

Youth Substance Use Prevention & Early Intervention Strategic Initiative

Summary



WHY SUBSTANCE USE PREVENTION?

Adolescence is the at-risk time period for developing a substance use disorder. The majority of individuals who become addicted start using before age 18 and develop their disorder by age 20.

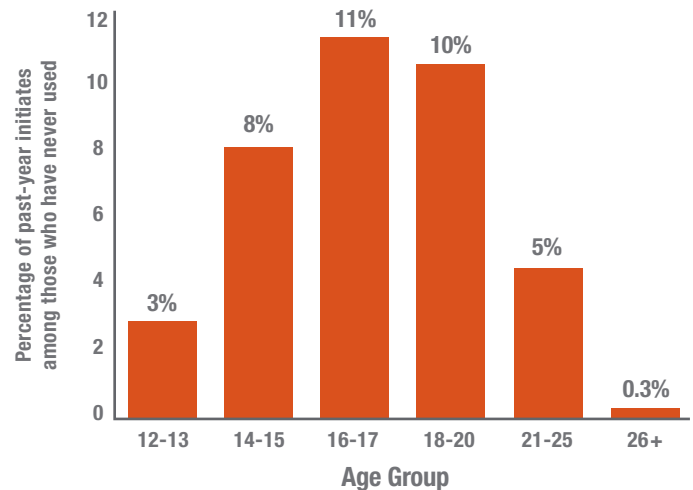
By the time they are seniors, almost 70 percent of high school students will have tried alcohol, half will have taken an illegal drug, nearly 40 percent will have smoked a cigarette, and more than 20 percent will have used a prescription drug for a nonmedical purpose (National Institute on Drug Abuse, 2014). Substance use disorders are costly to individuals, families, and communities, leading to negative health, social, and behavioral outcomes. These outcomes include physical and mental health problems, as well as challenges being successful in school and in the workplace. Misuse and addiction are key contributing factors to the leading causes of death among teens.

A STRATEGIC INITIATIVE ADVANCING PUBLIC HEALTH APPROACHES

Due to youth's vulnerability and the potential lifetime consequences of substance use disorders, the Conrad N. Hilton Foundation's is investing in a public health approach called Screening, Brief Intervention, and Referral to Treatment (SBIRT).

- Similar to other health screenings, SBIRT starts with asking a few basic questions about alcohol and drug use in a safe and confidential setting, like a physician's office, school-based health clinic, or community-based health clinic.
- A trained practitioner then engages the young person in a conversation about substance use and its impact on his or her health and goals in life using a technique known as motivational interviewing. This technique focuses on the young person's ambivalence about changing and empowers them to make decisions to alter their behavior.
- Screening and early intervention provides an opportunity for healthcare providers and other practitioners to adopt new strategies to prevent substance use. It also helps identify the early warning signs that may lead to misuse and addiction and gives practitioners tools to have meaningful interactions with young people to get them back on course.

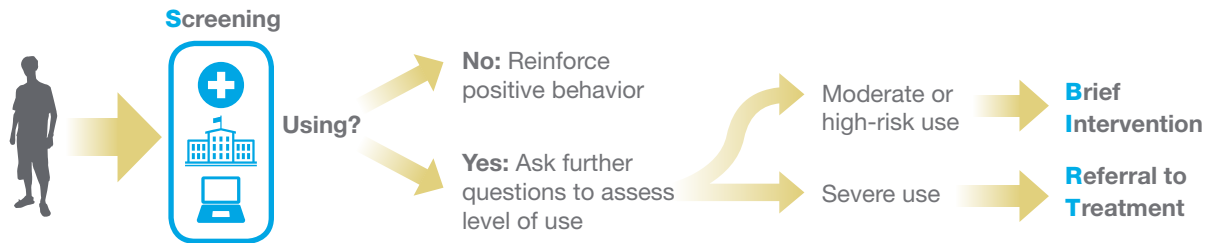
**Adolescence is the At-Risk Period:
Most Illicit Drug Use Starts in the Teenage Years**



Source: SAMHSA, Center for Behavioral Health Statistics and Quality

SBIRT:

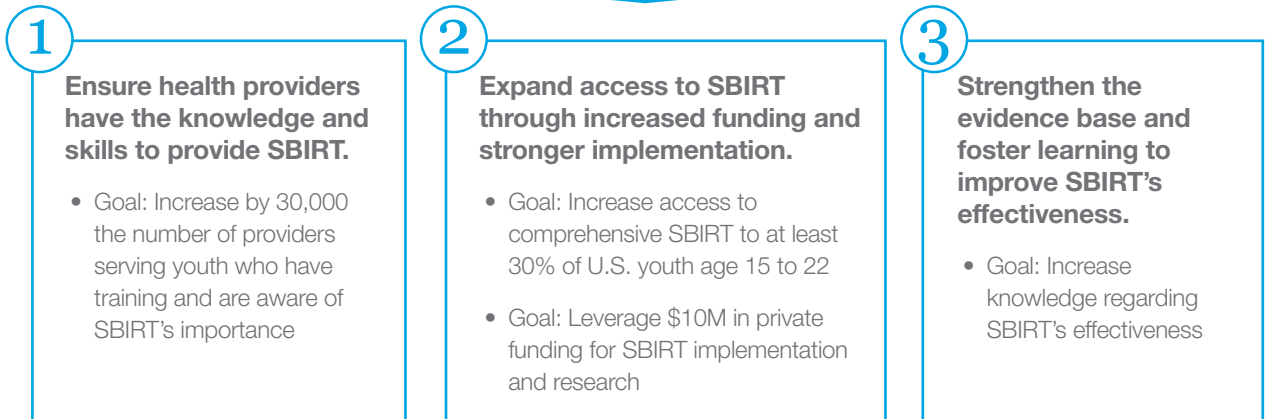
Screening,
Brief Intervention,
and Referral to
Treatment



Vision

Advancing innovative prevention and early intervention approaches to reduce youth substance use and promote health and wellbeing.

Focus



PARTNERSHIPS IN PREVENTING ADOLESCENT SUBSTANCE USE

The strategic initiative is engaging a broad range of organizations and stakeholders to drive policy, practice and systems change to build capacity and expand the evidence-base around SBIRT and other prevention and early-intervention practices. To achieve this aim, the Foundation is partnering with Abt Associates to conduct a series of evaluation and learning activities to advance the goals of the initiative.

We currently partner with a broad range of organizations, including:



The Conrad N. Hilton Foundation was created in 1944 by international business pioneer Conrad N. Hilton, who founded Hilton Hotels and left his fortune to help the world's disadvantaged and vulnerable people. The Foundation currently conducts strategic initiatives in six priority areas: providing safe water, ending chronic homelessness, preventing substance abuse, helping children affected by HIV and AIDS, supporting transition-age youth in foster care, and extending Conrad Hilton's support for the work of Catholic Sisters. In addition, following selection by an independent international jury, the Foundation annually awards the \$1.5 million Conrad N. Hilton Humanitarian Prize to a nonprofit organization doing extraordinary work to reduce human suffering. From its inception, the Foundation has awarded more than \$1 billion in grants, distributing \$92 million in the U.S. and around the world in 2013. The Foundation's current assets are approximately \$2.4 billion. For more information, please visit www.hiltonfoundation.org.

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