

BRIEF PROGRAM DESCRIPTION

Project Towards No Drug Abuse (TND) is a highly interactive program designed to help high school youth (14 to 19 years old) resist substance use. A school-based program, TND consists of twelve 40- to 50-minute sessions that include motivational activities, social skills training, and decision making components that are delivered through group discussions, games, role-playing exercise, and student worksheets.

SPECIFIC OUTCOMES

- Cigarette use reduced 27 percent.
- Marijuana use reduced 22 percent.
- Alcohol use reduced 9 percent.
- Other drug use decreased 26 percent.
- Weapons carrying among males reduced 25 percent.

Specific Tobacco Control Lessons and Outcomes:

- Specific Lessons: Session 7 – Tobacco Basketball and Use Cessation
- Tobacco Control Outcomes:
 - In randomized control trials the program has been shown to reduce substance use and weapon-carrying in males at one-year follow up. Specifically, there was a 27 percent prevalence reduction in 30-day cigarette use.
 - In the most recent trial of TND, Sussman and colleagues found that at the one-year follow-up (collapsed across the two program conditions), results showed significant reductions in alcohol use, hard drug use and cigarette smoking relative to controls (Barnett et al., 2012; Lisha et al., 2012; Sussman et al., 2012). These effects held for an overall substance use index. Specific effects on number of times for use of cigarettes was ($p < .035$).

AUDIENCE CHARACTERISTICS

Age Range: 14 - 18

Grades: 9 - 12

Gender: Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 5/Maximum 40

Number of Lessons: 12 (two to four days per week until complete)

Length of Each Lesson: 40-50 minutes

Minimum Lessons Required to Achieve Fidelity: 12

Frequency of Implementation: Two to four days per week until complete



Duration of Implementation: 12 sessions should be implemented over a four-week period. (Could be spread over six weeks.)

Recommended Intervention Site: School

HOW IT WORKS

The 12 classroom-based sessions, approximately 40-50 minutes each, are designed to be implemented over a four-week period (three days per week), although they could be taught for three weeks (four days per week) or spread out over as long as six weeks (twice per week), as long as all sessions are taught. The instruction to students provides detailed information about the social and health consequences of drug use and addresses topics including instruction in active listening, effective communication skills, stress management, tobacco cessation techniques and self-control to counteract risk factors for substance use relevant to older teens.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- Deliver all 12 sessions in order, each 40 – 50 minutes in length.
- Teach sessions 3 days a week over a four-week period, although they may be taught twice a week or spread out over six weeks.
- Teach as written, utilizing the content and instructional techniques that are specified in the Teacher's Manual.

Program Evaluation Tools Available? Yes - Pre/Post Test Instruments are \$2.50 each (available for free download at tnd.usc.edu)

MATERIALS AND TRAINING

Required Materials:

- Teacher's Manual: \$90
- Student Workbooks (set of 5): \$60
- TND Game Board: \$15

Optional Materials:

- Video ("Drugs and Life's Dreams"): \$25
- Pre- and Post-Test Instrument: Available by request

Training (Preferred)

- Training Cost:
 - One-Day Implementation Training: \$1,200-\$1,400 (plus trainer's travel expenses)
 - Two-Day Implementation Training: \$1,900-\$2,100 (plus trainer's travel expenses)
- Training Duration: One or two days (approx. six to 12 hours per day)
- Min/Max Number of training participants:
Min=5; Max=15

Availability in Spanish: Student workbooks are available in Spanish, however the teacher's manual is only available in English.

PROGRAM REPLICATIONS CONTACT INFORMATION

Orange County Department of Education
200 Kalmus Dr.
Costa Mesa, CA 92626
(714) 966-4358

PROGRAM CONTACT

For training, materials and program information, contact:

Leah Meza
University of Southern California, IPR
2001 N. Soto Street, SSB 302
Los Angeles, CA 90032
Phone: (800) 400-8461
Fax: (323) 442-7254
leahmedi@usc.edu

ADDITIONAL INFORMATION

Website: tnd.usc.edu

SAMHSA's National Registry of Evidence-Based

Programs & Practices (NREPP) Review Documents:

legacy.nreppadmin.net/ViewIntervention.aspx?id=21