

Usability Guidance for Dundee Drug & Alcohol Prevention Framework

The development of this framework is intended to support a wider programme of collaborative effort among Dundee ADP (Alcohol and Drug Partnership) partners and colleagues, not act as stand-alone material, and to stimulate a “community of practice” approach.

Aims of the prevention framework

- To raise the profile of alcohol and drug prevention as a range of interventions worth investing in at local and area wide level.
- To promote consistent, evidence-based practice and standards in relation to alcohol and drug prevention in Dundee.
- To assist in strengthening planning and partnership working across all life stages – e.g., gap analysis
- To identify both strengths and gaps in inter-agency planning and delivery of prevention activity.
- To highlight inequalities and equalities considerations in the alcohol and drugs prevention agenda, including feature of upstream thinking on root causes of alcohol and drug problems and solutions.

The framework is designed as a complement to ADP-level strategy development and action-planning. The core of the content is a series of Evidence Briefings, each providing a summary of current evidence of effective practice, packaged with appropriate literature review material.

The Framework is designed to be a flexible, updatable resource that uses the web as a means of sharing on-going developments, evidence-based updates, and good practice across Dundee and beyond.

The intention is to stimulate additional activity from partners in terms of monitoring, evaluation, and research, to further grow the evidence-base.

Recommendations for use for Dundee ADP Partners:

1. To endorse the Dundee Alcohol and Drug Prevention Framework as a guide and planning resource to aid ongoing development of comprehensive prevention and harm reduction approaches in Dundee.
2. To ensure that the elements of the framework – evidence base and good practice case studies – are incorporated and updated on an ongoing basis.
3. To utilise the different components of the content to support current planning (e.g., Evidence Briefings, Literature Review Content, Evidence Based approaches, Tools for Planning Monitoring & Evaluating).

Using the Evidence Briefings

The Briefings aim to provide an overview of, and context behind, problems and behaviours prevalent in local communities. Thus, enabling greater understanding of the local prevention needs of the community in the early stages of planning an intervention. The data and the accompanying tools, can help planners to identify and prioritise the drug and alcohol problems present in their community; clarify the impact these problems have on community members; identify the specific factors that contribute to these problems; assess readiness; and determine the resources required to address those factors.

Need To Know

This section provides an overview of the key points contributing to the impact of drugs and alcohol on the given population group.

Key Findings

This section provides a brief overview 'What Works' section, describing the top-level messages for effective implementation of health improvement interventions.

Good Practice

Links to projects and initiatives that have shown some success, both locally and nationally.

Potential Stakeholders

Problems can seldom be solved in isolation, and a key part of any effective intervention is identifying the key stakeholders in the intervention. These include but are not limited to; people who will benefit from the intervention (the community itself), organisations working directly or indirectly with the population (statutory, private and 3rd sector organisations providing services to the population), bodies who have been identified as influencing the problem (those involved in the distribution, advertising, promotion and sale of alcohol and/or drugs) and more.

Context

The briefings provide an overview of the population in question, using the most relevant and timely data available. This section will be updated accordingly with data and trends as they emerge.

This section should serve as a 'jumping off' point for planners, used in conjunction with the reference section and the planner's own independent findings.

What Works

The briefings go on to provide further detail of specific evidence-based interventions. Tables provide a brief description of the intervention, notes on effectiveness, alongside a concise explanation of the context, theory and risk & protective factors underpinning the approach.

Evidence Grading

The interventions are graded by how effective they are expected to be, based on available evidence, on a 3 point scale:

(1) High quality and multiple source evidence to support this approach.

- Interventions graded at this level are expected to be effective in most settings, with few adaptations required for implementation, however some adjustments may be required.

(2) Some evidence or emerging evidence to support this approach

- Interventions graded at this level, whilst still showing clear signs of effectiveness, may require careful planning and implementation for success to be replicated.

(3) Limited evidence for this approach or potential development area for further investigation

- Little, or no evidence to support the effectiveness of the intervention, however local intelligence or emerging trends in data may suggest indirect success with proxy indicators.

Pop out with local examples of low evidence good practice

There are many examples of informal interventions, locally, that have shown considerable success even though the evidence base did not suggest success. An example of this is the introduction of foil to the inventory of IEP services.

The Dundee ADP acknowledge the deep and profound understanding that the organisations providing support and care in Dundee, have for the population and therefore we encourage the addition of local, emerging trends and relevant data, successes and failures to this bank of effective interventions. It is an essential component in the success of this framework that we continue to build upon the evidence base provided, with accurate, local information, informing the implementation of interventions.

What Works

Important to note

The Evidence Briefings provide a baseline and starting off point for further investigation, they are by no means an exhaustive list. All statements and data provided have links to sources where possible, planners are encouraged to add to this resource with their own findings, from their own investigations or from service-based monitoring and evaluation.

Substance use problems cannot be solved directly, it is important to work through the underlying risk and protective factors that influence the problem. An intervention can only make a difference if it is a good match for both the problem and its underlying factors.

- Risk and protective factors exist in multiple contexts (e.g., individual, family, peer, and community).
- Risk and protective factors are correlated and cumulative.
- Individual factors can be associated with multiple problems.
- Risk and protective factors are influential over time.

The underlying factors driving a substance use problem in one community may differ from the factors driving that same problem in a different community. Effective prevention focuses on reducing the risk factors that may hinder and strengthening the protective factors that will help, specific to the priority problem in the community.

Assessing Risk and Protective Factors (Help or Hinder)

Two types of factors influence the likelihood that an individual will develop a substance abuse or related mental health problem, investigation of these factors will aid decision making and lead planners to the most effective type of intervention:

1. **Risk factors** are associated with a higher likelihood of developing a problem (e.g., low impulse control, peer substance use).
2. **Protective factors** are associated with a lower likelihood of developing a problem (e.g., academic achievement, parental bonding, and family cohesion). Understanding risk and protective factors is essential to prevention.

Problems & Behaviours---> Risk & Protective Factors----> Intervention Required

Important

Factors that help or hinder a given intervention are community specific and are intended as a guide, planners may benefit from assessing how the risk and protective factors may be adapted for their own community.

Assessing Data

When assessing the available data, ask the following questions...

- What substance use and related problems are occurring in your community?
- How often and where are these problems occurring?
- How ready is your community to do something about it?

But what are problems and what are behaviours?

The tool below will help you to identify, break down and gain deeper understanding of substance use problems and related behaviours, present with a community.

Problems refer to the negative effects, or consequences, of substance use. Some problems are direct consequences of substance use (e.g., overdose), while others are indirect consequences (e.g., motor vehicle crashes).

Behaviours refer to how people use substances and are sometimes referred to as consumption (e.g., binge drinking). Consumption patterns describe substance use behaviours within specific groups (e.g., binge drinking among 12- to 17-year-olds).

Assessment—Discover what your community needs...	Problem	Behaviour
What substance use and related problems are occurring in your community?		
How often and where are these problems occurring?		
Who are these problems affecting the most?		
Where are the problems happening?		
How ready is your community to do something about it?		

Prioritizing data

- **Take stock of existing data:** The Framework will provide sample data with links to access national and local data already collected (e.g., public health and local authority, law enforcement agencies and community organisations).
- **Look closely at your existing data:** Examine the quality of the data that you have found, discard the data that are not useful, and create a collection of the data you feel confident about including in your assessment.
- **Identify any data gaps:** Examine your inventory of existing data and determine whether you are missing any information (e.g., about a particular problem, behaviour, or population group).

- **Collect new data to fill those gaps:** If you are missing information, determine which data collection method (e.g., surveys, focus groups, key informant interviews)—or combination of methods— represents the best way to obtain that information.

It is essential that once the data has been identified it is analysed according to the following criteria. This will help planners assess impact and the likelihood of change of a given problem, allowing for the prioritisation of achievable outcomes.

- **Magnitude:** Describes the prevalence of a specific substance use problem or behaviour (e.g., Which problem/behaviour is most widespread in your community?)
- **Severity:** Describes how large an impact a specific substance use problem or behaviour has on the people or the community (e.g., Which problem/behaviour is most serious?)
- **Trend:** Describes how substance use patterns are changing over time within a community (e.g., Which problem/behaviour is getting worse/better?)
- **Changeability:** Describes how likely it is that a community will be able to modify the problem or behaviour (e.g., Which problem/behaviour are you most likely to influence with your prevention efforts?)

Below you will find a helpful table to aid in the assessment of the impact, identified problems and behaviours have in the community.

Problems & Behaviours	Data & Evidence		Magnitude	Severity	Trend	Changeability		
	Available	Required					Risk	Protective
	What							
How often								
Where								
Who								

Assessing Capacity

Assessing Capacity for Prevention includes two main components: resources and readiness.

Resources	Anything a community can use to help address prevention needs	Readiness	The degree to which a community is willing and prepared to address prevention needs.
People	staff, volunteers, media representatives, early adopters	Knowledge of the substance use problem	

Specialized knowledge and skills	research expertise	Existing efforts to address the problem	
Community connections	access to population groups	Availability of local resources	
Concrete supplies	money, equipment	Support of local leaders	
Community awareness of prevention needs	Advocates & activists, key influencers, volunteers, peer workers, public support, media coverage	Community attitudes toward the problem	
Existing efforts to meet those needs	Current initiatives, successful local projects, community led initiatives		

To learn more please look at:

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

Monitoring and Evaluation (M&E)

Monitoring and evaluation is one of the most important programme development activities to understand what has worked/working or where we are in terms of overall goal of the programme or project. M&E activities could be many and generic or specific for each of the Dundee ADP Drug and Alcohol Partnership Prevention Framework projects, interventions and activities. They may be designed based on the specific project or activity, however following brief outline is provided as a generic theoretical guide. For specific evaluation research design for any of the Dundee Drug and Alcohol Prevention Framework related interventions there may be support available from Public Health.

Evaluation is the systematic assessment of the value of resources and time committed to a project or intervention or specific goal. The main objective of evaluation research is to determine whether or not a process has achieved a goal or yielded the desired results. Although there are many different types of approaches and techniques to evaluation research and the selection of specific methodology is made on the basis of programme or project aims and objectives and outcomes expected, following are some of the main evaluation types which can be considered for Dundee ADP Drug and Alcohol Partnership Prevention Framework related projects, interventions and activities.

Formative Evaluation and Needs Assessment

This is a type of evaluation research that is conducted before embarking on a project or activity or during the implementation. It involves assessing the different needs and wants of a target group or intervention to set the tone for the project by allowing organizations to set appropriate objectives for it. This type of evaluation allows modification to be made to plans before implementing the programme or intervention or next cycle of implementation. It could maximise the likelihood that the programme will success due to its methodological approaches.

Mid-Term Evaluation, Process Evaluation and Programme Monitoring

As the name suggests, mid-term or process evaluation is conducted while a project is in action to assess how far a project has come and whether it is in line with the set goals and objectives that were determined for it. In mid-term or process evaluation, organizations can discern whether any changes or modifications are required to the current strategies being implemented on the off chance that the project isn't going in the right direction. These approaches provide an early warning for any problems that may occur. It also allows programmes to monitor how well their programme plans and activities are working.

Economic Evaluation

As the name suggests, this type of evaluation attempts to measure economy of scale of the interventions as compared to the programme benefits to the targeted groups. There could be a number of economic measures for example cost analysis, cost-effectiveness evaluation, cost-benefit analysis and cost utility analysis. These type of approaches provides programme managers and funders a way to assess cost relative to effects.

Summative Evaluation or Impact Evaluation

Summative evaluation, also referred to as end-term/impact evaluation, is conducted immediately after the completion of a project. It is used to evaluate the results or output of the project in regard to the objectives and projected results. This form of evaluation allows researchers to measure the degree of success of a project, and these results can be shared with stakeholders as well as prospective investors. This type of approach also provides evidence for use in policy and funding decisions.

For more information and practice advice to develop a specific programme or project evaluation design please contact imran.arain@nhs.scot

Evaluation - Tools and Key Resources

Evaluation Support Scotland [Homepage - Evaluation Support Scotland](#)

Support for third sector organisations and funders to measure their success, learn how to improve their service and how to report on the difference they are making.