

## **National Registry of Evidence-based Programs and Practices Tobacco Programs**

Tobacco specific programs are listed first. Programs that include tobacco education as a secondary benefit or part of a universal “substance abuse” benefit are listed second. All programs cite tobacco education as part of the program. All listings are from CSAP’s model program registry at [www.modelprograms.samhsa.gov](http://www.modelprograms.samhsa.gov).

### **TOBACCO SPECIFIC**

#### **Family Matters (Universal)**

Family Matters is a home-based program designed to prevent tobacco and alcohol use in children 12 to 14 years old. The program is delivered through four booklets mailed to the home and follow-up telephone calls to parents by health educators. The booklets contain readings and activities designed to get families to consider general family characteristics and family tobacco- and alcohol-use attitudes and characteristics that can influence adolescent substance use, including:

- Adult supervision and support
- Rule-setting and monitoring
- Family communication, attachment, and time together
- Education encouragement
- Family/adult substance use
- Substance availability
- Peer attitudes and media orientation toward substance use

Designed for use with any family in which at least one adult can read English, Family Matters requires a modest time effort from participants and is capable of broad dissemination by many types of organizations.

#### **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

#### **Contacts**

Karl Bauman  
513 Dogwood Drive  
Chapel Hill, NC 27516  
Phone: please contact via e-mail  
Email: [kbauman@mindspring.com](mailto:kbauman@mindspring.com)

#### **Target Population**

- 12-14 and parents/families
- Male and Female
- African American, White

**Target Setting**

Rural and urban settings in homes

**Key Outcomes**

Reduced prevalence of adolescent cigarette smoking and alcohol use for non-Hispanic White adolescents

**Key Program Strategies**

- Provide alcohol and drug information
- Develop resistance skills
- Provide parent training
- Develop family strengths

**Cost**

Training: N/A

Materials: N/A

**Not On Tobacco**

Not On Tobacco (N-O-T) is a tobacco cessation program serving regular smokers 14 through 19 years of age, who most likely are addicted to nicotine. Based on social cognitive theory, the program trains youth in self-management and stimulus control, social skills and social influence, stress management, relapse prevention, techniques to manage nicotine withdrawal, weight management, and peer pressure. The program's 10-session curriculum can be delivered in a school or community setting and is designed to help youth:

- Stop smoking
- Reduce the number of cigarettes smoked
- Increase healthy lifestyle behaviors
- Improve life-management skills

N-O-T is a voluntary non-punitive program that uses life-management skills to help teen smokers handle stress, decision making, and peer and family relationships. The program also addresses unhealthy lifestyle behaviors such as alcohol or illegal drug use, as well as related healthy lifestyle components such as exercise and nutrition.

**Contacts**

Dr. Kimberly Horn, Ed.D., M.S.W.

Assistant Professor of Community Medicine, Director

Office of Drug Abuse Intervention Studies

West Virginia University

PO Box 9190

Morgantown, WV 26506

Phone: (304) 293-0268

Fax: (304) 293-8624

Email: [khorn@hsc.wvu.edu](mailto:khorn@hsc.wvu.edu)

Web site: [www.lungusa.org/tobacco/not/](http://www.lungusa.org/tobacco/not/)

**Target Population**

- 12 – 24 years of age
- Male and Female
- African American, American Indian/Alaska Native, Asian American, Hispanic/Latino, Multiple Ethnic Groups, Native Hawaiian and Other Pacific Islander (NHOPI), White

**Target Setting**

Rural, urban, and suburban schools and communities

**Key Outcomes**

- Decreases in substance use
- Increases in positive attitudes/behaviors
- Increased likelihood for youth to quit smoking

**Key Program Strategies**

- Alternative/recreational activities
- Behavior modification
- Booster sessions
- Information sharing
- In/after-school curricula
- Peer leadership, counseling or support
- Problem identification and referral
- Skill development

**Cost**

Implementation costs

- \$0-\$1000 per school
- Cost variations at state and local levels
- Each facilitator must complete a 2-day training conducted by an American Lung Association.(ALA)-certified N-O-T Trainer.
- Registration fee varies depending on location, but averages \$100 to \$200

Materials:

- Facilitator curriculum (included as a part of training)
- Promotional brochures (optional)
- Incentive/promotional items, including key chains, stickers, pens, stress squeezable stars, lollipops, zip-lock wallets, door hangers, plastic springs, plastic cups, and luggage tags (all optional)

NOTE: An incentive price sheet is available

**Project EX**

Project EX is a school-based, tobacco-use cessation program for high school youth 14 to 19 years of age. The program is delivered in a clinic setting and involves enjoyable, motivating

activities including games, talk shows, and alternative exercises such as yoga. 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

The eight-session curriculum is delivered over a 6-week period and emphasizes coping with stress, dealing with nicotine withdrawal, relaxation techniques, and how to avoid relapse. The program builds interpersonal, coping, commitment-building, and decision-making skills, and provides training in self-control.

Project EX was developed for high school youth who currently use tobacco and has been implemented with African American, Asian American, Hispanic/Latino and White youth, in suburban and urban locations. Project EX participants maintained a 17 percent quit rate 5 months after the program's quit day compared to 8 percent of the control group. Project EX has been implemented with youth in Wuhan, China, and a classroom-based version of Project EX is currently being replicated with youth in alternative high schools.

Program Development Support: Project EX was developed through funding provided by the Tobacco Related Disease Research Program (TRDRP #6RT-0182).

### **Contacts**

Stephen Sussman, Ph.D.

Institute for Health Promotion & Disease Prevention Research

1540 Alcazar Street, CHP-209

Los Angeles, CA 90089

Phone: (626) 457-6635

Fax: (626) 457-4012

Email: [ssussma@hsc.usc.edu](mailto:ssussma@hsc.usc.edu)

For training and materials, contact:

Stephen Hauk

Dissemination Coordinator

University of Southern California

Institute for Health Promotion and Disease Prevention Research

1000 S. Fremont Avenue, Unit 8

Building A-4, Room 4112

Alhambra, CA 91803

Phone: (626) 457-4045

Fax: (626) 457-5856

Email: [hauk@usc.edu](mailto:hauk@usc.edu)

### **Target Population**

- 14-19
- Male and Female
- African American, Asian American, Hispanic/Latino, White

### **Target Setting**

Suburban and urban settings

### **Key Outcomes**

- Stop or reduce cigarette smoking

- State accurate information about the environmental, social, physiological, and emotional consequences of tobacco use

### **Key Program Strategies**

- Eight-session curriculum is delivered over a 6-week period
- Curriculum emphasizes coping with stress, dealing with nicotine withdrawal, relaxation techniques, and how to avoid relapse
- Builds interpersonal, coping, commitment-building, and decision-making skills, and provides training in self-control

### **Cost**

Training: N/A

Materials: N/A

### **Project Towards No Tobacco (TNT) (Universal)**

Project Towards No Tobacco Use (TNT) is a comprehensive, classroom-based curriculum designed to prevent or reduce tobacco use in youth 10 to 15 years old in grades five through ten. 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. Delivered in 10 core and 2 booster lessons, TNT is proven effective at helping youth to:

- Resist tobacco use and advocate no tobacco use
- Demonstrate effective communication, refusal, and cognitive coping skills
- Identify how the media and advertisers influence youth to use tobacco products
- Identify methods for building their own self-esteem
- Describe strategies for advocating no tobacco use

Project TNT is designed to counteract several different causes of tobacco use simultaneously because the behavior is determined by multiple causes. This comprehensive approach works well for a wide variety of youth who may have different risk factors influencing their tobacco use.

### **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- Programs That Work: National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services
- Exemplary Program: U.S. Department of Education
- Programs That Work (Discontinued): Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

### **Contacts**

Steve Sussman, Ph.D. FAAHB  
 Institute for Health Promotion and Disease Prevention  
 Dept. of Preventive Medicine, USC  
 1000 South Fremont Avenue, Unit 8, Suite 4124  
 Alhambra, CA 91803  
 Phone: (626) 457-6635  
 Fax: (626) 457-4012

Email: [ssusma@hsc.usc.edu](mailto:ssusma@hsc.usc.edu)

Stephen Stephen Hauk  
Institute for Health Promotion and Disease Prevention  
Dept. of Preventive Medicine, USC  
1000 South Fremont Avenue, Unit 8, Suite 4124  
Alhambra, CA 91803  
Phone: (626) 457-6635  
Fax: (626) 457-4012

To order teacher's manual and student workbooks:

ETR Associates  
P.O. Box 1830  
Santa Cruz, CA 95061-1830  
Phone: (800) 321-4407  
Fax: (800) 435-8433  
Web site: [www.etr.org/](http://www.etr.org/)

### **Target Population**

- 10-15 years of age
- Male and Female
- African American, Asian American, Hispanic/Latino, Native Hawaiian and Other Pacific Islander (NHOPI), White

### **Target Setting**

Rural, Suburban, and Urban elementary and middle schools

### **Key Outcomes**

- Reduction of initiation of smoking
- Reduction of weekly and frequent smoking
- Reduction of initiation of smokeless tobacco use
- Reduction of weekly and frequency of smokeless tobacco use

### **Key Program Strategies**

- Communication, assertiveness and tobacco specific cognitive coping skills
- Course of addiction and disease
- Media literacy and social activism
- Public commitment

### **Cost**

Training: \$500, plus expenses

Materials: \$40 TNT Cessation, \$40 Tobacco video, \$80 Peer Pressure video, \$2.50 Post test, \$45 Curriculum, \$18.95 set of 5 student workbooks

## **TOBACCO PREVENTION AS A SECONDARY OR UNIVERSAL BENEFIT**

### **Across Ages (Selective)**

Across Ages is a school- and community-based drug prevention program for youth 9 to 13 years, which seeks to strengthen the bonds between adults and youth and provide opportunities for positive community involvement. The unique and highly effective feature of Across Ages is the pairing of older adult mentors (age 55 and above) with young adolescents, specifically youth making the transition to middle school. The program employs mentoring, community service, social competence training, and family activities to build youths' sense of personal responsibility for self and community. Specifically, the program aims to:

- Increase knowledge of health and substance abuse and foster healthy attitudes, intentions, and behavior toward drug use among targeted youth
- Improve school bonding, academic performance, school attendance, and behavior and attitudes toward school
- Strengthen relationships with adults and peers
- Enhance problem-solving and decision making skills

The overall goal of the program is to increase the protective factors for high-risk students in order to prevent, reduce, or delay the use of alcohol, tobacco and other drugs and the problems associated with such use.

### **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- Best Practice Model in Youth Violence Prevention: Centers for Disease Control and Prevention
- Top 25, Positive Youth Development Program: U. S. Department of Health and Human Services
- Commendable Practice: Child Welfare League of America
- Model Program: Case Study for North America: United Nations Office of Drug Control Programs

### **Contacts**

Andrea S. Taylor, Ph.D.  
Center for Intergenerational Learning  
Temple University  
1601 N. Broad Street, USB 206  
Philadelphia, PA 19122  
Phone: (215) 204-6970  
Fax: (215) 204-3195  
Email: [ataylor@temple.edu](mailto:ataylor@temple.edu)  
Web site: [www.temple.edu/cil/Acrossageshome.htm](http://www.temple.edu/cil/Acrossageshome.htm)

Denise Logan  
Center for Intergenerational Learning  
Temple University  
Phone: (215) 204-8687  
Fax: (215) 201-3195  
Email: [dlogan00@nimbus.ocis.temple.edu](mailto:dlogan00@nimbus.ocis.temple.edu)

### **Target Population**

- 9-13 years of age
- Male and Female
- African American, American Indian/Alaska Native, Asian American, Hispanic/Latino, Native Hawaiian and Other Pacific Islander (NHOPI), White

### **Target Setting**

Rural, Suburban, and Urban middle schools and community centers

### **Key Outcomes**

- Decreased substance use
- Decrease in tobacco and alcohol use
- Increased problem solving ability
- Increased school attendance
- Decreased suspensions from school
- Improved attitude toward adults
- Improved attitude toward school and the future

### **Key Program Strategies**

- Adult mentoring
- Community service
- In-/after-school curricula
- Outreach
- Parent-child interactions
- Skill development

### **Cost Estimate**

Training:

- \$1,000 per day, plus expenses
- \$500 per day for onsite TA

Materials:

- \$75 Manual
- \$25 Handbooks for parents, students
- \$25 Elder Mentor Handbooks
- \$65 Mentor Training Guide
- \$25 Evaluation Protocol
- \$25 Video

- Materials also available in Spanish.

## **Al's Pals: Kids Making Healthy Choices (Universal)**

Al's Pals: Kids Making Healthy Choices is a resiliency-based early childhood curriculum and teacher training program that develops personal, social, and emotional skills in children 3 to 8 years old. Using 46 interactive lessons, Al's Pals teaches children how to:

- Express feelings appropriately
- Use kind words
- Care about others
- Use self-control
- Think independently
- Accept differences
- Make friends
- Solve problems peacefully
- Cope
- Make safe and healthy choices
- Understand that tobacco, alcohol, and illegal drugs are not for children

The lessons use guided creative play, brainstorming, puppetry, original music, and movement to develop children's social-emotional competence and life skills. A nine-lesson booster curriculum is used in second or third grade with children who have previously received the full program.

### **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- Promising Program: Safe, Disciplined and Drug-Free Schools, U.S. Department of Education
- Effective Program: Collaborative for Academic, Social, and Emotional Learning (CASEL)

### **Contacts**

Susan R. Geller  
President  
Wingspan LLC  
4196-A Innslake Dr.  
Glen Allen, VA 23060  
Phone: (804) 967-9002  
Fax: (804) 967-9003  
Email: [sgeller@wingspanworks.com](mailto:sgeller@wingspanworks.com)  
Web site: [www.wingspanworks.com](http://www.wingspanworks.com)

### **Target Population**

- 3-8 year olds
- Male and Female
- African American, White

### **Target Setting**

Rural, Suburban, and Urban preschools, early elementary grades, after-school programs, and child care centers

### **Key Outcomes**

- Increases in prosocial behaviors
- Reductions in problem behaviors
- Increases in positive coping behaviors
- Decreases in negative coping behaviors
- Prevention of increases in antisocial and aggressive behaviors

### **Key Program Strategies**

- In/after-school curricula
- Booster sessions
- Skill development
- Parent training

### **Cost**

Training: \$6,000, 2-day, onsite session for up to 24 people; \$250 per person for 25–32 people, plus travel and expenses

Materials: \$595–Curriculum

### **Families That Care, Guiding Good Choices (Universal)**

Families That Care—Guiding Good Choices (GGC) is a multimedia program that gives parents of children in grades four through eight (8 to 13 years old) the knowledge and skills needed to guide their children through early adolescence. Over the last 20 years, research has shown that positive parental involvement is an important protective factor that increases school success and buffers children against later problems such as substance abuse, violence, and risky sexual behaviors. This program aims to:

- Strengthen and clarify family expectations for behavior
- Enhance the conditions that promote bonding in the family
- Teach skills to parents and children that allow children to successfully meet the expectations of their family to resist drug use

### **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- Programs That Work: National Institute on Drug Abuse, National Institutes of Health, U.S. Department of Health and Human Services
- Promising Program: Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice
- Promising Program: U.S. Department of Education

**Contacts**

Richard Catalano, Ph.D.

Program Contact

Channing Bete Company

One Community Place

South Deerfield, MA 01373

Phone: (877) 896-8532

Fax: (800) 499-6464

Email: [PrevSci@channing-bete.com](mailto:PrevSci@channing-bete.com)

Web site: [www.preventionscience.com/FTC/GGC.html](http://www.preventionscience.com/FTC/GGC.html)

**Target Population**

- Parents with children 8 to 13 and children 8 to 13
- Male and Female
- African American, American Indian/Alaska Native, Asian American, Hispanic/Latino, Native Hawaiian and Other Pacific Islander (NHOPI), White

**Target Setting**

Rural, Suburban, and Urban schools, communities, and others

**Key Outcomes**

- Prevent teen alcohol, tobacco, and illegal drug use
- Build family bonding
- Teach refusal skills
- Teach parenting skills to reduce risk factors in their families
- Strengthen family bonding in parents

**Key Program Strategies**

- Social Development Strategy
- Begin with healthy beliefs and clear standards in families, schools, communities, and peer groups
- Build bonding, attachment, and commitment by providing opportunities, skills, and recognition while nurturing individual characteristics

**Cost**

- Training: \$4,750 (plus trainer expenses) for up to 12 people, plus \$105 materials fee per person
- Materials: \$729 for 1-9 Curriculum Kits, \$12 each for 1-9 Family Guides
- Discounts are provided for large orders.

## **Healthy Workplace (Universal)**

The Healthy Workplace program is a set of workplace substance abuse prevention interventions that reduce unsafe drinking, illegal drug use, and prescription drug abuse while improving the health practices of adult workers. Cast in a health promotion framework and rooted in social-cognitive principles of behavior change, the program integrates substance abuse prevention material into popular health promotion programs, defusing the stigma that accompanies substance abuse, thus removing barriers to help-seeking behavior. The Healthy Workplace program achieves results because it:

- Reaches the mainstream of workers through the positive vehicle of health promotion
- Raises awareness of the benefits of healthful practices and the hazards of using alcohol, tobacco, and illegal drugs, and misusing legal drugs
- Teaches employees specific techniques for improving health and reducing use of alcohol, tobacco, and illegal drugs
- Uses carefully constructed videos to raise self-efficacy and provide models for how healthful practices can be embraced and substance abuse reduced

### **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

### **Contacts**

Royer F. Cook, Ph.D.

President

The ISA Group

201 North Union Street, Suite 330

Alexandria, VA 22314

Phone: 703-739-0880

Fax: 703-739-0462

Email: [rcook@isagroup.com](mailto:rcook@isagroup.com)

Web site: [www.centerforworkforcehealth.com](http://www.centerforworkforcehealth.com)

Rebekah Hersch, Ph.D.

The ISA Group

201 North Union Street, Suite 330

Alexandria, VA 22314

Phone: (703) 739-0880

Fax: (703) 739-0462

Email: [rhersch@isagroup.com](mailto:rhersch@isagroup.com)

Web site: [www.centerforworkforcehealth.com](http://www.centerforworkforcehealth.com)

### **Target Population**

- 18-55 years of age
- Male and Female
- African American, Asian American, Hispanic/Latino, White

## **Target Setting**

Urban and Suburban workplaces

## **Key Outcomes**

- Reduction in alcohol and drug use
- Improvements in other health measures, such as stress coping abilities and dietary practices

## **Key Program Strategies**

- To reach the mainstream of workers uses positive vehicle of health promotion
- Raises awareness of the benefits of healthful practices and the hazards of using alcohol, tobacco, and illegal drugs, and misusing legal drugs
- Teaches employees specific techniques for improving health and reducing use of alcohol, tobacco, and illegal drugs
- Uses videos to raise self-efficacy and provide models of healthful practices

## **Cost**

Training: N/A

Materials: N/A

## **Keep A Clear Mind (Universal)**

Keep A Clear Mind (KACM) is a take-home drug education program for upper elementary school students (8 to 12 years old) and their parents. The take-home material consists of 4 weekly sets of activities to be completed by parents and their children together. The program also uses parent newsletters and incentives.

KACM lessons are based on a social skills training model and designed to help children develop specific skills to refuse and avoid the use of "gateway" drugs. This unique, early intervention program has been shown to positively influence known risk factors for later substance use.

## **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

## **Contacts**

Chudley Werch, Ph.D., FAAHB

Health Education Projects Office

HP 326A

University of Arkansas

Fayetteville, AR 72701

Phone: (479) 575-5639

Fax: (479) 575-6401

Web site: [www.keepaclearmind.com](http://www.keepaclearmind.com)

Michael Young

Health Education Projects Office  
Phone: (479) 575-5639  
Fax: (479) 575-6401  
Email: [meyoung@comp.uark.edu](mailto:meyoung@comp.uark.edu)

**Target Population**

- 8-12 years of age
- Male and Female
- Multiple Ethnic Groups, White

**Target Setting**

Rural, Suburban, and Urban schools and homes

**Key Outcomes**

- Greater knowledge of effects of tobacco
- Reduction in onset of substance use

**Key Program Strategies**

- Parent-child interaction
- Alcohol and drug knowledge

**Cost**

Training: Although no formal training is required, an undergraduate degree (teacher training/certification) is required

Materials: \$3.95 per student. Materials available in Spanish.

Parental/take-home materials also available in Spanish.

**LifeSkills Training (Universal)**

LifeSkills Training (LST) is a program that seeks to influence major social and psychological factors that promote the initiation and early use of substances. LifeSkills has distinct elementary (8 to 11 years old) and middle school (11 to 14 years old) curricula that are delivered in a series of classroom sessions over 3 years. The sessions use lecture, discussion, coaching, and practice to enhance students' self-esteem, feelings of self-efficacy, ability to make decisions, and ability to resist peer and media pressure.

LST consists of three major components that address critical domains found to promote substance use. Research has shown that students who develop skills in these three domains are far less likely to engage in a wide range of high-risk behaviors. The three components each focus on a different set of skills:

- **Drug Resistance Skills** enable young people to recognize and challenge common misconceptions about substance use, as well as deal with peers and media pressure to engage in substance use.
- **Personal Self-Management Skills** help students to examine their self-image and its effects on behavior, set goals and keep track of personal progress, identify everyday decisions and how they may be influenced by others, analyze problem situations, and consider the consequences of alternative solutions before making decisions.
- **General Social Skills** give students the necessary skills to overcome shyness, communicate effectively and avoid misunderstandings, use both verbal and nonverbal assertiveness skills to make or refuse requests, and recognize that they have choices other than aggression or passivity when faced with tough situations.



## **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- Programs That Work (Discontinued): Centers for Disease Control and Prevention
- Model Program: Office of Juvenile Justice and Delinquency Prevention
- Model Program: White House Office of National Drug Control Policy
- Exemplary Program: U.S. Department of Education
- Programs That Work: National Institute on Drug Abuse

## **Contacts**

Gilbert J. Botvin, Ph.D.  
National Health Promotion Associates, Inc.  
711 Westchester Avenue  
White Plains, NY 10604  
Phone: (800) 293-4969 or (914) 421-2525  
Fax: (914) 683-6998  
Email: [LSTinfo@nhpanet.com](mailto:LSTinfo@nhpanet.com)  
Web site: [www.lifeskillstraining.com](http://www.lifeskillstraining.com)

Chris Williams  
National Health Promotion Associates, Inc.

## **Target Population**

- 8-13 years of age
- Male and Female
- African American, Asian American, Hispanic/Latino, White

## **Target Setting**

Rural, Suburban, and Urban elementary and middle school

## **Key Outcomes**

- Reductions in alcohol, tobacco, and illicit drug use

## **Key Program Strategies**

- Life skills
- Drug resistance skills
- Social and self- management skills

## **Cost**

### **Training:**

- \$100 per day, per person (plus trainer expenses, if on-site training). Includes training folder, but not curriculum; should purchase materials prior and bring to training. Number of days varies with training type/level
- Minimum of 20 participants required for on-site training
- Trainings are posted at [www.lifeskillstraining.com](http://www.lifeskillstraining.com)
- To schedule training, call National Health Promotion Associates (NHPA) at 1-800- 293-4969.

### **Materials:**

- Pricing posted on web site. Can purchase individually or as classroom set.
- To order LST materials, call Princeton Health Press at 1(800) 636-3415
- CD-Rom Middle School 101: Skills for Success

## **Positive Action (Universal)**

Positive Action (PA) is an integrated, comprehensive, and coherent program that has been shown to improve academic achievement and behaviors of children and adolescents (5 to 18 years old) in multiple domains. It is intensive, with lessons at each grade level (from kindergarten to 12th) that are reinforced all day, schoolwide, at home, and in the community. It includes school, family, and community components that work together or can stand alone. For students, Positive Action improves:

- Individual self-concept
- Academic achievement and learning skills
- Decision making, problem solving, and social/interpersonal skills
- Physical and mental health
- Behavior, character, and responsibility

PA improves school climate, attendance, achievement scores, disciplinary referrals/suspensions, parent and community involvement, services for special-need and high-risk students, efficiency and effectiveness. Positive Action positively affects instruction and classroom/school management skills of school personnel through improved self-concept, professionalism, and interpersonal/social skills and, in turn, has a positive impact on their personal lives.

Finally, Positive Action helps families by improving parent-child relations and overall family attitudes toward and involvement in school and the community.

## **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- Promising Program: Department of Education
- Model Program: Department of Education, Title I Comprehensive School Reform
- Promising Practices: Education Commission of the States for Comprehensive School Reform
- Governor's Award: Idaho Exemplary Substance Abuse Programs

**Contacts**

Carol Gerber Allred, Ph.D.  
Positive Action, Inc.  
264 4th Ave. South  
Twin Falls, ID 83301  
Phone: (208) 733-1328  
Fax: (208) 733-1590  
Email: [info@positiveaction.net](mailto:info@positiveaction.net)  
Web site: [www.positiveaction.net](http://www.positiveaction.net)

**Target Population**

- 5-18 years of age
- Male and Female
- Multiple Ethnic Groups

**Target Setting**

Rural, Suburban, and Urban schools, families, communities, businesses, churches, penal institutions

**Key Outcomes**

- Improved academic scores
- Strong effects on drug use, tobacco and alcohol use, violence, suspensions, and delinquencies
- Improved attendance
- Improved self- concept
- Parent involvement with children, schools, communities
- Improved school climate
- Improved character

**Key Program Strategies**

- Life skills
- Social, self-management, and goal setting skills
- Problem solving/goal setting skills
- Anger management
- Thinking skills
- Character development
- Mental and physical health
- Social and emotional learning
- Parent-child- school interactions
- Bonding to schools, friends, family, community
- Resilience
- Communication skills
- School reform
- Conflict resolution

## **Costs**

Training: Available to schools, families, and communities, \$1000 per day, plus \$700 per travel day and travel expenses

Materials: Available for all grade levels and includes a Teacher Kit (\$460 Kindergarten; \$360 Grade 1-8), School Climate Kit (\$450), Family Kit (\$75), Community Kit (\$550), Counselor Kit (\$125), 5th Grade Drug Education Supplement Teacher's Kit (\$230), and a Middle School Drug Education Supplement Teacher's Kit (\$360)

- Training kit for elementary (\$500) & secondary (\$600) schools, includes three pieces: orientation, ongoing sustainability, and publicity; sold separately are \$200 each
- \$360 Ninth-Twelfth Kit I: Life's Big Questions
- \$360 Ninth-Twelfth Kit II: Life's Big Questions: "Lives on the Line" Play
- \$360 Ninth-Twelfth Kit III: Life's Big Questions: Projects for Teens
- \$360 Ninth-Twelfth Kit IV: Life Training for Teens
- \$140 Elementary Implementation Plan (includes evaluation tools)
- \$140 Elementary Rejuvenation Plan

## **Project Alert (Universal and Selective)**

Project ALERT is a drug prevention curriculum for middle-school students (11 to 14 years old), which dramatically reduces both the onset and regular use of substances. The 2-year, 14-lesson program focuses on the substances that adolescents are most likely to use: alcohol, tobacco, marijuana, and inhalants. Project Alert use participatory activities and videos to help:

- Motivate adolescents against drug use
- Teach adolescents the skills and strategies needed to resist prodrug pressures
- Establish nondrug-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. 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.

## **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- Exemplary Program: U.S. Department of Education
- Exemplary Program: White House Office of National Drug Control Policy
- Exemplary Program: National Prevention Network, the National Association of State and Alcohol and Drug Abuse Directors, the Community Anti-Drug Coalitions of America
- Endorsed by the National Middle School Association

**Contacts**

G. Bridget Ryan

President

Project ALERT

725 S. Figueroa Street, Suite 970

Los Angeles, CA 90017-5416

Phone: (800) 253-7810

Fax: (213) 623-0585

Email: [gbryan@projectalert.best.org](mailto:gbryan@projectalert.best.org)

Web site: [www.projectalert.com](http://www.projectalert.com)

Phyllis L. Ellickson, Ph.D.

RAND

1700 Main Street

Santa Monica, CA 90407

Phone: (310) 393-0411

Fax: (301) 451-7062

Email: [phyllis\\_ellickson@rand.org](mailto:phyllis_ellickson@rand.org)

Web site: [www.rand.org](http://www.rand.org)

**Target Population**

- 11-14 years of age
- Male and Female
- African American, American Indian/Alaska Native, Asian American, Hispanic/Latino, Native Hawaiian and Other Pacific Islander (NHOPI), White

**Target Setting**

Rural, Suburban, and Urban middle schools

**Key Outcomes**

- Reduced marijuana use initiation
- Decreased current and heavy smoking
- Reduced pro- drug attitudes and beliefs
- Helped smokers quit

**Key Program Strategies**

- Build schoolwide norms against drug use
- Understand social/health consequences of drug use
- Identify pro-drug pressures
- Develop resistance skills
- Involve parents in prevention
- Recognize benefits of being drug-free

## **Costs**

Training: \$150 (includes training workshop, all program materials, and on-going TA), Workshop and online training are available. Also, onsite training costs \$4200 for 25 participants and an additional \$150 for each additional person.

## **Materials:**

- Teacher manual (includes core and booster lessons), 8 student videos, 12 classroom posters, overview video for colleagues & community, optional teen leader manual
- Trained Project ALERT teachers continue to receive:
  - Free video & print curriculum updates
  - Free subscription to ALERT Educator teacher support newsletter
  - Toll-free phone support & TA
  - Access to an on-line faculty advisor
- NOTE: An overview/promotional video is available on request
- Parental/take-home materials also available in Spanish.

## **Project Success (Selective and Indicated)**

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) prevents and reduces substance use among high-risk, multiproblem high school adolescents. Developed and tested with alternative school youth 14 to 18 years old, the program places highly trained professionals in schools to provide a full range of substance use prevention and early intervention services. Counselors use a variety of intervention strategies, including:

- Information dissemination
- Normative and preventive education
- Counseling and skills training
- Problem identification and referral
- Community-based processes
- Environmental approaches

In addition, Project SUCCESS links the school to the community's continuum of care when necessary, referring both students and families to human services organizations, including substance abuse treatment agencies.

## **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

## **Contacts**

Ellen Morehouse, M.S.W., CASAC, CPP  
Student Assistance Services Corporation  
660 White Plains Road  
Tarrytown, NY 10591  
Phone: (914) 332-1300  
Fax: (914) 366-8826  
Email: [sascorp@aol.com](mailto:sascorp@aol.com)  
Web site: [www.sascorp.org](http://www.sascorp.org)

**Target Population**

- 14-18 years of age
- Male and Female
- African American, Asian American, Hispanic/Latino, Native Hawaiian and Other Pacific Islander (NHOPI), White

**Target Setting**

Rural, Suburban, and Urban alternative high schools

**Key Outcomes**

- Reduction in alcohol, tobacco, and illegal drug use and related problems

**Key Program Strategies**

- Individual and group counseling
- Youth coping skills
- Resistance skills

**Costs**

Training: \$375, plus expenses per person, includes materials and manual

Materials: \$150 Manual

**Project Venture (Universal)**

Project Venture (PV) is an outdoors experiential youth development program designed for high-risk American Indian youth that also has been proven successful with middle school-age youth from a variety of other ethnic groups. Project Venture aims to prevent substance use and related problems through--

- Classroom-based problem-solving activities
- Outdoor experiential activities
- Adventure camps and treks
- Community-oriented service learning

The program relies on American Indian traditional values to help youth develop positive self-concept, effective social skills, a community service ethic, internal locus of control, and increased decision-making and problem-solving skills.

Project Venture was designed for and tested with early adolescents in grades five through nine in American Indian school and community settings in rural and low socioeconomic areas and replicated in rural Alaska Native, Hispanic/Latino, and Native Hawaiian settings and in urban American Indian settings. Program studies found that, compared to control group, PV participants initiated first substance use at an older age; significantly reduced lifetime tobacco and alcohol use; significantly reduced frequency of tobacco and inhalant use; demonstrate less depression and aggressive behavior, and; improved youths' school attendance.

**Program Development Support**

In 1990, NIYLP received its first SAMHSA/CSAP grant to implement Project Venture. The program has operated continuously since that time in Native communities, regionally, and nationally, with nearly 30 implementations in 11 States. PV has collected 14 years of data since

the first CSAP grant and, in 2002 CSAP cross-site study, was named the most effective program of all those serving Native American populations.

### **Contacts**

McClellan Hall  
Executive Director  
National Indian Youth Leadership Project, Inc.  
205 Sunde Street  
Gallup, NM 87301  
Phone: (505) 722-9176  
Fax: (505) 722-9794  
Email: [machall@niylp.org](mailto:machall@niylp.org)  
Web site: [www.niylp.org](http://www.niylp.org)

### **Target Population**

- Grades 5-9
- Male and Female
- American Indian/Alaska Native, Hispanic/Latino, Native Hawaiian and Other Pacific Islander (NHOPI)

### **Target Setting**

School and community settings in rural and urban low socioeconomic areas

### **Key Outcomes**

Prevent substance use and related problems through:

- Classroom-based problem-solving activities
- Outdoor experiential activities
- Adventure camps and treks
- Community-oriented service learning

### **Key Program Strategies**

Relies on American Indian traditional values to help youth develop positive self-concept, effective social skills, a community service ethic, internal locus of control, and increased decision-making and problem-solving skills

### **Costs**

Training & Materials: N/A

### **Residential Student Assistance Program (RSAP) (Selective and Indicated)**

The Residential Student Assistance Program (RSAP) is a substance abuse prevention program developed for high-risk adolescents (14 to 17 years old) living in residential facilities. The program is based on the Westchester Student Assistance Model and works by placing highly trained professionals in residential facilities to provide residents with a full range of substance abuse prevention and early intervention services. The program uses proven prevention strategies that include:

- Information dissemination
- Normative and preventive education

- Problem identification and referral
- Community-based interventions
- Environmental approaches

RSAP counselors work with adolescents individually and in small groups. Intervention services are fully integrated into the adolescent's overall experience at the residential facility and have an impact on both their school and residential environments.

### **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

### **Contacts**

Ellen R. Morehouse, ASW, CASAC

Student Assistance Services

660 White Plains Road

Tarrytown, NY 10591

Phone: (914) 332-1300

Fax: (914) 366-8826

Email: [sascorp@aol.com](mailto:sascorp@aol.com)

Web site: [www.sascorp.org/residesap.htm](http://www.sascorp.org/residesap.htm)

### **Target Population**

- years of age
- Male and Female
- African American, Hispanic/Latino

### **Target Setting**

Urban residential facilities

### **Key Outcomes**

Reduced marijuana, alcohol and tobacco use.

### **Key Program Strategies**

- Individual and group counseling
- Youth coping skills

### **Costs**

Training: \$375, plus expenses per person, includes materials

Materials: Included in training cost

### **Strengthening Families Program: For Parents and Youth 10-14 (Universal)**

The Strengthening Families Program for Parents and Youth 10–14 (SFP 10–14) is a video-based intervention designed to reduce adolescent substance abuse and other problematic behaviors in youth 10 to 14 years old. The program is delivered within parent, youth, and family sessions using narrated videos that portray typical youth and parent situations. Sessions are highly

interactive and include role-playing, discussions, learning games, and family projects designed to:

- Improve parenting skills
- Build life skills in youth
- Strengthen family bonds

The basic program is delivered over 7 weeks, usually in the evenings. Four optional booster sessions can be held 3 to 12 months after the basic sessions. Bringing parents and youth together in SFP 10–14 has been particularly effective at building parent skills (e.g., monitoring, setting limits, expressing affection) and youth skills (e.g., resisting peer pressure, making positive goals, managing strong emotions) and changing behavior.

A print version of the parent sessions is available for non-English speaking Hispanic/Latino parents and other ethnic groups who may be less able to relate to the videos. (Program instructions are in English; posters, handouts, and scripts for role plays are available in both Spanish and English.)

### **Recognition**

- Exemplary Program: U.S. Department of Education
- Exemplary Program: Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice
- Effective Program: National Institute on Drug Abuse, U.S. Department of Health and Human Services

### **Contacts**

Virginia Molgaard, Ph.D.  
Rural Health Center  
2625 North Loop Drive  
Suite 500  
Ames, IA 50010-1260  
Phone: (515) 294-8762  
Fax: (515) 294-3613  
Email: [vmolgaar@iastate.edu](mailto:vmolgaar@iastate.edu)

For information about materials:

Program Assistant  
Catherine Webb  
Iowa State University Extension  
Institute for Social and Behavioral Research  
Iowa State University  
Ames, IA 50010  
Phone: (515) 294-1426  
Fax: (515) 294 3613  
Email: [cwebb@iastate.edu](mailto:cwebb@iastate.edu)  
Web site: [www.extension.iastate.edu/sfp/](http://www.extension.iastate.edu/sfp/)

**Target Population**

- 10-14 years of age
- Male and Female
- African American, American Indian/Alaska Native, Asian American, Hispanic/Latino, White

**Target Setting**

Rural, Suburban, and Urban settings in community centers

## **Key Outcomes**

- Improved parenting behaviors
- Significant delays in initiation of alcohol, tobacco, and marijuana use

## **Key Program Strategies**

- Improve parenting skills
- Build like skills in youth
- Strengthen family bonds

## **Costs**

Training: Please contact program developer for cost. Onsite training, technical support by telephone, and a three-step train-the-trainer protocol are available

Materials: N/A

## **Too Good For Drugs (TGFD) (Universal)**

Too Good For Drugs (TGFD) is a school-based prevention program designed to reduce the intention to use alcohol, tobacco, and illegal drugs in middle and high school students.

Developed by the Mendez Foundation for use with students in kindergarten through 12th grade (5 to 18 years old), TGFD has a separate, developmentally appropriate curriculum for each grade level, and is designed to develop:

- Personal and interpersonal skills relating to alcohol, tobacco, and illegal drug use
- Appropriate attitudes toward alcohol, tobacco, and illegal drug use
- Knowledge of the negative consequences of alcohol, tobacco, and illegal drug use and benefits of a drug-free lifestyle
- Positive peer norms

The program's highly interactive teaching methods encourage students to bond with pro-social peers, and engages students through role-play, cooperative learning, games, small group activities and class discussions. Students have many opportunities to participate and receive recognition for involvement. TGFD also impacts students through a family component used in each grade level: "Home Workouts" is available for use with families in kindergarten through 8th grade, and "Home Pages" is used in high school.

## **Recognition**

- Model Program: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services
- Excellence in Prevention: American Medical Association
- Shining Star Award: Southeastern Drug-Free Schools
- First Place in Prevention: Florida Alcohol and Drug Abuse Association/Department of Children and Families Best Practices Conference

**Contacts**

Susan K. Chase  
Director of Training  
Prevention Education Programs  
Mendez Foundation  
601 S. Magnolia Avenue  
Tampa, FL 33606  
Phone: (800) 750-0986 ext.206  
Fax: (813) 251-3237  
Email: [schase@mendezfoundation.org](mailto:schase@mendezfoundation.org)  
Web site: [www.mendezfoundation.org/](http://www.mendezfoundation.org/)

Cindy Coney  
Program Contact  
Prevention Education Programs  
Mendez Foundation

**Target Population**

- 5-18 years of age
- Male and Female
- African American, Asian American, Hispanic/Latino, Native Hawaiian and Other Pacific Islander (NHOPI), White

**Target Setting**

Rural, Suburban, and Urban schools; optional component for after-school settings

**Key Outcomes**

- Reduced intentions to use cigarettes, alcohol, marijuana
- Reduced intentions to engage in aggressive behavior
- Improved decision making, goal setting, and peer resistance skills
- Increased friendships with peers less likely to use alcohol, tobacco, and illegal drugs

**Key Program Strategies**

- Pro-social skills development
- Multi-lesson, multi-grade level programming
- Normative education
- Diverse role-play situations
- Cooperative learning
- Parental involvement

**Costs**

Training: Training, with a purchase of \$1,500 or more in materials, costs \$1,500 plus expenses

Materials:

- \$100-\$130 for individual K-8 kits (see program Web site for details)
- \$750 for Too Good For Drugs & Violence High School Kit

- \$595 for Too Good For Drugs & Violence After-School Activities Kit
- \$250 for Too Good For Drugs & Violence Educators Kit (staff development)

### **Too Good For Violence**

Too Good for Violence (TGFV) is a school-based, violence-prevention/character education program that improves student behavior and minimizes aggression. TGFV helps students in grades K–12 learn the skills they need to get along peacefully with others. TGFV builds skills sequentially and, at each grade level, provides developmentally appropriate curricula designed to address the most significant risk and protective factors. The program promotes a "CAREing" approach to violence prevention by teaching--

- Conflict resolution
- Anger management
- Respect for self and others
- Effective communication

The program's highly interactive teaching methods encourage students to bond with pro-social peers, and engage students through role-playing, cooperative learning, games, small-group activities, and class discussions.

Too Good for Violence is a universal prevention program for all students, designed to address the aggression and violence that often begin in early childhood and increase in frequency and seriousness, as children grow older. Program implementation evaluations reviewed by NREPP\* included fourth-grade African American, Hispanic/Latino, and White students in urban, suburban, rural settings. Studies show that TGFV enhanced students' emotional competence; increased conflict-resolution skills and pro-social behaviors; improved social and communication skills; and reduced fighting.

### **Contacts**

Susan Chase  
 Mendez Foundation  
 601 S. Magnolia Ave  
 Tampa, FL 33606  
 Phone: (800) 750-0986  
 Fax: (813) 251-3237  
 Email: [schase@mendezfoundation.org](mailto:schase@mendezfoundation.org)  
 Web site: [www.mendezfoundation.org](http://www.mendezfoundation.org)

### **Target Population**

- 5 -18 years of age
- Male and Female
- African American, Hispanic/Latino, White

### **Target Setting**

Rural, Urban, and Suburban settings

### **Key Outcomes**

- Decreases in substance use

- Decrease in tobacco, alcohol, and marijuana use
- Enhanced emotional competence
- Enhanced social and conflict resolution skills
- Enhanced Communication skills

### **Key Program Strategies**

- Pro-social skills development
- Normative education - information sharing on harmful consequences of violence raises students' perception of risk
- Multi-lesson, multi-grade-level programming
- Substance abuse prevention education

### **Costs**

Training: Training with a purchase of \$1,500 or more in materials, cost \$1,500 plus travel expenses. Training cost without the purchase of materials is \$2,000 per day plus travel expenses.

Materials:

- \$100-\$130 each for K-8th Grade Kits (Includes curriculum, 50 student workbooks, CDs, posters, puppets, & other required teaching materials)
- \$750 for Too Good For Drugs and Violence High School Kit
- \$595 for Too Good for Drugs and Violence After-School Activities Kit
- \$250 for Too Good for Drugs and Violence Educators Kit (staff development curriculum and work books)