Press Release

October 26, 2026

FOR IMMEDIATE RELEASE

CONTACT:

Dr. Sharon Harris: 516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition: NIDA- How Substance Use Disorders Can Be Prevented

According to the National Institute on Drug Abuse (NIDA), researchers have been working to better understand the factors that influence substance use and negative outcomes associated with it. Results have led to the development of evidence-based interventions designed to prevent substance use and negative outcomes related to it.

Evidence-based prevention programs are designed to prevent substance use and related negative outcomes. Most strategies are designed to be delivered in specific settings, to specific age groups, and to specific populations. Prevention programs may aim to:

- Reduce risk factors and enhance protective factors.
- Help people avoid or delay the onset of drug use.
- Stop substance use from progressing into higher-risk substance use or a substance use disorder.
- Reduce harms related to substance use and misuse, such as injuries or infections.

Prevention programs can be categorized as universal (broad approaches for the public or for everyone in a certain setting); selected (for individuals or groups with a known risk factor for substance use disorders) or indicated (for individuals with behaviors that indicate they may be at risk for substance use disorders). Prevention programs are also typically designed to meet people's needs at specific stages of life—the prenatal period, early childhood, adolescence, or adulthood—and in specific settings like family households, doctor's offices, and communities.

Studies have shown that evidence-based prevention strategies have long-term multiple health outcomes. Substance use disorders frequently co-occur with other mental illnesses, such as depression, anxiety, and post-traumatic stress disorder (PTSD). The benefits of preventing substance use disorders, particularly in early childhood, can extend to preventing other mental illnesses later in life.

SAFE, Inc. is the only alcohol and substance use prevention, intervention and education agency in Glen Cove. Funded by the New York State Office of Addiction Services and Supports (OASAS), the agency provides evidence based Botvin Life Skills Training (LST) throughout the school year as

part of the Youth Bureau's After 3 program to Elementary and Middle School students and their parents by trained facilitators.

The Elementary School LST program is a comprehensive, dynamic and developmentally appropriate substance abuse and violence prevention program designed for upper elementary school students. This program has been proven to help increase self-esteem, develop healthy attitudes and improve their knowledge of essential life skills – all of which promote healthy and positive personal development.

The Middle School LST program is a substance abuse and violence prevention program proven to be the most effective evidence-based program used in schools today. The program is comprehensive, dynamic, and developmentally designed to promote positive youth development. In addition to helping kids resist drug, alcohol and tobacco use, the Middle School program also effectively supports the reduction of violence and other high-risk behaviors.

In the evenings in Fall and Spring, bilingual LST is offered to the parents of the children enrolled in the program as well as community walk ins. Offered in Spanish and English, this parent program is designed to help parents strengthen communication with their children and prevent them from using drugs. It contains materials and exercises that help parents teach their children the skills that help them resist the threats of tobacco, drugs and violence. These tools help parents prepare their children for a successful transition from adolescence to early adulthood.

The National Institute on Drug Abuse (NIDA): NIDA is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug use and addiction. The Institute carries out a large variety of programs to inform policy, improve practice, and advance addiction science. For more information about NIDA and its programs, visit www.nida.nih.gov.

To learn more about SAFE's LST programs please visit www.safeglencove.org. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition.