

## INSTITUTE OF MEDICINE (IOM) PREVENTION CLASSIFICATIONS

The Institute of Medicine (IOM) has developed a framework for classifying prevention that divides the continuum of services into prevention, treatment, and maintenance. Prevention is further divided into three main classifications: universal, selective and indicated. The Substance Abuse and Mental Health Administration (SAMHSA) has adopted these classifications in order to categorize substance use prevention efforts. Each prevention classification is described below.

Institute of Medicine (IOM) Prevention Classifications	
<b>Universal – Direct &amp; Indirect</b>	<p>Activities targeted to the general public or a whole population group that has not been identified on the basis of individual risk.</p> <p><b>Direct</b> – Interventions directly serve an identifiable group of participant but who have not been identified on the basis of individual risk. (e.g., school curriculum, parenting class). This also could include interventions involving interpersonal and ongoing/repeated contact (e.g., coalitions).</p> <p><b>Indirect</b> – Interventions support population-based programs and environmental strategies (e.g., establishing ATOD policies). This could also include programs and policies implemented by coalitions.</p>
<b>Selective</b>	<p>Activities targeted to individuals or a subgroup of the population whose risk of developing a disorder is significantly higher than average.</p>
<b>Indicated</b>	<p>Activities targeted to individuals identified as having minimal but detectable signs/symptoms foreshadowing disorder or biological markers indicating predisposition but not yet meeting diagnosis level.</p>

## SIX CSAP STRATEGIES

CSAP has identified six strategies that are proven through research to be effective. The key for communities is to implement multiple strategies across multiple sectors. The more strategies a community can effectively implement effectively, the more comprehensive and successful the prevention effort.

**1- Dissemination of Information.** This strategy provides information that is characterized by one-way communication from source to audience with limited contact between the two. *Examples: Resource Directories, media campaigns, Public Service Announcements, Health Fairs.*

**2- Prevention Education.** This approach involves 2-way communication - interaction between an educator and participants. Activities target critical life and social skills such as decision-making, refusal skills and critical thinking. *Examples: classroom/ small group sessions, parenting classes, groups for children of substance abusers.*

**3- Alternative Activities.** This strategy attempts to engage target populations in activities that exclude drug use. This approach is built off the idea that constructive/healthy activities will offset the attraction to using drugs, or meet the need that drug use might. *Examples: drug-free social activities, youth leadership activities, community drop-in centers, community service activities.*

**4- Environmental Approaches.** This approach works to establish or change community standards, codes and attitudes, ultimately influencing the prevalence of drug abuse in the general population. *Examples: review and modification of alcohol advertising practices, establishment of drug policies in schools, passing laws such as raising drinking age to 21.*

**5- Problem Identification and Referral.** This strategy focuses on identification of those indulging in illegal drug, alcohol use in order to assess if their behavior can be reversed through education. Doesn't include determining if individual is in need of treatment. *Examples: DUI education programs, employee assistance programs.*

**6- Community Based Processes.** This strategy is focused on helping communities effectively provide prevention and treatment services. Activities include organizing, planning, enhancing effectiveness of service, implementation, building coalitions and networking. *Examples: community volunteer training, multi-agency collaborations, community team building.*