

Discussion Based Learning

“Surry, The Road to Recovery” Video Series - Episode 5: Primary Prevention

Links to Episode 5 - “Surry, The Road to Recovery”:

<https://vimeo.com/588357168>

Introduction/Discussion Overview:

More deaths, illnesses, and hospitalizations occur due to substance use than any other preventable health condition. Because of this, treating substance use disorder represents a significant cost to healthcare organizations throughout our country. Nationally, we lose over 100 people per day to opioid overdoses. Effective prevention strategies can reduce the impact of substance use and mental health disorders in our communities. Prevention activities work to educate and support individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders.

Episode 5, “Surry, The Road to Recovery” is the fifth episode in a series to be used as a resource, created by the Surry County Office of Substance Abuse Recovery, that focuses on the benefits of primary prevention in a community. This episode is comprised of mental health specialists and scientists that work in prevention who are reinforcing the message that prevention works! Please learn from these valuable members of our community that effective prevention programs can increase community and individual wellness.

The goal of Episode 5 is for people to learn that substance use disorder (SUD) can be prevented. One can also learn the danger of becoming addicted to substances, even by following the dosage in a prescription given to you by your own doctor for a legitimate injury. The key to prevention is education. Having supportive adults convey consistent messaging on a continuous basis to our youth is extremely important. Every person in this video talks about the importance of the entire community working together to support prevention messaging to youth. This is not something one can do alone. Support from others is an integral part of the prevention message. Family, friends, support groups, counselors, schools, government agencies and others are the biggest allies in the success of a community substance use prevention campaign.

Per the Substance Abuse and Mental Health Service Administration (SAMHSA), behavioral health is essential to our overall health. Prevention is worth the effort because it works. It is never too early to start concentrating on prevention.

Standards:

- Surry County Substance Abuse Recovery Office (SCSAR)
- Centers for Disease Control and Prevention (CDC)
- U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)

Objectives:

- The student will define prevention.
- The student will understand who can benefit from prevention.
- The student will understand the far-reaching impact of substance use disorder.
- The student will realize who needs to be involved in prevention efforts.
- The student will understand the positivity of prevention and how it can increase a community's overall wellness.

Vocabulary:

- **Recovery** - A process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential.
- **Medication-Assisted Treatment (MAT)** – the use of medications, in combination with counseling and behavioral therapies, which is effective in the treatment of opioid use disorders (OUD's) and can help some people sustain recovery and prevent overdose.
- **Treatment** - Drug treatment is intended to help addicted individuals stop compulsive drug seeking and use. Treatment can occur in a variety of settings, take many different forms, and last for different lengths of time. Because drug addiction is a chronic disorder characterized by occasional relapses, a short-term, one-time treatment is sometimes not enough. For many in addiction, treatment is a long-term process that involves multiple interventions and regular monitoring.
- **Addiction** – The fact or condition of being addicted to a substance, thing, or activity.
- **Addicted** – Physical and/or mental dependence on a substance, thing, or activity, and the inability to stop taking or doing it without incurring adverse effects.
- **Perspective** – An attitude toward or a way of regarding something; a point of view.
- **Stigma** – A mark of disgrace associated with a circumstance, quality, or person.
- **Primary Prevention - intervening before health effects occur**, through measures such as vaccinations, altering risky behaviors (poor eating habits, substance use), and banning substances known to be associated.

Requirements/Task(s):

- Task One: Have pencil and paper ready to take appropriate notes.
- Task Two: Listen to the Introduction and understand the purpose of the video before viewing.
- Task Three: Watch the video, paying close attention in order to be prepared for the class discussion afterward.
- Task Four: Contribute to the class discussion after the video is completed.
- Task Five: Completion of a short True/False quiz.

Instructor Notes:

***RECOMMENDATION: View the video at this point in the instruction.**

Formulate a plan for students who want to reach out for help:

Instructors should understand there may be students who have encountered addiction in their own life through parents or associates. Students may see this period of instruction as an opportunity to unburden themselves. The school should take a position on how to handle the students who choose to discuss their specific circumstances. This may be something the teacher needs to announce during the introduction. For example, “Those of you who would like to discuss something personal about addiction in your own life are welcome to do this with our school psychologist or counselor.” Some students may view this type of educating session as a golden intervention for themselves or their families.

Teacher initials _____

Summarize/Discuss what you have learned:

The following are discussion questions for presentation to the class after watching Episode 5. The “Instructor prompts” contain optional information to help initiate the discussion.

Discussion question #1: How does one become involved in prevention?

Instructor prompt: Everyone can be an active participant in primary prevention efforts. Youth can be active in school groups that focus on prevention and also be leaders in community measures. Prevention can also be an activity that the entire family can participate in that has healthy and positive outcomes. Parents can begin by talking to their child’s teachers or schools to receive guidance on community prevention activities. Also, one can contact government agencies whose job it is to instigate primary prevention efforts in a community.

Discussion question #2: What are some things that individual people can do to become involved in community prevention?

Instructor prompt: One can become a member of community groups that are active in primary prevention efforts. One can also become involved just by helping a friend to make the correct decision in a time of crisis.

Discussion question #3: Who is responsible for prevention efforts?

Instructor prompt: Local, State, and Federal agencies often instigate prevention efforts in a community. Law enforcement, schools, health departments, and other community groups also lead the way in the prevention activities. In addition, the Substance Abuse and Mental Health Services Administration is a great online resource that is available to anyone.

Discussion question #4: How do I help?

Instructor prompt: Remember that education, and raising community awareness, is the most important component of successful primary prevention. Individuals can help to encourage efforts within their communities to promote healthy lifestyles. This is made possible by positively influencing attitudes, norms, and values which empower individuals and families. Another important way for individuals to help is to be an active contributor to the advancement of research and science in the prevention field. Full individual and community support is vital for an effective prevention program.

Discussion question #5: What are some examples of prevention?

Instructor prompt: Prevention is not just one activity. Prevention involves a well-rounded attitude that is conveyed by the entire community starting with parents. An example of primary prevention is teaching children good decision making and coping skills. Prevention is caring about yourself and others enough to make healthy choices in life. Coping skills facilitate recognition and avoidance of risky behaviors such as being hungry, angry, tired, and/or lonely (HALT). Other healthy and effective coping skills are managing stress, getting plenty of rest,

learning to relax, being honest, developing a strong support network, and many others. Communities simplify healthy choices by providing programs that help youth understand and regulate their emotions and feelings.

QUIZ:

1. Prevention involves the whole community. **T / F**
2. Prevention only needs to take place one time. **T / F**
3. Coping skills are a basic life skill. **T / F**
4. It is best for primary prevention to start with high school aged students. **T / F**
5. Prevention can improve individual and community wellness. **T / F**

References:

SAMHSA. (2014). *Recovery – National and Regional Resources*.

Retrieved from <https://www.samhsa.gov/sites/default/files/samhsa-recovery-5-6-14.pdf>