

SPF YOUR LIFE!

Why PREVENTION

Isn't just a JOB!



*May 12, 2022
Glade Springs Resort*

Shoestrings, Velcro or Duct Tape...



Which Strategy Works Best For YOU?



Exercise...

- ▶ Taking the materials in front of you, build a bridge that spans SIX inches in length, TWO inches high and can support a standard tennis ball!
- ▶ Each table *MUST* use ALL of the Velcro, Shoestrings, and can use as much duct tape as you wish.
- ▶ The object is to partner with your new friends and create a bridge that is capable of supporting its weight and being able to span a distance without support underneath.

Rationale...

1. Coalitions have to find partners to create solutions.
2. Communities have to have resources to 'build bridges'.
3. No one resource or partner can do this alone.

Shoestrings represent your budget

Velcro represents toughness and togetherness

Duct tape represents all the things that fit in
between.

After all...

Duct Tape fixes everything!



Learning Objectives:

- Participants will be able to understand the concepts of strategic prevention framework basics and why they are an important tool for change; both personally and professionally.
- Participants will understand the relevance of the SPF and how each aspect plays a role in understanding how other parts of the ‘flower’ intersect.
- Participants will gain perspective on ‘life strategies’ to understand the SPF on daily life.
- Participants will be charged with a new vision on how to look at every situation with an organized methodology.

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*September 12, 2022
Glade Springs Resort*

Why are we here?



5

Rules for Stronger Communities!

- ▶ SPF your **LIFE!** - Rule of “R’s”
- ▶ Do the **WORK!**
- ▶ Be the **STORY...**Set the **NARRATIVE!**
- ▶ **KNOW** your “ShiTUFF”!
- ▶ **CREATE CHANGE!**

SPF Your Life...

“Rule of “R’s”

- ▶ Relationships
- ▶ Roles
- ▶ Respect
- ▶ Recognition
- ▶ Rewards
- ▶ Results



Do the Work!



Impact

Impact a specific, defined behavior



Engage

Engage all aspects of daily life



Address

Address conditions and settings within the defined area



Promote

Promote positive strategies to all



Achieve

Achieve positive outcomes throughout your environment

Do the Work - A Credible Process

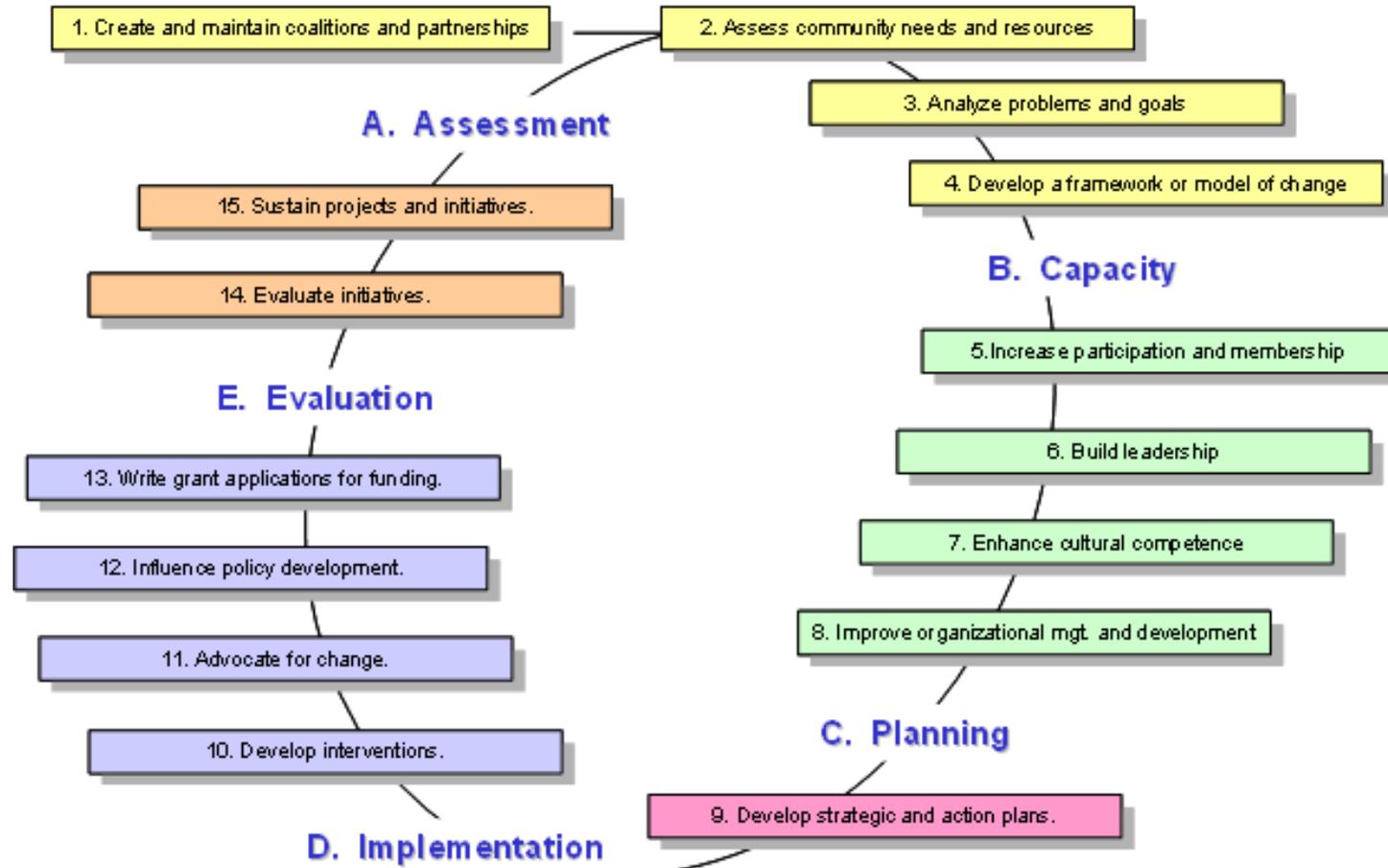


Apple / Cherry PIE

...plus Sustainability and Cultural Competence

Skills Required to Implement the Strategic Prevention Framework

The relationship between SAMHSA's *Strategic Prevention Framework* and the CTB core competencies.



Drug-Free Communities



Do the Work - A Credible Process

CADCA's Seven Behavior Change Strategies

1. Provide information
 2. Build skills
 3. Provide social support
 4. Reduce barriers/enhance access
 5. Change consequences/incentives
 6. Alter physical design of an environment
 7. Change policy and rule
- Individual
- Environmental
-
- The diagram consists of a list of seven numbered strategies. A right-facing curly bracket groups the first three items (1-3) under the label 'Individual'. A larger right-facing curly bracket groups the last four items (4-7) under the label 'Environmental'. The background features abstract green geometric shapes on the right side.

Be the Story... Set the Narrative: FOUR Ways to Achieve Change



Be credible



Be relevant



*Get resources
to do the work*



*Know your
limitations*



How do I Process My Narrative?

- ▶ Schedule work properly
- ▶ Create opportunities
- ▶ Divide up the work
- ▶ Communicate with others
- ▶ Understand compromise

Know your “ShiTUFF”

- ▶ **Determine** where you get data (**RESOURCES!**)
- ▶ **Identify** shared **INFORMATION** with others
- ▶ **Demonstrate** how issues interact
- ▶ **Reframe** your **STRATEGIES** based on your knowledge
- ▶ **Align** with **CHAMPIONS** of current hot button community issues
- ▶ **Analyze** if you have the **\$\$\$\$\$**



***“By changing nothing,
nothing changes.”***

Tony Robbins

CREATE CHANGE!

Ask yourself these questions...

- **Why** is change needed?
- **How** will it make a difference?
- **CAN** "I" do it?



Why, How, Can?

CREATE CHANGE!

And...

How do I identify what I need to do
NOW?

How do I continue to do this into the
FUTURE?

How can I make it relatable to my
'COMMUNITY'?



Key Points to Take Away

- ▶ People do what they want.
- ▶ People do more when they are *asked*.
- ▶ People do more for *people*, not programs.
- ▶ People look for *opportunities*, not deficits.
- ▶ People want to work with *successful* people, not distressed ones.
- ▶ People strive to make a *change* for the good.

In the end... You CAN change People.

But, you have to start with YOU!

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