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**COMPRENDIUM PROGRAMS**

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The VFHY Compendium of Programs for Youth is a comprehensive list of rigorously evaluated programs recognized by federal and other national organizations as model, promising or effective tobacco prevention programs.

These programs allow schools, faith-based and other community organizations to help youth under the age of 18 refrain from or discontinue tobacco use. The content of the selected programs include information relative to tobacco prevention, tobacco cessation, early tobacco intervention/reduction, substance abuse prevention, advocacy, youth empowerment and social skills building.

This program booklet provides a summary of selected programs funded by VFHY. Each program offers 2-3 pages of program information to include vendor’s contact information and links to additional program information.

For further assistance with selecting the right program for your target audience or additional compendium program information, please contact:

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cmclaughlin@vfhy.org
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<tr>
<td>All Stars</td>
<td>Ages 11-13</td>
<td>13 - core</td>
<td>45 min</td>
<td>One – two times a week (7 - 13 weeks)</td>
<td>Required (2 days)</td>
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<tr>
<td></td>
<td>Grades 6-8</td>
<td>9 - Booster</td>
<td></td>
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<td></td>
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<td>Al’s Pals</td>
<td>Ages 3-8</td>
<td>46</td>
<td>15 min</td>
<td>Twice a week (23 weeks)</td>
<td>REQUIRED (2 days)</td>
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<td></td>
<td>Grades pre-K-3</td>
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<tr>
<td>Families and Schools Together (FAST)</td>
<td>Ages 11-14</td>
<td>10</td>
<td>2 hrs plus 30 min for meal</td>
<td>Once per week</td>
<td>Required (two days)</td>
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<td></td>
<td>Grades pre 6-8</td>
<td></td>
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<tr>
<td>Healthy Alternatives for Little Ones (HALO)</td>
<td>Ages 3-6</td>
<td>12</td>
<td>30 min</td>
<td>Once a week (12 weeks)</td>
<td>Required (3 hour DVD)</td>
</tr>
<tr>
<td></td>
<td>Grades pre-K</td>
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<tr>
<td>LifeSkills Training (LST)*</td>
<td>Ages 8-15</td>
<td>8 – ES Levels 1-3</td>
<td>30-45 min (ES)</td>
<td>Minimum once weekly or can be taught two or three times a week until the program is complete.</td>
<td>Preferred (6 hours)</td>
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<tr>
<td></td>
<td>Grades 3-10</td>
<td>15 – MS Level 1</td>
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<td></td>
<td></td>
<td>10 – MS Level 2</td>
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<td>5 – MS Level 3</td>
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<td></td>
<td></td>
<td>10 – HS</td>
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<tr>
<td>Media Detective</td>
<td>Ages 8-10</td>
<td>10</td>
<td>45 min</td>
<td>One lesson per day, presented sequentially</td>
<td>Recommended (6 hours)</td>
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<tr>
<td></td>
<td>Grades 3-5</td>
<td></td>
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<tr>
<td>Media Ready</td>
<td>Ages 11-14</td>
<td>10</td>
<td>45 min</td>
<td>One lesson per day, presented sequentially</td>
<td>Required (8 hours)</td>
</tr>
<tr>
<td></td>
<td>Grades 6-8</td>
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<tr>
<td>Not On Tobacco (NOT)</td>
<td>Ages 14-18</td>
<td>10</td>
<td>50 min</td>
<td>Once weekly (10 weeks)</td>
<td>REQUIRED (8 hours)</td>
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<tr>
<td></td>
<td>Grades 9-12</td>
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<tr>
<td>Positive Action *</td>
<td>Ages 3-18</td>
<td>48-140 - Elem</td>
<td>15 – 20 min</td>
<td>1-4 times weekly (12 – 50 weeks)</td>
<td>Preferred (6 hours)</td>
</tr>
<tr>
<td></td>
<td>Grades pre-K-12</td>
<td>31-82 - MS</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>31-132 - HS</td>
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<td></td>
<td></td>
<td>Up to 140 lessons</td>
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*Note: The programs with an asterisk next to them are programs for which VFHY staff will provide training to VFHY-funded grantees at no charge
<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGES/GRADES</th>
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<th>SESSION LENGTHS</th>
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<tr>
<td>Project ALERT</td>
<td>Ages 11-14</td>
<td>11 – Year 1</td>
<td>45 min</td>
<td>Weekly (11 weeks, 14 with booster)</td>
<td>Required (8 hours)</td>
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<tr>
<td></td>
<td>Grades 6 or 8</td>
<td>3 – Year 2</td>
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<tr>
<td>Project EX</td>
<td>Ages 14-18</td>
<td>8</td>
<td>45-50 min</td>
<td>1st 4 lessons taught over 2 week period,</td>
<td>Preferred (1 or 2</td>
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<tr>
<td></td>
<td>Grades 9-12</td>
<td></td>
<td></td>
<td>last 4 lessons taught once weekly (6</td>
<td>days)</td>
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<td></td>
<td></td>
<td>weeks)</td>
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<tr>
<td>Project SUCCESS</td>
<td>Ages 11-14</td>
<td>8</td>
<td>45-50 mins</td>
<td>Weekly or twice a week</td>
<td>Strongly</td>
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<tr>
<td></td>
<td>Grades 6-8</td>
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<td></td>
<td>suggested (three days)</td>
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<tr>
<td>Project Toward No Drug Use (TND)</td>
<td>Ages 14-18</td>
<td>12</td>
<td>40-50 min</td>
<td>3 lessons per week over 4 weeks or spread out over 6 weeks</td>
<td>Preferred (1-2 days)</td>
</tr>
<tr>
<td></td>
<td>Grades 9-12</td>
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<tr>
<td>Project Toward No Tobacco Use (TNT)</td>
<td>Ages 10-13</td>
<td>10 - core (Yr 1)</td>
<td>45-50 min</td>
<td>Core - 1 lesson daily for 10 days (2 weeks) or spread out over 4 weeks</td>
<td>Preferred (1-2 days)</td>
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<tr>
<td></td>
<td>Grades 5-8</td>
<td>2 - booster (Yr 2)</td>
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<td>Booster – 1 lesson daily for 2 days</td>
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<td>Strengthening Families Program (SFP 6-11, 12-16)</td>
<td>Ages 6-16</td>
<td>14</td>
<td>2.5 hrs - includes time for family meal.</td>
<td>Once weekly (14 weeks)</td>
<td>Strongly Preferred (2 days)</td>
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<td>Grades 1-10</td>
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<td>Strengthening Families Program (SFP 10-14)*</td>
<td>Ages 10-14</td>
<td>7</td>
<td>2.5 hrs – includes time for family meal</td>
<td>Once weekly (7 weeks)</td>
<td>REQUIRED (3 days)</td>
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<td>Grades 5-9</td>
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<tr>
<td>Too Good For Drugs*</td>
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<td>10</td>
<td>30-50 min</td>
<td>Once weekly for 10 weeks</td>
<td>Preferred (6 hours)</td>
</tr>
<tr>
<td></td>
<td>Grades K-12</td>
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Compendium Programs by Topic Areas and Age Group

PREVENTION
- All Stars
- Al’s Pals
- LifeSkills Training
- Healthy Alternatives for Little Ones (HALO)
- Media Detective
- Media Ready
- Positive Action
- Project ALERT
- Project TND
- Strengthening Families Program (SFP 6-11, 12-16)
- Strengthening Families Program (SFP 10-14)
- Too Good For Drugs

PRESCHOOL AGE CHILDREN (AGES 3-6)
- Al’s Pals
- Healthy Alternatives for Little Ones (HALO)
- Positive Action

ELEMENTARY SCHOOL-AGE CHILDREN (AGES 6-10)
- LifeSkills Training
- Media Detective
- Project Toward No Tobacco Use (TNT)
- Positive Action
- Strengthening Families Program (SFP 6-11, 12-16)
- Strengthening Families Program (SFP 10-14)
- Too Good For Drugs

MIDDLE SCHOOL-AGE CHILDREN (AGES 11-14)
- All Stars
- LifeSkills Training
- Families and Schools Together (FAST)
- Media Ready
- Positive Action
- Prevention Through Alternative Learning Styles (PALS)
- Project ALERT
- Project SUCCESS
- Project Toward No Drug Use (TND)
- Project Toward No Tobacco Use (TNT)
- Strengthening Families Program (SFP 6-11, 12-16)
- Strengthening Families Program (SFP 10-14)
- Too Good For Drugs

HIGH SCHOOL-AGE CHILDREN (AGES 15-18)
- LifeSkills Training
- Not On Tobacco (NOT)
- Positive Action
- Project EX
- Project SUCCESS
- Project Toward No Drug Use (TND)
- Strengthening Families Program (SFP 6-11, 12-16)
- Too Good For Drugs

CESSATION
- Not On Tobacco (NOT)
- Project EX

FAMILY ORIENTED
- Families and Schools Together (FAST)
- Strengthening Families Program (SFP 6-11, 12-16)
- Strengthening Families Program (SFP 10-14)
BRIEF PROGRAM DESCRIPTION

All Stars is an interactive, research-based curriculum for middle school-age youth that focuses on five strategies research has shown to decrease the chances of middle school youth being involved in alcohol and other drug use, violence and early sexual activity. It can be implemented in either school classrooms or community-based settings.

All Stars Core includes 13 sessions that last 45 minutes each. A celebration ceremony concludes the program. A parent/child component is also integrated into the program. All Stars Booster is the follow-up program in Year Two (nine 45-minute lessons) and All Stars Plus (13 lessons at 45 minutes each) is the Year Three follow-up program.

All programs aim to strengthen five specific qualities vital to achieving preventive effects: developing positive ideals and future aspirations; establishing positive norms; building strong personal commitments; promoting bonding with positive adults and peer groups; and promoting positive parent/adult attentiveness.

SPECIFIC OUTCOMES

- Increased commitment to avoid substance use and other high-risk behaviors.
- Increased adoption of a belief in positive peer group norms that make substance use, violence, and premature sexual activity unacceptable.
- Reduced substance abuse by 40% to 60%.
- Reduced sexual activity 80%.
- Increased belief that substance use and high-risk behaviors would interfere with one’s desired lifestyle.
- Increased bonding to school.

Specific Tobacco Control Lessons and Outcomes:

Specific Lessons
- All Stars Core Session 8 – Opinion Poll Game
- All Stars Core Session 10 – Opinion Poll Game Rematch
- All Stars Core Session 11 – Commitment
- All Stars Core Session 12 – Defending Commitments
- All Stars Core Session 13 – Proclaiming Commitments
- All Stars Booster Session 4 – Opinion Poll Game
- All Stars Booster Session 5 – Press the Point
- All Stars Booster Session 7 – Advanced Commitment Defense Skills
- All Stars Booster Session 9 – Take Two
- All Stars Plus Session 5 – Ways to Make Decisions
- All Stars Plus Session 6 – Conscience-Based Decisions
- All Stars Plus Session 7 – Logical Decisions

Tobacco Control Outcomes: Control students who did not receive the program increase their cigarette smoking by 14 percent between pre-test and post-test, whereas fewer than 5 percent of All Stars Core students increased their smoking during the same period. Control students increased smokeless tobacco use by 8 percent and All Stars Core students reduced smokeless by 5 percent in similar analyses.
AUDIENCE CHARACTERISTICS
Age Range: 11-13
Grades: 6-8
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Minimum 10/Maximum 25
Number of Lessons: Year 1 (Core) - 13 lessons,
Year 2 (Booster) - 9 lessons, Year 3 (Plus) - 13 lessons
Minimum Lessons Required to Achieve Fidelity: 13
Length of Each Session: 45 minutes
Frequency of Implementation: 1-2 times a week
Duration of Implementation: 7 –13 weeks
Recommended Intervention Site(s): Schools and Communities

HOW IT WORKS
All Stars is a guided, multiyear program that is delivered to all
students or group members on a weekly basis until completed.
Students are engaged through small group activities, group
discussions, enjoyable/meaningful worksheet tasks, videotaping,
games and art projects.

• During Year 1: 13 lessons of
  45 minutes each are implemented.
• During Year 2: One year after the Core
  program, an optional All Stars Booster, a nine-
  session booster program can be implemented to
  enhance material taught in the core program
• During Year 3: The optional 13-session
  All Stars Plus program can be implemented.

IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
• All lessons must be taught in the designated
  sequence in order to achieve the desired outcome.
• Training is highly recommended for teachers or
  anyone who plans to deliver the program.

What is the Minimum and Maximum Number of
Participants in a Training Session?
• For on-site, in-person training, the maximum number is
  20 and the minimum number is six.
  When scheduling a private, live, online training, the
  maximum is 12 and the minimum is seven. Individuals can
  also join already-scheduled live, online training sessions.

MATERIALS AND TRAINING
Required Materials
• Core Teacher’s Manual: $100
• Core Student Materials: $4-10 per student
  (includes student pre-/post-test surveys)
• Booster Teacher’s Manual: $80
• Booster Student Materials: $2 to $6 per student
  (includes student pre-/post-test surveys)
• Plus Teacher’s Manual: $80
• Plus Student Materials: $2-$7 per student
  (includes student pre-/post-test surveys)

Training (Required)
Training Cost:
• Online Training: $300 per person for All Stars Core;
  $150 per person for All Stars Booster and All Stars Plus.
• On-site In-person Training: $3,000, plus trainer’s travel
  expenses (20 max) for All Stars Core; $1,500, plus trainer’s
  travel expenses (20 max) for All Stars Booster and All Stars
  Plus.
• Onsite In-person Training: $3,000, plus trainer’s travel
  expenses (20 max) for All Stars Core; $1,500, plus trainer’s
  travel expenses (20 max) for All Stars Booster and All Stars
  Plus.

Training Duration:
• Online Training: Eight hours conducted in four two-hour
  modules for All Stars Core; four hours conducted in two
  two-hour modules for All Stars Booster and All Stars Plus.
• Onsite In-Person Training: 12 hours conducted in two days
  for All Stars Core; seven hours conducted in one day for All
  Stars Booster and All Stars Plus.

Min/Max Number of training participants:
Max. 20 training participants

Availability in Spanish: Yes

  Survey included in standard student materials.
PROTOCOL REPLICATIONS

CONTACT INFORMATION

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PROGRAM CONTACT

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KathleenSimley@gmail.com

For materials information, contact:
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Greensboro, NC 27410
Phone: (336) 601-9909
Fax: (336) 217-8674
allstarsprevention1@gmail.com

ADDITIONAL INFORMATION

Website: www.allstarsprevention.com

SAMHSA’s National Registry of Evidence-Based
Programs & Practices (NREPP) Review Documents:
nrepp.samhsa.gov/ProgramProfile.aspx?id=120
Al’s Pals: Kids Making Healthy Choices

BRIEF PROGRAM DESCRIPTION
Al’s Pals: Kids Making Healthy Choices is an early childhood prevention curriculum and teacher training program. Geared for children ages 3 to 8, Al’s Pals develops children’s social skills, self-control, problem-solving abilities and an understanding that they are not to use tobacco, alcohol and other drugs.

SPECIFIC OUTCOMES
- Significant increases in pro-social behaviors.
- Significant reductions in problem behaviors such as social withdrawal.
- Significant increases in positive coping behaviors such as seeking help to solve a problem.
- Significant decreases in negative coping behaviors such as the use of physical or verbal aggression to solve problems.
- Prevention of increases in antisocial and aggressive behaviors that might otherwise occur.

Specific Tobacco Control Lessons and Outcomes:

Specific Tobacco Control Lessons
- The entire module reiterates the meaning and importance of “healthy” and teaches children to differentiate between “safe” and “unsafe” by identifying what is safe to eat, taste, smell and put into the body. Throughout these lessons, children are encouraged to seek adult permission and/or assistance and reminded that tobacco products are not safe and healthy for children.

Tobacco Control Outcomes:
- Prevents the initiation of tobacco use by youth.
- Promotes attitudes that favor healthy lifestyles, avoiding harmful substances such as tobacco products.
- Develops pro-social skills that help children resist peer pressure and risky decision-making connected to tobacco product use.

AUDIENCE CHARACTERISTICS
Age Range: 3-8
Grades: Pre-K to 3
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Minimum 8/Maximum 30
Number of Lessons: 46 (two per week)
Minimum Lessons Required to Achieve Fidelity: 35
Length of Each Lesson: 15 minutes
Frequency of Implementation: Twice a week
Duration of Implementation: 23 weeks
Recommended Intervention Site(s): School and community
HOW IT WORKS

Al’s Pals has 46 core lessons that capture real-life childhood experiences and provide opportunities for children to acquire and practice social and emotional skills. The lessons are delivered by a classroom teacher for 10 to 15 minutes twice a week. An original hand puppet named Al is the heart of the program and serves as a positive role model. In addition to Al and puppet pals Ty and Keisha, children are engaged through a wide range of teaching tools including scripted puppet-led discussions, guided creative play, original songs, posters, color photographs, message pads and books.

Through the lessons children learn and practice positive ways to express feelings, relate to others, communicate, differentiate between safe and unsafe substances and situations, brainstorm ideas and solve problems. By reinforcing the Al’s Pals concepts throughout the day, the teacher shapes a caring environment, encouraging independent thinking, use of self-control, healthy decision-making and peaceful problem solving. A nine-lesson booster curriculum may be used during the second or third grade to reinforce skills learned through the core lessons.

Letters from Al are regularly sent home to inform parents about the life skills their children are learning and to suggest activities parents can use to help their children practice and retain these skills. The curriculum also includes “Al-a-Grams” — school-to-home messages delivered home by the children that recognize positive behaviors noted at school (e.g., caring about others’ feelings or calming down).

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- Complete lessons need to be delivered, in sequence, two per week, by a Wingspan-trained classroom teacher.
- The classroom teacher needs to practice, reinforce and model key Al’s Pals concepts throughout the day.
- Al’s Pals staff is comprised minimally of one Wingspan-trained teacher (typically the classroom educator), who spends at least five hours each week with the children receiving the program. No new staff is required to implement Al’s Pals.

Program Evaluation Tools Available: Yes

MATERIALS AND TRAINING

Required Materials:

- 46-lesson curriculum kit: $795 plus S&H
- Parent letters for subsequent years: $60 per classroom
- Certificates of program completion: $20 per classroom

Optional Materials and Cost:

- Spanish parent letters: $30 per set
- Spanish Al-a-Gram school-to-home message pads: $45 per set
- Spanish certificates of program completion: $10 per set
- Booster curriculum kit: $285
- Calm down or problem-solving poster for home use (English or Spanish): $5
- Al’s Healthy Choices children’s book: $12.95
- Music CD for home use: $15

Training (Required)

Al’s Pals (required) training is offered in two formats – face-to-face or live, online:

- Al’s Pals Face-to-Face Core Training:
  - Training Cost: $325 per person for open enrollment registration or $6,800 flat fee for onsite training for a group of up to 24 people – OR $8,500 flat fee for on-site training for a group of up to 30 people. There is an $800 fee per supplemental package cost for up to three additional training slots.
  - Training Duration: Two days
  - Min/Max Number of training participants: Min. 8, max. 42

- Al’s Pals Live Online Core Training:
  - Training Cost: $325 per person for open enrollment registration or $4,500 flat fee for private online training for a group of up to 15 people. Cost is $600 per supplemental package for up to 2 additional online training slots.
  - Training Duration: Four sessions, three hours each
  - Min/Max Number of training participants: Min. 8, max. 23
• Optional Refresher and Advanced Training – Face-to-Face
   Training Cost: $1,500 flat fee for onsite training for a group of up to 30 people*, $25 per person above 30
   *Host organization is responsible for shipping and handling fees, training facility, AV equipment, food and trainer travel expenses.
   
   o Training Duration: Three hours
   o Min/Max Number of training participants: Min. 10/Max. 50

• Optional Refresher and Advanced Training – Live, Online
   Training Cost: $1,300 flat fee for online training for a group of up to 30 people, $1,000 flat fee for online training for a group of up to 12 people. $100 per supplemental package for up to two additional online training slots
   
   o Training Duration: Three hours
   o Min/Max Number of training participants: Min. 10/Max. 30

Availability in Spanish: Only classroom posters and materials sent home to the families are available in Spanish.

PROGRAM REPLICATIONS

CONTACT INFORMATION

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PROGRAM CONTACT

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ADDITIONAL INFORMATION

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SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
nrepp.samhsa.gov/ProgramProfile.aspx?id=1223#hide4
BRIEF PROGRAM DESCRIPTION

Families and Schools Together (FAST) is an internationally acclaimed parent engagement program shown to help youth succeed at school by building stronger, more supportive relationships at home. Built on evidence-based practices and rigorously tested, FAST empowers parents to become more effective family leaders, connects families to schools and creates a community engaged in youth well-being and education.

SPECIFIC OUTCOMES

Improve the quality of children’s lives

- Better parent/child relationships
- More positive relationships with peers
- Fewer emotional symptoms and better conduct
- Better school performance with fewer problem behaviors
- More positive interactions between parents and teachers
- Increased parental school involvement
- Fewer emotional symptoms and behavior problems among FAST Children
- Improved relationships among parents
- Improved community relationships and knowledge of community resources

Specific Tobacco Control Lessons and Outcomes

- Specific Lessons:
  During the fifth week of the program (chosen because parents and families have now developed trust and respect for each other and the FAST Team), there is time set aside during the standard program for discussion around a special topic. This topic (often related to alcohol and/or substance use) can be specified to meet needs of a particular organization and guides discussion for parents. The community partner (representative from a local community organization) works with parents to create a lesson plan – combining a presentation with family table-based activities or discussion. Families will receive information, have a chance to discuss as a group and as individual families. Further discussion may take place during Parent Group (dedicated time where parents are able to discuss topics of their choosing).

  Tobacco Control Outcomes:
  - Better knowledge of the impact and management of drug and alcohol use
  - 28 percent of parents report a better understanding of the negative effects of alcohol, tobacco and other drug use
  - 31 percent of parents report improvement in their ability to recognize addiction
  - 33 percent of parents report improvement in knowing where to get help if addicted

AUDIENCE CHARACTERISTICS

Age Range: 11-14
Grades: 6-8
Gender: Male and Female

PROGRAM DETAILS

Type of Program: Prevention
Min/Max Class Size: Five to 15 families
Number of Program Lessons: 10
Minimum Lessons Required to Achieve Fidelity: All 10 sessions required to achieve fidelity. Families must attend at least six sessions to graduate from the program.
Length of Each Lesson: Two hours, plus 30 minutes for a meal
Frequency of implementation: Once per week
Duration of Implementation: 10 weeks of structured programming, followed by two years of monthly, unstructured gatherings
Recommended Intervention Site(s): Typically school, but can be held in community or other settings
HOW IT WORKS
In a FAST cycle, typically eight to 12 families (the whole family unit is encouraged to attend) meet for 10 weeks, followed by two years of monthly FASTWORKS® meetings. The weekly sessions follow a prescribed format of activities, the effectiveness of which has been demonstrated through research. FAST Sessions are led by a team that empowers parents, connects families to school and the community and is representative of the families being served. The FAST Team facilitates the program with the families, guiding them through the program components utilizing a method of table-based parent coaching. FAST Activities are designed to strengthen family bonds, empower parents, increase positive communication and improve the youth’s overall academic performance, mental health and emotional functioning. Program components include a family meal, parent/youth one-to-one time, family communication games and peer group time (parents and youth in separate groups), among other activities that reinforce the importance of the family unit, reciprocity and ritual. Each session lasts for 2.5 hours and is typically held during evening hours.

IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
- **Staff:** The FAST team consists of some core, required roles, which include: a Parent Partner (a parent with a child at the school running the program); a School Partner (a teacher or counselor/social worker at the school); Community Partners (representatives from local community organizations that serve the same area as the school with mental health and/or substance-use prevention backgrounds); a Youth Advocate (a school employee who ensures the youth perspective is heard); and Youth Partners (a middle- or high-school-aged youth).
- **Training:** A certified FAST trainer conducts a comprehensive training with the team, including a two-day initial training, three site visits throughout the cycle and a final, one-day wrap-up training. All team members must be present for each of the stages of training. Training must be conducted by a certified FAST trainer.
- **Evaluation:** Evaluation is required for each FAST cycle as a way to continue monitoring results and to provide support to sites/schools. Evaluations are administered by the FAST Team to the required parties; data is analyzed by Families & Schools Together Inc. to create a comprehensive report for FAST Teams to review, as well as schools, funders, stakeholders, etc.

MATERIALS AND TRAINING
**Required Materials and cost**
- **Evaluation:** $1,000 for initial cycle with training (includes all materials needed to complete evaluation, surveys for parents and youth and evaluation report); ongoing cycles cost is $1,125.
- **Family Flag Activity:** $15 per family (includes supplies for each family to create a family flag).
- **Family Connections Board Game:** $40 per family. (One per family is required, as each family plays this game as a family unit each FAST Session.)
- **Family Meal and Supplies:** Amounts vary depending on number and sizes of families. ($125/session x 10 sessions is an estimate for 10 families). Need to budget enough to feed all families each night of the program, plus any necessary supplies (plates, napkins, etc.)
- **Raffle Baskets:** $50 per basket is an estimate. Need to budget enough for each family to receive one basket. Each basket has at least one individual item for each family member.
- **Kids Time Supplies:** $150 per cycle. Budget for activities for siblings while parents are in Parent Group and middle school youth are in Youth Group
- **FASTWORKS:** $100 per meeting for supplies, food, etc. is a recommended amount. After completing the 10 weeks, parents and families will continue to meet in a more informal setting, once a month to maintain social networks and connections for two years. These meetings often include families meeting at the park for a picnic or going bowling or may include an educational component. Budget can also include stipend for FASTWORKS coordinator ($50 - $75/meeting) but this is not required.
Families and Schools Together (FAST)

Training (Required)
- Training Cost: $5,045 plus trainer travel costs to site
- Training Duration: Two-day initial training, three debriefing sessions following FAST Sessions on weeks 1, 3, and 8, as well as one-day wrap-up training following completion of FAST Cycle
- Min/Max Number of Training Participants: Minimum is six; maximum is 10.

Availability in Spanish: Yes. Because the program is primarily experiential, as long as there is a team member or translator available, the program can be run in any language and/or in multiple languages at once.

PROGRAM REPLICATIONS CONTACT INFORMATION

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SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=375
Healthy Alternatives for Little Ones (HALO)

BRIEF PROGRAM DESCRIPTION
The HALO program provides a holistic health and prevention curriculum and training to child care providers. HALO teaches children ages 3 through 6 how to make healthy life choices that allow them to grow “bigger, stronger and better able to think.” Strongly promoting children’s awareness of healthy and harmful choices, rather than “good and bad” choices, is the core of the HALO program. The program explains how the body organs work, and how both healthy and harmful choices ultimately affect a child’s mental and physical being, including addressing alcohol, tobacco and other drug use. Therefore, children are provided with an understanding of “healthy” concepts, rather than just the recognition that a behavior is either “good or bad.”

SPECIFIC OUTCOMES
Through HALO, children:
- acquire a strengthened sense of self.
- learn to say no to things that are harmful.
- learn to recognize, label and express feeling in appropriate ways
- practice communication skills.
- obtain information about the harmful effects of tobacco and drugs.
- learn safety precautions for medicines.
- learn the importance of good nutrition and physical activity.
- practice techniques to reduce stress.
- increase acceptance of cultural diversity.

Specific Tobacco Control Lessons and Outcomes:
- Specific Lessons
  The entire HALO curriculum builds skills in children that will prevent them from using tobacco in the future and prevention of tobacco use is mentioned in almost every unit. The curriculum builds self-esteem and self-worth, teaches children to communicate, helps children identify what is happening in their bodies (both emotionally and physically) and teaches appropriate ways to relieve stress and stay healthy. The following are the three HALO lessons that address tobacco extensively:
  - Unit 7, Healthy Bodies, Healthy Choices: The choices children make for their bodies will help their organs stay healthy. In this unit, children will learn about internal and external organs and how harmful choices can damage these organs and cause health problems.
  - Unit 8, Healthy Choices: No Harmful Drugs: The focus of this unit is the effects of harmful drugs on the body, centering specifically on alcohol and tobacco. Each child will be able to identify that drinking alcohol, smoking or using drugs is harmful to our bodies and mind, to say NO to harmful things and have fun by acting silly in a safe and healthy way.
  - Unit 9, Healthy Choices: Drugs are Dangerous: Attitudes toward alcohol, tobacco and other drugs are formed at an early age. “Drugs are dangerous” is a simple and important message that young children can understand. The child will be able to state that all drugs are dangerous; identify that drugs can make healthy people sick by damaging their organs; and know that the more often a drug is used, the more damage is done.
Healthy Alternatives for Little Ones (HALO)

- Tobacco Control Outcomes: On average, children who participated in HALO had a statistically significant higher score on knowledge about the harmful effects of drugs on their internal organs than those who did not participate.

AUDIENCE CHARACTERISTICS
Age Range: 3-6
Grades: Preschool and Kindergarten
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Maximum 20
Number of Lessons: 12
Minimum Lessons Required to Achieve Fidelity: 10
Length of Sessions: 30 minutes
Frequency of Implementation: One lesson per week for 12 weeks
Duration of Implementation: 12 weeks
Recommended Intervention Site(s): School and community

HOW IT WORKS
Every week when the teacher announces, “It’s HALO Time!,“ children eagerly assemble to sing songs, perform finger plays, separate “healthy” and “harmful” photo recognition cards or to wear the “Organ Apron” to understand how the liver functions, using a sponge and red water. The exciting part is this positive, loving approach empowers children, grows their knowledge and strengthens their confidence, making them Bigger, Stronger and Better Able to Think! (One module focuses on substance-use issues, a second on personal and family responsibilities, and a third on communication and refusal skills). HALO provides early intervention services and follow-up case management services to connect families to community resources and appropriate alternative activities when necessary.

IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
- The teacher should complete the Training DVD
- Review the Teacher’s Manual
- Cover all program activities outlined in the Teachers Manual with the students.

Program Evaluation Tools Available: Yes, an assessment tool is part of kit.

MATERIALS AND TRAINING
Required Materials: Curriculum Kit (includes training DVD) - $429

Training (Required)
- Training Cost: No cost
- Training Duration: Three-hour training DVD, which comes with the kit.
- Min/Max Number of Training Participants: None

Availability in Spanish: Yes

PROGRAM REPLICATIONS

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ADDITIONAL INFORMATION
Website: www.haloforkids.org

SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=175
LifeSkills Training

BRIEF PROGRAM DESCRIPTION
LifeSkills Training (LST) is a proven, highly effective substance-use prevention and competency enhancement program designed to focus primarily on the major social and psychological factors promoting substance use and abuse. LST increases students’ knowledge of the immediate consequences of substance use while providing necessary skills to resist social (peer) pressures and reduce psychosocial motivations to smoke, drink, and use drugs.

SPECIFIC OUTCOMES
- Evaluation studies demonstrate that the LifeSkills Training program effectively reduces rates of alcohol, tobacco, and marijuana use by 50 percent or more among those who participate in the program relative to control group students.
- LST has also been proven to reduce violence and delinquency, as well as prescription opioid and methamphetamine use.

Specific Tobacco Control Lessons and Outcomes:
LST addresses tobacco-specific content in many lessons including: Smoking Myths and Realities, Smoking and Biofeedback (immediate effects of tobacco use), Advertising (resisting tobacco advertising), Decision-Making and Assertiveness (refusal skills to resist peer pressure).

Tobacco Control Outcomes:
- LST has been proven effective in reducing tobacco use in 20 separate evaluation studies.
- LST has reduced tobacco use by more than 50 percent compared to control group students.
- Specific outcomes from two studies showed reductions of 56 percent to 67 percent in the proportion of pre-test nonsmokers becoming regular smokers for students receiving LST with no booster sessions.
- Reductions in tobacco use as high as 87 percent were found with LST plus booster sessions.

AUDIENCE CHARACTERISTICS
Age Range: 8–16
Grades: 3–10
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Min. 5/Max. 30
Number of Lessons:
- Elementary: Levels 1/2/3: eight lessons
- Middle School: Level 1: 15 lessons, Level 2: 10 lessons, Level 3: 5 lessons
- High School: 10 lessons
Minimum Lessons Required to Achieve Fidelity: All lessons.
Length of Sessions: 30–45 minutes
Duration of Implementation: 2 - 15 weeks, can implement daily or at least once a week
Recommended Intervention Site(s): School and Community
HOW IT WORKS
The LifeSkills Training elementary school curriculum runs for eight class sessions at each grade level, each 30 to 45 minutes long. Each level of the elementary program is a stand-alone level that can be followed by subsequent levels as booster interventions. The booster sessions provide additional skill development and opportunities to practice in key areas. Level 1 is designed for either third or fourth grade, depending on when the transition from elementary to middle school begins.

The LifeSkills Training curriculum for middle (or junior high) schools is designed to be implemented starting with LST Middle School Level 1 (regardless of middle school grade) and then followed by booster levels (LST Middle School Levels 2 and 3). It is intended to run for 15 class periods of 45 minutes each. A booster intervention has been developed that is taught over 10 class periods in the second year (Level 2) and five in the third year (Level 3). This means the initial program should be implemented beginning with the foundation level (Level 1) and then followed by booster levels (Levels 2 and 3). Optional violence-prevention units can be implemented for each year of the program, extending the overall number of class sessions. Even though LST Middle School has been proven to reduce opioids misuse, forthcoming optional content will also be available.

The LifeSkills Training high school curriculum runs for 10 class sessions, each 40 to 45 minutes long. It is designed to be implemented in either ninth or 10th grade. No prior experience with LST is required.

All three program series can either be taught intensively (consecutively every day or two to three times a week) until the program is complete or they can be taught on a more extended schedule (once a week). Both formats have proven to be equally effective.

IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
- Teach the full scope and sequence of the LST curriculum.
- Teach at least one or more times per week until all units are taught.
- Use interactive teaching strategies.


MATERIALS AND TRAINING
Required Materials:
A curriculum set for each level (elementary, middle school and high school) includes one teacher’s manual and 30 student guides.

Year 1 Program Materials:
- Elementary School Year 1: $235
- Middle School Year 1: $295
- High School: $265

Booster Materials (Years 2 & 3):
- Elementary School Year 2: $235
- Elementary School Year 3: $235
- Middle School Year 2: $245
- Middle School Year 3: $175
- Elementary School Full Set (all 3 years): $655
- Middle School Full Set (all 3 years): $625

Additional Student Guides
- Middle School Year 1: $60 per pack of 10
- Middle School Year 2: $50 per pack of 10
- Middle School Year 3: $40 per pack of 10
- Elementary Year 1/2/3: $50 per pack of 10

Training (Preferred):
- Training Cost: None. VFHY provides requested training to VFHY funded grantees
- Training Duration: Four to six hours
- Min/Max Number of training participants: Five to 25

Availability in Spanish: Spanish language support is available for the LST Elementary and LST Middle School program levels.

PROGRAM REPLICATIONS

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ADDITIONAL INFORMATION
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SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=109

LifeSkills Training
Media Detective

BRIEF PROGRAM DESCRIPTION
Advertising is a rarely addressed influence on youths’ decisions regarding alcohol and tobacco use. Media Detective is the only evidence-based program for elementary-school age youth that teaches children to think critically about the implicit messages in media messages about the use of alcohol and tobacco, as well as encouraging them to consider the risks and consequences of alcohol and tobacco use. Children enjoy solving the mystery of advertisements through Media Detective’s interactive, hands-on and small group activities. The updated version of Media Detective uses recent examples of advertisements and now includes commercials.

SPECIFIC OUTCOMES

Overall Outcomes
- Reduction in intent to use tobacco and alcohol products among students who reported previous use of a tobacco or alcohol product.
- Improvement in self-efficacy to resist using tobacco and alcohol in the future among students who reported previous use of a tobacco or alcohol product.
- Reduction in boys’ interest in alcohol-branded merchandise (i.e., toys, clothing and household objects emblazoned with beer brand names and logos).
- Improvement in media message deconstruction skills.

Specific Tobacco Control Lessons and Outcomes

Specific Lessons
- Lesson 7: Review concept of advertising hooks as related to alcohol and tobacco advertising. Large poster used to stimulate discussion of negative side effects of tobacco use. Teacher reviews “Smoking Facts” sheet with students. Small group work gives students chance to look at tobacco advertisements to see common ad hooks used and find new ad hooks.
- Lesson 8: Review concept of target audience as relates to alcohol and tobacco advertising. Students gather the evidence related to the question, Do alcohol and tobacco companies target young people in their advertising? Activity: Hunt for ad hooks (e.g. Joe Camel ad). Homework assignment “Can You Solve the Case?” uses Doral cigarettes ad.
- Lesson 9: Students create a tobacco or alcohol counter-ad using five clues and advertising strategies they have learned. Refer students to resources such as Tobaccofreekids.org, badvertising.org, thetruth.org. Students are shown Camel, Misty, Winston cigarette ads and counter-ad examples.
- Lesson 10: Students present their counter-ads to their classmates and conduct peer reviews of presentations. In addition, students have opportunity to reflect and record thoughts on tobacco use in journal entries on daily basis.

Tobacco Control Outcomes
- Reduction in intent to use tobacco and alcohol products among students who reported previous use of a tobacco or alcohol product.
- Improvement in self-efficacy to resist using tobacco and alcohol in the future among students who reported previous use of a tobacco or alcohol product.
- Improvement in media message deconstruction skills

AUDIENCE CHARACTERISTICS

Age Range: 8 – 10
Grades: 3 – 5
Gender: Male and Female
PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Maximum of 30 students
Number of Lessons: 10
Minimum Lessons Required to Achieve Fidelity: 10
Length of Lesson: 45 minutes
Frequency of Implementation: One lesson per day, presented sequentially
Duration of Implementation: Two weeks (10 days)
Recommended Intervention Site(s): School or community

HOW IT WORKS
Students enroll in Media Detective School for two weeks and explore media literacy lessons with their teacher, accompanied by dog-and-cat detective duo Snoop and Scoop. During 10 lessons, students are taught to unravel the mysteries associated with media messages and advertisements. As successful Media Detectives, they will be able to stop and think critically before accepting media messages particularly positive and persuasive media messages about alcohol and tobacco use.

IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
• The teacher should complete the Media Detective Teacher Training
• Review the Teacher Training
• Cover all program activities outlined in the Teachers Manual with the students.
• Use the fidelity checklist to monitor adherence to the program sections.


MATERIALS AND TRAINING
Required Materials
• Curriculum Kit: $400 (includes one Teacher Manual, five posters, one CD with multimedia presentation, 30 notebooks and 30 bookmarks)
• Media Detective Student Notebook (third-, fourth- and fifth-grade versions): $55 (10-pack)

Optional Materials
• Overhead Transparencies of Media Examples: $28
• Media Detective Bookmarks (30-pack): $6
• Replacement CD of Media Examples: $10

Training (Recommended but not required)
• Training Cost: $100 (web-based training)
• Training Duration: Six hours
• Min/Max Number of Training Participants: One

Availability in Spanish: No

PROGRAM REPLICATIONS

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ADDITIONAL INFORMATION
Website: irtinc.us/Products/MediaDetective.aspx
SAMHSA's National Registry of Evidence–Based Programs & Practices (NREPP) Review Documents: legacy.nreppadmin.net/ViewIntervention.aspx?id=183
BRIEF PROGRAM DESCRIPTION
Advertising is a rarely addressed influence on youths’ decisions regarding alcohol and tobacco use. Media Ready is the only evidence-based program for middle-school age youth that teaches youth to think critically about the implicit messages in media messages about the use of alcohol and tobacco, as well as encouraging them to consider the risks and consequences of alcohol and tobacco use. Youth enjoy talking about and analyzing advertisements through Media Ready’s interactive, hands-on and small group activities. The updated version of Media Ready uses recent examples of advertisements and now includes commercials.

SPECIFIC OUTCOMES
Overall Outcomes
• Improvement in critical thinking skills about media messages.
• Reduction in boys’ intent to use alcohol products.
• Reduction in the intent to use tobacco products.

Specific Tobacco Control Lessons and Outcomes:
• Specific Lessons
  o Lesson 5: Students analyze both visual and verbal elements of a tobacco advertisement. They identify what gets left out of ad messages focusing on the lack of accurate health information about tobacco products. Students discuss and deconstruct a Winston Cigarette Ad. They review a tobacco fact sheet, which provides basic, factual information about the health consequences of smoking. Through a writing assignment and discussion, students’ attitudes are solicited in reaction to the statements shared on the fact sheet.
  o Lesson 8: Students analyze tobacco counter-ads and can plan to create a tobacco counter-ad using the advertising strategies they have learned in previous lessons. Students are shown a Camel advertisement and also a Camel advertisement counter-ad. Teachers provide students with facts about tobacco abuse and ask students to research facts about abuse online, either as homework from Lessons 5 and 6 or in class.
  o Lessons 9 and 10: Students use the information from Lesson 8 to create a tobacco or alcohol counter-advertisement. Students present their counter-advertisements to their peers and evaluate their peers’ counter-advertisements.

• Tobacco Control Outcomes: Reduction in intent to use tobacco products, Improvement in critical thinking skills about media messages.

AUDIENCE CHARACTERISTICS
Age Range: 11-14
Grades: 6-8
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Maximum of 30 students
Number of Lessons: 10 classroom lessons
Minimum Lessons Required to Achieve Fidelity: 10
Length of Each Lesson: 45 minutes
Frequency of Implementation: One lesson per day, presented sequentially
Duration of Implementation: Two weeks (10 days)
Recommended Intervention Site(s): School or community
**HOW IT WORKS**

A stealth education approach is used in the program in that students learn to analyze advertisements for products such as clothes, toys and food before applying these skills to analyzing tobacco and alcohol advertisements. The program aims to make students more active consumers and improve critical thinking skills used when making health decisions. Skills development in these areas is related to change youth attitudes about tobacco and alcohol, as well as changes in intentions to use these substances.

Program goals:

- increase youth’s awareness of the pervasiveness of media and advertising in their lives;
- inform youth of the techniques of advertising to provide analytic tools for the deconstruction of media messages;
- impact youth’s media-related cognitions such as improving logical processing and increasing media skepticism; and
- equip youth with media advocacy and production skills to create counter arguments to the messages promoted.

**IMPLEMENTATION ESSENTIALS**

**To Replicate with Fidelity:**

- The teacher should complete the Media Ready Teacher Training.
- Review the Teacher Training.
- Cover all program activities outlined in the teacher’s manual with the students.
- Use the fidelity checklist to monitor adherence to the program sections.

**Program Evaluation Tools Available?** Yes, pre-/post-test. Grantee can contract with vendor to do analysis.

**MATERIALS AND TRAINING**

**Required Materials:**
- Curriculum Kit: $300 per kit
- Media Ready Student Workbooks (10-pack): $30

**Optional Materials:**
- Key Questions Poster: $5
- Overhead Transparencies of Media Example: $28
- Key Questions Bookmarks (30-pack): $6
- Common Implied Messages Bookmarks (30-pack): $6
- Replacement CD of Media Examples: $10

**Training (Required)**

- **Training Cost:**
  - $2,800 plus travel for onsite training
  - $300 per person to attend regional training
- **Training Duration:** Eight hours
- **Min/Max Number of Training Participants:** Up to 25 participants.

**Availability in Spanish:** Yes

**PROGRAM REPLICATIONS CONTACT INFORMATION**

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**ADDITIONAL INFORMATION**

Website: [irtinc.us/Products/MediaReady.aspx](http://irtinc.us/Products/MediaReady.aspx)

Not On Tobacco (N-O-T)

BRIEF PROGRAM DESCRIPTION
Not on Tobacco (N-O-T) is the American Lung Association’s premiere smoking cessation program for teens who want to stop smoking. N-O-T was designed specifically for teens and is offered as a gender-sensitive program by trained facilitators. The 10-session program uses a life-management skills approach so that teens learn how to reduce stress, make decisions, and communicate more effectively with family and friends. An optional four-session booster program should ideally be taught within two to four weeks of ending the 10-session program.

SPECIFIC OUTCOMES
In the experimental evaluation of the N-O-T program in Florida, at the end of the program:
- 22% of participants had quit smoking and this was chemically validated.
- 62% of participants reduced the amount of cigarettes they smoked.
- 22.4% of participants self-reported as quit, with 20% chemically validated as quit.
- 65% of participants reduced weekday smoking and 75% reduced weekend smoking. Therefore, nearly 90% of participants either quit or reduced smoking.
- 84.6% of participants agreed that N-O-T helped them change their smoking behavior. Secondary outcomes included: 55% of participants reported increased self-esteem; 55% reported stress reduction; 21% reported attending school more often; and 43% reported that they had improved other health behaviors, such as exercising more.

Specific Tobacco Control Lessons and Outcomes
- Specific Lessons
  N-O-T contains 10 consecutive weekly sessions of 50 minutes each. The gender-sensitive program has four optional booster sessions for groups needing more support to stop smoking or remain smoke-free. To ensure adequate time for individual interaction, groups should be no larger than eight to 12 students. All sessions address tobacco control.
  - Sessions 1-2: Participants compare and contrast the reasons why males and females smoke. They identify their excuses for not quitting and the realities they face as smokers.
  - Sessions 3-4: Participants learn about the toxic chemicals that occur with smoking, about addiction and the triggers that reinforce the habit, as well as the health risks to their bodies.
  - Session 5: Participants are asked to commit to quitting and are given behavioral alternatives to smoking.
  - Sessions 6-8: Participants learn about the positive physical changes that occur with quitting, how to handle slips and how to relax.
  - Sessions 8-9: Participants learn how to seek out support, to be assertive with family and friends and how to avoid the advertising traps of the tobacco companies. Session 9 teaches teens that they are a positive social force and can help create healthy societies.
  - The last session is a celebration and encourages self-rewards for being nonsmokers.

- Tobacco Control Outcomes: Pre- and post-test evaluations are scientifically analyzed and results consistently meet program goals. Not On Tobacco was designed to help teens quit smoking altogether or to help them reduce the number of cigarettes smoked. Other important outcomes that have been identified as a result of N-O-T include increased self-esteem, reduced stress, better relationships with parents and others, improved school attendance and improved health behaviors.

AUDIENCE CHARACTERISTICS
- Age Range: 14 to 18
- Grades: 9-12
- Gender: Male and Female

PROGRAM DETAILS
- Type of Program: Cessation/Reduction
- Audience Size: Minimum eight/Maximum 12
- Number of Lessons: 10 (one per week)
- Minimum Lessons Required to Achieve Fidelity: 10
- Length of Each Lesson: 50 minutes
- Frequency of Implementation: One per week
Not On Tobacco (N-O-T)

**Duration of Implementation:** 10 weeks

**Recommended Intervention Site(s):** Schools and Communities

**HOW IT WORKS**

N-O-T helps teens beat their smoking addiction by: identifying the reasons why they smoke; pinpointing the social influences that affect smoking behavior; combating social pressure from friends and family who smoke; understanding the immediate benefits of quitting; setting realistic and attainable goals for change; and developing life management skills that go beyond giving up smoking. An American Lung Association-certified trainer trains facilitators in program implementation. Participant recruitment materials and handouts are provided for facilitators. The certified facilitator works with the core curriculum, which consists of 10 sessions and four optional follow-up or booster sessions to reinforce what the group has learned and achieved. Teens are more likely to share their feelings about smoking and other issues in a same-gender group so, to the extent possible, male facilitators lead boys’ groups and female facilitators lead girls’ groups. The program does not “teach” the students; rather it draws them in as active participants through small group discussions, hands-on activities and journal writing and drawing.

**IMPLEMENTATION ESSENTIALS**

**To replicate with Fidelity:**

All 10 sessions must be completed using the full scope and sequence of the curriculum.

- Facilitators must complete a one-day training program provided by the American Lung Association.
- Facilitators must lead smoke-free lifestyles.
- Each implementation site should have one male and one female facilitator.

**Program Evaluation Tools Available:** Yes, provided as part of training and on CD.

**MATERIALS AND TRAINING**

**Required Materials:**

Facilitator Manual and CD of materials and handouts to be printed out (included in training cost)

**Training (Required)**

- **Training Cost:** $300 per person, includes Facilitator Manual and CD of materials and handouts to be printed out
- **Training Duration:** Approximately six hours

**Min/Max Number of Training Participants:** Min=five; Max=15

**Availability in Spanish:** Yes

**PROGRAM REPLICATIONS CONTACT INFORMATION**

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**PROGRAM CONTACT**

For training, materials and program information, contact:

**Kira Koon**

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kkoon@lunginfo.org

**ADDITIONAL INFORMATION**

**Website:** lung.org

**SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:**

nrepp.samhsa.gov/ProgramProfile.aspx?id=1254
BRIEF PROGRAM DESCRIPTION

Positive Action is an evidence-based, integrated, comprehensive and coherent system that includes program components for schools, families and communities to use that will promote positive actions for the whole self; physical, intellectual, social and emotional, as well as improving their wellness, success and happiness.

The system's concepts are universal and effective for all populations, socioeconomic levels and ages, which has been demonstrated in the research. All materials are based on the same unifying broad concept or philosophy (you feel good about yourself when you do positive actions, and there is a positive way to do everything), with six sub-concepts or units (positive actions for the physical, intellectual, social, and emotional areas) that elaborate the overall theme. These positive actions are skills that one needs to achieve academically and in life. The six units are: Unit 1 – Philosophy and Circle; Unit 2 – Positive Actions for the Physical and Intellectual Self; Unit 3 – Self-Management; Unit 4 – Getting Along with Others; Unit 5 – Self-Honesty; and Unit 6 – Self-improvement. These units are the basis of all materials, which provides coherence and consistency within the whole program. Each component can stand alone or be seamlessly combined with any other components for a coherent, unified approach.

SPECIFIC OUTCOMES

The program outcomes include improvements in academics, behavior, pro-social skills, self-concept, social-emotional/character, physical and mental health, alcohol, drug and violence prevention, truancy and family and community engagement.

Specific Tobacco Control Lessons and Outcomes

• Specific Tobacco Control Lessons
  - Grade 1: Lessons 32 and 34
  - Grade 3: Lessons 31 and 108
  - Grade 4: Lessons 3, 19, 30, 31 and 41
  - Grade 5: Lessons 26, 27, 38, 105 and 122
  - Grade 6: Lessons 25 and 26
  - Grade 7: Lessons 32 and 51
  - Secondary Drug Supplement: Lessons 6, 7, 8, 9, 13, 16, 17, 20, 27
  - Elementary Drug Supplement: Lessons 3, 5, 14, 15, 16
  - High School Kit 1: Lessons 21, 28, and 42
  - High School Kit 2: Lesson 40
  - High School Kit 3: Lesson 28
  - High School Kit 4: Lesson 7

• Tobacco Control Outcomes: Prevention (delay of onset), youth cessation, attitudes, normative beliefs and self-efficacy. Long-term outcomes include 71 percent reductions in drug, alcohol and tobacco use.

AUDIENCE CHARACTERISTICS

Age Range: 3-18
Grades: Pre-K to 12
Gender: Male and Female

PROGRAM DETAILS

Type of Program: Prevention
Audience Size: Minimum five/Maximum 30
Number of Lessons: Pre-K: 130; K-6: 140; Grades 7-8: 82; High School (9-12): 132

Minimum Lessons Required to Achieve Fidelity: 48 lessons or approximately 12 hours per year at the elementary level; 31 lessons or 8-10 hours per year at the middle and high school levels.

**Positive Action**

**Frequency of Implementation:** Elementary: Four times/week; Middle School: Two to three times per week; High School: Three to four times per week

**Duration of Implementation:** 36 weeks

**Recommended Intervention Site(s):** School and community

**HOW IT WORKS**

Positive Action is a highly effective program for tobacco prevention because it works on the root causes of the problem.

The program’s philosophy is that you feel good about yourself when you do positive actions and there is a positive way to do everything. Tobacco use is a negative action that leads to a decrease in your feelings of self-worth and health. Positive Action teaches positive actions that you can do for your whole self in the physical, intellectual, social and emotional domains. They build intrinsic motivation to do them by reminding us of the good feelings we get when we perform positive actions.

Ideally, Positive Action is implemented school- or site-wide, with lessons taught two to four times a week and reinforced daily throughout the day. Site-wide climate activities would be held weekly to reinforce and acknowledge the positive actions being taught and practiced by students, teachers, administrators and others. The school principal or designated Positive Action coordinator, along with an optional Positive Action committee, would guide the program. Every classroom teacher would have their own grade-appropriate instructor’s kit, which is complete with a scripted manual, instructor’s materials and materials for 30 students. Counselors, school psychologists and social workers would use Counselor’s Kits to work with small groups or individuals who need more targeted assistance. Additional supplement kits for drug education, bullying prevention and conflict resolution would also be used by teachers at a universal level in the classroom and/or by counselors, school psychologists and social workers in selected or indicated groups. Family or parenting classes would be offered to increase family engagement and community events would be held.

**IMPLEMENTATION ESSENTIALS**

**To replicate with fidelity:**
- Detailed planning and preparing must be done prior to beginning the program.
- Planning the design of your Positive Action program implementation and determining a timeline and schedule should be a collaborative effort and agreed upon by all parties involved.
- Preparation for implementation should be guided by a project coordinator and committee to ensure quality implementation.
- Implementation should begin on a scheduled kickoff day and continued accordingly throughout the year as scheduled.
- Adaptations include names of characters, story settings and cultural references; the program concepts, methodologies and strategies cannot be adapted.
- The minimum number of lessons must be taught.

**Program Evaluation Tools Available?** Yes, included with curriculum and on the website

**MATERIALS AND TRAINING**

**Required Materials**
- Curriculum kit: $400 - $550 (one per instructor/classroom)

**Optional Materials**
- Elementary and/or Secondary Climate Development Kits: $450 - $500 (one per site);
- Elementary or Secondary Drug Education Supplement Kits: $250 - $450 each (one per instructor/classroom);
Training (Not Required)

- **Training Cost:** None. VFHY provides requested training to VFHY-funded grantees
- **Training Duration:** Six hours
- **Min/Max Number of Training Participants:** Five to 30

**Availability in Spanish:** Grades K-4, 7–8 only

PROGRAM REPLICATIONS

**CONTACT INFORMATION**

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**PROGRAM CONTACT**

For materials and program information, contact:

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info@positiveaction.net

For Training, contact:

Charlie McLaughlin  
Virginia Foundation for Healthy Youth  
701 E. Franklin St., Suite 500  
Richmond, VA 23219  
Phone: (804) 786-2279 (office)  
Mobile: (757) 334-5370  
cmclaughlin@vfhy.org

**ADDITIONAL INFORMATION**

Website: positiveaction.net

SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:  
legacy.nreppadmin.net/ViewIntervention.aspx?id=400
**BRIEF PROGRAM DESCRIPTION**

Project ALERT is a drug prevention curriculum for middle school students 11 to 14 years old, which dramatically reduces both the onset of substance use and regular substance use. The two-year, 14-lesson program focuses on the substances that adolescents are most likely to use: alcohol, tobacco, marijuana and inhalants. Guided classroom discussions and small group activities stimulate peer interaction and challenge student beliefs and perceptions, while intensive roleplaying activities help students learn and master resistance skills. Homework assignments that also involve parents extend the learning process by facilitating parent-child discussions of drugs and how to resist using them. These lessons are reinforced through videos that model appropriate behavior.

**SPECIFIC OUTCOMES**

- Project ALERT kept students from starting to smoke or curbed smoking by students who had already started at the beginning of the evaluation.
- The proportion of new smokers in the Project ALERT group was 19 percent lower than that of the control group.
- Reduced past-month cigarette use by 20 percent to 25 percent.
- Decreased regular and heavy smoking by 33 percent to 55 percent.
- Substantially reduced students’ pro-drug attitudes and beliefs.

**Specific Tobacco Control Lessons and Outcomes**

- **Core Lessons**
  - Core Lesson 2: Consequences of Smoking Cigarettes and Marijuana
  - Core Lesson 4: Introduction to Pressures
  - Core Lesson 5: Social Pressures to Use Drugs
  - Core Lesson 6: Resisting Internal and External Pressures to Use Drugs
  - Core Lesson 7: Practicing Resistance Skills
  - Core Lesson 9: Review and Practice Resistance Techniques
  - Core Lesson 10: Smoking Cessation
  - Core Lesson 11: Benefits of Not Using Drugs

- **Booster Lessons**
  - Booster Lesson 1: Motivating Resistance to Drugs
  - Booster Lesson 2: Practice Resisting External and Internal Pressures
  - Booster Lesson 3: Benefits of Resisting Drugs

- **Tobacco Control Outcomes**
  - **Use**: Controlled studies have showed that Project ALERT helps to reduce both initiation and recent use of cigarettes. Program effects have indicated reduced past month cigarette use, decreasing on average by 20 percent to 25 percent. Decreased regular and heavy smoking by 33 percent to 55 percent has also been observed.
  - **Beliefs**: Results from multiple validation studies have shown that implementing Project ALERT with fidelity can mitigate a broad range of beliefs associated with the propensity to use tobacco. The program has been successful in reducing the students’ estimates of peer use of tobacco, and in modifying student beliefs that refusing cigarettes can bring greater respect from one’s friend. Perceptions about peer tolerance of cigarette use were significantly reduced for cigarettes.
  - Among the drug-use consequence measures, the ALERT curriculum changed beliefs about the non-health consequences of using cigarettes. Beliefs about the perceived risk of becoming dependent on cigarettes, compared to study control groups, were also highly significant and beliefs about the harm of occasional cigarette use were statistically significant.
### AUDIENCE CHARACTERISTICS

**Age Range:** 11 - 14  
**Grades:** 6 - 7  
**Gender:** Male and Female

### PROGRAM DETAILS

**Type of Program:** Prevention  
**Audience Size:** Minimum 12/Maximum 35  
**Number of Lessons:** 11 lessons in Year One (sixth or seventh grade)/Three lessons in Year Two (seventh or eighth grade)  
**Minimum Lessons Required to Achieve Fidelity:** 14  
**Length of Each Lesson:** 45 minutes  
**Frequency of Implementation:** Once a week  
**Duration of Implementation:** 11 weeks for Year One and three weeks for Year Two  
**Recommended Intervention Site(s):** School and community

### HOW IT WORKS

Trained teachers typically deliver Project ALERT in a classroom setting, but some districts have adapted it for use in afterschool settings where trained personnel are available. Project ALERT uses participatory activities and videos to help motivate adolescents against drug use, teach adolescents the skills and strategies needed to resist pro-drug pressures and establish non-drug-using norms. Guided classroom discussions and small group activities stimulate peer interaction and challenge student beliefs and perceptions, while intensive role-playing activities help students learn and master resistance skills. These lessons are reinforced through videos that model appropriate behavior. Homework assignments that also involve parents extend the learning process by facilitating parent-child discussions about drugs and how to resist using them.

### IMPLEMENTATION ESSENTIALS

**To Replicate with Fidelity:**

- Lessons should be taught one week apart over the course of 11 weeks for Year One and one week apart over the course of three weeks for Year Two.  
- Teachers are urged to participate in an online training program or workshop where they learn the rationale and theory underlying Project ALERT, the skills needed to deliver the lessons and implementation guidelines for achieving program fidelity.  
- The classroom should be equipped with Internet access or a TV and DVD player for viewing videos (also downloadable via iTunes), chalkboard, chart paper, felt-tip markers and masking tape. Capacity to photocopy student handouts is necessary.

### MATERIALS AND TRAINING

**Required Materials:**

- Teacher Curriculum Kit: No cost – available to download at projectalert.com

**Training (Required):**

- Full training/certification is available online at no cost at projectalert.com. Information regarding in-person training/certification workshops is available by contacting the technical coordinator and administrative manager, Michael Woodward, at projectalert@rand.org.
- In-person training rate is negotiable based on school/organization needs. Schools have been trained in the past for between $1,200 and $1,800 base rate for in-person training workshop conducted by a senior trainer, plus travel expenses. If training sites plan to print and bind lessons and posters for participants, a budget of $35 per attendee is suggested.
- Training Duration: Approximately eight hours  
- Min/Max Number of Training Participants: No minimum. Maximum of 35-40 participants

### PROGRAM REPLICATIONS

### CONTACT INFORMATION

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ADDITIONAL INFORMATION
Website: allstarsprevention.com

SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
nrepp.samhsa.gov/ProgramProfile.aspx?id=155Numberhide1
**BRIEF PROGRAM DESCRIPTION**

Project EX is an eight-session, school-based clinic tobacco-use cessation program for teens that involves enjoyable, motivating activities (games, talk shows, alternative medicine-type). Seventeen percent of the smokers enrolled in the clinics report having quit smoking for at least the last 30 days at three-month follow-up (five months after the program quit day), compared to only 8 percent of the control condition smokers over the same time period. The Project EX clinic component appears to be an effective means of tobacco-use cessation among teens.

**SPECIFIC OUTCOMES**

At the completion of this program, youth will be able to:

- Stop or reduce cigarette smoking.
- State accurate information about the environmental, social, physiological and emotional consequences of tobacco use.
- Demonstrate decision-making, coping, self-control, behavioral and cognitive skills

**Specific Tobacco Control Lessons and Outcomes:**

- **Specific Lessons**
  
  Note that all sessions are related to tobacco control, however sessions 6 and 7 are less tobacco specific, but rather discuss options for dealing with withdrawal symptoms and anger management. Each of the eight sessions in the Project EX curriculum are:
  
  o 1 – Orientation
  o 2 – Tobacco Affects your Life
  o 3 – Health Dangers of Tobacco Use
  o 4 – Quitting: Step 1 – Making a Commitment
  o 5 – Quitting: Step 2 – Managing Withdrawal Symptoms
  o 6 – Taking Care of a Healthy Body
  o 7 – Taking Care of your Peace of Mind
  o 8 – Avoiding Relapse

- **Tobacco Control Outcomes:** Relative to the control group, 17 percent of Project EX participants reported having quit smoking for the last 30 days at three-month follow up (five months after program quit day).

**AUDIENCE CHARACTERISTICS**

- **Age Range:** 14 - 18
- **Grades:** 9 - 12
- **Gender:** Male and Female

**PROGRAM DETAILS**

- **Type of Program:** Cessation
- **Audience Size:** Minimum 5/Maximum 30
- **Number of Lessons:** Eight
- **Minimum Lessons Required to Achieve Fidelity:** Eight
- **Length of Each Lesson:** 40-50 minutes
- **Frequency of Implementation:** First four lessons conducted over a two-week period, last four lessons conducted once per week for four weeks
- **Duration of Implementation:** Six weeks
- **Recommended Intervention Site(s):** School

**HOW IT WORKS**

The curriculum involves eight sessions delivered over a six-week period. The first four sessions are held in a two-week period. During that period, students are not asked or required to quit immediately, but rather are prepared to strengthen their attempt to quit between Session 4 and Session 6. The latter four sessions are held once per week during the following month and are focused on maintaining their cessation attempt.
IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
• Requires teaching all eight (40- to 50-minute) sessions.
• Implement the first four sessions (two sessions per week) during the first two weeks and the latter four sessions once per week during the following month

Program Evaluation Tools Available? Yes – Pre- and Post-Test Instrument: $2.50 each (available for free download at projectex.usc.edu)

MATERIALS AND TRAINING
Required Materials:
• Facilitator’s Guide: $60
• Student Workbooks (set of 5): $35

Optional Materials:
• Pre- and Post-Test Instrument: $2.50 each (available for free download at projectex.usc.edu)

Training (Preferred)
• Training Cost: One/Two Day Implementation Training - $1,100 to $2,000. (Contact developer for more detailed training information.)
• Training Duration: One or two days (approximately six hours each day)
• Min/Max Number of Training Participants: Min=five; Max=15

Availability in Spanish: No

PROGRAM REPLICATIONS CONTACT INFORMATION
Los Angeles Unified School District - Beyond the Bell Branch
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btb@lausd.net

PROGRAM CONTACT
For training, materials and program information, contact:
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leahmedi@usc.edu

ADDITIONAL INFORMATION
Website: projectex.usc.edu

SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=47
BRIEF PROGRAM DESCRIPTION
Project SUCCESS (PS) is a multi-component, school-based national model program that has been proven effective in preventing and reducing teen substance use. The program works to reduce the factors that put students at risk for substance use and enhancing factors that will protect students from the risks. The core components to the program are: The Prevention Education Series; individual and group counseling sessions; parent programs; referrals for additional services; schoolwide awareness programs; and faculty training.

SPECIFIC OUTCOMES
• Alternative School Study: Program participants showed a 37 percent overall decrease in alcohol, tobacco and other drug use (ATOD) as compared to adolescents in a comparison group.
• Middle School and High School Study:
Program participants who used ATOD reduced or delayed their use of other substances compared to users in the control group.
• Specific Tobacco Control Lessons and Outcomes:
The Prevention Education Series has two lessons that address alcohol, tobacco and other drugs directly. The six other sessions address tobacco use indirectly by focusing on peer pressure, refusal problem solving, assertiveness skills, how to get help and skills to help students understand sources of stress and ways to cope with stress.

Tobacco Control Outcomes
• Alternative School Study: 23 percent of program participants quit ATOD use compared to 5 percent in the comparison condition.
• Middle School and High School Study: Control group students were more than twice as likely to continue using alcohol and tobacco; more than four times as likely to report use of alcohol, tobacco and marijuana; and five times more likely to report illicit substance use 21 months following the intervention at post-test than program participants. Among students who used alcohol, tobacco and marijuana at pre-test, students in the control group were 4.14 times more likely than program participants to report continued use of alcohol and tobacco; 4.54 times more likely to report continued use of alcohol, tobacco and marijuana; and 7.3 times more likely to report use of an illicit substance 21 months following the intervention at post-test.

AUDIENCE CHARACTERISTICS
Age Range: 12-18
Grades: 7-12
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention (multi-component)
Min/Max Class Size: 5-30
Number of Program Lessons: The Prevention Education Series is an eight-session program.
Minimum Lessons Required to Achieve Fidelity: Six to eight
Length of each lesson: 45 minutes
Frequency of implementation: The Prevention Education Series can be conducted weekly for eight weeks or twice a week for four weeks.
Duration of Implementation: Eight weeks if conducted weekly; four weeks if conducted twice per week.
Recommended Intervention Site(s): School
HOW IT WORKS
Counselor who has experience counseling adolescents, preferably with a master’s degree, is placed in a school and implements all components of the program. The Project SUCCESS Counselor works with students individually and in small groups; conducts classroom presentations; trains and consults on prevention issues with school staff; and refers and follows up with students and families needing additional services.

IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
One Project SUCCESS Counselor is placed in a school part-time or full-time to implement the following core components:
- The Prevention Education Series
- Individual and small group counseling
- Schoolwide awareness activities
- Parent programs
- Faculty training and consultation on prevention issues to staff and administration

Program evaluation tools available? Yes, has tools in manual provided at training.

MATERIALS AND TRAINING
Required Materials and Cost:
Project SUCCESS implementation manual (provided at training)
Training (Strongly Suggested): Project SUCCESS implementation training (provided at training).
- Training Cost: $350 per attendee (includes materials) to attend one of the two trainings in Tarrytown, N.Y. On-site training is $4,500 plus trainer travel expenses.
- Training Duration: Three days
- Min/Max Number of Training Participants: Six to 25

Availability in Spanish: No

PROGRAM REPLICATIONS

CONTACT INFORMATION
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PROGRAM CONTACT
For training, materials and program information, contact:
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ADDITIONAL INFORMATION
Website: sascorp.org

SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=71
BRIEF PROGRAM DESCRIPTION
Project Toward No Drug Abuse (TND) is a highly interactive program designed to help high school youth (14 to 19 years old) resist substance use. A school-based program, TND consists of twelve 40- to 50-minute sessions that include motivational activities, social skills training, and decision making components that are delivered through group discussions, games, role-playing exercise, and student worksheets.

SPECIFIC OUTCOMES
• Cigarette use reduced 27 percent.
• Marijuana use reduced 22 percent.
• Alcohol use reduced 9 percent.
• Other drug use decreased 26 percent.
• Weapons carrying among males reduced 25 percent.

Specific Tobacco Control Lessons and Outcomes:
• Specific Lessons: Session 7 – Tobacco Basketball and Use Cessation
• Tobacco Control Outcomes:
  o In randomized control trials the program has been shown to reduce substance use and weapon-carrying in males at one-year follow up. Specifically, there was a 27 percent prevalence reduction in 30-day cigarette use.
  o In the most recent trial of TND, Sussman and colleagues found that at the one-year follow-up (collapsed across the two program conditions), results showed significant reductions in alcohol use, hard drug use and cigarette smoking relative to controls (Barnett et al., 2012; Lisha et al., 2012; Sussman et al., 2012). These effects held for an overall substance use index. Specific effects on number of times for use of cigarettes was (p < .035).

AUDIENCE CHARACTERISTICS
Age Range: 14 - 18
Grades: 9 - 12
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Minimum 5/Maximum 40
Number of Lessons: 12 (two to four days per week until complete)
Length of Each Lesson: 40-50 minutes
Minimum Lessons Required to Achieve Fidelity: 12
Frequency of Implementation: Two to four days per week until complete

Duration of Implementation: 12 sessions should be implemented over a four-week period. (Could be spread over six weeks.)
Recommended Intervention Site: School

HOW IT WORKS
The 12 classroom-based sessions, approximately 40-50 minutes each, are designed to be implemented over a four-week period (three days per week), although they could be taught for three weeks (four days per week) or spread out over as long as six weeks (twice per week), as long as all sessions are taught. The instruction to students provides detailed information about the social and health consequences of drug use and addresses topics including instruction in active listening, effective communication skills, stress management, tobacco cessation techniques and self-control to counteract risk factors for substance use relevant to older teens.
IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
• Deliver all 12 sessions in order, each 40 – 50 minutes in length.
• Teach sessions 3 days a week over a four-week period, although they may be taught twice a week or spread out over six weeks.
• Teach as written, utilizing the content and instructional techniques that are specified in the Teacher’s Manual.

Program Evaluation Tools Available? Yes - Pre/Post Test Instruments are $2.50 each (available for free download at tnd.usc.edu)

MATERIALS AND TRAINING
Required Materials:
• Teacher’s Manual: $90
• Student Workbooks (set of 5): $60
• TND Game Board: $15

Optional Materials:
• Video (“Drugs and Life’s Dreams”): $25
• Pre- and Post-Test Instrument: Available by request

Training (Preferred)
• Training Cost:
  o One-Day Implementation Training: $1,200-$1,400 (plus trainer’s travel expenses)
  o Two-Day Implementation Training: $1,900-$2,100 (plus trainer’s travel expenses)
• Training Duration: One or two days (approx. six to 12 hours per day)
• Min/Max Number of training participants:
  Min=5; Max=15

Availability in Spanish: Student workbooks are available in Spanish, however the teacher’s manual is only available in English.

PROGRAM REPLICATIONS

PROGRAM CONTACT
For training, materials and program information, contact:
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leahmedi@usc.edu

ADDITIONAL INFORMATION
Website: tnd.usc.edu

SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=21
BRIEF PROGRAM DESCRIPTION
Project Towards No Tobacco Use (TNT) is a comprehensive, classroom-based curriculum designed to prevent or reduce tobacco use in children 10 to 13 years old in fifth through eighth grades. Upon completion of this program, students will be able to describe the course of tobacco addiction, the consequences of using tobacco and the prevalence of tobacco use among peers.

SPECIFIC OUTCOMES
The Project TNT curriculum:
- Reduced initiation of cigarette use by approximately 26 percent when one- and two-year follow-up outcomes were averaged together.
- Reduced initiation of smokeless tobacco use by approximately 30 percent.
- Reduced weekly or more frequent cigarette smoking by approximately 60 percent.
- Eliminated weekly or more frequent smokeless tobacco use.

Specific Tobacco Control Lessons and Outcomes:
- Specific Lessons
  - Each of the 10 sessions is tobacco-specific.
  - The Project TNT sessions are:
    - 1 – Effective Listening and Tobacco Information
    - 2 – The Course & Consequences of Tobacco Use
    - 3 – Self-Esteem
    - 4 – Being True to Yourself & Changing Negative Thoughts
    - 5 – Effective Communication
    - 6 – Assertiveness Training & Refusal Skills
    - 7 – Assertiveness Refusal Skills Practice
    - 8 – Advertising Images
    - 9 – Social Activism: Advocating for No Tobacco Use
    - 10 – Public Commitment & Videotaping

Tobacco Control Outcomes: The Project TNT curriculum:
- Reduced initiation of cigarette use by approximately 26 percent when one- and two-year follow-up outcomes were averaged together.
- Reduced initiation of smokeless tobacco use by approximately 30 percent.
- Reduced weekly or more frequent cigarette smoking by approximately 60 percent.
- Eliminated weekly or more frequent smokeless tobacco use.

AUDIENCE CHARACTERISTICS
Age Range: 10 - 13
Grades: Ideally for seventh graders but has been implemented with fifth through eighth graders
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Minimum eight/Maximum 40
Number of Lessons: 12 (includes two boosters)
Minimum Lessons Required to Achieve Fidelity: 10
Length of Each Lesson: 40 to 50 minutes
Frequency of Implementation: 10 core lessons should be delivered over a two-week period. Two booster lessons should be delivered one year later in a two-day sequence.
Duration of Implementation: Two weeks for core and two days for booster
Recommended Intervention Site(s): School
Project Toward No Tobacco Use (TNT)

HOW IT WORKS
Implementing Project TNT involves the Following Activities:

- A comprehensive 10-day classroom-based social influences program that examines media, celebrity and peer portrayal of tobacco use.
- Training in active listening, effective communication and general assertiveness development, along with methods for building self-esteem.
- Education on the course of tobacco-related addiction and diseases; correction of inflated tobacco-use prevalence estimates.
- Learning tobacco-specific cognitive coping skills and assertive refusal techniques.
- Practicing ways to counteract media portrayals of tobacco use, including social activism letter writing to make a public commitment to not using tobacco products.
- Use of homework assignments, a classroom competition (i.e., the “TNT Game”) and a two-lesson booster program.
- Longitudinal assessment material.

IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:

- Deliver the 10 core lessons during a two-week period, although they may be spread over four weeks as long as all lessons are taught.
- Deliver the two-lesson booster one year after the core lessons in a two-day sequence. However, the booster sessions may be taught one per week.


MATERIALS AND TRAINING
Required Materials:

- Teacher guide: $45
- Student workbooks (set of five): $15

Optional Materials:

- Pre- and post-test instrument available by request

Training (Preferred)

- Training Cost: One-/Two-Day Implementation Training - $1,100 to $2,000 (plus trainer’s travel expenses).
- Training Duration: One or two days (approximately six hours each day for two days or 12 hours for one day)
- Min/Max Number of Training Participants: Min=5; Max=15

Availability in Spanish: Yes

PROGRAM CONTACT
For training, materials and program information, contact:
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ADDITIONAL INFORMATION
Website: tnt.usc.edu

SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=157
BRIEF PROGRAM DESCRIPTION

The Strengthening Families Program (SFP) involves school-age children ages 6-11 or 12-16 and their families in 14 family training sessions using family systems and cognitive behavioral approaches to increase resilience and reduce risk factors. The program consists of three life-skills courses – parenting skills, youth social/life skills and family life skills. Families attend 14 weekly sessions, beginning with a meal, followed by separate parent and youth groups and ending with a family group. Personal disclosure is not required and importance is placed on new skills offering more options rather than criticizing old skills or past behavior.

SPECIFIC OUTCOMES

Parent Outcomes:
- Increased parenting efficacy, parenting skills, parental supervision and positive parenting.
- Decreased stress, depression and alcohol and drug use.

Youth Outcomes:
- Decreased depression, conduct disorders and aggression.
- Increased cooperation, number of pro-social friends, social competencies.

Family Level Outcomes:
- Improved family communication, family organization, family resilience and family cohesion.

SPECIFIC TOBACCO CONTROL LESSONS AND OUTCOMES:
- Specific Lessons: Session 8 specifically addresses parental communication, values and supervision of ATOD abstinence
- Tobacco Control Outcomes: Decreased tobacco, alcohol or drug use through parent/child bonding and communication, parental supervision, child social-skills development and peer-refusal skills.

AUDIENCE CHARACTERISTICS

Age Range: 6-11 and 12-16
Grades: K–11
Gender: Male and Female

PROGRAM DETAILS

Type of Program: Prevention
Audience Size: 8-12 families
Number of Program Lessons: 14

HOW IT WORKS

The SFP 6-11/12-16 curriculum is a 14-session behavioral skills training program of two hours each. Parents meet separately with two group leaders for an hour to learn to increase desired behaviors in children by increasing attention and rewards for positive behaviors. They also learn about clear communication, effective discipline, substance-use prevention, problem-solving and limit-setting. Children meet separately with two facilitators for an hour to learn how to understand feelings, control their anger, resist peer pressure, comply with parental rules, solve problems and communicate effectively. Children also develop their social skills and learn about the consequences of substance use. During the second hour of the session, families engage in structured family activities, conduct family meetings, learn communication skills and plan family activities.
Families leave each week with specific home practice assignments that ensure that knowledge of new skills is translated into practice. New skills are built in easy steps supported by coaching and encouragement by group leaders.

**IMPLEMENTATION ESSENTIALS**

**To Replicate with Fidelity:**
- All 14 sessions should be delivered in sequence, with families attending programs from beginning to end.
- A staff of four group leaders and one site coordinator is required.
- A meal is provided at each session.
- The site must provide one large room for the meal, two separate rooms for parent and child skills groups and one room for childcare.
- Childcare, small rewards for participation, transportation and a graduation.
- Staff must complete training.
- There is no clinical, licensure or experience requirement for staff.

**Program Evaluation Tools Available?** Yes (contact vendor for tool and evaluation design)

**MATERIALS AND TRAINING**

**Required Materials:**
- Curriculum CD: $450/age variant (includes agency rights for duplication of materials and use)

**Training (Required):**
- Two-day training required for group leaders and site coordinator.
- Training Cost: $4,350 plus travel for two trainers for up to 35 participants OR $3,350 plus travel for one trainer for up to 20 participants.
- Training Duration: Two days
- Min/Max Number of Training Participants: Maximum 35 training participants

**Availability in Spanish:** Yes

**PROGRAM REPLICATIONS**

**CONTACT INFORMATION**

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**PROGRAM CONTACT**

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**ADDITIONAL INFORMATION**

Website: strengtheningfamiliesprogram.org

SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents: legacy.nreppadmin.net/ViewIntervention.aspx?id=44
**BRIEF PROGRAM DESCRIPTION**
The Strengthening Families Program: For Parents and Youth 10–14 (SFP 10–14) is a video-based prevention intervention designed to reduce adolescent substance use and other problematic behaviors in youth 10 to 14 years of age. The program is delivered within parent/caregivers, youth and family sessions using narrated DVDs that portray typical youth and parent situations. In the first hour parents/caregivers learn ways to build parenting skills while the youth learn appropriate life skills. In the second hour parents/caregivers and youth come together for family activities. Sessions are highly interactive and include roleplaying, discussions, learning games and family projects.

**SPECIFIC OUTCOMES**
Parent Outcomes: Increased ability to set appropriate limits and show affection to and support for their children.

Youth Outcomes:
- 26 percent to 56 percent relative reduction in “ever use” of substances at four-year follow-up, depending on the substance.
- 32 percent to 77 percent relative reduction in conduct problems at four-year follow-up, depending on the behavior.
- Delayed onset of other problematic behaviors.
- Increased resistance to peer pressure.

**SPECIFIC TOBACCO CONTROL LESSONS AND OUTCOMES:**
- Specific Lessons: Parents: Session 6 – Protecting Against Substance Abuse; Youth: Session 5 – Handling Peer Pressure, Family; Session 6 – Reaching Our Goals
- Tobacco Control Outcomes: 33 percent of students who received the intervention reported having ever smoked cigarettes, compared with 50 percent of control group students, representing a relative reduction of 34.8 percent (p < .01).

**AUDIENCE CHARACTERISTICS**
- Age Range: 10–14
- Grades: Grades 4-8
- Gender: Male and Female

**PROGRAM DETAILS**
- **Type of Program:** Prevention
- **Audience Size:** Five to 12 families
- **Number of Program Lessons:** Seven sessions (one per week)
- **Minimum Lessons required to Achieve Fidelity:** Seven
- **Length of Each Lesson:** Two hours, plus 30 minutes prior to the session for a meal
- **Frequency of Implementation:** Weekly for seven weeks
- **Duration of Implementation:** Seven weeks
- **Recommended Intervention Site(s):** Community

**HOW IT WORKS**
Seven two-hour sessions are held in the evenings or on weekends. During the first hour parents/caregivers and youth meet in separate groups to build skills and practice new behaviors. During the second hour, parents/caregivers and youth meet together as families, practicing family communication and problem solving, playing learning games and doing projects designed to strengthen family bonding and positive values.

- **Methods:** Video materials are used in all parent/caregiver sessions and several youth and family sessions. The curriculum is highly interactive, with group discussions, role plays, projects and learning games.
- **Content:** Parent/caregiver topics center on preventing antisocial behavior in youth by teaching parents/caregivers to use appropriate limit-setting and youth behavior management, while also providing nurturing support.
Youth topics include having goals and dreams for the future, appreciating parents, dealing with stress, following rules and handling peer pressure.

Four two-hour booster sessions are designed to reinforce skills learned in the first seven sessions.

**IMPLEMENTATION ESSENTIALS**

**To Replicate with Fidelity:**
- At least two rooms are required for each session (one for youth and one for parents/caregivers), with family sessions taking place in the larger of the two rooms. An additional room may be needed for childcare for younger children.
- Program planning and family recruitment should begin at least two months prior to the seven-week program. Some communities have found it helpful to hire a community member who knows the families to help in one-on-one outreach.
- Three facilitators are needed – one for the parent/caregiver sessions and two for the youth sessions. Facilitators lead activities and discussions from the manual during youth, parent, and family sessions.
- During the family session each facilitator does the activities with the same families each week.
- Facilitators for SFP 10-14 should have strong presentation and facilitation skills and experience working with parents or youth. They must attend a three-day training by a certified ISU trainer, which includes participating in all activities of the program. Facilitators are to be recertified every three years.
- Typically, facilitators require one to two hours of additional preparation for each weekly session; they teach youth or parent sessions and facilitate the family sessions during weeks 1 through 7.
- For most sessions, one TV/DVD or computer and projector is required; for two sessions, two sets are needed. A flip chart with markers is used in both the parent and youth sessions.

**Program Evaluation Tools Available?** Yes, included with curriculum

**MATERIALS AND TRAINING**

**Required Materials:**
- Facilitator Manual: $195
- DVD Set: $298
- Poster Set: $55
- Love and Limit Magnet Clip: $2.50/family

**Optional Materials and Cost:**
- What It’s All About Promo DVD: $17
- Informational Brochures in English or Spanish: $20/packet of 50
- Sticky notepads: $27.50/packet of 25
- Pens: $55 for box of 50
- Flyers and posters also available

Prices are subject to change and do not include shipping/handling. A complete list of materials is available on the website. [extension.iastate.edu/sfp10-14/content/ordering-information](extension.iastate.edu/sfp10-14/content/ordering-information).

**Training (Required):**
- Training Cost: No cost for VFHY grantees
- Training Duration: Three days
- Min/Max Number of training participants: 6-20

**Availability in Spanish:** Yes – Familias Fuertes, developed with the Pan American Health Organization, is available from our website and training is provided by Iowa State University-certified Master Trainers.

**PROGRAM REPLICATIONS**

**CONTACT INFORMATION**

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Strengthening Families Program (SFP 10-14)

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   Strengthening-Families-Program-For-Parents-and-
   Youth-10-14

For training, contact:
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cmclaughlin@vfhy.org

ADDITIONAL INFORMATION
Website: extension.iastate.edu/sfp10-14

SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=63
BRIEF PROGRAM DESCRIPTION
Developed by the Mendez Foundation, Too Good for Drugs (TGFD) is a school-based prevention program proved to reduce the intent to use alcohol, tobacco and illegal drugs among kids in grades K-12.

SPECIFIC OUTCOMES
TGFD reduced students’ intentions to smoke cigarettes, drink alcohol and smoke marijuana.

SPECIFIC TOBACCO CONTROL LESSONS AND OUTCOMES:
• Specific Lessons
  o Grade 2, Lesson 9: Because I Care
  o Grade 3, Lesson 8: The Truth About Tobacco Advertising
  o Grade 4, Lesson 8: No Butts About It
  o Grade 5, Lesson 9: Smoke Screen
  o Grade 6, Lesson 7: A Dead End
  o Grade 7, Lesson 7: A Toxic Waste
  o Grade 8, Lesson 7: The Social Hacker
  o High School, Lesson 7: Vaporware

• Tobacco Control Outcomes: Students who have completed the program will be less likely to use tobacco products.

AUDIENCE CHARACTERISTICS
Age Range: 5-18
Grades: K-12
Gender: Male and Female

PROGRAM DETAILS
Type of Program: Prevention
Audience Size: Minimum 10/Maximum 24
Number of Lessons: 10
Minimum Lessons Required to Achieve Fidelity: 10
Length of Each Lesson: 30-50 minutes
Frequency of Implementation: One lesson per week
Duration of Implementation: 10 weeks
Recommended Intervention Site(s): School and community

HOW IT WORKS
TGFD uses the following research-based strategies proven effective in classroom settings:
• Multi-lesson, multi-grade level programming (10 lessons/K-12).
• Normative education provides accurate information about the percentage of youth who use drugs and the percentage who would disapprove if their friends used drugs.

• Information on harmful effects of drug use raises students’ perception of risk.
• Pro-social skills development features goal-setting, decision-making, coping, communication and peer-refusal skills.
• Diverse roleplay situations relating to substance use and associated problem behaviors provide many opportunities for practice.
• Cooperative learning promotes pro-social skills and academic development.
• Parental involvement is encouraged through a parental component that promotes discussion and reinforces concepts/skills students learn in TGFD.

IMPLEMENTATION ESSENTIALS
To Replicate with Fidelity:
• Conduct one lesson per week for 10 weeks (K-12).
• Teach the full scope and sequence of the program.
• Appoint a schoolwide TGFD coordinator and grade-level coordinators, if desired.
• Utilize curriculum workbooks.

Program Evaluation Tools Available?
Yes, pre-/post-test in each curriculum
**MATERIALS AND TRAINING**

**Required Materials:**
Each kit includes 25 student workbooks

- Kindergarten Kit: $179.95
- First Grade Kit: $179.95
- Second Grade Kit: $179.95
- Third Grade Kit: $199.95
- Fourth through Eighth Grade Kits: $265.95
- High School Kit: $395.95

- Additional Student Workbooks:
  - Grades K-3: $39.95 per pack of 25
  - Grades 4-12: $49.95 per pack of 25

**Training (Preferred)**

- Training Cost: No cost to VFHY-funded grantees. VFHY will provide required training.
- Training Duration: Six hours
- Min/Max Number of Training Participants: Min: 5; Max: 30

**Availability in Spanish:** Spanish student workbooks available for grades K-3. Home workouts can also be downloaded in Spanish.

**PROGRAM REPLICATIONS CONTACT INFORMATION**

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**PROGRAM CONTACT**

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**ADDITIONAL INFORMATION**

Website: mendezfoundation.org

SAMHSA’s National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=75