



Oregon Social  
Learning Center  
*Science benefiting families*

# PREVENTION ELEMENTS FOR HIGH-RISK YOUTH

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# EVIDENCE-BASED PREVENTION

- Optimizing youth development & preventing longer-term problems (e.g., substance use, delinquency, mental health concerns)
- Science from decades of developmental & clinical research points to key factors
- These key factors include:
  - Improved caregiver (adult) management of youth behavior
  - Supportive positive peer relations
  - Improved self-regulation skills

# PREVENTION IN PRACTICE

- **Improved caregiver (adult) management of youth behavior**
  - Normalize parent training & make it more accessible
  - Provide accessible trainings for adults in community-based agencies & systems

Schools	Rec Centers/Gyms	County Rec Programs
Club Sport Programs	Non-Profit Agencies	Youth Shelters

- Leverage the science on Contingency Management (CM) in these trainings

# PREVENTION IN PRACTICE

- **Supportive positive peer relations**
  - Ensure appropriate training & compensation for specialists working in a peer support role
  - Incentivize agencies & systems to embed these trained support specialists into their workforce
- **Improved self-regulation skills**
  - Normalize skill development for mental wellness
  - Incentivize agencies & systems to embed regulation skill building into existing services
  - Teach these skills to youth as early as possible