

Partners in Prevention

Proven Programs to Help Schools Address Substance Use

Table of Approved Evidenced-Based Programs: Additional High School Programs

Prepared by the Education Development Center

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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 Programs are reviewed based on their published, peer-reviewed and unpublished evaluation studies and on meta-analyses that synthesize findings of different evaluations.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	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
Too Good for Drugs (Too Good For Drugs High School) (SEL and Bullying Resources)	6 – 18 years old	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.	<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>6 – 17 years old</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 Strait)</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 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.</p>	<ul style="list-style-type: none"> • Alcohol- and drug-related school suspensions • Intentions to use assertive refusal skills • Criminal offenses • Communication skills • Intentions to use assertive refusal skills in sexual situations