

PREVENTION ALLIANCE OF LOUDOUN

Promoting Mental Health and Wellness

The Prevention Alliance of Loudoun (PAL) is a coalition of youth, Loudoun County agencies, faith-based organizations, and other community stakeholders and parents dedicated to mental health awareness and substance misuse prevention efforts.

PAL works on a variety of mental health, wellness and substance misuse related issues. PAL activities include:

- Coordinate events and activities that promote mental health and wellness.
- Develop and distribute educational materials.
- Distribute drug deactivation bags and medication lock boxes.
- Support the modification of alcohol and tobacco product policies/laws.



PAL utilizes the Strategic Prevention Framework (SPF) developed by SAMHSA which details how coalitions can create strategies tailored to each communities' characteristics. The SPF process assists our coalition in developing the infrastructure needed for community-based, public health approaches that can lead to effective and sustainable reductions in alcohol, tobacco and other drug (ATOD) misuse and abuse. PAL utilizes environmental strategies recognizing that risks associated with substance use are, in part, a function of the interplay between the environments where youth use and the substances he/she uses. In the environmental approach, place matters.

PAL receives funding via the Department of Behavioral Health and Developmental Services (DBHDS) and the Loudoun County Community Services Board from the Substance Abuse and Mental Health Services Administration (SAMHSA) to address opioid prevention specifically. PAL also collaborates with other public health and prevention efforts across Loudoun County.

The Prevention Alliance of Loudoun (PAL) was formalized in 2017 and made up of stakeholders relevant to the Loudoun County Mental Health, Substance Abuse and Developmental Services (MHSADS) Prevention and Intervention Needs Assessment mandated by Department of Behavioral Health and Developmental Services (DBHDS). This informal coalition was formalized to help provide momentum to the Strategic Planning surrounding mental health promotion and substance misuse prevention in Loudoun County. PAL is a member of the Community Anti-Drug Coalitions of America (CADCA).

