

# Foundations in Behavioral Health Prevention Webinar Series



## *Webinar 3: Overview of Strategic Prevention Framework Resource Guide*

Iowa's Center of Excellence for Behavioral Health

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## Summary

This resource document provides prevention professionals, behavioral health staff, and community stakeholders with knowledge on the widely used Strategic Prevention Framework in the field of Prevention. It offers resources on the key strategies offered by the framework to ensure the success of prevention efforts. Data-driven and evidence-based tools provided in this resource guide will help communities assess needs, understand their community/population, and select, implement and evaluate prevention programs, policies, and practices for optimal success.

# Introduction to the Strategic Prevention Framework

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## **A Guide to SAMHSA's Strategic Prevention Framework**

- The Strategic Prevention Framework (SPF) developed by SAMHSA offers prevention planners a comprehensive approach to understanding and addressing the substance misuse and related behavioral health problems facing their states and communities.

## **Step 1: Assessment**

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### **Assessment Primer: Describing Your Community, Collecting Data, Analyzing the Issues and Establishing a Road Map for Change | CADCA**

- This primer developed by CADCA provides organizations/coalitions clear guidelines for defining their communities and assessing the real needs within the community. This information will help to minimize duplication of effort, understand existing resources and implement practices and policies to bring about change within the community.

## **Step 2: Capacity Building**

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### **Capacity Primer: Building Membership, Structure and Leadership | CADCA**

- This primer developed by CADCA provides clear guidelines to help your coalition build the capacity needed to develop and carry out a comprehensive community plan to reduce substance abuse rates. It describes the components of a coherent plan related to your coalition's strategies and priorities for capacity building.

### **Capacity Coaching | Iowa Department of Health and Human Services**

- The Iowa Department of Health and Human Services' (HHS) Capacity Coaching Program is being offered to all Iowa HHS funded prevention contractors and offered across the behavioral health continuum. Any Iowa HHS Division of Behavioral Health contractor can access Capacity Coaching services. Additional time for coaching does not need to be budgeted for these services. Coaching services are available as capacity permits.

## Step 3: Planning

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### **Planning Primer: Developing a Theory of Change, Logic Models and Strategic and Action Plans | CADCA**

- This primer developed by CADCA provides clear guidelines for assisting your coalition to develop the products that you need to carry out a comprehensive community plan to reduce substance abuse rates. It also helps you understand the dynamic planning process needed for coalition work.

### **Logic Model**

#### **Evaluation Guide: Developing and Using a Logic Model Evaluation Guide**

- The evaluation guide “Logic Models” offers a general overview of the development and use of logic models as planning and evaluation tools.

#### **Using Logic Models to Address the Social Determinants of Health in Substance Use Prevention**

- This resource is designed to help prevention planners incorporate SDoH into their logic models.

### **Setting SMART Goals**

#### **Setting Goals and Developing Specific, Measurable, Achievable, Relevant, and Time-bound Objectives**

- This fact sheet helps an organization to set goals and developing specific, measurable, achievable, relevant, and time-bound objectives.

### **Aligning EVB Program with Action Planning**

#### **Action Planning Workbook**

- This Action Planning Workbook was developed for the CDC Foundation by the Work Group for Community Health and Development to assist organizations build capacity through action planning for primary prevention.

## Ensuring Ongoing Sustainable Practice

### **Sustainability Primer: Fostering Long-Term Change to Create Drug-Free Communities**

- This primer developed by CADCA builds on others in the series by laying out a framework and describing key considerations in regard to sustainability and action steps to be taken.

### **Sustainability Planning in Prevention Guide 2025**

- This planning guide is designed to help substance misuse prevention providers, coalitions, groups, organizations, and training and technical assistance providers develop sustainability plans.

### **Toolkit - Sustainability Planning CAPT**

- This chart is to be used to summarize the review of strategic planning processes. Key findings from this review, and from reviewing prevention interventions, will help an organization set sound sustainability goals for their community.

### **Sustainability Planning Checklist**

- This checklist assists organizations in planning for success with sustainability planning.

## Step 4: Implementation

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### **Implementation Primer: Putting your Plan into Action**

- This primer assists organizations/coalitions in the implementation of comprehensive strategies designed to achieve population-level change-

## Step 5: Evaluation

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### **Evaluation Primer: Setting the Context for a Community Coalition Evaluation**

- This primer provides the basic tools each coalition needs to develop a comprehensive evaluation plan. In addition, it will help create and implement a local evaluation.

# Overview of the Strategic Prevention Framework

Prevention professionals are pressed to put in place solutions to urgent substance misuse or behavioral health problems facing communities. But research and experience have shown that prevention must begin with an understanding of these complex problems within complex environments; only then can effective plans and strategies to address these issues be implemented. In order to help communities more effectively address these problems, the **Center for Substance Abuse Prevention (CSAP)**, part of the **Substance Abuse and Mental Health Services Administration (SAMHSA)** developed the **Strategic Prevention Framework (SPF)**.



## The SPF includes these five steps:

<b>Assessment</b>	Identify local prevention needs based on data (e.g., What is the problem?)
<b>Capacity</b>	Build local resources and readiness to address prevention needs (e.g., What do you have to work with?)
<b>Planning</b>	Find out what works to address prevention needs and how to do it well (e.g., What should you do and how should you do it?)
<b>Implementation</b>	Deliver evidence-based programs, policies and practices as intended (e.g., How can you put your plan into action?)
<b>Evaluation</b>	Examine the process and outcomes of programs, policies and practices (e.g., Is your plan succeeding?)

The SPF is also guided by two cross-cutting principles that should be integrated into each of the five steps:

- + **Cultural competence.** The ability to understand and interact effectively with people who have different values, lifestyles, and traditions based on their distinctive heritage and social relationships.
- + **Sustainability.** The process of building an adaptive and effective system.

## SPF Defining Characteristics

The SPF has several defining characteristics that set it apart from other strategic planning processes. Most notably, it is:

- + **Dynamic and iterative.** Assessment is the starting point, but prevention professionals will return to this step again and again as their community's problems and capacities evolve. Communities may also engage in activities related to multiple steps simultaneously. For example, planners may need to find and mobilize additional capacity to support implementation once a program, policy or practice is underway. For these reasons, the SPF is a circular rather than a linear model.
- + **Data-driven.** The SPF is designed to help prevention professionals gather and use data to guide all prevention decisions—from identifying which substance misuse or behavioral health problems to address in their communities, to choosing the most appropriate ways to address these problems, to determining whether communities are making progress.
- + **Focuses on population-level change.** Earlier prevention models measured success by looking at individual program outcomes or changes among small groups. But the SPF process focuses on influencing whole communities, not only individuals who participate in a prevention program. The SPF encourages use of strategies that will have an impact on the environment in which the full population resides.
- + **Reliant on and encourages a team approach.** Each step of the SPF requires—and greatly benefits from—the participation of diverse community partners. The individuals and institutions involved in prevention efforts may change as the initiative evolves, but the need for prevention partners will remain constant.
- + **Guides prevention efforts across the lifespan.** Prevention efforts have traditionally focused on adolescents. The SPF challenges prevention professionals to look at substance misuse or behavioral health problems among populations that are often overlooked but at significant risk, such as young adults ages 18 to 25 and adults age 65 and older.

*Citation: Adapted from “The Guide to SAMHSA’s Strategic Prevention Framework”*

<http://www.samhsa.gov/sites/default/files/20190620-samhsa-strategic-prevention-framework-guide.pdf>