

## BRIEF PROGRAM DESCRIPTION

LifeSkills Training (LST) is a proven, highly effective substance-use prevention and competency enhancement program designed to focus primarily on the major social and psychological factors promoting substance use and abuse. LST increases students' knowledge of the immediate consequences of substance use while providing necessary skills to resist social (peer) pressures and reduce psychosocial motivations to smoke, drink and use drugs.

## SPECIFIC OUTCOMES

- Evaluation studies demonstrate that the LifeSkills Training program effectively reduces rates of alcohol, tobacco, and marijuana use by 50 percent or more among those who participate in the program relative to control group students.
- LST has also been proven to reduce violence and delinquency, as well as prescription opioid and methamphetamine use.

### Specific Tobacco Control Lessons and Outcomes:

LST addresses tobacco-specific content in many lessons including: Smoking Myths and Realities, Smoking and Biofeedback (immediate effects of tobacco use), Advertising (resisting tobacco advertising), Decision-Making and Assertiveness (refusal skills to resist peer pressure).

### Tobacco Control Outcomes:

- LST has been proven effective in reducing tobacco use in 20 separate evaluation studies.
- LST has reduced tobacco use by more than 50 percent compared to control group students.
- Specific outcomes from two studies showed reductions of 56 percent to 67 percent in the proportion of pre-test nonsmokers becoming regular smokers for students receiving LST with no booster sessions.
- Reductions in tobacco use as high as 87 percent were found with LST plus booster sessions.

## AUDIENCE CHARACTERISTICS

**Age Range:** 8–16

**Grades:** 3–10

**Gender:** Male and Female



## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Min. 5/Max. 30

**Number of Lessons:**

- Elementary: Levels 1/2/3: eight lessons
- Middle School: Level 1: 15 lessons, Level 2: 10 lessons, Level 3: 5 lessons
- High School: 10 lessons

**Minimum Lessons Required to Achieve Fidelity:** All lessons.

**Length of Sessions:** 30–45 minutes

**Duration of Implementation:**

2 - 15 weeks, can implement daily or at least once a week

**Recommended Intervention Site(s):** School and Community

## HOW IT WORKS

The LifeSkills Training elementary school curriculum runs for eight class sessions at each grade level, each 30 to 45 minutes long. Each level of the elementary program is a stand-alone level that can be followed by subsequent levels as booster interventions. The booster sessions provide additional skill development and opportunities to practice in key areas. Level 1 is designed for either third or fourth grade, depending on when the transition from elementary to middle school begins.

The LifeSkills Training curriculum for middle (or junior high) schools is designed to be implemented starting with LST Middle School Level 1 (regardless of middle school grade) and then followed by booster levels (LST Middle School Levels 2 and 3). It is intended to run for 15 class periods of 45 minutes each. A booster intervention has been developed that is taught over 10 class periods in the second year (Level 2) and five in the third year (Level 3). This means the initial program should be implemented beginning with the foundation level (Level 1) and then followed by booster levels (Levels 2 and 3). Optional violence-prevention units can be implemented for each year of the program, extending the overall number of class sessions. Even though LST Middle School has been proven to reduce opioids misuse, forthcoming optional content will also be available.

The LifeSkills Training high school curriculum runs for 10 class sessions, each 40 to 45 minutes long. It is designed to be implemented in either ninth or 10th grade. No prior experience with LST is required.

All three program series can either be taught intensively (consecutively every day or two to three times a week) until the program is complete or they can be taught on a more extended schedule (once a week). Both formats have proven to be equally effective.

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- Teach the full scope and sequence of the LST curriculum.
- Teach at least one or more times per week until all units are taught.
- Use interactive teaching strategies.

**Program Evaluation Tools Available:** Yes, downloaded from website.

## MATERIALS AND TRAINING

### Required Materials:

A curriculum set for each level (elementary, middle school and high school) includes one teacher's manual and 30 student guides.

### Year 1 Program Materials:

- Elementary School Year 1: \$235
- Middle School Year 1: \$295
- High School: \$265

### Booster Materials (Years 2 & 3)

- Elementary School Year 2: \$235
- Elementary School Year 3: \$235
- Middle School Year 2: \$245
- Middle School Year 3: \$175
- Elementary School Full Set (all 3 years): \$655
- Middle School Full Set (all 3 years): \$625

### Additional Student Guides

- Middle School Year 1: \$60 per pack of 10
- Middle School Year 2: \$50 per pack of 10
- Middle School Year 3: \$40 per pack of 10
- Elementary Year 1/2/3: \$50 per pack of 10

### Training (Preferred)

- Training Cost: None. VFHY provides requested training to VFHY funded grantees
- Training Duration: Four to six hours
- Min/Max Number of training participants: Five to 25

**Availability in Spanish:** Spanish language support is available for the LST Elementary and LST Middle School program levels.

## PROGRAM REPLICATIONS CONTACT INFORMATION

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## ADDITIONAL INFORMATION

**Website:** [www.lifeskillstraining.com](http://www.lifeskillstraining.com)

### SAMHSA's National Registry of Evidence-Based

#### Programs & Practices (NREPP) Review Documents:

[legacy.nreppadmin.net/ViewIntervention.aspx?id=109](http://legacy.nreppadmin.net/ViewIntervention.aspx?id=109)