

IOM Categories

The National Academy of Medicine (NAM), known formerly as the Institute of Medicine (IOM), in 2009 published an updated Continuum of Care framework. This prevention model classifies prevention and health promotion services within a range, according to the risk levels of the population, group, or individual, *and* the intended recipients of a service.

| IOM Category | Definition and Examples |
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| Promotion | Designed to reach the general public or whole population with a focus on well-being rather than the prevention of a behavioral health disorder. The focus may also decrease the probability of behavioral health disorders within a population. |
| Universal-Indirect | Designed to reach the general public or whole population not identified on the basis of risk for a behavioral health disorder, and includes efforts that are offered to the entire population that reduce the overall probability of behavioral health disorders within that population. |
| Universal-Direct | Designed for the general public or whole population , these interventions are based on evidence that they are likely to reduce risk and increase protective factors for all recipients, regardless of group or individual risk. |
| Selective | Designed to reach groups or individuals with an elevated risk for developing a substance use disorder or adverse change in behavioral health status that is significantly higher than average. The elevated risk may be identified on the basis of biological, psychological, or social risk factors with a known association for a behavioral health disorder. |
| Indicated | Designed to reach individuals with early symptoms or behaviors that have been identified for an increased risk of developing a behavioral health disorder, but are not yet diagnosable. |

Source:

National Research Council and Institute of Medicine. (2009). Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities. Washington, DC: The National Academic Press. doi: 10.17226/12480.

Substance Abuse and Mental Health Services Administration. (2010). Focus on Prevention. HHS Publication No. (SMA) 10-4120. Rockville, MD: Center for Substance Use Prevention, Substance Abuse and Mental Health Services Administration, Revised 2017. Retrieved from, <https://store.samhsa.gov/product/focus-prevention/sma10-4120>.