



Evidence-Based Strategies

Importance and Changeability of Shared Risk and Protective Factors

Use this worksheet to consider which of the shared risk and protective factors for suicide, overdose, and ACEs are most important and are most possible to change in your community.

Consider the shared risk and protective factors that you see in your community. Circle them in the table or write them down in the space provided below.

Intra- and interpersonal Risk and Protective factors versus Community, Social, and Structural Risk and Protective Factors

Intra- and Interpersonal Shared Risk and Protective Factors	Community, Social, and Structural Shared Risk and Protective Factors
Physical abuse	Financial challenges (e.g., unemployment)
Sexual abuse	Housing instability
Emotional abuse	Food insecurity
Parental separation or divorce	Providing social support
Emotional neglect	Providing extracurricular activities
Physical neglect	Reducing the stigma associated with help-seeking behaviors
Physical or intellectual disability	Enhancing health equity and addressing disparities
Family history of trauma	Teaching life skills (e.g., effective coping strategies and problem-solving skills)
Familial support	Access to quality medical care and mental health services
Educational attainment	Availability of lethal means (e.g., firearms or medications)
Access to basic needs	
Resiliency	
Self-efficacy	
Spirituality	
Violence in the household	
Substance misuse in household	
Mental illness in household	
Parental incarceration	

Identified Shared Risk and Protective Factors:



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For each identified risk and protective factor, consider its importance and changeability. Replicate this process for each factor your team has recognized as relevant to your community.

How much does this risk or protective factor contribute to the intersection of suicide, overdose, and ACEs in our community?

How relevant is this issue for the population of focus?

If we were to address this risk or protective factor, would any other risk or protective factors be impacted? Which ones?



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Changeability

Are we ready to address this risk or protective factor?

Do we have the resources to address this risk or protective factor?

Are there any evidence-based strategies to address this risk or protective factor?

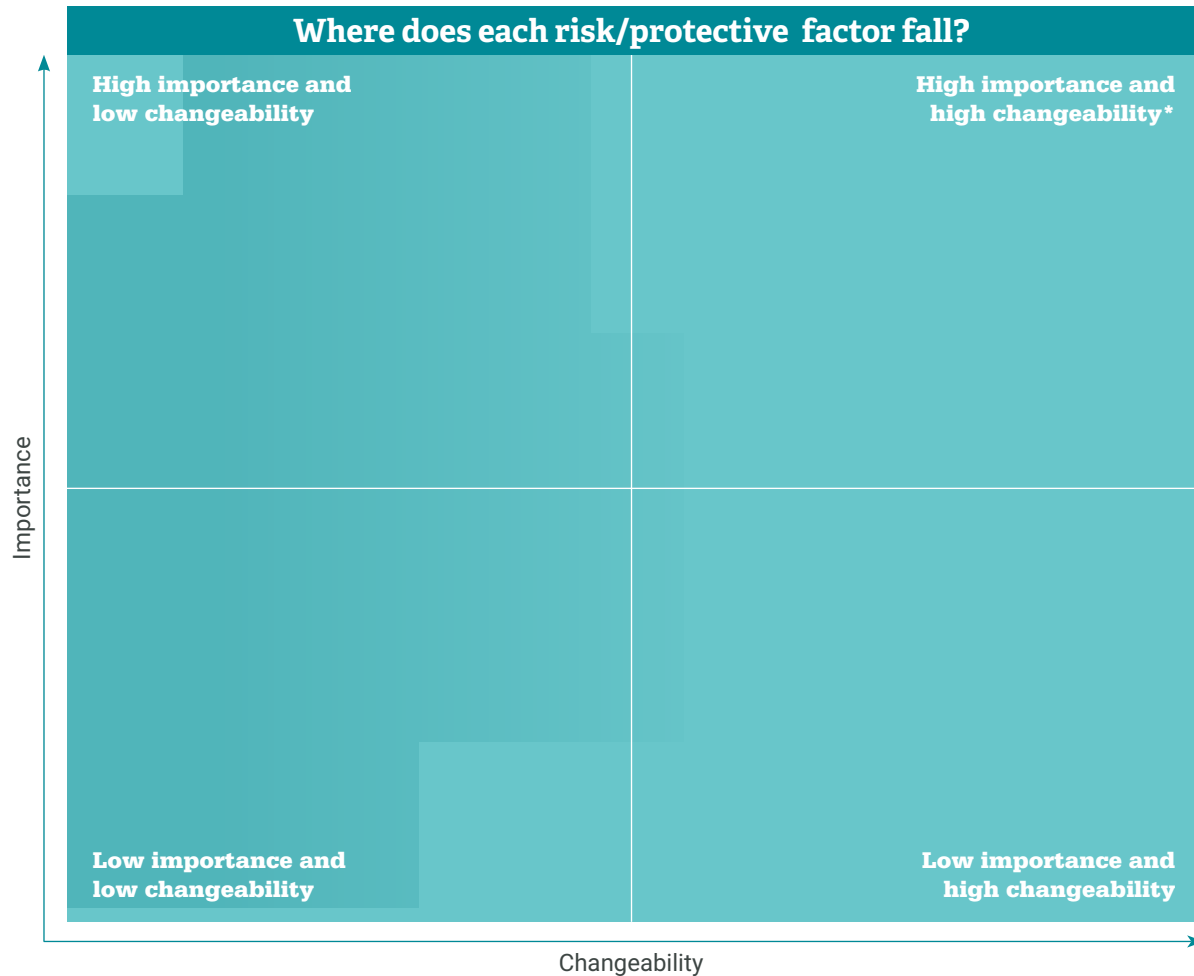
How long do we think we would need to see change in this risk or protective factor?



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Based on your answers, plot these shared risk and protective factors in the grid below.



Pay closest attention to those shared factors that have **high importance and high changeability**. Next, look at the factors that have **high importance and low changeability**, as the focus may need to be on increasing LHD or community capacity to address this issue. Finally, consider **low importance/high changeability** factors, as these may provide your staff and/or community with a “win”, and provide opportunities to build awareness, support, and capacity to tackle more important factors in the future.

*Substance Abuse and Mental Health Services Administration: *A Guide to SAMHSA's Strategic Prevention Framework*. Rockville, MD: Center for Substance Abuse Prevention. Substance Abuse and Mental Health Services Administration, 2019.

