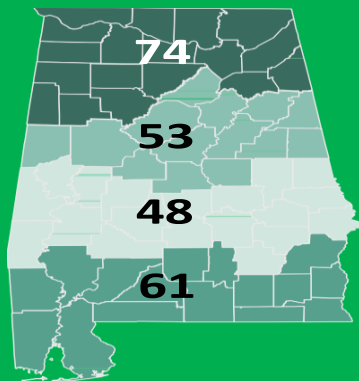


Effectiveness of Prevention

State Priorities: Prescription Misuse • Underage Drinking • Suicide

BY THE NUMBERS (FY22)

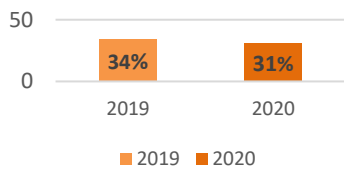
- 1.1M People Served by Prevention Providers
- 748,355 People Received Indirect Services to include: (Media Campaigns, Billboards)
- 402,885 People Received Direct Services to include: (Education, Community Based Process and Information Dissemination)
- 236 Total Interventions across the state



BG Provider Agency*	Numbers Served
Altapointe Health Systems	765,489
PRIDE of Tuscaloosa	246,716
Northwest Alabama MHC	93,286
South Central Alabama MHB	10,840
Drug Education Council, Inc.	7,039
CED Mental Health	6,255
Council on Substance Abuse	5,053
Central Alabama Wellness	4,130
Agency for Substance Abuse Prevention	3,322
SpectraCare Health Systems, Inc.	2,701
Alcohol and Drug Abuse Treatment Center	1,896
Mountain Lakes	1,467
Aletheia House	1,287
East Alabama Mental Health Center	1,143
Wellstone Inc.	606

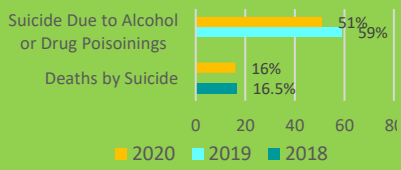
Alcohol Use

Effective population level policies have contributed to the decrease in drivers involved in fatal crashes. Evidence concludes with increased policies and enforcement, alcohol consumption is reduced among youth as well as adults, along with reduced alcohol-impaired driving. Such efforts require cooperation and commitments from prevention provider agencies and law enforcement officials. While prevention provider agencies meet with community stakeholders to provide education, awareness, and dissemination of consequences and consumption information, law enforcement ensures all policies are being adhered to by all citizens.



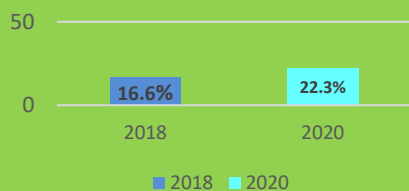
Suicide

As of July 2022, 988 is now the national three-digit phone number for mental health, substance use, and suicide crises. 988 calls are routed to three of Alabama's Crisis Centers designated as Lifeline Member Centers to respond to 988 calls. The 988 Call Centers offer rapid access and connection with trained crisis specialists to aid in decreases in suicides and other poor mental health outcomes. Supportive prevention resources to individuals, families, and communities are integral to the continuum of care. Current prevention initiatives include collaborative efforts with community and provider agencies that include resources such as trainings and workshops to include Mental Health First Aid which is a skills-based training course that teaches participants about mental health and substance-use issues.



My Smart Dose

The mission of the Alabama Department of Mental Health's "My Smart Dose" initiative is to break the cycle of prescription drug misuse among young people through prevention, education, and awareness. "Caring is Not Sharing Your Prescription Drugs", "Prescription Drugs Do More Harm Than Good When They are Not Yours", and "My Dose is Not Your Dose" are some of the campaign slogans utilized by collaborative partners throughout the state. This campaign involved the collaboration of prevention provider agencies and community colleges and universities, that disseminated this information via billboards, PSAs, and other mediums.



2020 prescription data demonstrates an increase in overdose deaths, up from 2018. Data such as this drives prevention services and as a result strategies such as the My Smart Dose media campaign assists with education, awareness, and outreach efforts that reaches thousands of Alabamians.

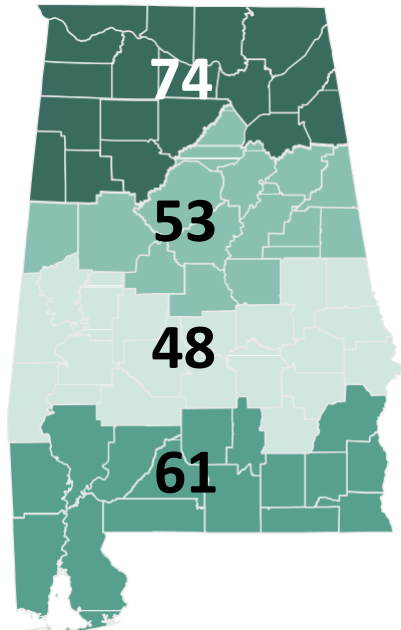


FY22 Process Evaluation

In fiscal year 2021-22 (FY22), providers implemented 236 interventions across Alabama’s 67 counties, **servicing over 1.1 million people in Alabama.**

The largest number of interventions were implemented in Region 1, followed by Region 3, Region 2, and Region 4, as shown in the map below. The number of people served by each provider is shown in the table below.

Total # of Interventions Implemented by Region

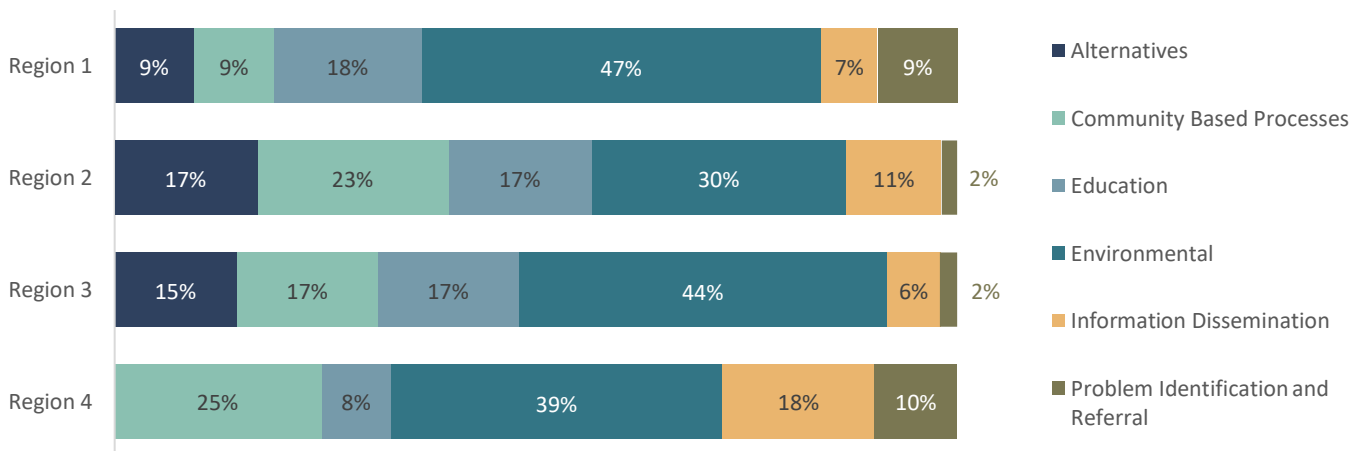


By The Numbers

More than 1 million Alabamians were impacted by prevention service implementation in FY22. Service implementation incorporates either direct (individual level) services that includes one-to-one strategies or indirect (population level) services that includes environmental changes that impacts everyone regardless of age, race, gender, etc. Direct services integrates education through evidence-based education curriculum typically located in classroom settings, alternative activities that provide safe and healthy activities, or community-based activities that includes organizing, planning, and enhancing programs throughout the community. Indirect services integrates environmental programs, policies or practices through billboards, media, town halls, etc. Data supports those services as having greater impacts as they encompass a larger reach.

Interventions fall under six Center for Substance Abuse Prevention (CSAP) strategies: Alternatives, Community-Based Processes, Education, Information Dissemination, Problem Identification and Referral, and Environmental.

Environmental strategies were the most commonly implemented strategies across all four regions.



Across Alabama the most people were served by **environmental** and **information dissemination** strategies.

747,250 served by environmental strategies

381,159 served by information dissemination strategies

21,173 served by community-based processes strategies

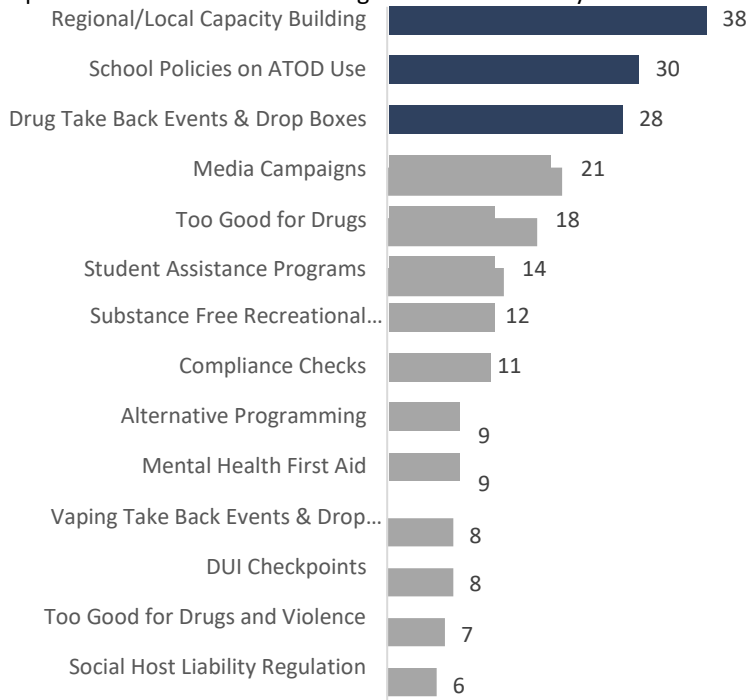
933 served by problem identification strategies

553 served by education strategies

172 served by alternative strategies

FY22 Process Evaluation

Capacity building programs, school policies on ATOD, and drug take back events and drop boxes were the most commonly implemented interventions during the 2021-22 fiscal year.



Providers shared the successes they experienced related to implementation of interventions in FY22. The **most common themes** are listed in order below.



Collaboration. A key aspect of success was provider collaboration with community partners. This was measured in number of meetings held, new connections made, and memorandums of understanding being established.



Achievement in Schools. Providers reported progress with schools regarding program implementation and substance use prevention messaging.



Outreach. Common methods associated with success while implementing prevention interventions were outreach, public education, community discussions, information dissemination, and increased and diversified social media platform engagement.

The tables below present current indicator data on state priority problem areas and if any changes were observed in these data from prior years. Changes in the desired direction are bolded in **green** while changes in the opposite direction are bolded in **red**.

PROBLEM ALCOHOL USE	PRESCRIPTION DRUG MISUSE AND OVERDOSES	SUBSTANCE-RELATED SUICIDE AND DEATHS BY SUICIDE
Current Indicators	Current Indicators	Current Indicators
<p>15.5% of Alabama youth ages 12-20 reported using alcohol in the past month. (NSDUH, 2018-2019*)</p> <p>9.8% of Alabama youth ages 12-20 reported binge alcohol use in the past month. (NSDUH, 2018-2019*)</p> <p>31% of Alabama drivers involved in fatal crashes had a blood alcohol content (BAC) of .01 or higher. (FARS, 2020)</p>	<p>4.6% of Alabamians aged 18+ reported pain reliever misuse in the past month. (NSDUH, 2018-2019*)</p> <p>22.1% of Alabama youth reported ever having taken prescription pain medicine without a prescription, or differently than how a doctor told them to use it. (YRBSS, 2019*)</p> <p>22.3 per 100,000 was the rate of drug overdose deaths in Alabama in 2020. (CDC Wonder, 2020)</p>	<p>16.0 per 100,000 was the rate of deaths by suicide in Alabama in 2020. (CDC Wonder, 2020)</p> <p>11.6% of Alabama youth and 0.54% of Alabama adults reported a suicide attempt in the past year. (YRBSS, 2019; NSDUH, 2018-2019*)</p> <p>51 Alabamians died by suicide due to alcohol or drug poisonings. (CDC Wonder, 2020)</p>
<p>A decrease was observed in the percent of Alabama drivers involved in fatal crashes who had a BAC of .01 or higher (31% in 2020, down from 34% in 2019).</p>	<p>An increased rate of drug overdose deaths was observed in Alabama in recent years (22.3 per 100,000 in 2020, up from a rate of 16.6 per 100,000 in 2018).</p>	<p>Deaths by suicide decreased from 16.5 per 100,000 in 2018 to 16.0 per 100,000 in 2020 and the number of Alabamians who died by suicide due to alcohol or drug poisonings decreased from 59 to 51 individuals from 2019 to 2020.</p>

*Unfortunately, NSDUH data were not available for 2019-2020 due to methodological concerns with combining 2019 and 2020 data. Similarly, YRBSS data from 2021 were not available at the time of the creation of this report.