



# SAPST at a Glance

## What is the Substance Abuse Prevention Skills Training (SAPST)?

- Foundational course of study in substance abuse prevention
- Innovative training that blends four-day, in-person component with interactive online unit
- For entry-level prevention practitioners working in states, jurisdictions, tribes, and communities; also appropriate for professionals working in related fields
- Grounded in current research and SAMHSA's Strategic Prevention Framework
- Provides knowledge and skills to implement effective, data-driven prevention programs, practices, and policies that reduce behavioral health disparities and improve wellness

## What does the SAPST prepare practitioners to do?

- Address substance abuse prevention in the context of behavioral health
- Improve practice by developing a comprehensive approach to prevention guided by SAMHSA's Strategic Prevention Framework
- Reduce behavioral health disparities by identifying the needs of vulnerable populations and improving cultural competency
- Sustain prevention by collaborating effectively across sectors to address shared risk factors and improve the health and well-being of communities in a cohesive way

## Are continuing education hours available?

- The IC&RC Prevention Committee has endorsed the new SAPST as an IC&RC-approved curriculum. This endorsement provides assurance that the SAPST is applicable to IC&RC's prevention specialist domains and can be used toward the education/training requirement for IC&RC's Prevention Specialist credential.
- The SAPST is also been approved by NAADAC, the Association for Addiction Professionals.
- Participants completing the SAPST will receive a certificate for 31 hours of participation. They can submit these certificates to their credentialing authority toward certification or re-certification.

## What does the SAPST cover?

- Introduction to Substance Abuse Prevention: Understanding the Basics (online)
    - Basic terminology and facts
    - History of substance use and prevention in the U.S.
    - Addiction and the brain
    - Effects and health risks of alcohol, tobacco, and other drugs
  - Setting the Foundation: From Theory to Practice (in-person)
    - Behavioral health
    - Institute of Medicine's Continuum of Care
    - Public health approach
    - Risk and protective factors
    - Developmental perspective
  - Application: SAMHSA's Strategic Prevention Framework (in-person)
    - Assessment, capacity, planning, implementation, and evaluation
    - Cultural competence, sustainability
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