Substance Abuse Prevention – What Really Works?

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WYSAC
Pills, Potions and Profits
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University of Wyoming
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Observation and Science

Completely Unrelated Fact: The great film “October Sky” was based on the book “Rocket Boys” by Homer Hickam. The two titles are anagrams.

Completely Unrelated Quote: Why does Sea World have a seafood restaurant? I’m halfway through my fish burger and I realize, Oh man...I could be eating a slow learner.” – Lyndon B. Johnson

Messages Were Not Always Clear

Just Say No! Just Do It!

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Risk and Protective Factors

Completely Unrelated Fact: What is called a “French kiss” in the English speaking world is known as an “English kiss” in France.

NREPP

ALL STARS
Mentoring
Life Skills
Project Northland

Tobacco Master Settlement

Completely Random Trivia: What U.S. State is furthest to the East?
Thought Experiment

How do you layer prevention effectively?

Completely Random Trivia
Answer: Alaska (yes, it is furthest East, and West, and North)

#1. Target the Community

Completely Unrelated Fact: The Bible is the world's best selling book. It is also the world's most shoplifted book.

#2. Change your Workforce

VS

#3. Look for Windows

Completely Unrelated Photo: Balloonists Professor Piccard and his assistant prior to their ascension. Both wear special crash helmets for head protection. (circa 1900)

#4. Focus on the Positive

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#5. Correct Misperceptions

Perceptions Versus Reality in Past Month Substance Use among 12th Graders in Weston County, Wyoming (2008 PNA)

<table>
<thead>
<tr>
<th>Substance</th>
<th>Perceived Use</th>
<th>Actual Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>97%</td>
<td>48%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>89%</td>
<td>17%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>86%</td>
<td>0%</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>63%</td>
<td>0%</td>
</tr>
</tbody>
</table>

#6. Include the Cops

Completely Unrelated Quote: “I dream of a better tomorrow, where chickens can cross the road and not be questioned about their motives.” - Unknown

#7 Embrace Data

Completely Random Trivia: What U.S. State is closest to Moscow, Russia?

#8 Don’t do it Alone

Completely Random Trivia Answer: Minnesota (Yes, go over the top of the earth)

#9. Think Comprehensively

A Tale of Two Cities

Completely Unrelated Quote: “Put your hand on a hot stove for a minute, and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. THAT’S relativity.” -Albert Einstein

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Laramie County, Wyoming

<table>
<thead>
<tr>
<th>Outcome Indicator</th>
<th>Baseline</th>
<th>Year Four</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Binge Drinking</td>
<td>16.8%</td>
<td>13.1%</td>
</tr>
<tr>
<td>Adult Heavy Drinking</td>
<td>4.5%</td>
<td>4.8%</td>
</tr>
<tr>
<td>10th Grade Current Use</td>
<td>41.1%</td>
<td>Didn’t bother</td>
</tr>
<tr>
<td>12th Grade Current Use</td>
<td>42.0%</td>
<td>Didn’t bother</td>
</tr>
<tr>
<td>10th Grade Binge Drinking</td>
<td>23.7%</td>
<td>Didn’t bother</td>
</tr>
<tr>
<td>12th Grade Binge Drinking</td>
<td>23.3%</td>
<td>Didn’t bother</td>
</tr>
<tr>
<td>Alcohol-Related Crashes</td>
<td>186.3 (per 100,000 people)</td>
<td>190.2 (per 100,000 people)</td>
</tr>
</tbody>
</table>

Albany County, Wyoming

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Adult Binge Drinking</td>
<td>23.0%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Adult Heavy Drinking</td>
<td>8.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>10th Grade Current Use</td>
<td>39.2%</td>
<td>23.9%</td>
</tr>
<tr>
<td>12th Grade Current Use</td>
<td>38.2%</td>
<td>35.5%</td>
</tr>
<tr>
<td>10th Grade Binge Drinking</td>
<td>29.0%</td>
<td>19.2%</td>
</tr>
<tr>
<td>12th Grade Binge Drinking</td>
<td>43.2%</td>
<td>25.0%</td>
</tr>
<tr>
<td>Alcohol-Related Crashes</td>
<td>231.3 (per 100,000 people)</td>
<td>179.5 (per 100,000 people)</td>
</tr>
</tbody>
</table>

What does this mean for Prescription Drug Abuse?

Thank You! Questions?

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Completely Unrelated Quote: “I think it is wrong that only one company makes the game Monopoly.” – Steven Wright

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