

Prevention Services

Synchronizing Culture & Evidence-Based Practice



Power of Prevention

The continuum of behavioral health services is likened to that of a mighty river. Substance abuse treatment and other acute behavioral health services flow far downstream toward the end of the journey of the long behemoth. In contrast, prevention services lay upstream, at the beginning of the river's journey, and therefore effect the life course of the river and all that comes into contact with it. Prevention services have the ability to make a tremendous impact at both an individual/personal level as well as within the broader community when prevention programs and services are: 1. Rooted in behavioral health science; 2. Informed by a community's specific epidemiological reality; and 3. Delivered with fidelity by passionate, qualified professionals. Investing in evidence-based substance prevention not only decreases the social, economic, and health consequences of alcohol, tobacco, and other drugs (ATOD's), but also contribute to the development of healthy communities. Substance abuse is among the most expensive public health problems in the United States, costing the national 510.8 billion. High quality prevention services return on their investment. A cost-benefit analysis reported by the Substance Abuse and Mental Health Administration (SAMHA) found that effective school-based programming alone could save an estimated \$15-\$18 per \$1 invested.^{1,2}

Commitment to excellence in prevention education

The Health Education and Promotion Council (HEAPC) is a state accredited prevention agency that is dedicated to the implementation of programs and services that improve the health and wellbeing of the communities within our service area. Our mission to synchronize culture, science, and education to improve health, economic, and social wellbeing transcends every aspect of our work. Our prevention priorities include:

- Maintaining a health surveillance and monitoring system that captures local data related to health status as well as beliefs, attitudes, and behaviors that may increase health risk.
- Decreasing high-risk behavior among at-risk youth and adults.
- Decreasing recidivism of convicted offenders re-entering the community.

Levels of Prevention Services

HEAPC offers three basic levels of prevention services:

- **Primary Prevention** - Aims to delay the initiation of substance abuse, which reduces subsequent problems later in life. [youth focused]
- **Early Intervention** - Aims to curb at risk behavior (I.E. binge drinking) that has not yet become a disorder (I.E. alcoholism). [youth & adult focused]
- **Relapse Support** - Aims to assist in recovery maintenance. [Adult focused]



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Programming

HEAPC offers several prevention programs delivered by our talented Family Services team. Programs are offered within our newly remodeled Oyate Community Center as well as at partner locations throughout the Black Hills. Below is a list of our most popular programs:

Giving Life to the Grandchildren: A Lakota Way of Life Alcohol and Drug Prevention Program

A 14 session educational group designed to help the client and his/her extended family develop the skills and inner personal strength to avoid alcohol and drug abuse. The program seeks to promote the resiliency of families and individual healthy lifestyle choices through engaging in activities that aim to strengthen family cohesion while imparting essential Lakota values and philosophies that are relevant to contemporary life. The program is most frequently implemented among adults for early-intervention or relapse support, but could also benefit individuals who have never engaged in substance abuse. Traditional Lakota oral history, philosophy, and social norms are offered as the foundation for driving decision making; however, clients from all walks of life are most welcome to participate. Groups facilitated at our Center provide a meal and encourage the participation of a client and his/her primary support people. Client's children ≥ 7 years old are welcome to come and participate in the children's component. [Early intervention, Relapse Support]

Catku Aglipi: Returning to the Place of Honor

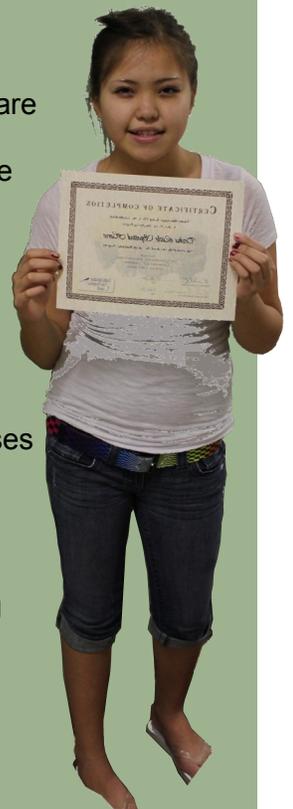
Catku Aglipi is an educational group for men and women who have recently been released or are preparing to be released from a correctional facility. The initiative's main goal is to prevent recidivism of convicted offenders by providing: 1. Intensive case management; 2. Job assistance training and technical support; 3. Family budgeting and financial prioritization; 4. The National Institute of Correction's *Thinking for a Change* curriculum; and 4. Connection to spiritual support via the *Oinikaġapi*, "Lakota Sweat Lodge Ceremony". Groups are gender specific and are facilitated by a licensed social worker for a period of 90 days. [Relapse Support]

Cangleska Waunspe: Teachings from the Medicine Wheel

Classroom style prevention education for elementary, middle, and high school students that uses the medicine wheel to illustrate core Lakota values and traditional social norms. The program aims to bridge the gap between cultural knowledge lost as a result of forced assimilation and other historical trauma. Lakota oral history, music, and art are used to convey core concepts readily existing in Lakota culture and standard prevention education. The length, duration, and intervals of classes are tailored to each student group; however, graduation requires receiving the complete content of the curriculum. As with all HEAPC's programs, all children may participate. [Primary Prevention]

Tobacco Addiction Ends with Me

A commercial tobacco prevention program that aims to: 1. Prevent the initiation of commercial tobacco use; 2. Educate youth about the differences between traditional tobacco and its use with commercial tobacco abuse; and 3. Recruits young people to commit to abstaining from all forms of commercial tobacco. ***Tobacco Addiction Ends with Me*** was developed by the translation of an ethnographic study that examined the unique Lakota perspective and paradigm related to traditional tobacco. [Primary Prevention]



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Evaluation Measures

The Health Education and Promotion Council provides rigorous evaluation of each client cohort (clients attending the same prevention program within the same period of time) as well as the overall impact of each of the specific programs. Quarterly evaluation reports are produced for each cohort. Evaluation components include:

- Alcohol and/or substance use screening (AUDIT).
- Past 30 day alcohol, tobacco, and other drug assessments upon registration, graduation, and 6 month follow-up.
- Pre and Post knowledge, opinion, and attitude assessment.
- Cultural Learning retrospective post assessment.
- Client satisfaction post assessment.

All evaluation assessments are carefully reviewed for continuous quality improvement. Additional assessments can be administered upon request.

What do our client's say?

Words can't express how grateful I am for this class. One thing I always look forward to....

It's a great program for our people today.

I believe that Takoja is very helpful in teaching some of the ways of the Lakota.

I think this is a great program and it helped me realize how important my culture is.....

This class rocked.....

This is a positive program. Keep up the awesome work.....

I learned that there are people out there that still care about our culture.....

It is a good program. Only good thoughts and positive outcomes can come from what you have provided us. Bless you!

Helped me understand how the use of alcohol and drugs affected not only myself but the ones who live me.....

I enjoy coming to these groups and I've learned a lot and want to continue learning so I can teach my daughter.....

I like this program very much! It's a good way of healing and dealing with our addictions. I recommended this group to everyone.....



Trained Prevention Specialists work with families and serve as a resource on:

- Improving positive lifestyle choices and decision making.
- Improving family cohesion through communication and interpersonal skill building .
- Encouraging proactive responses to alcohol and substance use concerns.
- Understand the critical role of each family member.
- Understand how Lakota values and culture can provide framework that contributes to the successful outcomes of families.



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For more information call us today

Health Education and Promotion Council
2430 Gnugnuska Drive
Rapid City, South Dakota 57701
Phone: (605) 791-4445
Fax: (605) 791-4493
Favian@heapc.org



Would you like to learn more about how the Health Education and Promotion Council can provide your client populations with high quality prevention services? Check the following program(s) that you would like to hear more about and return via email, U.S. mail, or fax. A member of our prevention team will contact you.

____ **Level of Prevention**

- ____ Primary Prevention
- ____ Early Intervention
- ____ Relapse Support

____ **Prevention Program**

- ____ Giving Life to the Grandchildren
- ____ Catku Aglipi: Returning to the Place of Honor
- ____ Teachings from the Medicine Wheel
- ____ Tobacco Addiction Ends with Me
- ____ Other programs are available

Contact Name:

Organization:

Address:

Phone:

Email:

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