

VFHY COMPENDIUM PROGRAM MATRIX



PROGRAM	AGES/GRADES	# OF SESSIONS	SESSION LENGTHS	SESSION FREQUENCY	TRAINING
All Stars	Ages 11-13 Grades 6-8	13 - core 9 - Booster 13 - Plus	45 min	One – two times a week (7 -13 weeks)	Required (2 days)
Al's Pals	Ages 3-8 Grades pre-K-3	46	15 min	Twice a week (23 weeks)	REQUIRED (2 days)
Families and Schools Together (FAST)	Ages 11-14 Grades pre 6-8	10	2 hrs plus 30 min for meal	Once per week	Required (two days)
Healthy Alternatives for Little Ones (HALO)	Ages 3-6 Grades pre-K	12	30 min	Once a week (12 weeks)	Required (3 hour DVD)
LifeSkills Training (LST)*	Ages 8-15 Grades 3-10	8 – ES Levels 1-3 15 – MS Level 1 10 – MS Level 2 5 – MS Level 3 10 – HS	30-45 min (ES) 45 min (MS)	Minimum once weekly or can be taught two or three times a week until the program is complete.	Preferred (6 hours)
Media Detective	Ages 8-10 Grades 3-5	10	45 min	One lesson per day, presented sequentially	Recommended (6 hours)
Media Ready	Ages 11-14 Grades 6-8	10	45 min	One lesson per day, presented sequentially	Required (8 hours)
Not On Tobacco (NOT)	Ages 14-18 Grades 9-12	10	50 min	Once weekly (10 weeks)	REQUIRED (8 hours)
Positive Action *	Ages 3-18 Grades pre-K-12	48-140 - Elem 31-82 - MS 31-132 - HS Up to 140 lessons	15 – 20 min	1-4 times weekly (12 – 50 weeks)	Preferred (6 hours)

***Note:** The programs with an asterisk next to them are programs for which VFHY staff will provide training to VFHY-funded grantees at no charge

VFHY COMPENDIUM PROGRAM MATRIX continued



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Project ALERT	Ages 11-14 Grades 6 or 8	11 – Year 1 3 – Year 2	45 min	Once weekly (11 weeks, 14 with booster)	Required (8 hours)
Project EX	Ages 14-18 Grades 9-12	8	45-50 min	1st 4 lessons taught over 2 week period, last 4 lessons taught once weekly (6 weeks)	Preferred (1 or 2 days)
Project SUCCESS	Ages 11-14 Grades 6-8	8	45-50 mins	Weekly or twice a week	Strongly suggested (three days)
Project Toward No Drug Use (TND)	Ages 14-18 Grades 9-12	12	40-50 min	3 lessons per week over 4 weeks or spread out over 6 weeks	Preferred (1-2 days)
Project Toward No Tobacco Use (TNT)	Ages 10-13 Grades 5-8	10 - core (Yr 1) 2 - booster (Yr 2)	45-50 min	Core - 1 lesson daily for 10 days (2 weeks) or spread out over 4 weeks Booster – 1 lesson daily for 2 days	Preferred (1-2 days)
Strengthening Families Program (SFP 6-11, 12-16)	Ages 6-16 Grades 1-10	14	2.5 hrs - includes time for family meal.	Once weekly (14 weeks)	Strongly Preferred (2 days)
Strengthening Families Program (SFP 10-14)*	Ages 10-14 Grades 5-9	7	2.5 hrs – includes time for family meal	Once weekly (7 weeks)	REQUIRED (3 days)
Too Good For Drugs*	Ages 5-18 Grades K-12	10	30-50 min	Once weekly for 10 weeks	Preferred (6 hours)

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