REGIONAL PREVENTION CENTER

FOUR RIVERS BEHAVIORAL HEALTH

425 Broadway St,
Paducah, KY 42001

270-442-8039

Who We Are

The Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities Prevention and Promotion Branch is the lead agency for substance abuse prevention in Kentucky. However, the foundation of prevention rests in the hands of the local community coalitions who have a passion for making a difference in the lives of the people they serve. With technical assistance and support from prevention specialists, coalitions carry out the groundwork to improve the health of Kentucky. Four Rivers Regional Prevention Center serves Ballard, Calloway, Carlisle, Graves, Hickman, Fulton, Livingston, Marshall, and McCracken counties.

Kentucky's Regional Prevention Centers (RPCs) can help individuals and groups develop prevention programs that will encourage healthy choices about alcohol, nicotine and other drugs. Fourteen centers are set up to serve all counties in the state. Regional Prevention Centers are funded through the Substance Abuse and Mental Health Block Grant, Discretionary Grants, and State General Funds.

The Regional Prevention Center uses needs assessment data to prioritize the behavioral health problems and associated intervening variables to carry out community-based prevention services. Each of our nine counties has a logic model that is used to guide the planning and implementation of these various services.

What We Do

Consultation and Technical Assistance

Technical Assistance is a process for developing creative, cost-effective ways to provide targeted support to an organization, system, or individual to:

- Assess gaps, barriers, and needs
- Identify potential responses to address issues
- Develop a strategic plan for long-term change
- Create an innovative approach to an emerging complex issue

Community Development

Prevention Specialists assist community residents, leaders, and groups in coming together to discuss their community's strengths and needs to develop a comprehensive prevention plan.

Training and Education

Prevention Specialists can train individuals and groups, such as parents, school systems, churches, youth groups, and others as requested who will subsequently affect or train others.

The RPC advocates for evidence-based programs in the community and curriculum in the schools.

Public Information

Prevention Specialists work with local media to publicize prevention efforts and get accurate and helpful information to the public.

The RPC is also skilled in helping design marketing campaigns within your school or coalition centered around effective prevention programs such as Talk. They Hear You and Parents Who Host.

"An ounce of prevention is worth a pound of cure"
- Benjamin Franklin

Strategic Prevention Framework

In 2005, Kentucky adopted the Strategic Prevention Framework (SPF), an evidence based model for prevention services. SPF is a community-based approach to prevention. The SPF uses a 5 step process to help communities identify, manage, and evaluate their substance abuse prevention and mental health needs. Communities follow these five steps:

- **Assessment**—Discover what your community needs.
- **Capacity**—Mobilize and build membership, structure, and leadership to address identified needs.
- **Planning**—Develop a detailed plan that links desired outcomes to identified needs.
- **Implementation**—Put your plan into action by delivering evidence-based interventions, as intended.
- **Evaluation**—Assess the effectiveness of your prevention efforts.



Throughout these 5 steps, keep sustainability and cultural competence in mind. Make sure that your plan values, respects, and accepts the differences of all people in the community. Also, work toward maintaining not only effective interventions, but also the planning processes that contribute to their success.

We're Certified!

The Kentucky Certification Board for Prevention Professionals (KCBPP) is a proud member of International Certification and Reciprocity Consortium (IC&RC) the global leader in the credentialing of prevention, addiction treatment, and recovery professionals. Certification assures the quality of service to the individuals and communities served across the Commonwealth.



A Certified Prevention Specialist (CPS) has:
· Bachelor's Degree
· 2000 clock hours of alcohol, tobacco, and other drug prevention work experience
· 150 hours of training that have occurred within the past 10 years
· 120 hours of supervision by a Certified Prevention Specialist
·Passed a standardized international written examination

Risk and Protective Factors



Risk factors increase the likelihood young people will develop health and social problems. Protective factors buffer the impact of risk factors and lower the chances of young people developing health and social problems. One goal as prevention specialists is to **change the balance between risk and protective factors so that protective factors outweigh risk factors.**

Trainings We Offer:
· Adult Mental Health First Aid
· Youth Mental Health First Aid
· Question, Persuade, Refer
· Too Good for Drugs
· Narcan Administration
· SBIRT: Screening, Brief Intervention, and Referral to Treatment ....and more!

The Dinner Table Project

KY-Moms MATR
Maternal Assistance Towards Recovery

WEST KENTUCKY
Building mentally healthy communities.
MENTAL HEALTH WORKGROUP

270-442-8039
· Ellen Walsh, Director, CPS | ext 1703
· Cynthia Turner, CPS, KY-MOMS MATR | ext 1716
· Rebecca Smith, Collaboration Specialist | ext 1727
· Alexa Griffin, Youth Empowerment Specialist | ext 1724

Follow us on social media!
Four Rivers Regional Prevention Center
@fourriversrpc