

Healthy Hints!

Prevention 101

What is Prevention?

- Prevention promotes the health and safety of individuals and communities.
- Prevention focuses on preventing or delaying the onset of behavioral health problems.

How Prevention Helps:

- Potential lifetime benefits of preventing mental, emotional, and behavioral (MEB) disorders are greatest by focusing on young people.

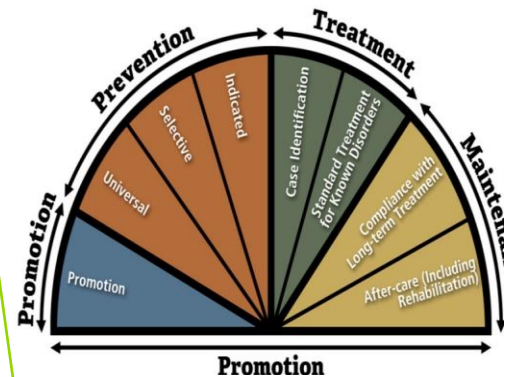
Goals of Prevention:

- Build emotional health – prevent or delay onset of and reduce symptoms and complications from substance abuse and mental illness
- Prevent or reduce consequences of underage drinking and adult problem drinking
- Reduce prescription drug misuse and abuse
- Foster environments and create caring communities in which everyone has an opportunity to thrive

The Public Health Approach:

The public health approach to promote behavioral health and overall wellbeing:

- Recognizes the connection of behavioral health with physical health
- Focuses on prevention and promotes behavioral health across the lifespan
- Provides people with the knowledge and skills to maintain optimal health and wellbeing
- Brings together individuals, communities, and a variety of systems to work collaboratively towards better behavioral health for all
- Identifies risks that may contribute to illness or disability, as well as protective factors that protect against the development of illness or disability and/or limit its severity



RESOURCES:

National Institute on Drug Abuse

www.drugabuse.gov

www.teens.drugabuse.gov

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Start Talking!

www.starttalking.ohio.gov

Too Smart to Start

www.toosmarttostart.samhsa.gov

PREVENTIONFIRST!
GUIDING COMMUNITIES TO A VIBRANT FUTURE

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"Preventing Mental, Emotional, and Behavioral Disorders among Young People", Institute of Medicine (IOM Report, 2009)

"Prevention Continuum of Care Taxonomy", Ohio Mental Health Addiction Services (2013)

Minnesota Dept. of Health website (2013)