

Substance Abuse Prevention Skills Training (SAPST)

Building Our Behavioral Health Workforce

SESSION 1

Agenda

An Introduction to the SAPST

- Training Overview and Logistics

Setting the Foundation: From Theory to Practice

- Behavioral Health
- Continuum of Care
- Public Health Approach
- Risk and Protective Factors
- Developmental Perspective
- Introduction to the Strategic Prevention Framework

Learning Objectives

By the end of this session, you will be able to:

Define behavioral health

Explain the continuum of care

Identify key characteristics of the public health approach

Describe risk and protective factors in multiple contexts and from the developmental perspective

Summarize the Strategic Prevention Framework

SESSION 2

Agenda

Review Key Concepts from Session 1

Strategic Prevention Framework

- Step 1: Assessment
- Step 2: Capacity

Learning Objectives

By the end of this session, participants will be able to:

- Describe how to assess substance use problems and related behaviors
- Explain how health disparities relate to prevention
- Describe how to assess the risk and protective factors that influence (or contribute to) the problems
- Explain how to assess a community's readiness and resources to address its problems

SESSION 3

Agenda

Review Key Concepts from Session 2

- Step 1: Assessment
- Step 2: Capacity (Assessing Capacity)

Strategic Prevention Framework

- Step 2: Capacity (Building Capacity)
- Building Capacity: The Role of Cultural Competence
- Step 3: Planning

Learning Objectives

By the end of this session, participants will be able to:

- Explain how a community can build its capacity to prevent the problems identified in its assessment
- Describe culture and how to apply cultural competence to prevention and promotion
- Explain how to prioritize risk and protective factors
- List different types of interventions and describe the criteria for selecting an intervention

SESSION 4

Agenda

- Strategic Prevention Framework
 - Sustainability
 - Step 4: Implementation
 - Step 5: Evaluation
- Bringing It All Together

Learning Objectives

By the end of this session, participants will be able to:

- Recognize the keys to sustainability and how they are integrated into the SPF
- Describe high-quality implementation and why it's important
- Explain the purpose of evaluation, and what to consider when reporting the results
- Identify ways to apply the training material to your work