

## BRIEF PROGRAM DESCRIPTION

Project SUCCESS (PS) is a multi-component, school-based national model program that has been proven effective in preventing and reducing teen substance use. The program works to reduce the factors that put students at risk for substance use and enhancing factors that will protect students from the risks. The core components to the program are: The Prevention Education Series; individual and group counseling sessions; parent programs; referrals for additional services; schoolwide awareness programs; and faculty training.

## SPECIFIC OUTCOMES

- **Alternative School Study:** Program participants showed a 37 percent overall decrease in alcohol, tobacco and other drug use (ATOD) as compared to adolescents in a comparison group.
- **Middle School and High School Study:** Program participants who used ATOD reduced or delayed their use of other substances compared to users in the control group.
- **Specific Tobacco Control Lessons and Outcomes:** The Prevention Education Series has two lessons that address alcohol, tobacco and other drugs directly. The six other sessions address tobacco use indirectly by focusing on peer pressure, refusal problem solving, assertiveness skills, how to get help and skills to help students understand sources of stress and ways to cope with stress.

### Tobacco Control Outcomes

- **Alternative School Study:** 23 percent of program participants quit ATOD use compared to 5 percent in the comparison condition.
- **Middle School and High School Study:** Control group students were more than twice as likely to continue using alcohol and tobacco; more than four times as likely to report use of alcohol, tobacco and marijuana; and five times more likely to report illicit substance use 21 months following the intervention at post-test than program participants. Among students who used alcohol, tobacco and marijuana at pre-test, students in the control group were 4.14 times more likely than program participants to report continued use of alcohol and tobacco; 4.54 times more likely to report continued use of alcohol, tobacco and marijuana; and 7.3 times more likely to report use of an illicit substance 21 months following the intervention at post-test.



## AUDIENCE CHARACTERISTICS

**Age Range:** 12-18

**Grades:** 7-12

**Gender:** Male and Female

## PROGRAM DETAILS

**Type of Program:** Prevention (multi-component)

**Min/Max Class Size:** 5-30

**Number of Program Lessons:** The Prevention Education Series is an eight-session program.

**Minimum Lessons Required to Achieve Fidelity:** Six to eight

**Length of each lesson:** 45 minutes

**Frequency of implementation:** The Prevention Education Series can be conducted weekly for eight weeks or twice a week for four weeks.

**Duration of Implementation:** Eight weeks if conducted weekly; four weeks if conducted twice per week.

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

## HOW IT WORKS

Counselor who has experience counseling adolescents, preferably with a master's degree, is placed in a school and implements all components of the program. The Project SUCCESS Counselor works with students individually and in small groups; conducts classroom presentations; trains and consults on prevention issues with school staff; and refers and follows up with students and families needing additional services.

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

One Project SUCCESS Counselor is placed in a school part-time or full-time to implement the following core components:

- The Prevention Education Series
- Individual and small group counseling
- Schoolwide awareness activities
- Parent programs
- Faculty training and consultation on prevention issues to staff and administration

**Program evaluation tools available?** Yes, has tools in manual provided at training.

## MATERIALS AND TRAINING

### Required Materials and Cost:

Project SUCCESS implementation manual (provided at training)

Training (Strongly Suggested): Project SUCCESS implementation training (provided at training).

- **Training Cost:** \$350 per attendee (includes materials) to attend one of the two trainings in Tarrytown, N.Y. On-site training is \$4,500 plus trainer travel expenses.
- **Training Duration:** Three days
- **Min/Max Number of Training Participants:** Six to 25

**Availability in Spanish:** No

## PROGRAM REPLICATIONS CONTACT INFORMATION

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## PROGRAM CONTACT

### For training, materials and program information, contact:

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## ADDITIONAL INFORMATION

**Website:** [sascorp.org](http://sascorp.org)

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

[legacy.nreppadmin.net/ViewIntervention.aspx?id=71](http://legacy.nreppadmin.net/ViewIntervention.aspx?id=71)