

Prevention Has Purpose

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October 29th, 2025



Katie Newby

- I am Ms. Katie to the youth I serve.
- Currently I am a couple weeks away from completing the certification process, I am waiting to get my credentials approved from the Michigan Certification Board for Addiction Professionals to be a Certified Prevention Specialist.
- I serve marginalized youth populations here in Kalamazoo County.



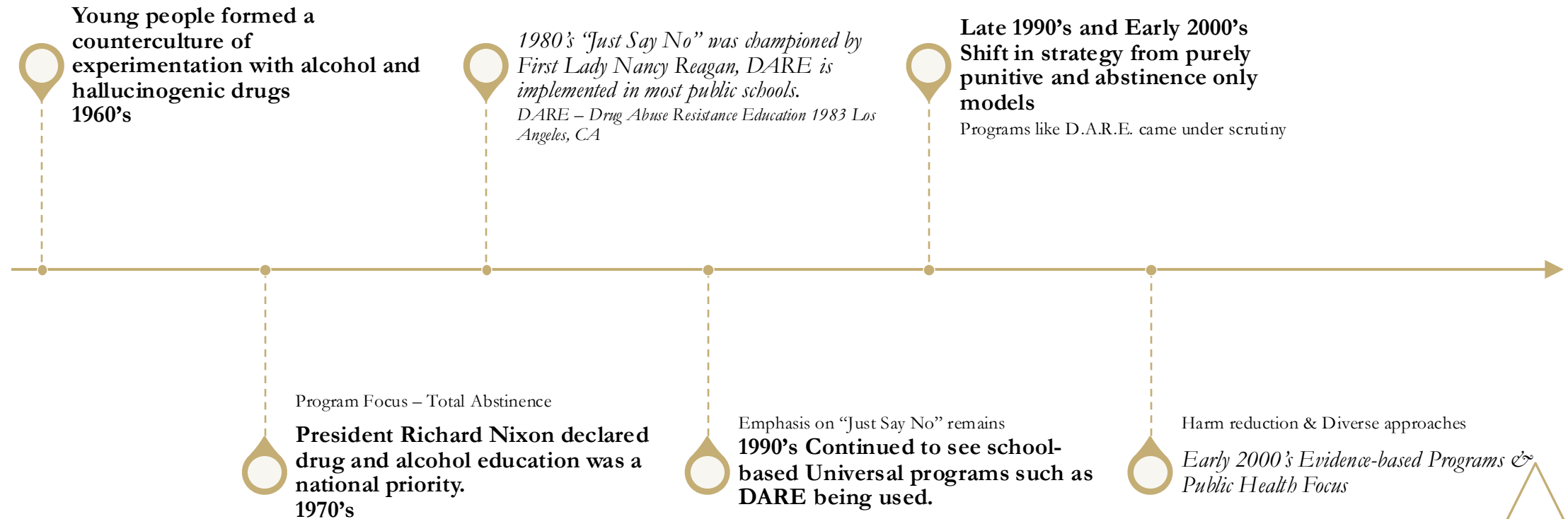
Overview



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- History - Not the Prevention We've Experienced
- Definitions of the 3 Community Prevention Strategies
- Program Introduction – Power of Choice
- Comparing Selective and Indicated
- Mini Group Activity
- The Impact – Prevention Has Purpose
- Key Takeaways
- Questions

History – Not the Prevention We've Experienced





The Institute of Medicine's Continuum of Care's 3 Levels of Prevention

- Universal – Targeted to the general public or whole population like a county, neighborhood, or school that has not been identified on the basis of individual risk. The intervention is desirable for everyone in that group.
- Selective – Targeted to subgroups of the general population that are considered *at risk* of engaging in substance misuse by their exposure to specific risk factors and are recruited to participate specifically because of that groups risk profile.
- Indicated – Targeted to individuals who are experiencing early signs of substance use and other related problem behaviors associated with substance use, but who have not yet reached the point where the clinical diagnosis of substance abuse can be made. Used for individuals who may or may not be abusing substances but who exhibit risk factors such as school failure, interpersonal social problems, delinquency, and other antisocial behaviors. *Indicated prevention strategies target these individuals with special programs.*

National Research Council and Institute of Medicine. (2009). Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities.





Incarcerated youth



Runaway &
Homeless Youth



Underserved
populations with
high risk factors

Power of
Choice

Comparing “Selective” to “Indicated”

SELECTIVE EXAMPLES

- Curriculum-based programs for youth of substance-abusing parents.
- Programs for families living in high-crime or impoverished neighborhoods.
- Programs offered to youth who have been exposed to risk factors such as parental divorce, parental mental illness, abuse or parental loss.
- Programs offered to youth exposed to risk factors of community trauma.

All programs with the goal to reduce risk for adverse mental, emotional and behavioral outcomes.

INDICATED EXAMPLES

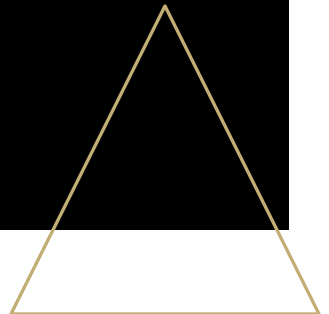
- DUI education programs for individuals with a conviction for driving under the influence.
- Marijuana use education program for youth caught in possession of said substance or who have dirty tests during regular screenings for probation.
- A substance misuse prevention program for youth who are incarcerated for possession of a controlled substance.



Prior Session Information

Participants have covered:

- Effective communication skills
- Stereotypes
- Self-fulfilling prophecy (and how to change the narrative)
- What they believe about drug use for individuals around their age



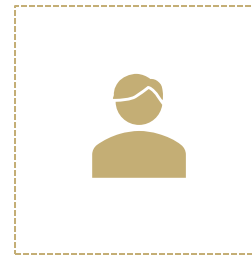
Mini Group Activity – Myths & Denial



Group 1 – Myth 1



Group 2 – Myth 2



Group 3 – Myth 3



Group 4 – Myth 4



The Impact & Importance

Youth served at the Kalamazoo County Juvenile Home all of which returned to the community at some point in the last 12 months: 73

Youth served at runaway/homeless shelter(s) who are part of our community schools and additional community programs & services: 42

Youth served at our afterschool programs for high-risk, underserved youth: 41

Data from Fiscal year 2025 – 156 youth engaging in substance use and violence prevention programming.

Key Takeaways

ONE:

Universal prevention targets whole community needs

TWO:

Selective prevention targets high risk populations who need services

THREE:

Indicated prevention targets subgroups who may or may not already be using & receive special programs

FOUR:

What a Selective/Indicated program experience looks like

FIVE:

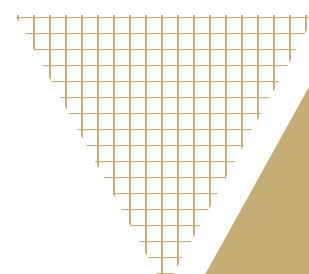
Why these special programs are important and impactful



References

Donnelly, M. (2024a). Drug and Alcohol Prevention Programs. Retrieved 2025,.

National Research Council and Institute of Medicine. (2009). Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities.



Questions



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