevention efforts targeting children from elementary to middle school are most effective.

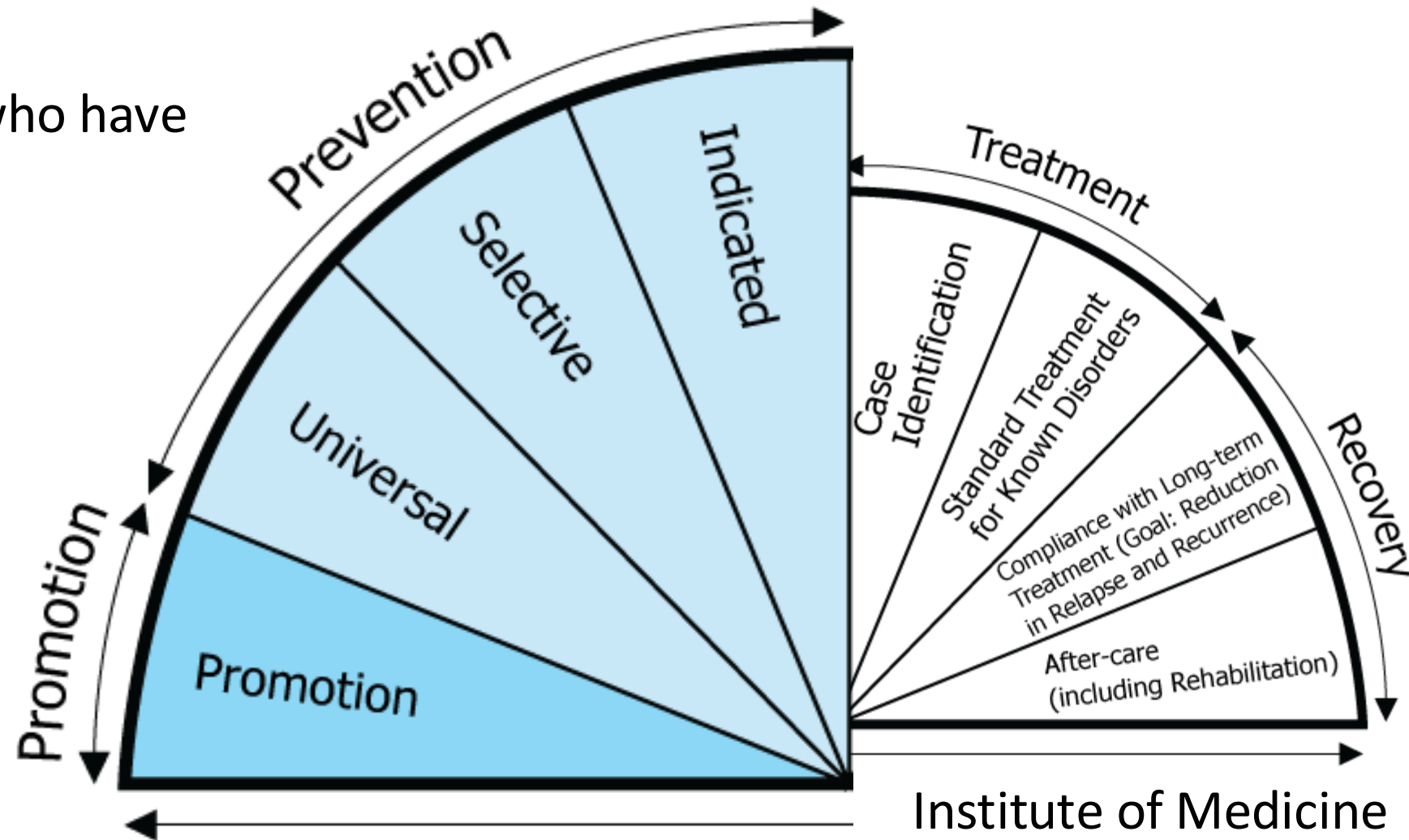
# Prevention and Continuum of Care

**Indicated Prevention:** Targets individuals who have exhibited behaviors

**Selective Prevention:** Targets individuals who have a higher –than-average vulnerability to a behavioral conditions

**Universal Prevention:** Prevent or reduce the vulnerability of developing behavioral health conditions

**Promotion strategies:** creating environmental conditions for behavioral health





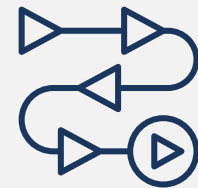
# Harm Reduction

**Harm Reduction** is a way of **preventing disease** and **promoting health** that **meets people where they are.**

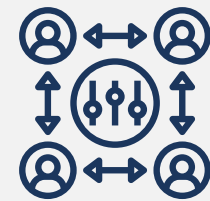
Not everyone is **ready or able to stop substance use**; therefore, **scientifically proven** ways of decreasing risks are **essential.**



**Non-judgmental approach** with a focus on **enhancing quality of life**



Behavior change is an **incremental process**



**Complex social factors** influence vulnerability to substance use and substance-related harm (e.g., poverty, social inequality, trauma)



**Empower those who use substances** to be the primary agents in reducing the harms of their substance use

# Harm Reduction Programs

- Harm reduction policy models are an alternative to “drug free” only campaigns.
- Unlike other prevention strategies that aim to shape pre-use behaviors, harm reduction includes a set of practical strategies intended to change the negative consequences associated with use.
- Harm reduction includes courtesy rides for youth on prom night, distributing needles to individuals who use substances, and naloxone distribution campaigns.
- Harm reduction programs can be seen as controversial.
  - opponents argue that these programs appear to endorse dangerous behavior, as in the case of needle and naloxone distribution programs



Watch your thoughts, they  
become words. Watch your words,  
they become actions. Watch your  
actions, they become habit.

Laozi

quote fancy

*Image from QuoteFancy  
Quote author unknown*

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# Language Matters

Do away with labels and use “person first” language  
(Person with substance use disorder **not** Addict)

## Say this...



- Person with a Substance Use Disorder
- Positive or Negative Toxicology
- Sterile or used needles
- Not using substances
- Person living in recovery

## ...Not That



- Not Addict or Junkie
- Not clean or dirty screen
- Not clean or dirty needles
- Not clean
- Not ex-addict

Source: NIDA

# Language Resources



**EndTheSyndemicTN.org**

## Language Guide Table

quick reference of easy language fixes with big impact

GENERAL GUIDANCE	TRY THIS	INSTEAD OF THIS	LEARN WHY
	transmit <i>or</i> acquired	infect became infected	The word "infection" carries stigma and often invokes blame. Acquisition and transmission are simple and accurate substitutions.
	people living with _____ person living with _____	_____ infected people _____ positive(s) _____ carrier(s) people infected with _____ case(s)	Person-first language centers the person first rather than the health condition. This simple shift says, "I see you first, before your health condition".
	people with _____ person with _____		For health conditions that have a cure, such as hepatitis C, it is also acceptable to say, "people/person with _____".
	people without _____ person without _____	_____ uninfected people _____ negatives _____ unaffected	The word "infected" carries stigma. The meaning of the word "negative" is unclear. "Unaffected" is inaccurate as we are all directly or indirectly impacted by transmissible health conditions.
	new _____ diagnoses people newly diagnosed with _____ person newly diagnosed	new _____ case(s)	"Cases" takes away the humanity of the people impacted by a particular health condition and implies their care/diagnosis is work.



Shatterproof.org

### Recommended Language & Rationale

1 of 3

Recommended language (based on consensus, research, and/or expert opinion)	Stigmatizing language	Rationale & related research (if applicable)	Notes
1. Substance use disorder, addiction (if clinically accurate)	Abuse, Drug problem, Habit/ Drug habit, Dependence	Neutral, non-judgmental language	There are contradicting views for "misuse" and "hazardous, risky, or harmful use" (some people just prefer "use"). Some sources also include "non-medical use."
2. Use (for illicit substances); misuse, used other than prescribed (for prescription medications)			
3. Harmful, hazardous, problematic, or risky use			
Person with a substance use disorder ("person with _____")	Abuser, Addict, Druggie, User, Toxic	Neutral, non-judgmental language. Several studies compare "abuser/abuse" to "person with substance use disorder."	Opioid Epidemic by Shafiq & Olsen



Research & Training Clinical Resources Grants & Funding News & Events About NIDA

Health Professions Education / CME/CE Activities / Words Matter - Terms to Use and Avoid When Talking About Addiction: A CME/CE Activity

## Words Matter - Terms to Use and Avoid When Talking About Addiction: A CME/CE Activity

### Description

This CME/CE activity informs clinicians on how they can show leadership in how language can destigmatize the disease of addiction. It is focused on using person-first language, as well as terms to avoid to reduce stigma and negative bias when discussing addiction.

Start the Activity

## NIDA "Words Matter"

- Articles
- Terms list
- Free CME/CE module

Use...	Instead of...	Because...
<ul style="list-style-type: none"> <li>Person with a substance use disorder<sup>10</sup></li> <li>Person with an opioid use disorder (OUD) or person with opioid addiction</li> </ul>	<ul style="list-style-type: none"> <li>Addict</li> <li>User</li> <li>Substance or drug abuser</li> <li>Junkie</li> </ul>	<ul style="list-style-type: none"> <li>Using person-first language shows that SUD is an illness.</li> <li>Using these words shows that a person with a SUD "has" a problem/illness, rather than "is" the problem.<sup>5</sup></li> <li>The terms avoid elicit negative associations, punitive attitudes, and individual blame.<sup>6</sup></li> </ul>
<ul style="list-style-type: none"> <li>Person with alcohol use disorder</li> </ul>	<ul style="list-style-type: none"> <li>Alcoholic</li> </ul>	



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# Programs for Universal Populations: Coalitions

# Coalitions: Overview

- **Coalitions** are partnerships of the many sectors of a community which gather together collaboratively to solve the community's problems and guide the community's future.
- **Substance Use Prevention Coalitions (SUPCs)** work to prevent dependence and addiction to harmful and potentially lethal substances such as prescription drugs, alcohol, and tobacco, using the Strategic Prevention Framework (SPF).

# Coalitions: Strategic Prevention Framework (SPF)



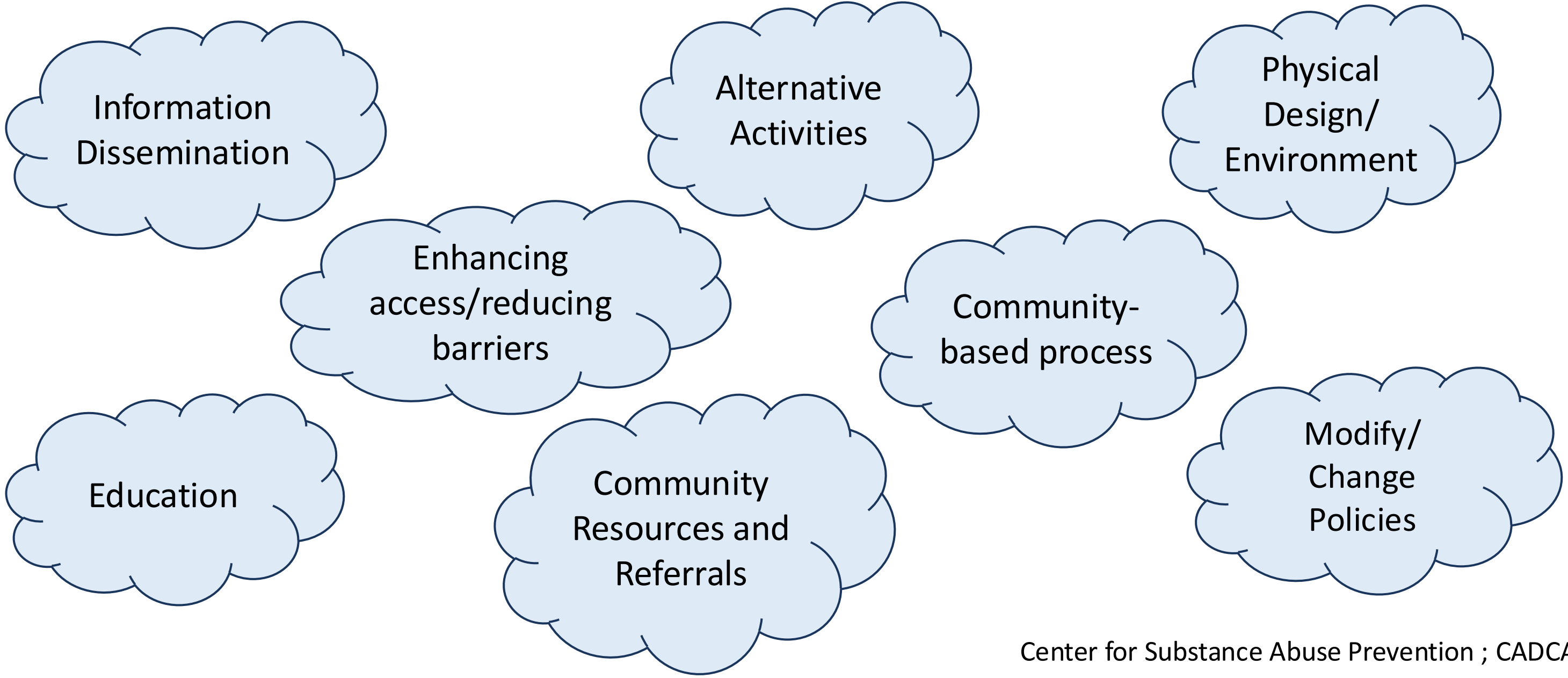


# Coalitions: Program Goals

- Coordinate the implementation of substance misuse prevention environmental strategies within the Grantee's communities to address
  - Underage and Binge drinking
  - Tobacco use
  - Non-medical prescription drug and opioid use
  - Marijuana use
  - Stimulant use



# Coalitions: Prevention Strategies



Center for Substance Abuse Prevention ; CADCA

# Coalitions: Prevention Strategies (Cont.)



Drug Take Back Days

Deterra Drug Deactivation



Awareness Campaigns



Red Ribbon Week (October 23-31)



TNSTRONG Youth Summit (Dept of Health)



Retailer Compliance



The theme for the 2025 TNSTRONG Youth Summit is *Together We Shine*



- When you register, please give us an email that you often check because we will send you information through email.
- Youth must currently be rising 8th graders to first-year students in College (13 - 19 years old).
- ALL participants must fill out the TNSTRONG forms. If you are under 18, your parent or legal guardian must sign your form.



# Coalitions: Prevention Strategies (Cont.)

IT IS ILLEGAL TO PROVIDE ALCOHOL TO A PERSON UNDER 21.

MONROE COUNTY PWG

If they can't buy it, Don't supply it.

66.9% OF MONROE YOUTH DON'T USE ALCOHOL

MOST KNOX COUNTY STUDENTS DON'T USE MARIJUANA

WHY DO YOU SAY NO?

TOU WERE BERY WISE  
I'D RATHER...  
life's too sweet  
I WOULD'VE BEEN AHEAD OF THE GAME

MCC

TN Department of Mental Health & Substance Abuse Services

**Lock It Up**

Protect your loved ones.

Stop access to prescription medications with a lockbox.

For more information visit [scadcoalition.org](http://scadcoalition.org)

Sullivan County Anti-Drug Coalition

TN Department of Mental Health & Substance Abuse Services

This project is funded under a grant contract with TDMH&S

HAMILTON COUNTY COALITION YOUTH EMPOWERMENT SOCIETY

**Y.E.S. GAME NIGHT**

JOIN US IN LEARNING ABOUT SUBSTANCE MISUSE PREVENTION TEST YOUR KNOWLEDGE WITH FUN ACTIVITIES!

**National Drug & Alcohol Facts Week (NDAFW)**  
March 18-24, 2024

Thursday, March 21, 2024

5:30 PM - 6:30 PM

Washington Hills Community Center  
4628 Oakwood Dr, 37416

**What Is It?**  
Useful, Informative & Fun ways to raise awareness of the dangers of drug & alcohol misuse in your community!

**What Can I Do?**  
Learn how to make healthier life choices that impact you and your peers!

Source: National Institute on Drug Abuse

TN Department of Mental Health & Substance Abuse Services

This project is funded under a grant contract with the State of Tennessee Department of Mental Health and Substance Abuse Services.

Vaping doesn't make you **POPULAR**

[truthinitiative.org/thisisquitting](http://truthinitiative.org/thisisquitting)

TEXT DITCHVAPE TO 88709 OR VISIT TRUTHINITIATIVE.ORG FOR HELP WITH QUITTING

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## WHAT IS DELTA-8 THC

Delta-8 tetrahydrocannabinol, also known as delta-8 THC, is a psychoactive substance found in the cannabis sativa plant.

**WHERE DOES DELTA-8 THC COME FROM?**

Delta-8 THC is one of many compounds produced naturally by the cannabis plant but is not found in significant amounts and is often manufactured from hemp-derived cannabidiol (CBD).

Delta-8 THC can be found as gummies, loose leaf bud, vapes, cookies, chips, and many other products. Products come in different shapes or sizes with different kinds of packing and labeling.

**DELTA-8 VS. DELTA-9 THC**

Delta-9 THC is the most recognized compound in marijuana and what you think of when hearing "Cannabis", "Marijuana", or "THC." Delta-8 THC and delta-9 THC may be similar but are **NOT** the same. Delta-8 THC is estimated to be 50-75% psychoactive as delta-9 THC.

**IS DELTA-8 THC LEGAL?**

Under the 2018 Farm Bill, hemp products are legal at the federal level. Converted delta-8 THC is legally a hemp product.

In Tennessee, as of July 1, 2023, cannabinoid products including delta-8 are illegal for purchase to anyone under the age of 21.

Delta-8 THC products have not been evaluated or approved by the FDA and may be marked in ways that put the public health at risk.

OCADC

OCADC

This Thanksgiving make sure drinking & driving isn't on the menu

BUZZED DRIVING IS DRUNK DRIVING

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**KNOCK TOBACCO OUT OF THE PARK!**

Tennessee Tobacco Quitline

Call 1-800-QUIT-NOW

or TEXT "QUIT" to 810-766-0888

[www.tnquitline.com](http://www.tnquitline.com)

HCPC

TN Department of Mental Health & Substance Abuse Services

Knox County's youth want role models.

Talk about medication safety.

**MDC**

metro drug coalition

Learn more at [metrodrug.org](http://metrodrug.org)

TN Department of Mental Health & Substance Abuse Services

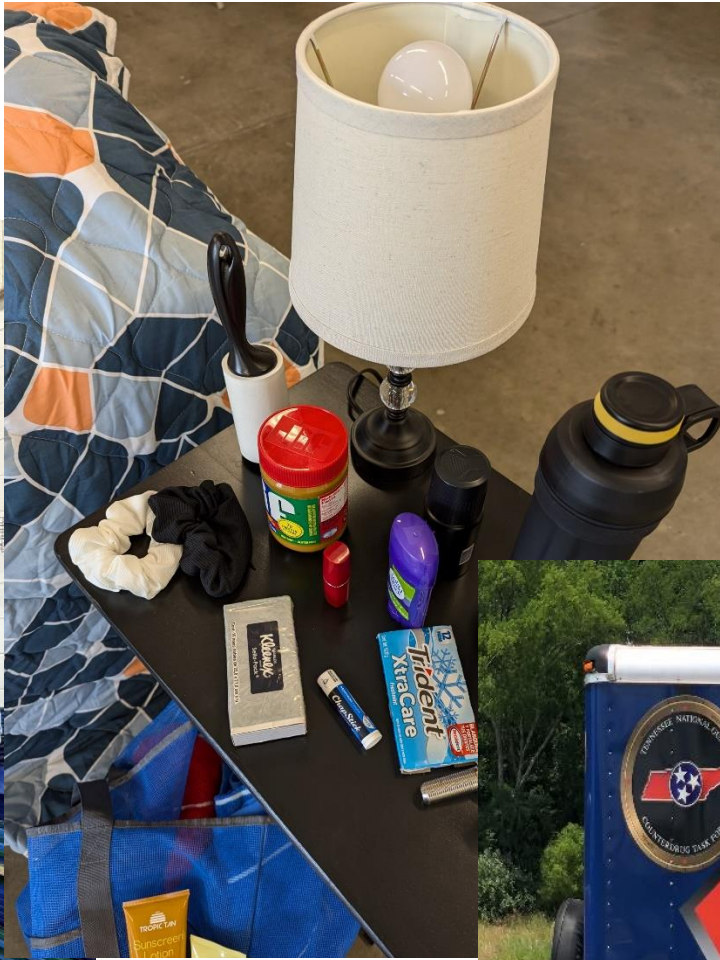
Art by KNOX COUNTY STUDENTS

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# Hidden in Plain Sight / Stashed Away

Partner with the National Guard Counter Drug Task Force





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# Programs for Individual Populations: Tennessee Prevention Network

# Tennessee Prevention Network: Program Goals

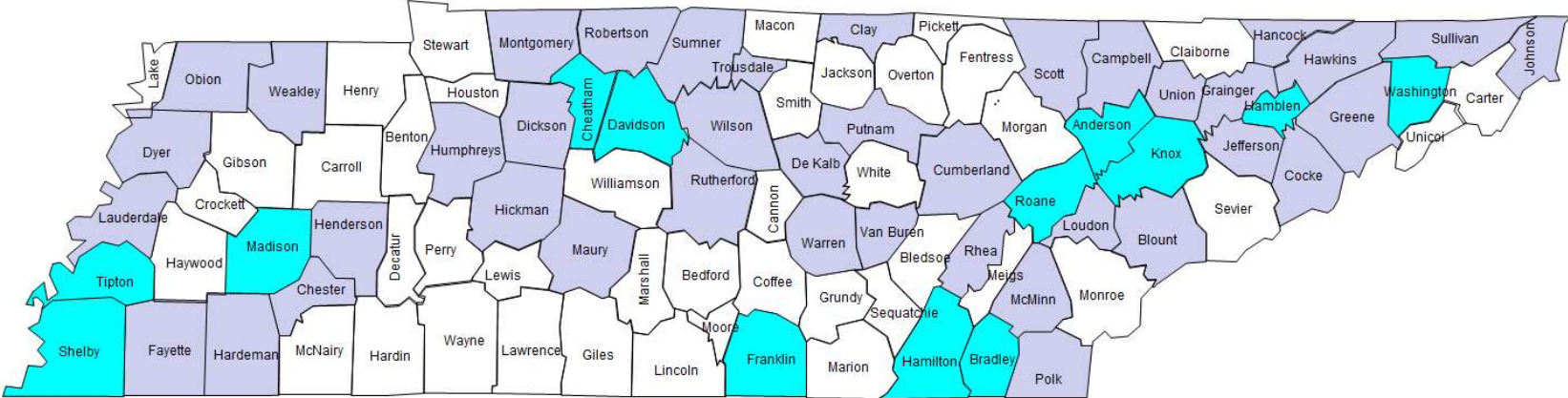
- Delay the onset of substance use and substance use disorder
- Reduce illegal use of substances
- Reduce the prevalence of negative consequences associated with substances
- Selective and Indicated Populations
- Primary Prevention Focus



# Tennessee Prevention Network: Counties Served

Goals of these programs may be

- Increasing knowledge of consequence of substance use
- Promote positive community relationships
- Strengthen communication in families
- Develop positive thoughts and behaviors
- Connect youth with mentors and other caring adults
- Foster teamwork and problem solving



■ Home Office Locations  
■ Covered County

FY 2023: 6,300+ individuals served in 45 Counties

### Examples of Evidence-Based Curriculum Used:

Botvin Life Skills    Too Good for Drugs    SPORT Prevention & Wellness    Strengthening Families



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# Tertiary Prevention: TN Save a Life Program

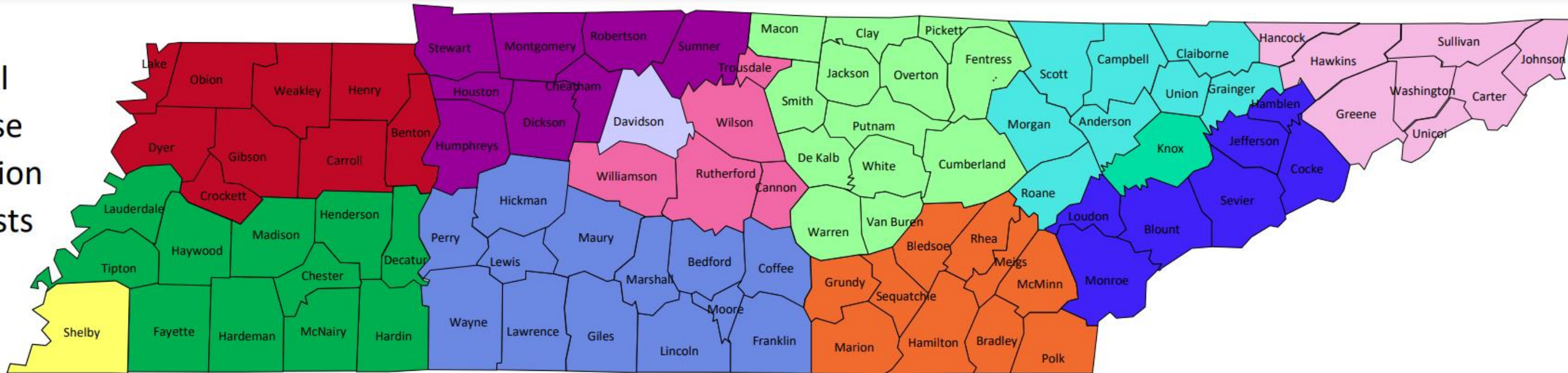
# Role of the Regional Overdose Prevention Specialists (ROPS)

- Provide training and education
- Serve as point of contact for naloxone distribution
- Respond quickly in the event of overdose spike and/or clinic closure
- Raise awareness and reduce the stigma of the overdose epidemic and available resources

# Regional Overdose Prevention Specialists

- 24 ROPS cover 13 Regional divisions across the State

Regional  
Overdose  
Prevention  
Specialists  
(ROPS)



[tn.gov/behavioral-health/rops](https://tn.gov/behavioral-health/rops)

# Harm Reduction

- **ROPS** have distributed **over 854,000** units of Naloxone across the state of Tennessee since October 2017
- **Naloxone** has saved **over 103,000 lives** in Tennessee since 2017
  - This is a conservative estimate based on reported uses of Naloxone

# Overdose Resource Kit Contents

## Naloxone

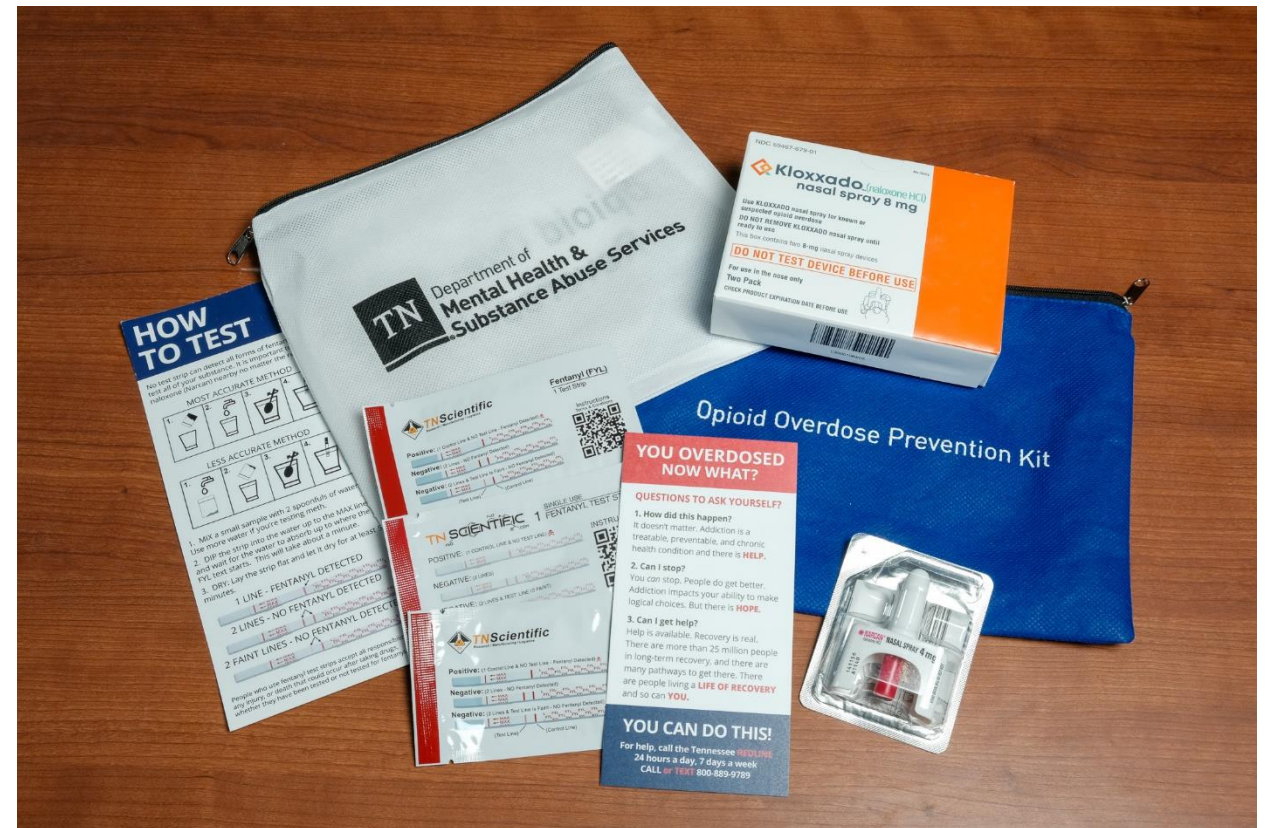
Kits include naloxone (4mg Narcan, 4 mg generic, or 8mg Kloxxado).

## Fentanyl test strips and instructions

Kits can include Fentanyl Test Strips (FTS) and Xylazine Test Strips. TDMHSAS also provides an informational card about testing strips and instructions.

## Resource cards

Kits include a TDMHSAS resource card that lists the Redline, 988 Crisis information, prevention and other resources. ROPS may also add local resource information.



A central tenet of the TN Save a Life Program is that training, education and connection to resources are essential to overdose prevention. Naloxone and fentanyl test strips are additional tools to prevent overdoses in Tennessee.

# Free Community Resources

## Trainings:

Dr. Brian Winbigler,  
Associate Professor,  
UT-Health Sciences Center

Fentanyl: [bit.ly/FenTraining](https://bit.ly/FenTraining)



Stimulants: [bit.ly/StimTraining](https://bit.ly/StimTraining)



**FACTS ABOUT FENTANYL**

PRESENTED BY THE OFFICE OF PREVENTION,  
TN DEPARTMENT OF MENTAL HEALTH AND  
SUBSTANCE ABUSE

**OPEN VIRTUAL TRAINING DATES  
AVAILABLE MONTHLY**

**TOPICS INCLUDE:**

- WHAT IS FENTANYL
- WHAT IS HAPPENING IN TENNESSEE
- WHAT ARE THE RISKS
- WHAT ARE BASIC PRECAUTIONS TO TAKE

**PRESENTER:  
DR. BRIAN WINBIGLER  
ASSOCIATE PROFESSOR  
UT-HEALTH SCIENCES CENTER**



**BE IN THE KNOW ABOUT STIMULANTS**

**FREE, MONTHLY VIRTUAL TRAININGS**

*Offered by the Office of Prevention at the Tennessee Department of Mental Health and Substance Abuse Service*

**TOPICS INCLUDE:**

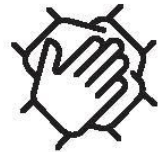
- Stimulant trends and data in Tennessee
- Over the counter, prescription and illicit stimulants
- Illicit stimulant risk, overdose and recovery

**PRESENTER:**

# Additional Fentanyl Resources

## FACTS ABOUT FENTANYL

Knowledge and Tools to Save Lives



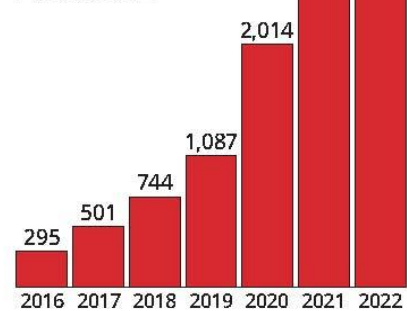
Fentanyl is a man-made opioid that's many times stronger than morphine or heroin. Because it is so strong and so addictive, it's being added to heroin, fake prescription pills, even stimulants like cocaine and methamphetamine. The result is huge increases in overdoses, and sadly, more Tennesseans than ever dying. These deaths are preventable with knowledge and tools.

**FENTANYL IS 50 TIMES STRONGER THAN HEROIN AND 100 TIMES STRONGER THAN MORPHINE**

**HISTORY AND LEGAL USAGE**  
CREATED IN 1959, FENTANYL IS USED SAFELY DURING SURGERY OR TO TREAT CANCER PATIENTS. WHEN USED AS DIRECTED BY A DOCTOR, FENTANYL IS SAFE AND EFFECTIVE.

**COMMON ILLICIT FORMS**  
ILLICIT FENTANYL IS SMUGGLED IN POWDER FORM. IT'S MIXED INTO SUBSTANCES INCLUDING HEROIN, COCAINE, METH, AND PRESSED INTO FAKE PRESCRIPTION PILLS.

### TENNESSEE OVERDOSE DEATHS INVOLVING FENTANYL



TN Dept. of Health data shows illicit fentanyl drove the increase in overdose deaths and is keeping totals elevated.

### FENTANYL AND OPIUM

Because fentanyl is so strong, people (illegal) drugs use fentanyl to make their drugs cheaper and more powerful. They use special equipment that spreads it evenly. Each pill or powder is not the same. It takes a lot of fentanyl to cause an overdose for someone who does not usually use it.



Authentic Oxycodone 30 MG Tablets Counterfeit

#### Can you spot the diff

Fentanyl has been found in heroin and pressed into fake prescription pills. There are lots of stories of fentanyl in the US where very few cases in the US were confirmed that fentanyl was present.

## State Departments Issue Guidance Around Fentanyl Exposure

Leaders stress facts over fear and focus on helping people find recovery

Wednesday, August 24, 2022 | 09:32am

NASHVILLE, Tenn.—The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) and the Tennessee Department of Health today issued new guidance and information around fentanyl and what to do in case of a potential exposure.

Recent media reports have highlighted stories of exposure to a white powdery substance assumed to be fentanyl and the wide variety of adverse medical reactions that followed. While these stories are disturbing, it is important for everyone involved to separate fact from fiction when talking about fentanyl exposure to avoid unnecessary confusion and panic.

[bit.ly/FenResources](https://bit.ly/FenResources)



# Contact Information

**Jennifer Nguyen, MSW** | Program Manager  
Office of Prevention and Early Intervention Services  
Division of Substance Abuse Services  
TN Dept of Mental Health and Substance Abuse Services  
[Jennifer.Nguyen@tn.gov](mailto:Jennifer.Nguyen@tn.gov)  
[tn.gov/behavioral-health](http://tn.gov/behavioral-health)