



## Providing Village-Based Community Education, Prevention, and Early Intervention with Appropriate Case Documentation

Hour Requirements 35

### Education, Prevention, and Early Intervention Definitions

Village-based education, prevention, and early intervention play an essential role in reducing the incidence of common behavioral health issues such as substance use, interpersonal violence, suicide and mental illness. These approaches enable BHAs to engage with the community and promote awareness on health and social issues, destigmatize sensitive topics, and inspire behavior change. Education, prevention and early intervention reach people in the early stages before behavioral health issues emerge. This benefits the community by providing support when symptoms are mild and gives individuals the opportunity to begin practicing healthy coping strategies early in their psychosocial development.

### Components of Education, Prevention, and Early Intervention

#### Education:

- Provides general information to a broad community audience.
- The goal is to create awareness and provide resources on a behavioral health topic.
- For the first community education project, it may help to choose a topic about which you are passionate.
- May include educating the community about behavioral health services offered through the Tribal Health Organization and/or locally in the community.

#### Prevention:

- Outreach efforts target populations identified as “at-risk” for developing a behavioral health condition.
- BHAs select an intervention to achieve one or more goals: create awareness, build resources, develop healthy skills, and/or destigmatize behavioral health conditions.

#### Early intervention:

- Outreach efforts target populations with known adverse circumstances who are more vulnerable to developing maladaptive behaviors or illnesses.
- BHAs select an intervention to achieve one or more goals: create awareness, build resources, develop healthy skills, and/or destigmatize and prevent the development of maladaptive behavior, such as substance use, interpersonal violence, or self-harm.

### Examples of Education, Prevention, and Early Intervention

#### Education:

- Participating in Health Fairs.
- Creating a display in the community and answering people’s questions about a topic.
- Giving school presentations.
- Giving a presentation to the Tribal Council describing behavioral health and the available local services.
- Arranging a “Choose Respect” march in your community to increase domestic violence awareness.
- Leading activities to decrease stigma associated with mental health or substance abuse treatment.
- Leading workgroups to plan and implement education activities.
- Consulting with supervisor regarding planned activities.

#### Prevention:

- Giving an anti-bullying talk in the school and identifying resources to help both bullies and victims.
- Hosting a suicide “safeTALK” or “Mental Health First Aid” workshop in your community.
- Hosting a drumming, beading, or crocheting circle to promote wellness or sober living.
- Working with community providers to develop support plans for at-risk individuals, families, or groups.
- Collaborating with the THO Prevention team to coordinate events.
- Educating groups and/or individuals to prevent mental health or substance abuse problems.



- Conducting demographic-specific prevention or education groups (e.g. parenting support group).
- Leading workgroups to plan and implement prevention and education activities.
- Consulting with supervisor regarding planned activities.

Early intervention:

- Having Community Health Aides refer patients to you for a depression screening.
- Giving a healthy relationships presentation to at-risk teens
- Educating a client who smokes about the risks of tobacco use
- Providing a talking circle for community members to discuss how historical trauma has impacted their lives.
- Leading workgroups to plan and implement early intervention activities.
- Consulting with supervisor regarding planned activities.

**Evidence-Based Practices and Resources**

- Healthy People 2020 - Educational and Community-Based Programs  
<https://www.healthypeople.gov/2020/topics-objectives/topic/educational-and-community-based-programs>
- LivingWorks Suicide Intervention Training  
<https://www.livingworks.net/>
- Question, Persuade, Refer (QPR) Suicide Intervention Training  
<https://qprinstitute.com/>
- State of Alaska Community-based Suicide Prevention Program  
<http://dhss.alaska.gov/dbh/Pages/Prevention/programs/suicideprevention/default.aspx>
- State of Alaska Prevention and Early Intervention Program  
<http://dhss.alaska.gov/dbh/Pages/Prevention/default.aspx>
- Strengthening Families Alaska  
<http://dhss.alaska.gov/ocs/Pages/families/resources.aspx>
- SAMHSA's Efforts Related to Prevention and Early Intervention  
<https://www.samhsa.gov/prevention/samhsas-efforts>
- SAMHSA's Prevention and Behavioral Health  
<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health>
- Youth.gov Prevention & Early Intervention  
<https://youth.gov/youth-topics/juvenile-justice/prevention-and-early-intervention>
- Alaska Resilience Initiative  
<https://www.akresilience.org/>
- Center for the Study of Social Policy - Strengthening Families 101  
<https://cssp.org/resource/strengtheningfamilies101/>