Preventing Opioid Abuse, Overdose, and Suicide: **Select Resources**

The fields of suicide and substance abuse prevention place great importance on the use of a strategic planning process to reduce adverse outcomes in communities across the nation. SAMHSA's Center for the Application of Prevention Technologies (CAPT), Suicide Prevention Resource Center (SPRC), the U.S. Department of Health and Human Services, and the National Action Alliance for Suicide Prevention have developed a number of resources to assist prevention practitioners in planning informed interventions to address opioid abuse, overdose, and suicide. These resources include evidence-informed findings on the factors that place individuals at risk for these problems, as well as promising strategies, programs, and interventions to address them.

RESOURCES ON OPIOID ABUSE AND OVERDOSE PREVENTION

Addressing Opioid Overdose: Understanding Risk Factors and Prevention Strategies. This at-a-glance resource provides an overview of the opioid overdose problem, an inventory of risk and protective factors associated with overdose and evidence-based strategies to prevent it, and a glossary of commonly-used prevention terms. Available using your CAPT Connect username and password at: https://captconnect.edc.org/portal/6218

Cultural Approaches to Prevention. This suite of three decision-support tools is designed to assist practitioners in implementing and evaluating substance abuse—including those that address opioid abuse—prevention programs in tribal communities. Specifically, these tools focus on aspects of culture that can enhance the likelihood that programs or strategies will be successful in reducing substance abuse or promoting well-being in tribal communities. Available using your CAPT Connect username and password at: https://captconnect.edc.org/portal/10496/section/10501

Environmental Strategies to Prevent the Non-Medical Use of Prescription Drugs. This guide includes information gathered from existing research and practice literature on environmental strategies that aim to reduce the non-medical use of prescription drugs, including prescription opioids. For each strategy, the guide includes information on the populations for which the original strategy was designed, evaluation outcomes that provide evidence of effectiveness, and additional resources for readers (e.g., links to additional guidelines). Available using your CAPT Connect username and password at: https://captconnect.edc.org/portal/2463

CAPT | SAMHSA's Center for the Application of Prevention Technologies

SPRC

SAMHSA
Substance Abuse and Mental Health Services Administration

Issues Brief: Preventing Heroin Use — Facts, Factors, and Strategies. This resource describes recent trends in and factors associated with heroin use, including how heroin use compares to the non-medical use of prescription opioids. To facilitate substance abuse prevention planning at the state and local levels, the brief also includes information on data sources for heroin-related indicators and strategies that show promise in reducing rates of heroin use and overdose. Available at: https://www.samhsa.gov/capt/tools-learning-resources/issues-brief-preventing-heroin-use-facts-factors-strategies

Preventing Opioid Misuse and Overdose: Resources and Tools. The CAPT area of SAMHSA's website is host to a number of materials to support prevention practitioners as they seek to address these pressing health issues. This tool offers a roadmap for locating the 50+ CAPT resources that support the prevention of opioid abuse, including the non-medical use of prescription drugs (NMUPD) and heroin use. This compilation of tools is annotated and grouped by category, and include practice support tools, compiled data sources, archived webinars, video interviews, and grantee success stories. Unless otherwise noted, these resources are available on the CAPT area of the SAMHSA website. Available at: https://www.samhsa.gov/capt/tools-capt-learning-resources/capt-resources-support-opioid-misuse-overdose-prevention

Preventing Prescription Drug Misuse: Data Resources. This tool provides information on data sources and measures to help practitioners understand the non-medical use of prescription drugs in their communities. Available at: https://www.samhsa.gov/capt/tools-learning-resources/preventing-prescription-drug-misuse-data-resources

Preventing Prescription Drug Misuse: Programs and Strategies. This tool provides brief summaries of prevention strategies and associated programs that have been evaluated to determine their effects on the non-medical use of prescription drugs, including an overview of the relevant literature, descriptions of individual studies, and guidelines for using this information to inform prevention planning efforts. Available at: https://www.samhsa.gov/capt/tools-learning-resources/preventing-prescription-drug-misuse-programs-strategies

Preventing Prescription Drug Misuse: Understanding Who Is at Risk. This tool summarizes information from cross-sectional and longitudinal studies on factors that either increase the risk of or protect against the non-medical use of prescription drugs, based on articles published between 2006 and 2012. Available at: https://www.samhsa.gov/capt/tools-learning-resources/preventing-prescription-drug-misuse-understanding-who-risk

RESOURCES ON SUICIDE PREVENTION

Caring for Adult Patients with Suicide Risk: A Consensus Guide for Emergency Departments. This guide is designed to assist emergency department (ED) health care professionals make decisions about the care and discharge of patients with suicide risk. Its main goal is to improve patient outcomes after discharge. Specifically, the guide helps ED caregivers answer these questions:

- How can I effectively intervene while this patient is in the ED?
- Can this patient be discharged or is further evaluation needed?

- What will make this patient safer after leaving the ED?

Available at: http://www.sprc.org/edguide

Effective Suicide Prevention. Part of the Suicide Prevention Resource Center's (SPRC's) website, this webpage describes SPRC's Effective Suicide Prevention Model, a blueprint suicide prevention practitioners can use to develop efforts most likely to create change. Its four sections—Strategic Planning, Keys to Success, Comprehensive Approach to Suicide Prevention, and Settings—feature models and guidance developed by SPRC, based on current knowledge of suicide prevention. Available at: http://www.sprc.org/effective-suicide-prevention

National Strategy for Suicide Prevention: Goals and Objectives for Action, 2012. The National Strategy is a call to action that is intended to guide suicide prevention actions in the United States over the next decade. This report—revised in September 2012—includes 13 goals and 60 objectives that have been updated to reflect advances in suicide prevention knowledge, research, and practice, as well as broader changes in society and health care delivery that have created new opportunities for suicide prevention. The National Strategy is a joint report from the U.S. Department of Health and Human Services Office of the Surgeon General and National Action Alliance for Suicide Prevention. Available at: https://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/index.html

Preventing Suicide: A Technical Package of Policies, Programs, and Practices. This resource from the Centers for Disease Control and Prevention includes a select group of strategies based on the best available evidence to help communities and states sharpen their focus on prevention activities with the greatest potential to prevent suicide. These strategies include: strengthening economic supports; strengthening access and delivery of suicide care; creating protective environments; promoting connectedness; teaching coping and problem-solving skills; identifying and supporting people at risk; and lessening harms and preventing future risk. Available at: https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf

Suicide Prevention in American Indian/Alaska Native Settings. Part of SPRC's website, this webpage contains information and relevant resources on suicide prevention in American Indian/Alaska Native communities. Many of these draw heavily on strengths within native tradition to support a culturally-relevant approach to suicide prevention. Available at: http://www.sprc.org/settings/aian