

BRIEF PROGRAM DESCRIPTION

All Stars is an interactive, research-based curriculum for middle school-age youth that focuses on five strategies research has shown to decrease the chances of middle school youth being involved in alcohol and other drug use, violence and early sexual activity. It can be implemented in either school classrooms or community-based settings.

All Stars Core includes 13 sessions that last 45 minutes each. A celebration ceremony concludes the program. A parent/child component is also integrated into the program. All Stars Booster is the follow-up program in Year Two (nine 45-minute lessons) and All Stars Plus (13 lessons at 45 minutes each) is the Year Three follow-up program.

All programs aim to strengthen five specific qualities vital to achieving preventive effects: developing positive ideals and future aspirations; establishing positive norms; building strong personal commitments; promoting bonding with positive adults and peer groups; and promoting positive parent/adult attentiveness.

SPECIFIC OUTCOMES

- Increased commitment to avoid substance use and other high-risk behaviors.
- Increased adoption of a belief in positive peer group norms that make substance use, violence, and premature sexual activity unacceptable.
- Reduced substance abuse by 40% to 60%.
- Reduced sexual activity 80%.
- Increased belief that substance use and high-risk behaviors would interfere with one's desired lifestyle.
- Increased bonding to school.

Specific Tobacco Control Lessons and Outcomes:

Specific Lessons

- All Stars Core Session 8 – Opinion Poll Game
- All Stars Core Session 10 – Opinion Poll Game Rematch
- All Stars Core Session 11 – Commitment
- All Stars Core Session 12 – Defending Commitments
- All Stars Core Session 13 – Proclaiming Commitments
- All Stars Booster Session 4 – Opinion Poll Game
- All Stars Booster Session 5 – Press the Point
- All Stars Booster Session 7 – Advanced Commitment Defense Skills
- All Stars Booster Session 9 – Take Two
- All Stars Plus Session 5 – Ways to Make Decisions
- All Stars Plus Session 6 – Conscience-Based Decisions
- All Stars Plus Session 7 – Logical Decisions



- All Stars Plus Session 8 – Practice Making Decisions
- All Stars Plus Session 11 – Being Assertive
- All Stars Plus Session 12 – Resisting Peer Pressure

Tobacco Control Outcomes: Control students who did not receive the program increase their cigarette smoking by 14 percent between pre-test and post-test, whereas fewer than 5 percent of All Stars Core students increased their smoking during the same period. Control students increased smokeless tobacco use by 8 percent and All Stars Core students reduced smokeless by 5 percent in similar analyses.

AUDIENCE CHARACTERISTICS

Age Range: 11-13

Grades: 6-8

Gender: Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 10/Maximum 25

Number of Lessons: Year 1 (Core) - 13 lessons,
Year 2 (Booster) – 9 lessons, Year 3 (Plus) -13 lessons

Minimum Lessons Required to Achieve Fidelity: 13

Length of Each Session: 45 minutes

Frequency of Implementation: 1-2 times a week

Duration of Implementation: 7 –13 weeks

Recommended Intervention Site(s): Schools and Communities

HOW IT WORKS

All Stars is a guided, multiyear program that is delivered to all students or group members on a weekly basis until completed. Students are engaged through small group activities, group discussions, enjoyable/meaningful worksheet tasks, videotaping, games and art projects.

- **During Year 1:** 13 lessons of 45 minutes each are implemented.
- **During Year 2:** One year after the Core program, an optional All Stars Booster, a nine-session booster program can be implemented to enhance material taught in the core program
- **During Year 3:** The optional 13-session All Stars Plus program can be implemented.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- All lessons must be taught in the designated sequence in order to achieve the desired outcome.
- Training is highly recommended for teachers or anyone who plans to deliver the program.

How Many Lessons Need to be Done in Order to Achieve Program Fidelity?

- **Core:** 10 of 13 lessons; **Booster:** seven of 9 lessons, plus 10 of 12 lessons. (Sites need to contact vendor ahead of time to discuss which lessons to eliminate and include.)

What is the Minimum and Maximum Number of Participants in a Training Session?

- For on-site, in-person training, the maximum number is 20 and the minimum number is six.

When scheduling a private, live, online training, the maximum is 12 and the minimum is seven. Individuals can also join already-scheduled live, online training sessions.

MATERIALS AND TRAINING

Required Materials

- **Core Teacher's Manual:** \$100
- **Core Student Materials:** \$4-10 per student (includes student pre-/post-test surveys)
- **Booster Teacher's Manual:** \$80
- **Booster Student Materials:** \$2 to \$6 per student (includes student pre-/post-test surveys)
- **Plus Teacher's Manual:** \$80
- **Plus Student Materials:** \$2-\$7 per student (includes student pre-/post-test surveys)

Training (Required)

Training Cost:

- **Online Training:** \$300 per person for All Stars Core; \$150 per person for All Stars Booster and All Stars Plus.
- **On-site In-person Training:** \$3,000, plus trainer's travel expenses (20 max) for All Stars Core; \$1,500, plus trainer's travel expenses (20 max) for All Stars Booster and All Stars Plus.
- **Onsite In-person Training:** \$3,000, plus trainer's travel expenses (20 max) for All Stars Core; \$1,500, plus trainer's travel expenses (20 max) for All Stars Booster and All Stars Plus.

Training Duration:

- **Online Training:** Eight hours conducted in four two-hour modules for All Stars Core; four hours conducted in two two-hour modules for All Stars Booster and All Stars Plus.
- **Onsite In-Person Training:** 12 hours conducted in two days for All Stars Core; seven hours conducted in one day for All Stars Booster and All Stars Plus.

Min/Max Number of training participants:
Max. 20 training participants

Availability in Spanish: Yes

Program Evaluation Tools Available: Yes.
Survey included in standard student materials.



PROGRAM REPLICATIONS CONTACT INFORMATION

Matthew Braun
Coastal Healthy Communities Coalition
University of New England
Maine
(207) 602-3520
projectalliance@une.edu

Catherine Burgess
Boys and Girls Club of Fitchburg and Leominster
Massachusetts
(508) 783-7835
cburgess@bgcfl.org

Mellessa Brenem
Permian Basin Regional Council
Odessa, Texas
(432) 333-4100
mbrenem@pbrcada.org

PROGRAM CONTACT

For training and program information, contact:

Kathleen Nelson-Simley
P.O. Box 5512
Lincoln, NE 68505
Phone/Fax: (402) 489-1072
KathleenSimley@gmail.com

For materials information, contact:

Anne Page
4377 Federal Drive
Greensboro, NC 27410
Phone: (336) 601-9909
Fax: (336) 217-8674
allstarsprevention1@gmail.com

ADDITIONAL INFORMATION

Website: www.allstarsprevention.com

**SAMHSA's National Registry of Evidence-Based
Programs & Practices (NREPP) Review Documents:**

nrepp.samhsa.gov/ProgramProfile.aspx?id=120