



Prevention Curriculum Programs

Botvin LifeSkills Prevention Program

Botvin *LifeSkills Training* (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations. A standalone prescription drug lesson is also available. It is recommended the lesson be taught in 6th grade

- Targets students in grades 3-8
- 8-12 lessons 35-45 minutes
- Aligned with PA State Standards
- Aligned with Common Core
- Cost Benefit = \$17.35*
- For more information, contact Lancaster General Health, SACA and Caron Foundation
 - LGHealth.org, 717-544-3811
 - SACAPA.org, 717-399-4295

Celebrating Families (CF!)

Celebrating Families! (CF!) is a parenting skills training program designed for families in which one or both parents are in early stages of recovery from substance addiction and in which there is a high risk for domestic violence and/or child abuse. The CF! program uses a cognitive behavioral theory (CBT) model to achieve three primary goals: 1) Break the cycle of substance abuse and dependency within families, 2) Decrease substance use and reduce substance use relapse, and 3) Facilitate successful family reunification.

- Targets families
- 16 sessions
- Cost Benefit – topic in review, results not yet available.
- For more information, contact COBYS
 - Cobys.org, 717-392-0504

Girls Circle

Girls Circle is a structured support group teaching skills that are designed to increase positive connection, personal and collective strengths, and competence. The Girls Circle aims to counteract social and interpersonal forces that impede girl's development by promoting an emotionally safe setting and structure where girls can develop caring relationships.

- Targets girls ages 9-18
- 6-8 sessions 1.5-2 hours
- Cost Benefit = not available
- For more information, contact COBYS
 - Cobys.org, 717-392-0504

Girl Power

Girl Power is a program for adolescent girls designed to ease the transition from elementary to middle school. The curriculum focuses on healthy relationships, social skills, academic growth, and community involvement. Drug and alcohol prevention is emphasized.

- Targets students transitioning from elementary to middle school
- Support group meets weekly during the school year
- Cost Benefit = not available
- For more information, contact the YWCA
 - YWCALancaster.org, 717-869-5026

Guiding Good Choices (GGC)

Guiding Good Choices (GGC) is a family competency training program for parents of children in middle school. Children are required to attend one session that teaches peer resistance skills. The other four sessions are solely for parents and include instruction on: (a) identification of risk factors for adolescent substance abuse and a strategy to enhance protective family processes; (b) development of effective parenting practices, particularly regarding substance use issues; (c) family conflict management; and (d) use of family meetings as a vehicle for improving family management and positive child involvement.

- Targets families
- 5 sessions 2 hours each. Students attend 1 session.
- Cost Benefit = 2.77*
- For more information, contact COBYS
 - Cobys.org, 717-392-0504

Incredible Years

The Incredible Years Series is an internationally recognized, evidence-based program that is proven to help children increase social and self-control skills and reduce challenging behaviors. This program offers a therapy class for the child alongside a supportive program for the parents. The child's portion of the program is a child training program for children aged 4-8 who struggle with acting impulsively, feeling anxious, resisting cooperation, and/or struggling with friendship skills. It utilizes puppet and video modeling, coaching and reinforcement with structured activities, visual imagery, fantasy play, as well as live role plays. The parents' portion of the program will prepare parents to promote more positive behaviors between parent and child, improve compliance at home and at school, reduce aggression and behavior problems in and out of the home, learn positive and consistent discipline, and gain support that includes other parents.

- Targets students aged 4-8 and parents
- 18 sessions – 2 hours per session
- Cost Benefit = \$0.18
- For more information, contact COBYS
 - Cobys.org, 717-392-0504

LionsQuest

Lions Quest is a life skills education program designed to help young people develop positive commitments to their families, schools, peers, and communities and to encourage healthy, drug-free lives. The program provides skill training in the areas of communication, responsible decision-making, positive coping strategies, development of positive relationships, empathy for others, and service learning capabilities.

- Targets students in grades K-6
- 10-20 sessions 30-45 minutes
- Cost Benefit = \$6.05*
- For more information, contact Compass Mark
 - Compassmark.org, 717-299-2831

Nurse Family Partnership (NFP)

NFP is a selective prevention program that uses trained nurses to provide an intensive home visitation intervention for first time mothers during pregnancy. This intervention provides ongoing education and support to improve pregnancy outcomes and infant health and development while strengthening parenting skills. It is the single program that focusses on children younger than age 5 that has shown significant reductions in the use of alcohol in the teen years.

- Targets first time mothers during pregnancy
- Cost Benefit = \$1.15
- For more information, contact Lancaster General Health
 - LGHealth.org, 717-544-3811

Parenting Wisely (3R's)

Parenting Wisely (3R's) provides parents and youth (ages 11-18) with the knowledge, skills, and attitudes to strengthen relationships, promote regular school attendance, and teen responsibility.

Families will learn to :

- Strengthen family and school bonds;
- Enhance family communications;
- Help teens develop responsibility;
- Establish family polices against problem behaviors, including truancy, violence, drug and alcohol use, etc.

- Targets parents & youth (ages 11-18)
- On-line program guided by a COBYS Family Life Educator
- Cost Benefit = not available
- For more information contact COBYS
 - Cobys.org, 717-392-0504

Positive Action

Positive Action is an evidence-based program that focuses on school-wide climate change and character development for students in Grades K-8. Units are designed to educate students on positive actions and behaviors that will enhance their physical, intellectual, social and emotional development. Supplemental resources are available for school counselors that reinforce classroom lessons and help coordinate school-wide efforts to reinforce positive behaviors.

- Targets students in grades K-8
- 140 lessons, 15 minutes each
- Cost Benefit = \$31.57
- For more information contact Compass Mark
 - CompassMark.org, 717-299-2831

Project Towards No Drug Abuse

Project Towards No Drug Abuse is an effective, interactive classroom-based substance abuse prevention program that is based on more than two decades of successful research at the University of Southern California. Project Towards No Drug Abuse focuses on three factors that predict tobacco, alcohol, and other drug use, violence-related behaviors, and other problem behaviors among youth. These include Motivation Factors (student attitudes, beliefs, expectations, and desires regarding drug use), Skills (effective communication, social self-control, and coping skills); and Decision-Making (making decisions that lead to health-promoting behaviors).

- Targets students in Grades 6-12
- 12 sessions, 40-50 minutes
- Cost Benefit = \$7.93
- For more information, contact Compass Mark
 - Compassmark.org, 717-299-2831

Support for Students Exposed to Trauma (SSET)

Support for Students Exposed to Trauma (SSET) is a school-based intervention for middle school students designed to improve functioning for youth who have been exposed to traumatic events. The program teaches students a variety of skill-building techniques to reduce problems with anxiety or nervousness, withdrawal or isolation, depressed mood, acting out in school, and impulsive or risky behavior. SSET also aims to help students deal with real-life problems and stressors and increase levels of peer and parent support.

- Targets students in Grades 4-8
- 10 group sessions, 45-60 minutes
- Cost Benefit = not available
- For more information, contact Compass Mark
 - Compassmark.org, 717-299-2831

Student Skills for Life

Student Skills for Life is a group educational experience which serves as **intervention** for youth experimenting with alcohol or other drugs and **prevention** for any adolescent or college-age population. The program provides experiential life skills training in the areas of effective communication, decision-making, expressing feelings, assertiveness, and stopping/reducing substance abuse.

- Targets students in grades 9-12
- 12 sessions 30-45 minutes
- State approved
- Cost Benefit – not available
- For more information, contact Compass Mark
Compassmark.org, 717-299-2831

We Know BETter

We Know BETter is a problem gambling prevention curriculum written by CompassMark under the direction of the PA Department of Drug and Alcohol Programs. In addition to addressing risk factors for gambling, the program provides interactive lessons that teach students about addiction to alcohol, drugs, tobacco, and video games, and helps build individual skills and resiliency.

- Targets students in grades 4-9
- 6 sessions 40-45 minutes
- Cost Benefit – not available
- For more information, contact Compass Mark
 - *Compassmark.org, 717-299-2831*

*Cost Benefit – Return on Investment (ROI) – for each \$1 spent you will receive \$xxx in benefit.

(<http://www.wsipp.wa.gov/>)