

NCHS Resilient Youth Initiative

Evidence-Based Program Guide

Supplement: Additional High School Programs February 2019

The programs presented have been identified, screened, reviewed and rated by experts using a standardized process and included on evidence-based registries such as SAMHSA's National Registry of Evidence-Based Programs and Practices or the National Institute of Justice's CrimeSolutions.gov. Programs are reviewed based on their published, peer-reviewed and unpublished evaluation studies and on meta-analyses that synthesize findings of different evaluations.

Program Descriptions

The table below provides descriptions of each approved program, targeted age range and expected outcomes. In most instances, verbiage was taken directly from the respective database, and are hyperlinked as such. It should be noted that each of these programs is expansive, and often has had multiple studies examining the effectiveness of their effect on specific outcomes.

This table provides a snapshot of each of the programs, but more information is available. *Resilient Youth Initiative* planning grant recipients should work with their technical assistance provider to discuss additional considerations when selecting a program for implementation.

Program	Target Age Range	Description	Expected Outcome Categories
Raising Healthy Children (Promising Program on Blueprints; Promising Program on OJJDP)	7 - 18 years old	Raising Healthy Children aims to promote positive youth development through a social developmental approach targeting risk and protective factors. Teachers receive training on classroom management skills and effective learning strategies. Students participate in classes and exercises in social and emotional development, conflict resolutions, consequential thinking, and problem-solving. Through other workshops, parents learn how to provide reinforcement for good behavior and consequences for bad behavior and to communicate with their children.	<ul style="list-style-type: none"> • Academic performance • Alcohol • Marijuana • Antisocial-aggressive behavior • Illicit drug use • Prosocial with peers • School commitment
Botvin LifeSkills Training High School Program (High School Program)	Grades 9 or 10	LifeSkills Training (LST) is a classroom-based universal prevention program designed to prevent adolescent tobacco, alcohol, marijuana use, and violence. Three major program components teach students: (1) personal self-management skills, (2) social skills, and (3) information and resistance skills specifically related to drug use. Skills are taught using instruction, demonstration, feedback, reinforcement, and practice.	<ul style="list-style-type: none"> • Academic Achievement • Conduct/problem behaviors • Improve commitment to school • Mental health • Substance use

<p>Too Good for Drugs (Too Good For Drugs High School) (SEL and Bullying Resources)</p>	<p>High School</p>	<p>Too Good for Drugs (TGFD) is a school-based prevention program that builds on students' resiliency by teaching them how to be socially competent and autonomous problem solvers. The program is designed to benefit everyone in the school by providing education in social and emotional competencies and by reducing risk factors and building protective factors that affect students in these age groups.</p>	<ul style="list-style-type: none"> • Intentions to use alcohol, tobacco, and marijuana and to engage in violence • Risk and protective factors for substance use and violence • Personal and prosocial behaviors
<p>The Narconon® Truth About Drugs Video Program (Narconon)</p>	<p>High School</p>	<p>The program is an 8-session, multimedia curriculum for elementary-, middle- and high-school students designed to improve youth perceptions of harm of substance use. Based on social influence theory, the program includes scientific information from a variety of fields about the effects and dangers of substance use, the incorrect information about substance use that exists, and personal testimonials of young adults in recovery from substance use. The curriculum covers tobacco, alcohol, marijuana, and other drugs.</p>	<ul style="list-style-type: none"> • Tobacco use and tobacco use disorder • Alcohol use and alcohol use disorder • Cannabis use and cannabis use disorder • Inhalant use and inhalant use disorder • Hallucinogen use • Stimulant use • Cocaine use • Sedative, hypnotic, and anxiolytic use and sedative, hypnotic, and anxiolytic use disorder • Opioid use and opioid use disorder • Other substance use and disorders
<p>Say It Straight (SIS) (Say It Straight)</p>	<p>All ages</p>	<p>Say It Straight (SIS) is a communication training program designed to help students and adults develop empowering communication skills and behaviors and increase self-awareness, self-efficacy, and personal and</p>	<ul style="list-style-type: none"> • Alcohol- and drug-related school suspensions • Intentions to use assertive refusal skills

		social responsibility. Building on SIS's principle of "rooting diversity in sameness," participants learn to identify with others even when they may disagree or have differences with them.	<ul style="list-style-type: none">• Criminal offenses• Communication skills• Intentions to use assertive refusal skills in sexual situations
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Program Implementation Requirements

The table below provides the number, length and frequency of sessions for each approved program. It should be noted that implementation fidelity of each of these programs is vitally important to achieving program outcomes and should be examined closely when choosing a program.

Program	Target Age Range	Number of Sessions	Length of Sessions	Frequency of Sessions
Raising Healthy Children (Promising Program on Blueprints ; Promising Program on OJJDP)	7 – 18 years old Teachers Parents	<ul style="list-style-type: none"> • Parent training: five parenting group workshops • Teacher intervention: a series of workshops for instructional improvement in classroom management • Student intervention consists of summer camps targeting students with academic or behavioral problems 	The length of workshops for teachers, parents, and students vary in length	The series of workshops for teachers are followed up with coaching sessions. Parent workshops are followed up with in-home problem-solving sessions. Student sessions are contained in a summer camp schedule.
Botvin LifeSkills Training High School Program (High School Program)	Grades 9 or 10	<ul style="list-style-type: none"> • Consists of 10 sessions 	40 - 45 minutes each session	Two to three times a week until the program is complete, or, on a more extended schedule, once a week for 10 weeks
Too Good for Drugs (Too Good For Drugs High School) (SEL and Bullying Resources)	6 - 18 years old	<ul style="list-style-type: none"> • Consists of 15 sessions 	50 minutes each session	Weekly
The Narconon® Truth About Drugs Video Program (Narconon)	6 - 17 years old	<ul style="list-style-type: none"> • Consists of 8 sessions, multimedia curriculum 	50 minutes each session	Weekly

Say It Straight (SIS) (Say It Straight)	High School	<ul style="list-style-type: none">• Consists of 8 to 10 sessions	45 - 50 minutes each session	The frequency of training sessions depends on group size, age and setting.
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