

The Four Intervention **Approaches for Addressing** Substance Use

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When addressing substance use such as vaping or smoking, It is important to remember that a one-size-fits-all approach does not work. Substance use is complex and therefore we need to seek various interventions that address these four areas:

Upstream Prevention

Addresses the 'root causes' of health issue or behaviour

Harm Reduction

Reduces the potential social and health harms related to substance use, without requiring non-use

Stigma Reduction

Addresses stigma, which starts with negative stereo-types of people, creating an 'us' vs 'them' mentality

Equity- Oriented

Seeks to make institutions and systems more accessible, responsive, compassionate and safer for all people

Source: https://www.studentscommission.ca/en/blueprint-in-action

Footnote: These approaches were developed based on the key findings of the School Matters Forum held by the Public Health Agency of Canada.