

Exclusive Designs for

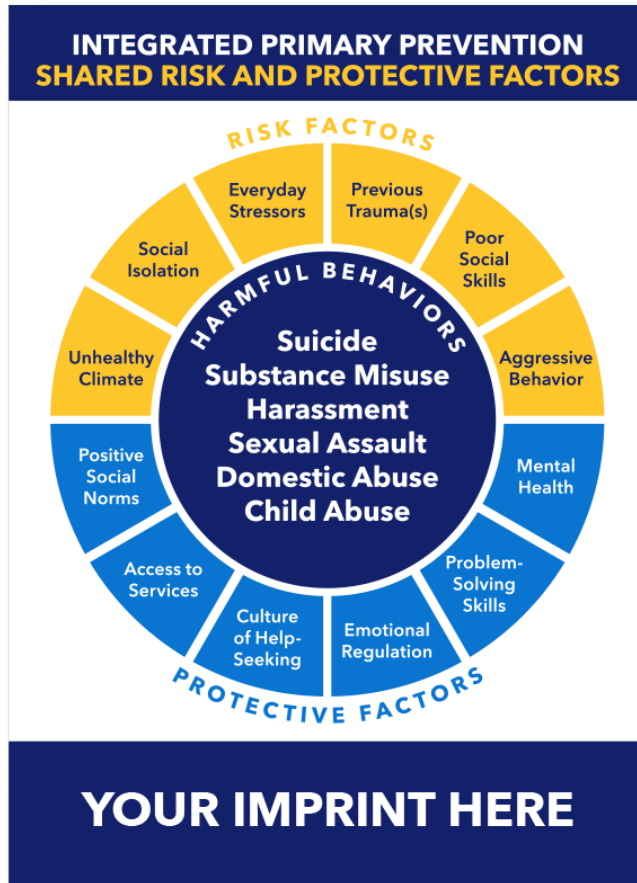
INTEGRATED PRIMARY PREVENTION



Please call
800.408.8159
or visit our website
www.psacorp.com

The Department of Defense is using integrated primary prevention to prevent multiple harmful behaviors - including sexual assault, harassment, domestic abuse, child abuse, and suicide. Research shows these behaviors share similar risk and protective factors. By focusing on shared factors, the DoD will foster healthier command climates, leading to enhanced readiness and a greater ability for service members to execute critical missions.

INTEGRATED PRIMARY PREVENTION



4694 - INTEGRATED PRIMARY PREVENTION (IPP) SHARED RISK AND PROTECTIVE FACTORS MAGNET

INTEGRATED PRIMARY PREVENTION

Violence takes many forms, including intimate partner violence, sexual violence, child abuse, bullying, suicidal behavior, and elder abuse and neglect. Multiple forms of violence are inter-connected and often have the same contributing factors and root causes. Understanding and addressing these overlapping factors and causes can help protect people and communities and help you better prevent violence in your community.

CONTRIBUTING FACTORS ARE CATEGORIZED INTO RISK AND PROTECTIVE FACTORS.

- **Risk factors** are things that make it more likely that people will experience violence.
- **Protective factors** are things that can make it less likely that people will experience violence or make them more resilient when they are faced with risk factors.

<p>SHARED RISK FACTORS</p> <ul style="list-style-type: none"> • Neighborhoods where there is low cohesion or where residents don't support and trust each other. • People who are socially isolated and don't have social support from family, friends, or neighbors. • High poverty and residential instability. • Lack of economic opportunities and unemployment. • Norms in society or in communities that support aggression or coercion. • Witnessing community violence puts people at higher risk of being bullied and perpetrating violence. 	<p>SHARED PROTECTIVE FACTORS</p> <ul style="list-style-type: none"> • Coordination of resources and services among community agencies. • Access to mental health and substance abuse services. • Support and connectedness, including connectedness to one's community, family, and pro-social peers. • Commitment to school. • Non-violent problem-solving skills. • For youth, connection to a caring adult.
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Focusing on risk and protective factors can help us understand connections between multiple forms of violence, prevent these forms of violence simultaneously, develop new partnerships, leverage resources/funding streams, and consider a larger pool of strategies.

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4695 - INTEGRATED PRIMARY PREVENTION (IPP) RISK AND PROTECTIVE FACTORS RACK CARD

INTEGRATED PRIMARY PREVENTION



Engaging the Community

- Increasing buy-in and visibility of prevention efforts across military communities
- Integrating activities of different program personnel
- Sharing data and resources

Empowering Leaders with Data and Research

- Interpreting data to understand local needs
- Briefing leaders on data results and implications
- Helping leaders develop effective prevention plans

Implementing Prevention Activities

- Working with leaders to shape and optimize local policies, programs, or practices
- Helping Service members build healthy habits and life skills

Sustaining Progress Over Time

- Measuring the impact of prevention activities
- Working with leaders to change or stop ineffective policies, programs, or practices

Integrated Primary Prevention Workforce Daily Activities

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The Integrated Primary Prevention Workforce works with leaders to build healthy climates and create environments free from abuse and harm.

The mission of the Integrated Primary Prevention Workforce is to reduce the prevalence of sexual assault, domestic abuse, child abuse, harassment, retaliation, and suicide.



4627 - MILITARY PROGRAM FOLDER
TEMPLATE: IPPW-ARMY



RESOURCES ARE CLOSER THAN YOU THINK



DoD Safe Helpline
877-995-5247

Nat. Suicide Prevention Lifeline
988

Nat. Domestic Violence Hotline
800-799-7233

Nat. Child Abuse Hotline
1-800-422-4453

Substance Abuse & Mental Health
1-800-622-4357

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4673 - INTEGRATED PRIMARY PREVENTION (IPP) RESOURCE MAGNET

INTEGRATED PRIMARY PREVENTION

WHAT IS INTEGRATED PRIMARY PREVENTION?

IPP focuses on primary prevention, using strategies that work to stop violence before it starts.

Violence takes many forms, including intimate partner violence, sexual violence, child abuse, bullying, suicidal behavior, and elder abuse and neglect. Multiple forms of violence are inter-connected and often have the same contributing factors and root causes. Understanding and addressing these overlapping factors and causes can help protect people and communities and help you better prevent violence in your community.

Contributing factors are categorized into risk and protective factors. Risk factors are things that make it more likely that people will experience violence. Protective factors are things that can make it less likely that people will experience violence or make them more resilient when they are faced with risk factors.

SHARED RISK FACTORS

- Neighborhoods where there is low cohesion or where residents don't support and trust each other.
- People who are socially isolated and don't have social support from family, friends, or neighbors.
- High poverty and residential instability.
- Lack of economic opportunities and unemployment.
- Norms in society or in communities that support aggression or coercion.
- Witnessing community violence puts people at higher risk of being bullied and perpetrating violence.
- Conflict within the family is linked to almost all forms of violence perpetration.
- Youth who associate with delinquent peers or friends are at higher risk of harming others or engaging in harmful behaviors.
- Experiencing one form of violence places individuals at a higher risk of experiencing other forms of violence.
- Lacking skills to cope with problems non-violently.
- Problems with substance abuse.

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SHARED PROTECTIVE FACTORS

- Coordination of resources and services among community agencies.
- Access to mental health and substance abuse services.
- Support and connectedness, including connectedness to one's community, family, and pro-social peers.
- Commitment to school.
- Non-violent problem-solving skills.
- For youth, connection to a caring adult.

Focusing on risk and protective factors can help us understand connections between multiple forms of violence, prevent these forms of violence simultaneously, develop new partnerships, leverage resources/funding streams, and consider a larger pool of strategies.

While prevention and response are both necessary to decrease the impact of harm and violence in our military community, prevention is the best way to ensure future harm and violence never occur. Prevention activities include the policies and programs that aim to prevent self-directed harm such as suicide and substance misuse or other prohibited abusive or harmful acts like sexual assault, domestic violence, and harassment before they ever occur.

**4708 - INTEGRATED
PRIMARY PREVENTION
EDU-DISPLAY
4708B - GRAPHICS ONLY**

**4720- WHEN IN CRISIS
WALLET CARD**

ARE YOU IN CRISIS?

If you need immediate medical attention or fear you may harm yourself or others, call 911.

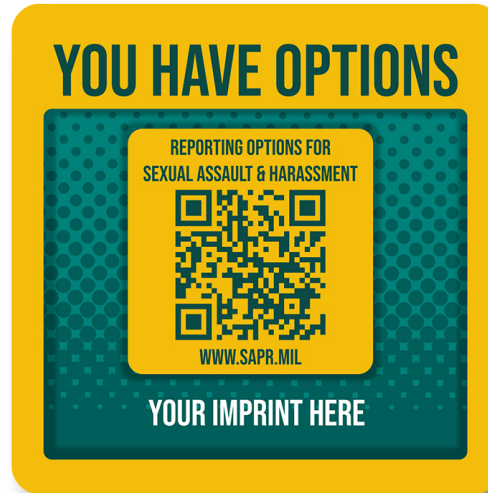
<p>Veterans/Military Crisis Line Dial 988 then press 1 or Text 838255 www.veteranscrisisline.net</p>	<p>988 Suicide & Crisis Lifeline Call 988 TTY - use your preferred relay service, or dial 711 then 988</p>
<p>National Domestic Violence Hotline Call 800-799-SAFE (7233) Text "START" to 88788</p>	<p>DoD Safe Helpline Sexual Assault Support Call 877-995-5247 www.safehelpline.org</p>

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INTEGRATED PRIMARY PREVENTION



4650A - RESOURCE MAGNET
TEMPLATE: SU-02



4650A - RESOURCE MAGNET
TEMPLATE: SA-01



4650A - RESOURCE MAGNET
TEMPLATE: DV-02



4650A - RESOURCE MAGNET
TEMPLATE: SB-01



4650A - RESOURCE MAGNET
TEMPLATE: CA-01

INTEGRATED PRIMARY PREVENTION

1595IPP - INTEGRATED PRIMARY PREVENTION RETRACT-A-BANNER

TEMPLATE: IPP-01

TOGETHER, WE CAN INCREASE RESILIENCE AND READINESS ACROSS THE FORCE

WHAT IS INTEGRATED PRIMARY PREVENTION?
The DoD has started to use integrated primary prevention to help with the prevention of harmful behaviors. These behaviors include sexual assault, harassment, domestic abuse, child abuse, and suicide. Research has shown that these behaviors share a most common risk and protective factors. The DoD has focused on these shared factors and foster a healthier command climate can focus on the shared risk factors and a greater ability for Service members to accomplish critical missions.

	EXAMPLES OF SHARED PROTECTIVE FACTORS	EXAMPLES OF RISK FACTORS	EXAMPLES OF PREVENTION ACTIVITIES
INDIVIDUAL	PROTECTIVE FACTORS Attributes that support and sustain healthy coping mechanisms	RISK FACTORS Doubt or financial stress Substance misuse	PREVENTION ACTIVITIES Life skill development and resistance to peer pressure Problem-solving skills
INTERPERSONAL	PROTECTIVE FACTORS Social support Coherence	RISK FACTORS Work overload Poor communication skills	PREVENTION ACTIVITIES Fostering healthy command climate and norms Healthy relationship programs
ENVIRONMENTAL	PROTECTIVE FACTORS Subsistence housing Connectivity to ongoing events	RISK FACTORS Military community in civilian neighborhoods with high crime or poverty Poor access to alcohol	PREVENTION ACTIVITIES Strengthen household access to financial supports Modify the physical and social environment to reduce exposure to risk

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TEMPLATE: IPP-02

INTEGRATED PRIMARY PREVENTION (IPP)
SHARED RISK AND PROTECTIVE FACTORS

WHAT IS IPP?
The Department of Defense is using IPP to prevent multiple harmful behaviors including sexual assault, harassment, domestic abuse, child abuse, and suicide. Research shows these behaviors share similar risk and protective factors.

RISK FACTORS
Everyday Stressors
Previous Trauma(s)
Poor Social Skills
Aggressive Behavior

HARMFUL BEHAVIORS
Suicide
Substance Misuse
Harassment
Sexual Assault
Domestic Abuse
Child Abuse

PROTECTIVE FACTORS
Mental Health
Problem-Solving Skills
Emotional Regulation
Culture of Help-Seeking
Access to Services
Unhealthy Climate
Social Isolation
Positive Social Norms

This figure displays some of the risk and protective factors that are related to two or more of the harmful behaviors of interest based on previous research. An integrated approach to prevention is especially promising because of these shared risk and protective factors.

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3727IPP - INTEGRATED PRIMARY PREVENTION DOOR WRAP

TEMPLATE: IPP-01

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