

## BDAP Evidence Based Program Listing (Active Only)

Program ID	Program Name	Description
EVIDENCE-13	ACROSS AGES	<p>Service Code: STA06, STA08, STE03            Pop Code: SP07, SP09, SP13, SP15, SP18, SP19, SP20, SP28, PA02            IOM: S            Service type: S, R.</p> <p>To strengthen the bonds between adults and youth 9 to 13 years old in a school and community-based drug prevention program 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 youth's sense of personal responsibility for self and community.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=138">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=138</a></p>
EVIDENCE-65	AlcoholEdu for High School	<p>Service Code: STE02            Population Code: SP12            IOM: U            Service Type: R</p> <p>AlcoholEdu for High School is an online, interactive, alcohol education and prevention course designed to increase alcohol-related knowledge, discourage acceptance of underage drinking, and prevent or decrease alcohol use and its related negative consequences. Although high schools typically administer the course to their entire freshman class each year, the course can be used with other high school populations as well. By implementing the program at the population level, schools expose students to a consistent message, ultimately creating a common body of knowledge and a shared experience that helps establish a social safety net among students. The program includes a precourse assessment measuring knowledge, attitudes, and behaviors, followed by three 30-minute lessons, a postcourse assessment, and a 30-day (or more) follow-up review of key course concepts and follow-up assessment. The three lessons address alcohol's effects on the body and impairments produced at various blood alcohol concentrations; alcohol's effects on the mind, including brain development, blackouts, hangovers, and risk taking; and factors that influence decisions about drinking and strategies for making healthy choices. Brief lecture formats present current research, and interactive exercises personalize and reinforce the information. The course, which requires minimal teacher involvement, may be assigned as an outside project or completed in a school's computer lab.</p> <p>Students can progress through the program at their own pace. Although students have unlimited access to the course materials throughout the academic year, schools are encouraged to tie the course to something that is meaningful to the students, such as a test or project grade, access to a school event, or participation in extracurricular activities. The three lessons are typically completed within 1 to 3 weeks. Students may use their accounts throughout the academic year to access alcohol-related Web links or revisit any of the different interactive exercises.</p> <p>Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=4">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=4</a></p>
EVIDENCE-14	All Stars	<p>Service code: STE02, STE03            Population code: SP09, SP12, SP15, SP28            IOM: U, S            Service type: R</p> <p>To delay and prevent high-risk behaviors (i.e. substance use, violence, and premature sexual activity) with middle school-age adolescents (11 to 14 years old), by fostering development of positive personal characteristics in a school- or community-based program. All Stars is an interactive program which involves 13 lessons during its first year and 9 booster lessons in its second year. The program can be used with rural, suburban, and urban settings with children from diverse ethnic and socioeconomic backgrounds.            Website: <a href="http://www.allstarsprevention.com">www.allstarsprevention.com</a>.</p>

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EVIDENCE-15	Al's Pals: Kids Making Healthy Choices	<p>Service code: STE02, STE03            Population code: SP09, SP22, SP28            IOM: U            Service type: R            To develop personal, social, and emotional skills in children 3 to 8 years old in a resiliency-based early childhood curriculum and teacher training program format. 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. Al's Pals has been proven to work in a variety of learning situations (i.e. day care centers, after-school programs) and is found to be effective with all socioeconomic and racial backgrounds living in urban, suburban, and rural areas.            Website: <a href="http://www.wingspanworks.com/educational_programs/about_als_pals.php">http://www.wingspanworks.com/educational_programs/about_als_pals.php</a></p>
EVIDENCE-16	ATLAS (Athletes Training and Learning to Avoid Steroids)	<p>Service code: STE02, STE03            Population code: SP12, SP15, SP28            IOM: U, S            Service type: R            ATLAS is a school-based drug prevention program. ATLAS was designed for male high school athletes to deter drug use and promote healthy nutrition and exercise as alternatives to drugs. The curriculum consists of 10 45-minute interactive classroom sessions and 3 exercise training sessions facilitated by peer educators, coaches, and strength trainers. Program content includes (1) discussion of sports nutrition; (2) exercise alternatives to anabolic steroids and sports supplements; and (3) the effects of substance abuse in sports, drug refusal role-playing, and the creation of health promotion messages. ATLAS has been successfully implemented in urban and rural schools with participants from diverse racial, ethnic, and socioeconomic backgrounds.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=77">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=77</a></p>
EVIDENCE-17	Big Brothers-Big Sisters of America	<p>Service code: STA06, STA08            Population code: SP09, SP12, SP15, SP28            IOM: U, S, I            Service type: S, R            To improve youths' pro-social behaviors, academic achievements, and family and peer relationships by pairing up an adult volunteer with a youth. By establishing a caring and supportive relationship between the youth and adult, youth tend to adopt more protective behaviors rather than risk behaviors.            Website: <a href="http://www.bbbs.org/site/c.diJKKYPLJvH/b.1539751/k.BDB6/Home.htm">http://www.bbbs.org/site/c.diJKKYPLJvH/b.1539751/k.BDB6/Home.htm</a></p>
EVIDENCE-19	Brief Alcohol Screening and Intervention for College Students (BASICS)	<p>Service code: STN17, PAA02, STP06            Population code: SP03            IOM: S            Service type: S            To reduce harmful consumption of alcohol and help college students 18 to 24 years old make better alcohol-use decisions. It is aimed at students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as poor class attendance, missed assignments, accidents, sexual assault, and violence. It is delivered over the course of two 1-hour interviews with a brief online assessment survey taken by the student after the first session.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=124">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=124</a></p>
EVIDENCE-69	Celebrating Families	<p>Service Code: STE04            Population Code: PA02, SP16, SP28            IOM: S, I            Service Type: R            The Celebrating Families!<sup>TM</sup> curriculum is an evidence based cognitive behavioral, support group model written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect. Celebrating Families!<sup>TM</sup> works with every member of the family, from ages 3 through adult, to strengthen recovery from alcohol and/or other drugs, break the cycle of addiction and increase successful family reunification. Celebrating Families!<sup>TM</sup> fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills.  <b>BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE MAY NOT BE USED TO FUND THIS PROGRAM.</b>            Website: <a href="http://www.celebratingfamilies.net/">http://www.celebratingfamilies.net/</a></p>

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EVIDENCE-63	Challenging College Alcohol Abuse	<p>Service codes: STC02, STN16, PAEV04, PAEV06            Population codes: SP03            IOM: Universal            Service type: Single            Challenging College Alcohol Abuse (CCAA) is a social norms and environmental management program aimed at reducing high-risk drinking and related negative consequences among college students (18 to 24 years old). The intervention was developed at the University of Arizona based on work previously done at Northern Illinois University. CCAA uses a campus-based media campaign and other strategies to address misperceptions about alcohol and make the campus environment less conducive to drinking.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=60">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=60</a></p>
EVIDENCE-20	Children in the Middle	<p>Service code: STE03            Population code: PA02, SP09, SP15, SP16, SP28            IOM: U, S, I            Service type: R            To help children 3 to 15 years of age and parents deal with the children's reactions to divorce. The program was designed for children who are subjected to adult conflicts during a divorce and their parents. Children and parents are shown a child-focused video and complete workbook activities, role plays and discussion typically in 4 to 10 sessions over 2 to 4 months. Parents are shown a video and participate in group discussions and activities in one or two 90- to 120-minute class sessions.            Website: <a href="http://www.divorce-education.com/">www.divorce-education.com/</a></p>
EVIDENCE-21	Class Action	<p>Service code: STE02, STE03            Population code: SP12, SP28            IOM: U, S            Service type: R            Class Action (for grades 11-12) is the second phase of the Project Northland alcohol-use prevention curriculum series (Project Northland is for grades 6-8). The aim is to delay the age at which young people begin drinking, reduce alcohol use among those who have already tried drinking, and limit the number of alcohol-related problems of young drinkers through an 8-10 group sessions that look at the real-world social and legal consequences involving teens and alcohol. Students are divided into six legal teams to prepare and present hypothetical civil cases in which someone has been harmed as a result of underage drinking. Class Action can be used as a booster session for the Project Northland series or as a stand-alone program.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=145">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=145</a></p>
EVIDENCE-22	Communities Mobilizing for Change on Alcohol (CMCA)	<p>Service code: PAC03, STC03, STC06, STC08, STN16, STN17, PAEV01-13, STV01, STV02, STV07, STV12            Population code: PA01, PA02, PA03, SP01, SP02, SP03, SP08, SP10, SP12, SP14, SP15, SP16, SP28            IOM: U            Service type: S, R            Communities Mobilizing for Change on Alcohol (CMCA) is a community-organizing program designed to reduce teens' (13 to 20 years of age) access to alcohol by changing community policies and practices. CMCA seeks both to limit youths' access to alcohol and to communicate a clear message to the community that underage drinking is inappropriate and unacceptable. It employs a range of social-organizing techniques to address legal, institutional, social, and health issues related to underage drinking. The goals of these organizing efforts are to eliminate illegal alcohol sales to minors, obstruct the provision of alcohol to youth, and ultimately reduce alcohol use by teens. The program involves community members in seeking and achieving changes in local public policies and the practices of community institutions that can affect youths' access to alcohol.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=117">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=117</a></p>
EVIDENCE-23	Creating Lasting Family Connections (CLFC)	<p>Service code: STE03, STE04            Population code: PA02, SP05, SP06, SP16, SP17, SP28            IOM: U, S, I            Service type: R            To assist high-risk children 9 to 17 years of age and their families in a comprehensive family strengthening, substance abuse, and violence prevention curriculum that has scientifically demonstrated that youth and families in high-risk environments can be assisted to become strong, healthy and supportive people. The program consists of 6 modules that are administered to parents/guardians and youth over 18-20 weekly training sessions.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=82">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=82</a></p>

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EVIDENCE-04	Families in Action	<p>Service code: STE04            Population code: PA02, SP16, SP28            IOM: U, S, I            Service type: R            Active Parenting of Teens: Families in Action is a school- and community-based intervention for middle school-aged youth designed to increase protective factors that prevent and reduce alcohol, tobacco, and other drug use; irresponsible sexual behavior; and violence. The program includes a parent and teen component. The parent component uses the curriculum from Active Parenting of Teens. The program is offered in six weekly 2-hour sessions. Each of the sessions includes time during which parents and youth meet in separate groups and time during which all family members meet together. Modules address parent-child communication, positive behavior management, interpersonal relationships for adolescents, ways for families to have fun together, enhancement of the adolescent's self-esteem, and factors that promote school success. Youth are taught about the negative social and physical effects of substance use, they learn general life skills and social resistance skills, and they are provided opportunities to practice these skills. Parents are taught skills to help reinforce their teen's skills training.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=168">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=168</a></p>
EVIDENCE-24	Families That Care: Guiding Good Choices (GGC)	<p>Service code: STE04            Population code: SP16, PA02            IOM: U, S            Service type: R            To provide parents of children in grades four through eight (9 to 14 years old) the knowledge and skills needed to guide their children through early adolescence. To strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding in the family, and teach skills to parents and children that allow children to meet the expectations of their family to resist drug use successfully.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=302">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=302</a></p>
EVIDENCE-25	Family Matters	<p>Service code: PAED01, STE04            Population code: PA02            IOM: U, S            Service type: R            To prevent adolescents 12-14 years of age from using tobacco and alcohol. The intervention is designed to influence population-level prevalence and can be implemented with large numbers of geographically dispersed families. The program encourages communication among family members and focuses on general family characteristics (e.g. supervision and communication skills) and substance-specific characteristics (e.g. family rules for tobacco and alcohol use and media/peer influences).            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=7">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=7</a></p>
EVIDENCE-27	Get Real About Violence	<p>Service code: STE02, STE03            Population code: SP09, SP12, SP15, SP28            IOM: U, S, I            Service type: R            To address a wide range of violent behavior in students in grades K-12, -from bullying and verbal aggression at early grades through fighting and social exclusion at middle grades to relationship abuse and assaults that can occur in later grades. In this research-based prevention program, GRAV places emphasis on enlisting the support of bystanders, changing violent norms, teaching social skills, and building communication and partnerships between adults and youth to stop violence. The curriculum consists of 12 lessons divided into 3 modules.            Website: <a href="http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=92">http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=92</a></p>
EVIDENCE-07	Girl Power	<p>Service code: STE02, STE03            Population code: SP09, SP12, SP15, SP28            IOM: U, S, I            Service type: R            To help improve girls' lives as they pass through adolescence. This campaign was created by the Department of Health and Human Services. The program works to decrease crime and violence by targeting the increased use of tobacco and drugs among teenage girls, the decrease in self-confidence common among adolescent girls, and their need for skill-building in areas such as academics, arts, and sports.            Website: <a href="http://www.girlpower.gov/">http://www.girlpower.gov/</a></p>

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EVIDENCE-62	Girls Circle	<p>Service Code: STE03            Population Code: SP12, SP04, SP05, SP09, SP15, SP28            IOM: U, S, I            Program Type: R            Girls Circle is a structured support group for girls from 9-18 years, integrating relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence in girls. It aims to counteract social and interpersonal forces that impede girls' growth and development by promoting an emotionally safe setting and structure within which girls can develop caring relationships and use authentic voices.            Website: <a href="http://www.onecirclefoundation.org/">http://www.onecirclefoundation.org/</a></p>
EVIDENCE-77	I Can Problem Solve	<p>Service Code: STE02, STE03            Population Code: SP09, SP15, SP22            IOM: U            Service Type: R            I Can Problem Solve (ICPS) is a universal school-based program that focuses on enhancing the interpersonal cognitive processes and problem-solving skills of children ages 4-12. ICPS is based on the idea that there is a set of these skills that shape how children (as well as adults) behave in interpersonal situations, influencing how they conceptualize their conflicts with others, whether they can think of a variety of solutions to these problems, and whether they can predict the consequences of their own actions. Rather than addressing specific behaviors as right or wrong, ICPS uses games, stories, puppets, illustrations, and role-plays to help children acquire a problem-solving vocabulary, learn to understand their own as well as others' feelings, think of alternative solutions, and think of potential consequences to an act. In turn, ICPS aims to prevent and reduce early high-risk behaviors, such as impulsivity and social withdrawal, and promote prosocial behaviors, such as concern for others and positive peer relationships. A key principle of the program is that the child, not the teacher, must solve the problem at hand. ICPS consists of three age-specific programs: preschool (containing 59 lessons), kindergarten and primary school (83 lessons), and intermediate elementary school (77 lessons). ICPS lessons are 20 minutes in duration and taught three to five times per week over the course of the academic year.            Website: <a href="http://www.thinkingchild.com/">http://www.thinkingchild.com/</a></p>
EVIDENCE-29	Incredible Years	<p>Service code: STE02, STE04            Population code: SP16, SP09, SP22            IOM: U, S, I            Service type: R            To promote emotional and social competence and to prevent, reduce, and treat behavioral and emotional problems in young children (2 to 12 years old) through three comprehensive, multi-faceted, and developmentally based curricula for parents, teachers, and children.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=311">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=311</a></p>
EVIDENCE-30	Keep A Clear Mind (KACM)	<p>Service codes: STE04, PAED01            Population code: PA02, SP09, SP15, SP28            IOM: U, S            Service type: R            To influence known risk factors for late substance use by helping children 9 to 11 years of age (grades 4-6) and their parents via a take-home drug education program. To develop specific skills to refuse and avoid the use of "gateway" drugs.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=68">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=68</a></p>
EVIDENCE-31	keepin' It REAL	<p>Service code: STE02, STE03            Population code: SP06, SP12, SP15, SP28            IOM: U, S            Service type: R            To teach communication and life skills that can combat negative peer and other influences to students ages 12-14. The keepin' it REAL (Refuse, Explain, Avoid, Leave) program is a video enhanced intervention that uses a culturally-grounded resiliency model which incorporates traditional ethnic values and practices that protect against drug use. It is a 10 lesson curriculum taught in 45-minute sessions with booster sessions delivered the following year.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=133">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=133</a></p>

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EVIDENCE-32	LifeSkills Training (LST)	<p>Service code: STE02, STE03            Population code: SP05, SP06, SP09, SP12, SP15, SP28            IOM: U, S, I            Service type: R            To provide elementary students, middle school/junior high students, and high school students with the necessary skills to resist social pressure to smoke, drink, and use drugs; helps them develop greater self-esteem, self-mastery, and self-confidence; enables children to effectively cope with social anxiety; increases their knowledge of the immediate consequences of substance abuse; and enhances cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=109">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=109</a></p>
EVIDENCE-64	Lions Quest Skills for Adolescence	<p>Service code: STE02, STE03            Population code: SP15            IOM: U            Service type: R            Lions Quest Skills for Adolescence (SFA) is a multicomponent, comprehensive life skills education program designed for grades 6-8. The goal of Lions Quest SFA is to develop the following skills and competencies: 1.) essential social/emotional competencies, 2.) good citizenship skills, 3.) strong positive character, 4.) skills and attitudes consistent with a drug-free lifestyle and 5.) an ethic of service to others within a caring and consistent environment.  <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=24">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=24</a></p>
EVIDENCE-76	Minnesota Smoking Prevention Program	<p>Service Code: STE02, STE03            Population Code: SP09, SP12, SP15            IOM: U            Service Type: R            MSPP is a comprehensive tobacco prevention program that includes a curriculum designed for students in grades 4-8, a booster curriculum for students in grades 9-12, and a community action manual that provides ideas on how to address tobacco prevention community wide through the involvement of parents, students and other community members.            Website: <a href="http://www.hazelden.org">www.hazelden.org</a></p>
EVIDENCE-33	Not On Tobacco	<p>Service code: STE02, STE03            Population code: SP05, SP06, SP12, SP15, SP17, SP25, SP28            IOM: I            Service type: R            To present a smoking cessation program designed for youth 14 through 19 years of age based on social cognitive theory and incorporating training in self-management and stimulus control; social skills and social influence; stress management; relapse prevention; and techniques to manage nicotine withdrawal, weight management, and family and peer pressure. N-O-T consists of ten 50-minute group sessions recommended for weekly dosage for 10 consecutive weeks.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=49">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=49</a>            CESSATION PROGRAMS ARE CONSIDERED INTERVENTION PROGRAMS. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.</p>
EVIDENCE-34	Nurse-Family Partnership (NFP)	<p>Service code: PAA03            Population code: PA02, SP16, SP21            IOM: S, I            Service type: R            To provide first-time, low-income mothers of any age with home visitation services from public health nurses. NFP nurses work intensively with these mothers to improve maternal, prenatal, and early childhood health and well being with the expectation that this intervention will help achieve long-term improvements in the lives of at-risk families.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=88">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=88</a></p>



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EVIDENCE-35	Nurturing Parenting Programs	<p>Service code: STE04, STE03            Population code: PA02, SP16, SP28            IOM: U, S, I            Service type: R</p> <p>To teach parents that good parenting is learned. The programs are based on six assumptions: the family is a system; empathy is the single most desirable quality in nurturing parenting; parenting exists on a continuum; learning is both cognitive and affective; children who feel good about themselves are more likely to become nurturing parents; and no one truly prefers abusive interactions. The ultimate objectives of the programs are to: stop the intergenerational cycle of child abuse in families by building nurturing parenting skills; reduce the rate of recidivism in families receiving social services; reduce the rate of juvenile delinquency among high-risk youth; reduce the rate of alcohol abuse in high risk families; and lower the rate of multiple pregnancies among teenage girls. Thirteen different programs address specific age groups (infants, school-age, teens), cultures, and needs (special learning needs, families in alcohol recovery). The group sessions run 2 to 3 hours once a week for 12 to 45 weeks.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=171">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=171</a></p>
EVIDENCE-36	Olweus Bullying Prevention	<p>Service code: STA01, STA02, STE02, STN17            Population code: PA02, SP05, SP06, SP09, SP15, SP16, SP25            IOM: U, S            Service type: R, S</p> <p>To prevent or reduce bullying in elementary, middle, and junior high schools (students 6 to 15 years) in a multilevel, multi-component school-based program format. Its goals are to reduce and prevent bullying problems among school children and to improve peer relations at school. The program has been found to reduce bullying among children, improve the social climate of classrooms, and reduce related antisocial behaviors, such as vandalism and truancy.            Website: <a href="http://www.clemson.edu/olweus/">http://www.clemson.edu/olweus/</a></p>
EVIDENCE-37	Parenting Wisely	<p>Service code: STE04, PAED01            Population code: SP16            IOM: U, S, I            Service type: R</p> <p>Parenting Wisely is a set of interactive, computer-based training programs for parents of children ages 3-18 years. Based on social learning, cognitive behavioral, and family systems theories, the programs aim to increase parental communication and disciplinary skills. The original Parenting Wisely program, American Teens, is designed for parents whose preteens and teens are at risk for or are exhibiting behavior problems such as substance abuse, delinquency, and school dropout. Parents use this self-instructional program on an agency's personal computer or laptop, either on site or at home, using the CD-ROM or online format. During each of nine sessions, users view a video enactment of a typical family struggle and then choose from a list of solutions representing different levels of effectiveness, each of which is portrayed and critiqued through interactive questions and answers. Each session ends with a quiz. All nine sessions can be completed in 2 to 3 hours. Parents also receive workbooks containing program content and exercises to promote skill building and practice.</p> <p>Adaptations of the original Parenting Wisely program have been created for various groups of youth. One of these adaptations, Young Children, targets children ages 3-9 years. Although the studies reviewed in this summary primarily evaluated the original version of Parenting Wisely, the Young Children version was also evaluated, as were adaptations created to be implemented with groups of parents.</p> <p>Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=35">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=35</a></p>
EVIDENCE-38	Peacemakers	<p>Service code: STE02, STE03            Population code: SP09, SP15            IOM: U, S            Service type: R</p> <p>To teach conflict resolution procedures and skills through a curriculum-based violence prevention program delivered by teachers or other youth-serving professionals that to all students, faculty, and staff members. It is based on the premises that conflicts cannot be suppressed or denied, and conflicts may have positive or negative consequences, depending on how they are managed. Students learn how to engage in problem-solving negotiations and how to mediate schoolmates' conflicts. Program is targeted toward upper elementary and middle school students. It is based on an 18-lesson psycho-educational curriculum.            Website: <a href="http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=56">http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=56</a></p>

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EVIDENCE-39	Peers Making Peace	<p>Service code: STA08, STC03            Population code: SP09, SP12, SP15, SP28            IOM: U, S            Service type: S, R            To help create and maintain safe and drug free schools by equipping students with attitudes and skills to stay drug-free, stay in school and avoid violence by resolving conflicts in a peaceful, pro-social manner through peer-mediation activities. The goal of the program is to improve the school environment by reducing violence, assaults, discipline referrals, and increasing academic performance. In the PMP intervention, teams of student volunteers are trained to serve as drug free role models and "neutral third parties" to provide mediation services for their peers who lack the skills to successfully resolve their conflicts. The program is based on two parallel philosophical foundations: a strong "no use" message, and the "resiliency and protective factor" approach to prevention.            Website: <a href="http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=16">http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=16</a></p>
EVIDENCE-40	Positive Action (PA)	<p>Service code: STE02, STE03            Population code: SP09, SP12, SP15, SP22            IOM: U, S, I            Service type: R            To improve the following in children and adolescents (5 to 18 years old): academic achievement; school attendance; and problem behaviors such as substance use, violence, suspensions, disruptive behaviors, dropping out, and sexual behavior. It is also designed to improve parent-child bonding, family cohesion, and family conflict. Positive Action is an integrated and comprehensive program that has materials for schools, homes, and community agencies. All materials are based on the same unifying broad concept (one feels good about oneself when taking positive actions) with six explanatory sub-concepts (positive actions for the physical, intellectual, social, and emotional areas) that elaborate on the overall theme. The program components include grade-specific curriculum kits for kindergarten through 12th grade, drug education kits, a conflict resolution kit, site-wide climate development kits for elementary and secondary school levels, a counselor's kit, a family kit, and a community kit.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=78">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=78</a></p>
EVIDENCE-70	Prime For Life	<p>Service Code: STE02, STE03            Population Code: PA03, PA08, SP03, SP05, SP12, SP15, SP16, SP17, SP28            IOM: U, S, I            Service Type: R            PRIME For Life (PFL) is a motivational intervention used in group settings to prevent alcohol and drug problems or provide early intervention. PFL has been used primarily among court-referred impaired driving offenders. It also has been adapted for use with military personnel, college students, middle and high school students, and parents. PFL emphasizes changing participants' perceptions of the risks of drug and alcohol use and related attitudes and beliefs. Risk perception is altered through the carefully timed presentation of both logical reasoning and emotional experience. Instructors use empathy and collaboration (methods consistent with motivational interviewing) to increase participants' motivation to change behavior to protect what they value most in life. Participants are guided in self-assessing their level of progression toward or into dependence or addiction. PFL also assists participants in developing a detailed plan for successfully following through with behavior change. Multimedia presentations and extensive guided discussion help motivate participants to reduce their substance use or maintain low-risk choices. Individual and group activities are completed using participant workbooks.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=12">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=12</a></p>



## BDAP Evidence Based Program Listing (Active Only)

EVIDENCE-41	Project ALERT	<p>Service code: STE02, STE03, STN17            Population code: SP05, SP06, SP15, SP28            IOM: U, S            Service type: R            To help students understand the consequences of drug use, recognize the benefits of nonuse, build norms against use, and identify and resist pro-drug pressures. Project ALERT is a school-based prevention program for middle or junior high school students (11 to 14 years old) that focus on alcohol, tobacco, and marijuana use through small-group activities, question-and-answer sessions, role-playing, and the rehearsal of new skills to stimulate students' interest and participation. It seeks to prevent adolescent nonusers from experimenting with these drugs, and to prevent youths who are already experimenting from becoming more regular users or abusers. Based on the social influence model of prevention, the program is designed to help motivate young people to avoid using drugs and to teach them the skills they need to understand and resist pro-drug social influences. The curriculum is comprised of 11 lessons in the first year and 3 lessons in the second year.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=62">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=62</a></p>
EVIDENCE-42	Project Northland	<p>Service code: STA01, STA02, STE02, STE03, STN17            Population code: SP09, SP12, SP15, SP28            IOM: U, S, I            Service type: S, R            To delay the age at which young people begin drinking, reduce alcohol use among those who have already tried drinking, and limit the number of alcohol-related problems of young drinkers. This multilevel, multiyear intervention program involves students, peers, parents, and community members. Administered to adolescents in grades 6-8 on a weekly basis, the program has a specific theme within each grade level that is incorporated into the parent, peer, and community components. The 6th-grade home-based program targets communication about adolescent alcohol use utilizing student-parent homework assignments, in-class group discussions, and a communitywide task force. The 7th-grade peer- and teacher-led curriculum focuses on resistance skills and normative expectations regarding teen alcohol use, and is implemented through discussions, games, problem-solving tasks, and role-plays. During the first half of the 8th-grade, Powerlines peer-led program, students learn about community dynamics related to alcohol use prevention through small group and classroom interactive activities. During the second half, they work on community-based projects and hold a mock town meeting to make community policy recommendations to prevent teen alcohol use.            Website: <a href="http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=100">http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=100</a></p>
EVIDENCE-43	Project STAR: Students Taught Awareness and Resist	<p>Service codes: STE02, STE03, STN17, STN16, PAEV09            Population codes: SP15, SP28, SP16, SP10            IOM: U, S            Service type: S, R            Project STAR, also known as the Midwestern Prevention Project (MPP), is a comprehensive, community-based, multifaceted program for adolescent drug abuse prevention that targets the entire population of middle school students. Its ultimate goal is to prevent or reduce gateway substance use (alcohol, tobacco, and marijuana). MPP strives to help youths recognize the tremendous social pressures to use drugs and provides skills in how to avoid drug use. MPP disseminates this message through a system of well-coordinated, communitywide strategies, including mass media programming, a school program, continuing school boosters, a parent education and organization program, community organization and training, and local policy change regarding tobacco, alcohol, and other drugs. These components are introduced to the community in sequence at a rate of one a year, with the mass media component occurring throughout all the years.            Website: <a href="http://nrepp.samhsa.gov/ViewLegacy.aspx?id=54">http://nrepp.samhsa.gov/ViewLegacy.aspx?id=54</a></p>

## BDAP Evidence Based Program Listing (Active Only)

EVIDENCE-44	Project SUCCESS	<p>Service code: STE02, STE03, STN17, PAA03, STP06            Population code: PA02, SP05, SP06, SP12, SP15, SP16, SP25, SP26, SP28            IOM: U, S, I            Service type: S, R            To prevent and reduce substance use among students 12 to 18 years of age. The comprehensive, community-based drug abuse intervention program was originally developed for students attending alternative high schools who are at high risk for substance use and abuse due to poor academic performance, truancy, discipline problems, negative attitudes toward school, and parental substance abuse. In recent years, Project SUCCESS has been used in regular middle and high schools for a broader range of high-risk students. The intervention includes four components: The Prevention Education Series (PES), School wide activities and promotional materials, a parent program, Individual and group counseling. Students and parents who require more intensive counseling, treatment, or other services are referred to appropriate agencies or practitioners in the community.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=71">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=71</a></p>
EVIDENCE-45	Project Toward No Drug Abuse (TND)	<p>Service codes: STE02, STE03            Population codes: SP12, SP15, SP28            IOM: U, S, I            Service type: R            Project Towards No Drug Abuse (Project TND) is a drug use prevention program for high school youth. The current version of the curriculum is designed to help students develop self-control and communication skills, acquire resources that help them resist drug use, improve decision making strategies, and develop the motivation to not use drugs. It is packaged in 12 40-minute interactive sessions to be taught by teachers or health educators. The TND curriculum was developed for high-risk students in continuation or alternative high schools. It has also been tested among traditional high school students.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=71">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=71</a></p>
EVIDENCE-46	Project Towards No Tobacco Use (TNT)	<p>Service code: STE02, STE03, STN17            Population code: SP09, SP12, SP15, SP28            IOM: U, S            Service type: S, R            Project Towards No Tobacco Use (TNT) is a classroom-based curriculum designed to prevent or reduce tobacco use in youth aged 10 to 14 years (grades 5 through 9). The program was developed for a universal audience, and it works well for a wide variety of youth who may have different risk factors influencing their tobacco use. The theory underlying project TNT is that youth will best be able to resist using tobacco products if they (1) are aware of misleading social information that facilitates tobacco use (e.g., pro-tobacco advertising, inflated estimates of the prevalence of tobacco use); (2) have skills that counteract the social pressures to achieve approval by using tobacco; and (3) appreciate the physical consequences that tobacco use may have on their own lives.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=157">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=157</a></p>
EVIDENCE-47	Promoting Alternative Thinking Strategies (PATHS)	<p>Service code: STE02, STE03            Population code: SP04, SP09, SP15, SP22, SP28            IOM: U, S            Service type: R            To enhance areas of social-emotional development such as self-control, self-esteem, emotional awareness, social skills, friendships, and interpersonal problem-solving skills while reducing aggression and other behavior problems are presented through direct instruction, discussion, modeling, storytelling, role-playing activities, and video presentations. Promoting Alternative Thinking Strategies (PATHS) and PATHS Preschool are school-based preventive interventions for children in elementary school or preschool. The interventions are designed the elementary school PATHS Curriculum is available in two units: the PATHS Turtle Unit for kindergarten and the PATHS Basic Kit for grades 1-6. The curriculum includes 131 20- to 30-minute lessons designed to be taught by regular classroom teachers approximately 3 times per week over the course of a school year. PATHS Preschool, an adaptation of PATHS for children 3 to 5 years old, is designed to be implemented over a 2-year period. Its lessons and activities highlight writing, reading, storytelling, singing, drawing, science, and math concepts and help students build the critical cognitive skills necessary for school readiness and academic success. The PATHS Preschool program can be integrated into existing learning environments and adapted to suit individual classroom needs.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=20">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=20</a></p>

## BDAP Evidence Based Program Listing (Active Only)

EVIDENCE-61	Protecting You Protecting Me	<p>Service codes: STE02, STE03            Population codes: SP09            IOM: U, S            Service type: R</p> <p>Protecting You/Protecting Me (PY/PM) is a 5-year classroom-based alcohol use prevention program for elementary school students in grades 1-5. The program aims to reduce alcohol-related injuries and death among children and youth due to underage alcohol use and riding in vehicles with drivers who are not alcohol free. PY/PM consists of a series of 40 science- and health-based lessons, with 8 lessons per year for grades 1-5. PY/PM lessons and activities focus on teaching children about (1) the brain--how it continues to develop throughout childhood and adolescence, what alcohol does to the developing brain, and why it is important for children to protect their brains; (2) vehicle safety, particularly what children can do to protect themselves if they have to ride with someone who is not alcohol free; and (3) life skills, including decisionmaking, stress management, media awareness, resistance strategies, and communication. Trained school staff, prevention specialists, or high school students enrolled in a peer mentor/leadership course can teach the lessons.</p> <p>Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=95">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=95</a></p>
EVIDENCE-08	Raising a Thinking Child: I Can Problem Solve for Families	<p>Service code: STE04            Population code: SP16            IOM: U, S            Service type: R</p> <p>The focus of this program is on developing a set of interpersonal cognitive problem solving skills that relate to overt behaviors as early as preschool. By enhancing ICPS skills, the ultimate goal is to increase the probability of preventing later, more serious problems by addressing the behavioral predictors early in life. In addition to behavioral outcomes, the parent intervention is designed to help parents use a problem solving style of communication that guides young children to think for themselves. The program takes a minimum of 6 weeks, although 8 weeks is more ideal to help parents learn the problem solving approach. The first section focuses on learning a problem solving vocabulary in the form of games. The second section concentrates on teaching children how to listen. During the program parents are given exercises to help them think about their own feelings and become sensitive to those of their children. Parents also learn how to find out their child's view of the problem and how to engage their child in the process of problem solving.</p> <p>Website: <a href="http://www.thinkingpreteen.com/icps.htm#families">http://www.thinkingpreteen.com/icps.htm#families</a></p>
EVIDENCE-59	Raising Healthy Children	<p>Service codes: STE04            Population codes: SP16, PA02            IOM: U            Service type: R</p> <p>Raising Healthy Children (RHC), previously known as SOAR (Skills, Opportunities, and Recognition) is a school-based program designed to promote positive youth development and academic success. The program is a school-wide, school climate program for elementary schools that promotes the healthy development of young people by increasing skills for successful participation in the family, school, peer group and community; opportunities for active involvement in family and school; and consistent recognition for effort and improvement. A SOAR school provides social skills training for elementary students, training for their teachers to improve methods of classroom management, and instruction on providing developmentally sequenced parenting workshops for parents. The family support component of RHC consists of five two-hour sessions and utilizes skill demonstration, modeling, role-play, and small and large group discussion to teach parents effective behavior management skills. During the last 20-25 minutes of each session, parents and their children participate in family practice sessions to reinforce the skills learned. Parents also complete homework activities after each session.</p> <p>Website: <a href="http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=55">http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=55</a></p>

## BDAP Evidence Based Program Listing (Active Only)

EVIDENCE-68	Reality Tour	<p>Service code: STN17 Population Code: PA02, SP10 IOM: U Service type: S Reality Tour is a volunteer-driven substance abuse prevention program that is presented to parents and their children (ages 10-17) in a community setting over the course of one approximately 3-hour session. The goal of the program is to increase children's negative attitudes toward alcohol, tobacco, marijuana, and other illicit drugs, as well as their perceived risk of harm from use of these substances. Reality Tour provides participants with testimonies from individuals with a history of addiction, an address by law enforcement personnel, and the opportunity to pose questions to these speakers. The session also includes dramatic narratives (provided on CD) that precede brief reenactments of emergency room and funeral home scenes involving a young person who has overdosed on drugs, as well as the portrayal of an arrest and imprisonment (or the viewing of an arrest and imprisonment on DVD). Reality Tour participants are given information on coping and refusal skills, as well as guidance in assessing their own coping skills. Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=192">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=192</a></p>
EVIDENCE-48	Reconnecting Youth (RY)	<p>Service code: STE02, STE03 Population code: SP05, SP12, SP28 IOM: S, I Service type: R Reconnecting Youth: A Peer Group Approach to Building Life Skills (RY) is a school-based prevention program for youth in grades 9 to 12 (14 to 19 years of age) that teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress. RY targets youth who demonstrate poor school achievement, high potential for school dropout, and exhibit multiple behavior problems. Multiple behavior problems may include substance abuse, aggression, depression, or suicide risk behaviors. Reconnecting Youth (RY) is an indicated school-based program that uses a partnership model involving peers, school personnel, and parents. Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=96">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=96</a></p>
EVIDENCE-02	Responsible Alcohol Management Program	<p>Service code: STV01 Population code: SP01 IOM: U Service type: S To help licensees and their employees to serve alcohol responsibly. Responsible Alcohol Management Program (RAMP) was created by the Pennsylvania Liquor Control Board and offers practical advice for licensees operating restaurants, hotels, clubs, distributors, and even special occasion permit holders. RAMP explains how to: detect signs of impairment and intoxication, and effectively cut off service to a customer who has had too much to drink; identify underage individuals; detect altered, counterfeit, and borrowed identification; avoid unnecessary liability; and help reduce alcohol-related problems in the community. Website: <a href="http://www.lcb.state.pa.us/PLCB/Education/index.htm">http://www.lcb.state.pa.us/PLCB/Education/index.htm</a></p>
EVIDENCE-75	Ripple Effects Whole Spectrum Intervention System (Ripple Effects)	<p>Service Code: PAED01 Population Code: SP05, SP09, SP15, SP28 IOM: S Service Type: R Ripple Effects Whole Spectrum Intervention System (Ripple Effects) is an interactive, software-based adaptive intervention for students that is designed to enhance social-emotional competencies and ultimately improve outcomes related to school achievement and failure, delinquency, substance abuse, and mental health. Website: <a href="http://rippleeffects.com/">http://rippleeffects.com/</a></p>
EVIDENCE-49	Safe Dates	<p>Service code: STE02, STE03, STN17 Population code: SP12, SP15, SP28 IOM: U, S Service type: R, S To stop or prevent the initiation of emotional, physical, and sexual abuse on dates or between individuals involved in a dating relationship. Intended for male and female 8th- and 9th-grade students, the goals of the program include: (1) changing adolescent dating violence and gender-role norms, (2) improving peer help-giving and dating conflict-resolution skills, (3) promoting victim and perpetrator beliefs in the need for help and seeking help through the community resources that provide it, and (4) decreasing dating abuse victimization and perpetration. Safe Dates consists of five components: a nine-session curriculum, a play script, a poster contest, parent materials, and a teacher training outline. In some studies, the program incorporated a booster session. Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=141">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=141</a></p>

## BDAP Evidence Based Program Listing (Active Only)

EVIDENCE-66	Say It Straight	<p>Service Code: STE02, STE03            Population Code: SP05, SP06, SP09, SP12, SP15, SP28, SP17, SP16, SP03, SP13            IOM: U, S, I            Service Type: R            Say It Straight (SIS) is a communication/behavior skills program developed to prevent destructive behaviors and promote wellness in young people, parents, and other adults. The program targets destructive behaviors such as violence, risky sexual behaviors, and use of alcohol, tobacco, and other drugs. Promotion of wellness concentrates on increasing self-awareness, personal and social responsibility, good communication skills, positive self-esteem, and positive relationships.            Website: <a href="http://www.sayitstraight.org">www.sayitstraight.org</a> or <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=186">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=186</a></p>
EVIDENCE-50	Second Step	<p>Service code: STE02, STE03            Population code: SP06, SP09, SP12, SP15, SP22, SP28            IOM: U, S            Service type: R            To teach children 4 to 14 years of age socio-emotional skills aimed at reducing impulsive and aggressive behavior while increasing social competence. Second Step is a classroom-based social-skills program that builds on cognitive behavioral intervention models integrated with social learning theory, empathy research, and social information-processing theories. The program consists of in-school curricula, parent training, and skill development. Second Step teaches children to identify and understand their own and others' emotions, reduce impulsiveness and choose positive goals, and manage their emotional reactions and decision making process when emotionally aroused. The curriculum is divided into two age groups: preschool through 5th grade (with 20 to 25 lessons per year) and 6th through 9th grade (with 15 lessons in year 1 and 8 lessons in the following 2 years). Each curriculum contains five teaching kits that build sequentially and cover empathy, impulse control, and anger management in developmentally and age-appropriate ways. Group decision making, modeling, coaching, and practice are demonstrated in the Second Step lessons using interpersonal situations presented in photos or video format.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=66">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=66</a></p>
EVIDENCE-57	Smart Leaders	<p>Service codes: STE02, STE03            Population codes: SP12, SP15, SP28            IOM: U            Service type: R            SMART Leaders is a curriculum-based program that uses role-playing, group activities, and discussion to promote social and decision-making skills in racially diverse 14- to 17-year-olds. This program is a 2-year booster program for youth who have completed "Stay SMART," a component of Boys &amp; Girls Clubs of America's SMART Moves program. It reinforces the substance abuse prevention skills and knowledge of the first program, with sessions on self-concept, coping with stress, and resisting media pressures.            Website: <a href="http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=39">http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=39</a></p>
EVIDENCE-51	SOS: Signs of Suicide	<p>Service code: STE02, STE03, STP06            Population code: SP15, SP12            IOM: U, S            Service type: S, R            To screen students for depression and suicide risk and teach them to recognize signs of depression and suicide in others. This 2-day secondary school-based intervention is taught through video and guided classroom discussions about suicide and depression. The intervention attempts to prevent suicide attempts, increase knowledge about suicide and depression, develop desirable attitudes toward suicide and depression, and increase help-seeking behavior. The program also includes the opportunity for referrals for professional help.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=53">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=53</a></p>

## BDAP Evidence Based Program Listing (Active Only)

EVIDENCE-74	SPORT - Developer Approved Adaptation	<p>Service Code: STE03 Population Code: SP06, SP28 IOM: U, S Service Type: R</p> <p>The SPORT program is implemented by trained prevention staff with economically disadvantaged youth ages 6-11 at local, summer park programs. The program is conducted for 6 weeks, 5 days a week, for a total of 30 sessions. Each session is 40 minutes long. In a group setting, participants are educated on the definition of healthy behaviors (i.e. nutritional meals, being physically active, sleep patterns, maintaining a drug and alcohol-free lifestyle, being social, and having a positive self-image, etc.) Participants are assisted in developing a personal health profile and in identifying goals that would promote a healthier lifestyle. A new health-related goal is set on the first session of each week (Monday), and participants engage in a variety of prescription activities that are fun and physically challenging, and are specifically designed to assist the participant in reaching set goals. The attached survey is administered on the last day of the program.</p> <p>SPORT involves a short, self-administered health behavior screen survey measuring physical activity and sport behaviors and norms, healthy nutrition, sleep, and alcohol use. Participants then receive a 10- to 12-minute personally tailored consultation from a written script, along with a key facts handout. A simple fitness prescription goal plan is completed by participants to motivate positive behavior and image change. In addition, parent/caregiver communication cards addressing key content are provided during the consultation and then sent or mailed home to adolescents for 3 to 5 consecutive weeks.</p> <p>Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=42">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=42</a></p>
EVIDENCE-73	Stacked Deck: A Program To Prevent Problem Gambling	<p>Service Code: GED01, GED03 Population Code: SP12 IOM: U Service Type: R</p> <p>Stacked Deck: A Program To Prevent Problem Gambling is a school-based prevention program that provides information about the myths and realities of gambling and guidance on making good choices, with the objective of modifying attitudes, beliefs, and ultimately gambling behavior. The program is provided to students in 9th through 12th grade as part of a regularly scheduled class such as health education or career management. Trained facilitators (teachers, prevention specialists, or health educators) use a facilitator's guide to administer five 50- to 90-minute interactive lessons over a period of 2 to 3 weeks. Lessons cover the history and realities of gambling (e.g., the "house edge"), risk factors for and signs of problem gambling, fallacies about gambling, calculated risk and the assessment of situations involving risk, and barriers to good decisionmaking and problem solving. An optional booster session to consolidate previous learning can be administered 1 month after the completion of the fifth lesson. In one of the two studies reviewed for this summary, implementation of the intervention included the booster session.</p> <p>Website: <a href="http://www.hazelden.org/OA_HTML/ibeCCtPltmDspRte.jsp?item=30104&amp;sitex=10020:22372:US">http://www.hazelden.org/OA_HTML/ibeCCtPltmDspRte.jsp?item=30104&amp;sitex=10020:22372:US</a></p>
EVIDENCE-52	Start Taking Alcohol Risks Seriously (STARS)	<p>Service Code: STP06, PAA02 Population Code: SP15 IOM: S Service Type: S</p> <p>To postpone alcohol use until adulthood among at-risk middle and junior high school youths. STARS (Start Taking Alcohol Risks Seriously) for Families is a health promotion program for preventing alcohol use. The program is founded on the Multi-component Motivational Stages prevention model, which is theoretically based in the Health Belief Model, the Social Learning Theory, and the Behavioral Self-Control Theory. STARS for Families matches media-related, interpersonal, and environmental prevention strategies to each child's specific stages of alcohol initiation, stages of readiness for change, and specific risk and protective factors. The program has been tested and shown useful for youth ages 11 to 15 in both urban and rural schools, and for youths attending physical exams for sports teams.</p> <p>Website: <a href="http://www.ojjdp.gov/mpg/STARS%20(Start%20Taking%20Alcohol%20Risks%20Seriously)%20for%20Families-MPGProgramDetail-426.aspx">http://www.ojjdp.gov/mpg/STARS%20(Start%20Taking%20Alcohol%20Risks%20Seriously)%20for%20Families-MPGProgramDetail-426.aspx</a></p>



## BDAP Evidence Based Program Listing (Active Only)

EVIDENCE-12	Steps to Respect	<p>Service code: STE02, STE03            Population code: SP09, SP15, SP28            IOM: U, S            Service type: R            To decrease school bullying problems by 1) increasing staff awareness and responsiveness, 2) fostering socially responsible beliefs, and 3) teaching social-emotional skills to counter bullying and promote healthy relationships. Steps to Respect®: A Bullying Prevention Program is a research-based, comprehensive bullying prevention program developed for grades 3 through 6 by Committee for Children, a nonprofit organization dedicated to improving children's lives through effective social and emotional learning programs. The program is designed to promote skills (e.g., group joining, conflict resolution) associated with general social competence.            Website: <a href="http://www.ojjdp.gov/mpg/Steps%20to%20Respect%20174;%20%20A%20Bullying%20Prevention%20Program-MPGProgramDetail-698.aspx">http://www.ojjdp.gov/mpg/Steps%20to%20Respect%20174;%20%20A%20Bullying%20Prevention%20Program-MPGProgramDetail-698.aspx</a></p>
EVIDENCE-72	Storytelling For Empowerment	<p>Service Code: STE02, STE03            Population Code: SP06, SP15, SP28            IOM: S            Service Type: R            Storytelling for Empowerment is a bilingual (English and Spanish) intervention for teenagers at risk for substance abuse, HIV, and other problem behaviors due to living in impoverished communities with high availability of drugs and limited health care services. The program uses cognitive decision making, positive cultural identity (cultural empowerment), and resiliency models of prevention as its conceptual underpinnings. Storytelling for Empowerment aims to decrease alcohol, tobacco, and other drug (ATOD) use by identifying and reducing factors in the individual, family, school, peer group, neighborhood/community, and society/media that place youth at high risk for ATOD use, while enhancing factors that may strengthen youth resiliency and protect against ATOD use.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=99">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=99</a></p>
EVIDENCE-53	Strengthening Families Program (SFP)	<p>Service code: STE04            Population code: PA02, SP16(when session is just the parents), SP28(when session is just with the youth)            IOM: U, S, I            Service type: R            The Strengthening Families Program (SFP) is a family skills training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems in children 3-16 years old. SFP comprises three life-skills courses delivered in 14 weekly, 2-hour sessions. The Parenting Skills sessions are designed to help parents learn to increase desired behaviors in children by using attention and rewards, clear communication, effective discipline, substance use education, problem solving, and limit setting. The Children's Life Skills sessions are designed to help children learn effective communication, understand their feelings, improve social and problem-solving skills, resist peer pressure, understand the consequences of substance use, and comply with parental rules. In the Family Life Skills sessions, families engage in structured family activities, practice therapeutic child play, conduct family meetings, learn communication skills, practice effective discipline, reinforce positive behaviors in each other, and plan family activities together.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=44">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=44</a>            ***This program should be captured in PBPS by setting up 3 groups: 1 for sessions with just parents, one for sessions with just children, and one for the joint parent/children sessions.</p>
EVIDENCE-54	Strengthening Families Program: For Parents and Youth 10-14	<p>Service code: STE04            Population code: PA02, SP16 (when session is just the parents), SP28 (when session is just with the youth)            IOM: U, S, I            Service type: Recurring            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.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=63">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=63</a>            ***This program should be captured in PBPS by setting up 3 groups: 1 for sessions with just parents, one for sessions with just children, and one for the joint parent/children sessions.</p>



## BDAP Evidence Based Program Listing (Active Only)

EVIDENCE-67	Systematic Training for Effective Parenting (STEP)	<p>Service code: STE04            Population Code: SP16            IOM: U, S            Service type: R            To teach parenting skills that will serve parents all throughout the child rearing process. The program is taught through online parenting classes by providing clear and concise instructions on how to meet the parenting challenge of raising responsible, cooperative, happy children and how to take the anxiety out of the parenting role and replacing it with confidence.            Website: <a href="http://www.steppublishers.com/">http://www.steppublishers.com/</a> or <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=132">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=132</a></p>
EVIDENCE-71	Teen Intervene	<p>Service Code: STE03, PAA03            Population Code: SP15, SP12, SP17, SP28            IOM: I            Service Type: R            Teen Intervene is an early intervention program targeting 12- to 19-year olds who display the early stages of alcohol or drug use problems (e.g., using or possessing drugs during school) but do not use these substances daily or demonstrate substance dependence. This intervention aims to help teens reduce and ultimately eliminate their alcohol and other drug use.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=287">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=287</a></p>
EVIDENCE-55	Too Good For Drugs (TGFD)	<p>Service code: STE02, STE03            Population code: SP05, SP09, SP15, SP28            IOM: U, S            Service type: R            To teach students in grades kindergarten through 8th grade how to build students' resiliency and how to be socially competent and autonomous problem solvers. The program is designed to benefit everyone in the school by providing needed education in social and emotional competencies and by reducing risk factors and building protective factors that affect students in these age groups. TGFD focuses on developing personal and interpersonal skills to resist peer pressures, goal setting, decision making, bonding with others, having respect for self and others, managing emotions, effective communication, and social interactions. The program also provides information about the negative consequences of drug use and the benefits of a nonviolent, drug-free lifestyle. TGFD has developmentally appropriate curricula for each grade level through 8th grade. The K-8 curricula each include 10 weekly, 30- to 60-minute lessons. Ideally, implementation begins with all school personnel (e.g., teachers, secretaries, janitors) participating in a 10-hour staff development program, which can be implemented either as a series of 1-hour sessions or as a 1- or 2-day workshop.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=75">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=75</a></p>
EVIDENCE-56	Too Good For Violence	<p>Service code: STE02, STE03            Population code: SP05, SP09, SP15, SP28            IOM: U, S            Service type: R            To provide youth in grades K-8 with a violence prevention/character education program that improves student behavior, teaches students positive attitudes, beliefs, and behaviors and minimizes aggression by teaching them the skills they need to get along peacefully with others.            Website: <a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=75">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=75</a></p>
EVIDENCE-58	Woodrock Youth Development Program	<p>Service codes: STE02, STE03, STA01, STA02            Population codes: SP09, SP15, SP28            IOM: S, I            Service type: R, S            The Woodrock Youth Development Program (YDP) is a school-based substance abuse prevention program designed to prevent or reduce alcohol, tobacco, and other drug use, raise awareness about the dangers of use, improve self-esteem, school attendance, and attitudes toward racial and ethnic diversity, and reduce aggressive attitudes and behaviors among at-risk elementary and middle school minority youth. Classes intended to raise self-awareness about the dangers of alcohol, tobacco, and other drug use, promote healthy attitudes about use, and foster self-esteem are held weekly. Includes an after school program and overnight events.            Website: <a href="http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=38">http://www.nrepp.samhsa.gov/ViewLegacy.aspx?id=38</a></p>