

# Screening, Prevention and Intervention

## Supporting Change Across the Continuum



People change in different ways and at different times.

We support individuals by meeting them where they are and helping them move toward safer, healthier lives.

### Meet people where they are

This approach prioritizes empathy, listening, and understanding OR Engaging individuals at their current emotional or situational level

- Everyone is in a different stage of change
- Readiness looks different for each person
- Change can begin with curiosity, conversation, or small steps
- Respecting autonomy builds trust and engagement

### Creating a non-judgmental space

Honest conversations happen when people feel safe.

- Listen without shame or blame
- Use respectful, person-centered language
- Support honesty about substance use
- Be transparent about reporting mandates
- Partner with individuals in decision-making

### Screening opens the conversation

Evidence-based screening helps start supportive discussions about substance use.

- Normalizes talking about substance use
- Identifies risk early
- Uses validated screening tools
- Focuses on understanding — not judgment

### Prevention across the continuum

Prevention happens at every stage — not just before first use.

- First use
- Escalation of use
- Reduce risks
- Overdose and death
- Support long-term wellness

### Many paths to change

*(Intervention)*

People choose different goals based on their needs:

- Abstinence or recovery-focused change
- Cutting back use
- Moderation goals
- Safer use strategies
- Treatment and recovery supports

### What this approach does

- Builds trust
- Encourages early help-seeking
- Reduces stigma
- Promotes safer choices
- Supports lasting change



Every conversation matters.  
Every step counts.  
Change can start today.



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