



Introduction to Risk and Protective Factors in Substance Use Disorder Prevention

Dr. Carroll Brown (He/Him)
Brittney Sampson (She/Her)
Kenzo Sohoue (He/Him)
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Disclaimer

Elevate Youth California (EYC) is a program of the California Department of Health Care Services (DHCS) funded through Proposition 64 California Cannabis Tax Fund, Allocation 3, YEPEITA. Sierra Health Foundation: Center for Health Program Management (The Center) is contracted to support the implementation of EYC. This statewide program provides funding and technical assistance for organizations that are developing or increasing community substance use disorder (SUD) prevention, outreach, and education focused on youth.



Housekeeping: How to Participate

Live captioning is available today

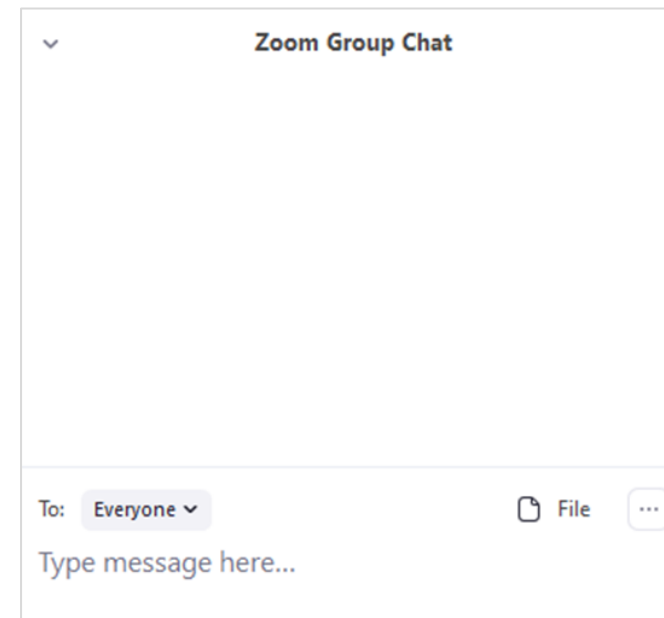
Prefer to see your captions in a new browser tab? Click the link in the chat box to access captions during the live event.

Your view

Double-click slides to exit full-screen view or press escape.

Chat

Today's chat is for all questions and resource sharing. Hear an echo? Have a question for the presenters? Don't see the slides? Let us know in the chat.



A Few Logistics

- To ensure the best audio quality, all participants will be muted except in the breakout rooms. Please go off video if you are moving.
- Click "CC" on the bar at the bottom of the screen for auto captioning.
- Share your questions for the group in the chat.
- The recording and materials will be shared after the training and posted to the EYC website.



A Few Logistics

- If you have questions for the presenter, you may privately chat the word "support."
- Take care of yourself during the training.
- If you must leave before the end of the session, please complete the feedback form that pops up. The survey will also be shared post-event.



An aerial photograph of a coastal landscape. In the foreground, a peninsula covered in dense evergreen forest meets a rocky shoreline. The water is a deep blue with visible ripples and currents. In the middle ground, a small, rounded island also covered in forest sits in the water. The background shows more forested land and distant mountains under a clear sky.

Land and Labor Acknowledgement

**Many things can be
true at once**

COMMUNITY AGREEMENTS

**Even good intentions can have
harmful impact**

**Use “I” statements
(not “you,” “we,” “they”)**

**And extend each other grace
when it does**

Let's Hear from You

In the chat:

- Please share your name, role, organization, and what area you are joining us from.
- Please share examples of protective factors within the communities you work with.



”

“Dialogue cannot exist without humility. When we name the world together, we transform it.”

-Paulo Freire

Our Collective Learning Goals

- Recognize how shared risk and protective factors (SRPF) show up across various prevention efforts.
- Practice mapping SRPF led by youth voice, local data, and community assets.
- Learn skills that can immediately be used within the Strategic Prevention Framework (SPF) assessment and planning.



Section 1: Grounding into Shared Risk and Protective Factors



Review: Risk and Protective Factor Definitions

- Risk and protective factors are "...conditions in people's lives that make them more or less likely to use alcohol, tobacco, or illicit drugs," and thus "influence the likelihood that an individual will develop a substance misuse or related mental health problem."
 - Risk factors are associated with a higher likelihood of developing a problem (e.g., low impulse control, peer substance use).
 - Protective factors are associated with a lower likelihood of developing a problem (e.g., academic achievement, parental bonding, and family cohesion).
- Risk and protective factors can be further categorized as either modifiable or non-modifiable.



Source: Substance Abuse and Mental Health Services Administration (SAMHSA).
A Guide to SAMHSA's Strategic Prevention Framework. HHS Publication. Rockville, MD, 2019



Review: The Importance of Risk and Protective Factors

- Effective outcomes in primary prevention rely on an understanding of risk and protective factors, including how they influence harmful behaviors.
 - Why?
- Within community settings, how do prevention professionals reduce rates of substance use/misuse and other concerning behavioral health outcomes?
 - Identify a priority harmful behavior.
 - Identify associated risk and/or protective factors.
 - Align funding directives and expectations, as applicable.
 - Identify appropriately-aligned primary prevention strategies, approaches, and/or evidence-based practices.



SAMHSA's Key Feature of Risk and Protective Factors

- Risk and protective factors exist in multiple contexts.
- Risk and protective factors are correlated and cumulative.
- Risk and protective factors are influential over time.
- Individual risk and protective factors can be associated with multiple outcomes.



Shared Risk and Protective Factor Approach

- What is a shared risk and protective factor approach?
 - Focusing on risk and protective factors from multiple behavioral health prevention fields and/or priority prevention outcomes at the same time, and thus, aiming to address multiple behavioral health needs simultaneously.



Shared Risk and Protective Factor Approach

- Why adopt a shared risk and protective factor framework?
 - Address multiple behavioral health outcome priorities (e.g., substance use prevention, mental health promotion, suicide prevention, violence prevention, etc.) with a single funding source.
 - Braid funding sources to maximize population reach, enhance sustainability efforts, and/or streamline comprehensive prevention strategies.
 - Collaborate across sectors and community-based partnerships or efforts.
 - Maximize how far limited funding can be stretched to receive the greatest outcomes, both in the context of process measures and outcome measures.

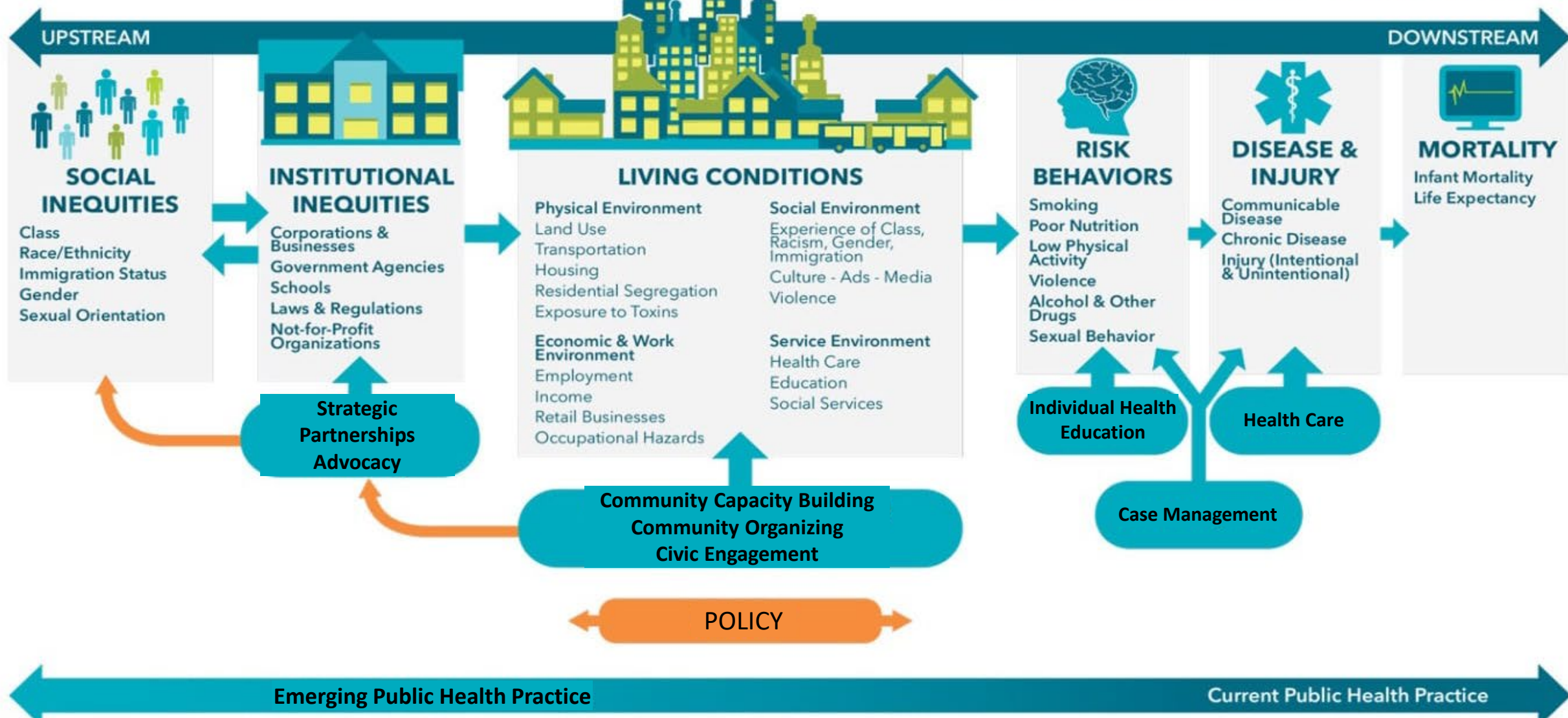


Section 2: Mapping Shared Risk and Protective Factors



Statewide Goals In Action: Lets Get Healthy California

A PUBLIC HEALTH FRAMEWORK FOR REDUCCING HEALTH INEQUITIES BAY AREA REGIONAL HEALTH INEQUITIES INITIATIVE



Risk and Protective Factors: Adolescent Substance Use

Domain	Risk Factors	Protective Factors
Individual	• Conduct disorder • Early and persistent antisocial behavior • Early initiation of substance use • Favorable attitudes towards substance abuse • Internalizing behaviors (e.g., anxiety, depression, social withdrawal) • Negative emotional state • Poor coping skills and behaviors • Rebelliousness	• Ability to adapt to change and the belief in one's ability to control what happens • Emotional self-regulation • High self-esteem • Personal engagement in two or more of the following: school, peers, athletics, employment, religion/spirituality, culture • Positive social orientation (e.g., engaging in health activities, accepting of rules and community values, positive social engagement) • Positive temperament • Strong coping skills (e.g., problem-solving skills, ability to stand up for beliefs and values)

Source: Department of Health Care Services: Advance Behavioral Health Prevention California).
[Understanding Risk and Protection: Contributing Factors for Adolescent Substance Use Disorders and Mental Health](#)

Risk and Protective Factors: Adolescent Substance Use

Domain	Risk Factors	Protective Factors
Family and relationships	• Family conflict • Family experiences of poverty • Family management problems • History of family substance misuse • Lack of adult supervision • Poor attachment with caregivers • Substance use among caregivers	• Attachment between caregivers and youth, including unity, warmth, and attachment • Communication and contact between caregivers and youth • Clear expectations for behaviors and values • Family environment with structure, rules, predictability, and parental supervision • Supportive relationships with family

Source: Department of Health Care Services: Advance Behavioral Health Prevention California).
[Understanding Risk and Protection: Contributing Factors for Adolescent Substance Use Disorders and Mental Health](#)

Risk and Protective Factors: Adolescent Substance Use

Domain	Risk Factors	Protective Factors
School, peer, and community	• Accessibility or availability of substances • Academic failure • Lack of plans or ambitions for the future • Low commitment to school • Norms favorable towards substance use • Peer aggression or violence • Substance use among peers	• Community norms, beliefs, and standards against substance use • Opportunities for prosocial engagement in the school and community • Opportunities for the development of skills and interests • Physical and psychological safety • Presence of mentors and healthy adults for positive emotional support • Positive social norms • Schools and student bodies with strong academic commitment

Source: Department of Health Care Services: Advance Behavioral Health Prevention California).
[Understanding Risk and Protection: Contributing Factors for Adolescent Substance Use Disorders and Mental Health](#)

Section 3: Our Collective and Individual Strategies



Our Collective and Individual Strategies

- When I show up to prevention spaces, what protective factors do I embody for young people?
- Where might my role, power, and/or assumptions unintentionally create risk?
- What helps me feel grounded, connected, and resilient in this work?



Protection is More than Programs

- Where do I see protective factors show up in my community?
 - Belonging
 - Cultural affirming spaces
 - Physical and emotional safety



Primary Prevention is not just about reducing risk; it is about building life-affirming conditions. When we strengthen shared protective factors, we are doing exactly this work.



Questions?





Your Feedback is Important to us!

We want to hear from you!

Your completion of the survey is an important part of our quality control and for future funding for this project. Additionally, it allows us continually improve our services and provide the information and resources needed in the field.

You have three (3) ways to access the survey. The link will be put into the chat box, it will automatically pop up in your browser when the webinar ends, and it will also be provided in the follow-up email sent after the session.

Please take a few minutes to complete the survey.
Your time and feedback are greatly appreciated and valued!



Our Next Session:

- Foundations of a Shared Risk and Protective Factors will be held on Thursday, June 4, from 10 a.m. to 12 p.m.





Thank You!

