

# **The Center for Substance Abuse Prevention**

## **The History of Substance Abuse Prevention: 1750 - 2000**

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# Drinking is ok; drunkenness is not

**Alcohol use was widely accepted**

**since the times of the first settlements,**

**but drunkenness was viewed as a serious  
problem,**

**often punished by putting a man in stocks for  
such an offense.**

# Prohibition

Ban on alcohol in 1919 through a constitutional amendment.

Prohibition lasted until 1933.

Opiates such as heroin and cocaine, like other drugs, were brought under Federal control by legislation.

# Prohibition

As a prevention strategy

has never worked.

# Beginning of education as prevention.



Marty Mann founded the National Committee for Education on Alcoholism & information centers.

# Addiction as a "willful vice."

People do it to themselves.

This is an individual problem,

not a social problem

vs the government should "do something."

# **1 The role of the Federal government in the alcohol and drug abuse field**

**.....has always been a major point of discussion and dissension.**

**Throughout the years, people have agreed that research is one of the major roles the government should play.**

**There are disagreements over what are appropriate other roles.**

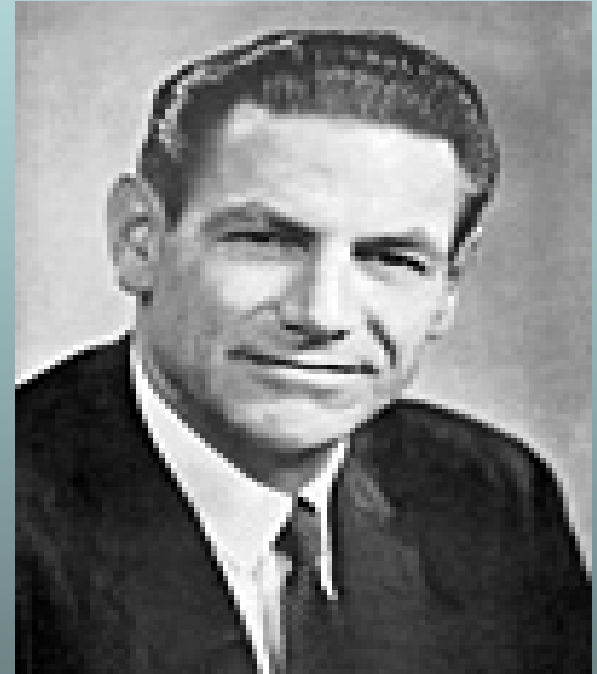
# 1963

**The National Center for the Prevention and Control of Alcoholism is created within the National Institute on Mental Health.**

# **Comprehensive Alcohol Abuse and Alcoholism Prevention Treatment and Rehabilitation Act**

**“Hughes Act”  
for Harold E. Hughes**

**The legislation  
establishes the  
National Institute on  
Alcohol Abuse and  
Alcoholism (NIAAA)**



# **Federal agencies in the early 1970s**

**promoted new impaired driving laws  
&  
remedial education and  
assessment-referral-treatment  
services**

**for those arrested for alcohol-impaired  
driving**

# Harm Reduction

**Knowing there will inevitably be car crashes, the emphasis is on reducing the number of them caused by substance use and abuse.**



# **Harm Reduction**

**Try to mitigate the potential harm  
associated with risky behaviours  
without attempting to prohibit the  
behaviors.**

# Enforcement of existing drug laws

as an approach to prevention proposes that people will become afraid of being arrested,  
and, therefore, not use.



# 1974

**The creation of the  
National Institute on  
Drug Abuse  
(NIDA).**



# 1974 = The creation of the National Clearinghouse for Alcohol Information

a major effort in

education as a prevention strategy

& the use of mass media to reach the public,  
especially about drunk driving,

& to reduce the stigma of alcoholism

(example: the poster of many faces asking  
“which one is the alcoholic?”)

# National Clearinghouse for Alcohol Information

Designed a cocktail napkin with a prevention message:

***“Getting drunk doesn’t make you – tall, rich, witty, handsome, sexy.....just drunk.”***



# Late 1970s

- **Fetal alcohol syndrome (FAS), a pattern of birth defects observed in children born to alcoholic mothers**
- **Rand Report – some alcoholics can control their drinking.**
- **If heavy drinking is learned behavior, then can it be unlearned?**

# 1977-1986

- **Families in Action is formed -- the first parents' organization dedicated to fighting drug abuse among their children, is formed.**
- **They oppose the decriminalization of marijuana and begin to lobby Congress to “do something.”**
- **Parents groups were instrumental in persuading Congress to pass the Anti-Drug Abuse Act of 1986, which founded CSAP.**

# Separate or merged and integrated?

Whether the alcoholism and drug abuse treatment and prevention fields (which have been separate fields)

should be administratively and clinically merged and integrated.

# Use of data vs art of prevention

**Put together data from surveys, including amounts and frequency of drinking and using drugs, and substance abuse problem data plus sales of alcoholic beverages by county and State - and -**

**viewed together will point toward geographical areas to target for prevention.**

Photographed in Delaware on the way  
to the beach (1980s)



# **NIAAA creates the Federal Block Grant Program**

that transfers responsibility for the delivery of treatment and prevention services to the States.

This eliminated NIAAA's "categorical" prevention and treatment grants for women, African Americans, and American Indians.

# 1985

**“Just Say No” is launched within a broader "zero tolerance" campaign.**

**= a method of sending a message that certain behaviors**

**will not be tolerated,**

**by punishing both major and minor offenses severely.**

# **Zero Tolerance**

**Broadness of the concept led to a host of civil rights controversies.**

**Many harsh reactions to relatively trivial incidents and an indication that these policies discriminate.**

**Our nation at-large disagrees with how State and national politicians should implement Zero Tolerance in our school districts.**

# Responsible drinking

**Moderate drinking in appropriate circumstances presents little or no harm to the drinker and can even provide health benefits.**



# An ad

Respect alcohol,  
respect yourself.

# Responsible Drinking Controversy

**Are alcoholic people  
just irresponsible people?**

**Is addiction a “willful vice”?**

# The Beer Institute

“We agree as well that for some people the responsible decision is to never drink .”

# 1993 - Federal Block Grant Program

**Delineates 6 forms of prevention:**

- (1) information dissemination,**
- (2) education,**
- (3) alternatives,**
- (4) problem identification and referral,**
- (5) community-based process, and**
- (6) policy and other environmental  
change processes**

# In 1994 and 1997

the RAND Corporation released reports showing that drug treatment and education is 7 times more cost effective

than making drug use criminal behavior, or using prohibition or outlawing legally by making it a controlled substance. [\[1\]](#)

# 2000

## Harm Reduction

- **Syringe exchange programs (SEPs) were found to be associated with a decrease in new HIV infections.**
- **In some communities, there is a fear that SEPs will encourage drug use.**



# Harm reduction

People always have and always will engage in behaviours that carry risks, such as casual sex and substance abuse.

Harm reduction seeks to mitigate the potential harm associated with these behaviours without attempting to prohibit the behaviors.

# Summary

- Prohibition
- Decriminalization of marijuana (legalization of it)
- Enforcement (fear of arrest)
- Abstinence vs controlled drinking
- Responsible drinking
- Zero tolerance
- Use multiple strategies

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