



Prevention Solutions

Consultation, Training, Education and Support

The evidence is on our side. Addiction and related behavioral health conditions are not only treatable but *preventable*.

In other words, we have the science to get ahead of behavioral health issues in a big way. By starting early. By using proven effective practices. And by working collaboratively.

That's why prevention science and practices are at the core of Hazelden Betty Ford Foundation's mission to help more people live healthy lives. Our research-informed programs, curricula, services and resources are designed to keep healthy people healthy, strengthen families and foster community health and well-being.

Protecting and Promoting Health

The disease of addiction and related challenges extend into every aspect of our lives and health.

By focusing on risk and protective factors, and by bringing the most-effective prevention practices and resources to the fore, we can equip and empower healthier, happier communities everywhere.

Our Prevention Model

To effectively protect and promote health, prevention efforts must work in and across multiple domains and spheres of influence. That's why our prevention model centers on **individuals, families and communities** in empowering all to contribute to their own health as well as the health of the larger whole.



Hazelden Betty Ford
Foundation



What Is Prevention?

Prevention is an empowering process that promotes individual, family and community health throughout life by using effective and practical strategies to:

- Identify and **strengthen protective factors** that contribute to well-being
- Identify and **address risk factors** that interfere with well-being
- Identify and **intervene on behaviors** that lead to disease

Prevention Solutions

- Alcohol, Tobacco and Other Drug Prevention
- Violence Prevention
- Mental Health Promotion
- Student Success

Prevention initiatives and activities benefit people of all ages and in all situations. But protecting health and preventing risks early on—when behavioral health patterns first begin to take shape—can be particularly powerful. That’s why most of our prevention services, products and resources are focused on youth and school communities.

We’re Your Prevention Partner

Our prevention specialists and trainers work alongside students, school staff, families and communities to build life skills that last—whether surveying attitudes and behaviors, implementing new programming, assessing effectiveness or promoting greater awareness.



Let’s talk soon.

Our prevention experts are ready to listen, learn and work in partnership with you.

Prevention@HazeldenBettyFord.org

866-375-2996