

BRIEF PROGRAM DESCRIPTION

The HALO program provides a holistic health and prevention curriculum and training to child care providers. HALO teaches children ages 3 through 6 how to make healthy life choices that allow them to grow “bigger, stronger and better able to think.” Strongly promoting children’s awareness of healthy and harmful choices, rather than “good and bad” choices, is the core of the HALO program. The program explains how the body organs work, and how both healthy and harmful choices ultimately affect a child’s mental and physical being, including addressing alcohol, tobacco and other drug use. Therefore, children are provided with an understanding of “healthy” concepts, rather than just the recognition that a behavior is either “good or bad.”

SPECIFIC OUTCOMES

Through HALO, children:

- acquire a strengthened sense of self.
- learn to say no to things that are harmful.
- learn to recognize, label and express feeling in appropriate ways
- practice communication skills.
- obtain information about the harmful effects of tobacco and drugs.
- learn safety precautions for medicines.
- learn the importance of good nutrition and physical activity.
- practice techniques to reduce stress.
- increase acceptance of cultural diversity.

Specific Tobacco Control Lessons and Outcomes:

• Specific Lessons

The entire HALO curriculum builds skills in children that will prevent them from using tobacco in the future and prevention of tobacco use is mentioned in almost every unit. The curriculum builds self-esteem and self-worth, teaches children to communicate, helps children identify what is happening in their bodies (both emotionally and physically) and teaches appropriate ways to relieve stress and stay healthy. The following are the three HALO lessons that address tobacco extensively:

- o **Unit 7, Healthy Bodies, Healthy Choices:** The choices children make for their bodies will help their organs stay healthy. In this unit, children will learn about internal and external organs and how harmful choices can damage these organs and cause health problems.
- o **Unit 8, Healthy Choices: No Harmful Drugs:** The focus of this unit is the effects of harmful drugs on the body, centering specifically on alcohol and tobacco. Each child will be able to identify that drinking alcohol, smoking or using drugs is harmful to our bodies and mind, to say NO to harmful things and have fun by acting silly in a safe and healthy way.



- o **Unit 9, Healthy Choices: Drugs are Dangerous:** Attitudes toward alcohol, tobacco and other drugs are formed at an early age. “Drugs are dangerous” is a simple and important message that young children can understand. The child will be able to state that all drugs are dangerous; identify that drugs can make healthy people sick by damaging their organs; and know that the more often a drug is used, the more damage is done.

- **Tobacco Control Outcomes:** On average, children who participated in HALO had a statistically significant higher score on knowledge about the harmful effects of drugs on their internal organs than those who did not participate.

AUDIENCE CHARACTERISTICS

Age Range: 3-6

Grades: Preschool and Kindergarten

Gender: Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Maximum 20

Number of Lessons: 12

Minimum Lessons Required to Achieve Fidelity: 10

Length of Sessions: 30 minutes

Frequency of Implementation: One lesson per week for 12 weeks

Duration of Implementation: 12 weeks

Recommended Intervention Site(s): School and community

HOW IT WORKS

Every week when the teacher announces, "It's HALO Time!," children eagerly assemble to sing songs, perform finger plays, separate "healthy" and "harmful" photo recognition cards or to wear the "Organ Apron" to understand how the liver functions, using a sponge and red water. The exciting part is this positive, loving approach empowers children, grows their knowledge and strengthens their confidence, making them Bigger, Stronger and Better Able to Think! (One module focuses on substance-use issues, a second on personal and family responsibilities, and a third on communication and refusal skills). HALO provides early intervention services and follow-up case management services to connect families to community resources and appropriate alternative activities when necessary.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- The teacher should complete the Training DVD
- Review the Teacher's Manual
- Cover all program activities outlined in the Teachers Manual with the students.

Program Evaluation Tools Available: Yes, an assessment tool is part of kit.

MATERIALS AND TRAINING

Required Materials: Curriculum Kit (includes training DVD) - \$429

Training (Required)

- Training Cost: No cost
- Training Duration: Three-hour training DVD, which comes with the kit.
- Min/Max Number of Training Participants: None

Availability in Spanish: Yes

PROGRAM REPLICATIONS CONTACT INFORMATION

Harrison County Family Resource Network
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PROGRAM CONTACT

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ADDITIONAL INFORMATION

Website: www.haloforkids.org

SAMHSA's National Registry of Evidence-Based Programs & Practices (NREPP) Review Documents:
legacy.nreppadmin.net/ViewIntervention.aspx?id=175