



# THE TOBACCO-FREE GENERATION CURRICULUM GUIDE

**VFHY:** Empowering Virginia's youth to make healthy choices

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# Introduction to The Tobacco-Free Generation Curriculum Guide



The Virginia Foundation for Healthy Youth (VFHY) maintains The Tobacco-Free Generation Curriculum Guide (Curriculum Guide), a list of model, promising or effective tobacco prevention or cessation programs. These programs allow schools, faith-based, and other community organizations to help youth under the age of 18 refrain from or discontinue tobacco, nicotine, and vaping product use. Each Curriculum Guide program requires long-term engagement and instruction, occurring over multiple sessions. This instruction can take place in a classroom setting, through small group discussions, via virtual learning platforms, etc.

This Curriculum Guide provides a summary of selected programs funded by VFHY. Each program includes multiple pages of information to include vendor's contact information and links to additional program information.

For further assistance with selecting the right program for your target audience or additional Curriculum Guide information, please contact:

Charlie McLaughlin Jr.  
VFHY Training and Resource Manager  
(804) 786-2279  
[cmclaughlin@vfhy.org](mailto:cmclaughlin@vfhy.org)



# VFHY CURRICULUM GUIDE SUMMARY



Program Title	Number/ Length of Sessions	Session Frequency	Audience Characteristics (By Grade)													
			Pre K	K	1	2	3	4	5	6	7	8	9	10	11	12
<b>AI's Pals</b>	46 @ 15 min.	Twice a week (23 weeks)														
<b>All Stars</b>	13, 9, 13 (Core, Booster, Plus) @ 45 min.	1-2 times a week (7 -13 weeks)														
<b>Botvin Life Skills Training (LST)</b>	8 (ES) @ 30-40 min. 15, 10, 5 (MS Level 1, 2, 3) @ 45-50 min. 10 (HS) @ 45-50 min.	Minimum once weekly or can be taught 3 times a week until program is complete														
<b>CATCH My Breath</b>	4 @ 30-40 min.	1 time per week for 4 weeks														
<b>Healthy Alternatives for Little Ones</b>	12 @ 30 min.	Once a week (12 weeks)														
<b>INDEPTH (includes Not on Tobacco)</b>	4 @ 50 min (NOT: 10 @ 50 min)	Once a week (4 weeks) (NOT: Once a week for 10 weeks)														
<b>Positive Action</b>	Pre-K: @ 5 min. Grades K-6 @15 min. Grades 7-8 @ 20-min. HS @ 15-20-min.	2-4 times weekly (approx. 36 weeks)														
<b>Project ALERT</b>	11 – Year 1 @ 45 min. 3 – Year 2 @ 45 min	Once weekly (11 weeks, 14 with booster)														
<b>Project SUC- CESS</b>	8 @ 45-50 min.	Weekly or twice a week														
<b>Project Towards No Drug Abuse (TND)</b>	12 @ 40-50 min.	12 sessions over a four-week period														

Program Title	Number/ Length of Sessions	Session Frequency	Audience Characteristics (By Grade)													
			Pre K	K	1	2	3	4	5	6	7	8	9	10	11	12
Project Towards No Tobacco Use (TNT)	10, 2 (Core, Booster) @ 40-50 min.	10 core lessons delivered over a two- week period. 2 booster lessons delivered one year later in a 2-day sequence.														
Stanford Tobacco Prevention Toolkit	Varies based on need. Plan to implement at least 5 sessions	Varies based on need														
Strengthening Families Program 10-14	7 @ 2.5 hours (includes time for family meal)	Once weekly (7 weeks)														
Strengthening Families Program 6-11, 12-16	14 @ 2.5 hours (in- cludes time for family meal)	Once weekly (14 weeks)														
Too Good for Drugs	10 @ 30-50 min.	Once weekly for 10 weeks														



## BRIEF PROGRAM DESCRIPTION

Al's Pals: Kids Making Healthy Choices is an early childhood prevention curriculum and teacher training program. Geared for children ages 3 to 8, Al's Pals develops children's social skills, self-control, problem-solving abilities, and an understanding that they are not to use tobacco, alcohol, and other drugs.

## SPECIFIC OUTCOMES

- Significant increases in pro-social behaviors.
- Significant reductions in problem behaviors such as social withdrawal.
- Significant increases in positive coping behaviors such as seeking help to solve a problem.
- Significant decreases in negative coping behaviors such as the use of physical or verbal aggression to solve problems.
- Prevention of increases in antisocial and aggressive behaviors that might otherwise occur.

### Specific Tobacco Control Lessons and Outcomes:

#### Specific Tobacco Control Lessons:

- A full, eight-lesson module addresses "safe and healthy" choices for children. Four lessons specifically address tobacco control: Lesson 28 "Taking Care of Ourselves," Lesson 31 "What's Safe for My Body?", Lesson 32 "What's Safe to Touch?" and Lesson 33 "Keeping Ourselves Healthy."
- The entire module reiterates the meaning and importance of "healthy" and teaches children to differentiate between "safe" and "unsafe" by identifying what is safe to eat, taste, smell and put into the body. Throughout these lessons, children are encouraged to seek adult permission and/or assistance and reminded that tobacco products are not safe and healthy for children.

#### Tobacco Control Outcomes:

- Prevents the initiation of tobacco use by youth.
- Promotes attitudes that favor healthy lifestyles, avoiding harmful substances such as tobacco products.
- Develops pro-social skills that help children resist peer pressure and risky decision-making connected to tobacco product use.



## AUDIENCE CHARACTERISTICS

**Age Range:** 3-8

**Grade Level:** Preschool-Grade 3

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 8/Maximum 30

**Number of Lessons:** 46 (two per week)

**Minimum Number of Lessons Required to Achieve Fidelity:** 35

**Length of Each Lesson:** 15 minutes each

**Frequency of Implementation:** Twice a week

**Duration of Implementation:** 23 weeks

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

## HOW IT WORKS

Al's Pals has 46 core lessons that capture real-life childhood experiences and provide opportunities for children to acquire and practice social and emotional skills. The lessons are delivered by a classroom teacher for 10 to 15 minutes twice a week. An original hand puppet named Al is the heart of the program and serves as a positive role model. In addition to Al and puppet pals Ty and Keisha, children are engaged through a wide range of teaching tools including scripted puppet-led discussions, guided creative play, original songs, posters, color photographs, message pads and books.

Through the lessons, children learn and practice positive ways to express feelings, relate to others, communicate, differentiate between safe and unsafe substances and situations, brainstorm ideas, and solve problems. By reinforcing the Al's Pals concepts throughout the day, the teacher shapes a caring environment, encouraging independent thinking, use of self-control, caring and kindness, healthy decision-making, and peaceful problem solving. A nine-lesson booster curriculum is used in second or third grade to reinforce skills learned through the core lessons.

Letters from Al are regularly sent home to inform parents about the life skills their children are learning and to suggest activities parents can use to help their children practice and retain these skills. The curriculum also includes "Al-a-Grams" — school-to-home messages delivered home by the children that recognize positive behaviors noted at school (e.g., caring about others' feelings or calming down).

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- Complete lessons need to be delivered, in sequence, two per week, by a Wingspan-trained classroom teacher.
- The classroom teacher needs to practice, reinforce and model key Al's Pals concepts throughout the day.
- Al's Pals staff is comprised minimally of one Wingspan-trained teacher (typically the classroom educator), who spends at least five hours each week with the children receiving the program. No new staff is required to implement Al's Pals.

**Program Evaluation Tools Available:** No

## MATERIALS AND TRAINING

### Required Materials

- **46-lesson curriculum kit:** \$795 plus S&H
- **Parent letters for subsequent years:** \$60 per classroom
- **Certificates of program completion:** \$20 per classroom

### Optional Materials and Cost

- **Spanish parent letters:** \$30 per set
- **Spanish Al-a-Gram school-to-home message pads:** \$45 per set
- **Spanish certificates of program completion:** \$10 per set
- **Booster curriculum kit:** \$285
- **Calm down or problem-solving poster for home use (English or Spanish):** \$5
- **Al's Healthy Choices children's book:** \$12.95
- **Music CD for home use:** \$15

### Training (Recommended)

Al's Pals recommended training is offered in two formats — face-to-face or virtually.

#### Al's Pals Face-to-Face Core Training

- **Training Cost:** \$5,280 flat fee for onsite training for a group of up to 35 people.
- **Training Duration:** Two days
- **Minimum/Maximum Number of Training Participants:** Minimum 1/Maximum 35

#### Al's Pals Live Virtual Core Training:

- **Training Cost:** \$4,220 flat fee for private online virtual training for a group of up to 30 people.
- **Training Duration:** Four sessions, three hours each
- **Minimum/Maximum Number of training participants:** Minimum 1/Maximum 30

#### Optional Refresher and Advanced Training – Face-to-Face

- **Training Cost:** \$3,465 flat fee for onsite training for a group of up to 30 people
- **Training Duration:** Six hours
- **Minimum/Maximum Number of Training Participants:** Minimum 1/Maximum 50

#### Optional Refresher and Advanced Training – Live, Virtual

- **Training Cost:** \$2,770 flat fee for online virtual training for a group of up to 30 people
- **Training Duration:** 6 hours
- **Minimum/Maximum Number of training participants:** Minimum 1/Maximum 30

**Is the program available in Spanish?** Only classroom posters and materials sent home to the families are available in Spanish.

## PROGRAM REPLICATIONS CONTACT INFORMATION

Ragen Johnson  
Alternatives, Inc.  
359 Fenwick Road Building 263  
Ft. Monroe, VA 23651  
(757)838-2330

Kristy Worley  
United Way of Southwest Virginia  
1096 Ole Berry Drive  
Abingdon, VA 24210  
(276) 628-2160 ext.4103  
[kworley@unitedwayswva.org](mailto:kworley@unitedwayswva.org)

Carol Clark  
Smart Beginnings Rappahannock Area  
4701 Market Street Suite C  
Fredericksburg, VA, 22408  
(540) 479-6944  
[carol@smartbeginningsra.org](mailto:carol@smartbeginningsra.org)

## PROGRAM CONTACT

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

Sayra Hughes  
Senior Manager of RFP/Proposals  
Teaching Strategies, LLC  
(301) 974-7703  
[sayra.h@TeachingStrategies.com](mailto:sayra.h@TeachingStrategies.com)

Sandra Faria  
Senior Director of Professional Development  
Teaching Strategies, LLC  
(240) 278-7394  
[sandra.f@teachingstrategies.com](mailto:sandra.f@teachingstrategies.com)

## ADDITIONAL INFORMATION

Website: [wingspanworks.com](http://wingspanworks.com)

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Al's Pals is geared for children ages 3-8 years old. While it would not be developmentally appropriate to have a lesson dedicated specifically to vaping, the concept is introduced in several of the healthy choices lessons such as Lesson 31 "What's Safe for My Body" and Lesson 33 "Keeping Ourselves Healthy" which teach children to identify healthy and harmful things to eat, taste, and smell and to ask a trusted adult before putting things into their body. During teacher training, vaping and e-cigarettes are discussed as potential harmful products for children. Teachers are asked to include pictures and references to them when teaching the safe and healthy lessons.

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes. While Al's Pals is designed for group interaction within the in-person physical classroom, it has been implemented virtually with success during the pandemic. Most teachers conduct the lessons live during their virtual instruction; some have recorded the lessons and play the recordings during their instruction time. Teachers are asked to provide families with guidance on how to engage with their children during or following the lessons to reinforce and practice the concepts taught. The music is played regularly to continue the reinforcement of the core concepts and the program letters are sent to the families to inform them what is being taught and offer them activities to do at home.

### Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

No.



## BRIEF PROGRAM DESCRIPTION

All Stars is an interactive, research-based curriculum for middle school-age youth that focuses on five strategies research has shown to decrease the chances of middle school youth being involved in alcohol and other drug use, violence and early sexual activity. It can be implemented in either school classrooms or community-based settings.

All Stars Core includes 13 sessions that last 45 minutes each. A celebration ceremony concludes the program. A parent/child component is also integrated into the program. All Stars Booster is the follow-up program in Year Two (nine 45-minute lessons) and All Stars Plus (13 lessons at 45 minutes each) is the Year Three follow-up program.

The All Stars Core program has been adapted and is available for virtual delivery with students.

All programs aim to strengthen five specific qualities vital to achieving preventive effects: developing positive ideals and future aspirations; establishing positive norms; building strong personal commitments; promoting bonding with positive adults and peer groups; and promoting positive parent/adult attentiveness.

## SPECIFIC OUTCOMES

- Increased commitment to avoid substance use and other high-risk behaviors.
- Increased adoption of a belief in positive peer group norms that make substance use, violence and premature sexual activity unacceptable.
- Reduced substance use by 40 percent to 60 percent.
- Reduced sexual activity by 80 percent.
- Increased belief that substance use and high-risk behaviors would interfere with one's desired lifestyle.
- Increased bonding to school.

### Specific Tobacco Control Lessons and Outcomes:

#### Specific Lessons

- All Stars Core Session 8 – Opinion Poll Game
- All Stars Core Session 9 – Norms: Unwritten Rules of Behavior
- All Stars Core Session 10 – Opinion Poll Game Rematch
- All Stars Core Session 11 – Commitment
- All Stars Core Session 12 – Defending Commitments
- All Stars Core Session 13 – Proclaiming Commitments
- All Stars Booster Session 4 – Opinion Poll Game
- All Stars Booster Session 5 – Press the Point
- All Stars Booster Session 7 – Advanced Commitment Defense Skills



- All Stars Booster Session 9 – Take Two
- All Stars Plus Session 5 – Ways to Make Decisions
- All Stars Plus Session 6 – Conscience-Based Decisions
- All Stars Plus Session 7 – Logical Decisions
- All Stars Plus Session 8 – Practice Making Decisions
- All Stars Plus Session 11 – Being Assertive
- All Stars Plus Session 12 – Resisting Peer Pressure

### Tobacco Control Outcomes:

- Control students who did not receive the program increase their cigarette smoking by 14 percent between pre-test and post-test, whereas fewer than 5 percent of All Stars Core students increased their smoking during the same period. Control students increased smokeless tobacco use by 8 percent and All Stars Core students reduced smokeless by 5 percent in similar analyses.

## AUDIENCE CHARACTERISTICS

**Age Range:** 11-13

**Grade Level:** 6-8

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 10/Maximum 25

**Number of Lessons:** Year 1 (Core) - 13 lessons; Year 2 (Booster) – 9 lessons; Year 3 (Plus) - 13 lessons

**Minimum Number of Lessons Required to Achieve Fidelity:**

Year 1 (Core) - 10 lessons; Year 2 (Booster) - 7;

Year 3 (Plus) - 10 lessons

**Length of Each Lesson:** 45 minutes

**Frequency of Implementation:** 1-2 times per week

**Duration of Implementation:** Between 7-13 weeks

**Recommended Intervention Site(s):** School Classroom or Community; Setting - In-person or virtual

## HOW IT WORKS

All Stars is a guided, multiyear program that is delivered to all students or group members on a weekly basis in-person or virtually until completed. Students are engaged through small group activities, group discussions, enjoyable/meaningful worksheet tasks, video-taping, games and art projects.

- **During Year 1:** 13 lessons of 45 minutes each are implemented.
- **During Year 2:** One year after the Core program, an optional All Stars Booster, a nine-session booster program, can be implemented to enhance material taught in the core program.
- **During Year 3:** The optional 13-session All Stars Plus program can be implemented.

## IMPLEMENTATION ESSENTIALS

**To Replicate with Fidelity:**

- All lessons must be taught in the designated sequence in order to achieve the desired outcome.
- Training is highly recommended for teachers or anyone who plans to deliver the program.

**Program Evaluation Tools Available?** A pre- and posttest student survey is available for all three programs, along with complementary analyzing and reporting of results by the program developer.

## MATERIALS AND TRAINING

**Required Materials:**

- **Core Teacher's Manual:** \$100
- **Core Student Materials:** \$4-\$10 per student (three package options available with two of them including student pre-/post-test surveys)
- **Booster Teacher's Manual:** \$80
- **Booster Student Materials:** \$2-\$6 per student (two package options with one including student pre-/post-test surveys)
- **Plus Teacher's Manual:** \$80
- **Plus Student Materials:** \$2.50-\$7 (two package options with one including student pre-/post-test surveys)

**Training (Required)**

**Training Cost:**

- **On-Demand, Self-Paced Online Training:** \$399 per person for All Stars Core; \$200 per person for All Stars Booster and All Stars Plus.
- **On-site, In-person Training:** \$3,750, plus trainer's travel expenses (20 maximum) for All Stars Core; \$2000, plus trainer's travel expenses (20 maximum) for All Stars Booster and All Stars Plus.

**Training Duration:**

- **On-Demand, Self-Paced Online Training:** Eight hour training course for All Stars Core; Three hour training course for All Stars Booster and four hour training course for All Stars Plus.
- **Onsite In-Person Training:** 12 hours conducted in two days for All Stars Core; seven hours conducted in one day for All Stars Booster and All Stars Plus.

**Minimum/Maximum Number of Training Participants:**

20 maximum training participants for in-person training.

**Is the program available in Spanish?** Yes

## PROGRAM REPLICATIONS CONTACT INFORMATION

Lynne Sroczynski  
Bulloch Council on Alcohol and Drugs  
Georgia  
(912) 682-7019  
[lynnes@nctv.com](mailto:lynnes@nctv.com)

Jay Murphy  
Nock Middle School  
Massachusetts  
(978) 465-4447  
[jaymurphy@newburyport.k12.ma.us](mailto:jaymurphy@newburyport.k12.ma.us)

Michelle Daniel  
USD 428  
Kansas  
(913) 529-9736  
[michelle.daniel@usd428.net](mailto:michelle.daniel@usd428.net)

## PROGRAM CONTACT

### For training and program information, contact:

Kathleen Nelson-Simley  
P.O. Box 5512  
Lincoln, NE 68505  
Phone: (402) 489-1072  
Email: [kathleen@knslearningsolutions.com](mailto:kathleen@knslearningsolutions.com)

### For materials information, contact:

Anne Page  
4377 Federal Drive  
Greensboro, NC 27410  
Phone: (336) 601-9909  
Fax: (336) 217-8674  
Email: [allstarsprevention1@gmail.com](mailto:allstarsprevention1@gmail.com)

## ADDITIONAL INFORMATION

**Website:** [allstarsprevention.com](http://allstarsprevention.com) and [knslearningsolutions.com](http://knslearningsolutions.com)

### Does the program include a vaping module and/or up to date information on vaping?

Yes.

#### If so which lessons?

- All Stars Core Session 8 – Opinion Poll Game
- All Stars Core Session 9 – Norms: Unwritten Rules of Behavior
- All Stars Core Session 10 – Opinion Poll Game Rematch
- All Stars Core Session 11 – Commitment
- All Stars Core Session 12 – Defending Commitments
- All Stars Core Session 13 – Proclaiming Commitments
- All Stars Booster Session 4 – Opinion Poll Game
- All Stars Booster Session 5 – Press the Point
- All Stars Booster Session 7 – Advanced Commitment Defense Skills
- All Stars Booster Session 9 – Take Two
- All Stars Plus Session 5 – Ways to Make Decisions
- All Stars Plus Session 6 – Conscience-Based Decisions
- All Stars Plus Session 7 – Logical Decisions
- All Stars Plus Session 8 – Practice Making Decisions
- All Stars Plus Session 11 – Being Assertive
- All Stars Plus Session 12 – Resisting Peer Pressure

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process

Yes. The teacher manuals and lessons plans have been updated to include tips, instructions and special considerations for teaching the programs virtually with students. The paper student worksheets for each program are now available online for students to complete. An on-demand, self-paced training module on how to teach the program virtually with fidelity is available and is required for any teacher planning to deliver virtually.

### Does the program allow an organization staff member to obtain “Train the Trainer” status to train future facilitators?

No

## 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 more than 50 percent 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 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). A resource (Botvin Health Connections: Electronic Cigarettes and Vaping) is also available to strategically connect e-cigarettes/vaping in select lessons.

### 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 lessons.
- Reductions in tobacco use as high as 87 percent were found with LST plus booster lessons.

## AUDIENCE CHARACTERISTICS

**Age Range:** 8-15

**Grade Level:** 3-10

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 5/Maximum 30

**Number of Lessons:**



- **Elementary Levels 1:** 8 lessons
- **Elementary Level 2:** 8 lessons
- **Elementary Level 3:** 8 lessons
- **Middle School Level 1:** 15 lessons
- **e-LST Middle School Level 1:** 15 lessons
- **Middle School Level 2:** 10 lessons
- **Middle School Level 3:** 5 lessons
- **High School:** 10 lessons
- **e-LST High School:** 10 lessons (coming 2021)

### Minimum Number of Lessons Required to Achieve Fidelity:

Elem: 8 lessons; MS: 15 lessons (level 1) 10 lessons (Level 2) 5 lessons (Level 3); HS: 10 lessons

### Length of Each Lesson:

- **Elementary:** 30-40 minutes
- **Middle School/High School:** 45-50 minutes
- **e-LST Middle/High School:** 20-25 minutes online + 20-25 minutes of 'live' skills practice

**Frequency of Implementation:** At least 1 time per week or 3-5 times per week.



## Duration of Implementation:

Program Level	Minimum (5 x week)	Maximum (1 x week)*
Elementary	2 weeks	8 weeks
Middle School Level 1	4 weeks	15 weeks
Middle School Level 2	2 weeks	10 weeks
Middle School Level 3	1 week	5 weeks
e-LST Middle School 1	4 weeks	15 weeks
High School	3.5 weeks	18 weeks
e-LST High School	2 weeks	10 weeks

**Recommended Intervention Site(s):** Schools, Community-based organization, youth groups, etc. (the program has been implemented in many classroom-type settings)

## HOW IT WORKS

The LifeSkills Training elementary school curriculum runs for eight class lessons at each grade level, each 30 to 40 minutes long. Each level of the elementary program is a standalone level that can be followed by subsequent levels as booster interventions. The booster lessons provide additional skill development and opportunities to practice in key areas. Level 1 is designed for either grades three or four, 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 45-50 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 lessons. LST Middle School has been proven to reduce opioid misuse with no additional content, there is an Rx Prevention Module available separately to bring the topic to the forefront of the implementation.

The LifeSkills Training high school curriculum runs for 10 class lessons, each 45-50 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 multiple 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 time per week until all units are taught.
- Use interactive teaching strategies.

**Program Evaluation Tools Available?** Yes. Process Evaluation (Fidelity Checklists) and Outcome Evaluation (Pre/Post Tools)

## 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. *e-LST is 10-student pack; Teacher's Manual*

### Year 1 Program Materials:

- **Elementary School Year 1:** \$235
- **Middle School Year 1:** \$295
- **e-LST Middle School 1:** \$100 10-pack Student Keys; \$85/Teacher's Manual
- **High School:** \$265
- **e-LST High School:** \$100 10-pack Student Keys; \$85/Teacher's Manual

### 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

- **Elementary Level 1:** \$50 per pack of 10
- **Elementary Level 2:** \$50 per pack of 10
- **Elementary Level 3:** \$50 per pack of 10
- **Middle School Level 1:** \$60 per pack of 10
- **Middle School Level 2:** \$50 per pack of 10
- **Middle School Level 3:** \$40 per pack of 10
- **e-LST Middle School:** \$100 per pack of 10 (Student Keys)
- **High School:** \$60 per pack of 10
- **e-LST High School:** \$100 per pack of 10 (Student Keys)

### Training (Preferred)

**Onsite Training Cost:** None. VFHY provides requested training to VFHY funded grantees

**Training Duration:** 6 hours

**Minimum/Maximum Number of training participants:** Minimum 6/Maximum 20

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



## PROGRAM REPLICATIONS CONTACT INFORMATION

Kat Allen

Coalition Coordinator, Communities That Care Coalition  
Partnership for Youth, a Program of the Franklin Regional  
Council of Governments  
12 Olive Street, Suite 2, Greenfield, MA 01301  
Phone: (413) 774-3167 x119  
Email: [kallen@frcog.org](mailto:kallen@frcog.org)

Ronna Yablonski

Executive Director, Cambria County Drug Coalition  
1 Pasquerilla Plaza, Floor 2, Suite 126, Johnstown, PA 15901  
Phone: (814) 619-4505  
Email: [ronna.yablonski@drugcoalition.org](mailto:ronna.yablonski@drugcoalition.org)

Lee Winterhalter

Fayette County Drug & Alcohol Commission, Inc.  
Address 100 New Salem Road, Suite 106, Uniontown, PA 15401  
Phone: (724) 970-3487  
Email: [LWinterhalter@fcdaa.org](mailto:LWinterhalter@fcdaa.org)

## PROGRAM CONTACT

### For materials and program information, contact:

Craig Zettle  
Princeton Health Press  
711 Westchester Avenue  
White Plains, NY 10604  
Phone: (914) 421-2525 or (800) 293-4969  
Fax: (914) 421-0521  
Email: [czettle@nhpamail.com](mailto:czettle@nhpamail.com)

### For Training, contact:

Charlie McLaughlin  
Virginia Foundation for Healthy Youth  
701 E. Franklin St., Suite 500  
Richmond, VA 23219  
Phone: (804) 786-2279  
Mobile: (757) 334-5370  
Email: [cmclaughlin@vfhy.org](mailto:cmclaughlin@vfhy.org)

## ADDITIONAL INFORMATION

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

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

The LST program materials focus on smoking, but a free resource is available (Botvin Health Connections: Electronic Cigarettes and Vaping) to help teachers incorporate this topic into strategically selected lessons. **Note:** The LST Smoking and Biofeedback video (Middle School Level 1) will be updated to include content for nicotine-based products (including e-cigs/vaping). Scheduled for Fall 2020.

e-LST contains a Smoking unit that introduces content related to e-cigarettes and vaping.

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes. The LST program implementation materials are available in Print + Secure PDF for 2020-2021. When a site orders student implementation material, they may request access to the Secure PDF Student Guide (available for all LST Levels). However, a new remote teaching version of LST is available (e-LST). e-LST Middle School 1 is an adaptation of the LST Middle School 1 print program and is specifically designed for hybrid (in-person and online) or remote teaching (via a Learning Management System). e-LST High School is also available (early 2021).

### Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

Yes. The LST Training of Trainers (TOT) workshop is available. It is a 2-day onsite training held either at a specific location or at the Botvin LST Offices in NY. The minimum requirements are: (1) Successfully complete an LST Teacher Training workshop; onsite or online, (2) Teach one level of the LST program in-person (any level), and successfully complete the 2-day TOT Workshop.

More information is available at the Life Skills Training website.  
<https://www.lifeskillstraining.com/wp-content/uploads/2018/08/Training-of-Trainers-TOT-workshop-overview.pdf>

## BRIEF PROGRAM DESCRIPTION

CATCH My Breath is a peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL devices and disposables. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.

## SPECIFIC OUTCOMES

If implemented with fidelity, the program has shown a 45% reduction in intention to vape among students.

**Specific Tobacco Control Lessons and Outcomes:** All of our lessons are around e-cigarette prevention and address tobacco control. We discuss health and social consequences, media marketing and advertising, resisting peer pressure and tobacco laws and regulations.

## AUDIENCE CHARACTERISTICS

**Age Range:** 10-18

**Grade Level:** 5-12

## PROGRAM DETAILS

**Type of Program:** Nicotine vaping prevention

**Minimum/Maximum Class Size:** Minimum 5/Maximum 35

**Number of Program Lessons:** 4 per grade level

**Minimum Number of Lessons Required to Achieve Fidelity:** 4

**Length of Each Lesson:** 30-40 minutes

**Frequency of Implementation:** 1 time per week

**Duration of Implementation (in weeks):** 4 weeks

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

## HOW IT WORKS

Over four sessions, students will learn how e-cigarettes work and investigate the harmful effects of the ingredients contained in e-cigarette liquid. Through a series of activities, students will examine current use rates, reasons why their peers might use e-cigarettes, and negative social and health consequences, including potential disease and death. They will learn and practice refusal skills and exit strategies to use when they are pressured to use an e-cigarette. Students will also learn to identify marketing strategies used by tobacco and vape companies and will create their own e-cigarette warning labels to counteract the influence of ads. After presenting their warning labels to their peers, students will write action plans that clearly communicate their choices with regards to e-cigarettes and vaping.

## IMPLEMENTATION ESSENTIALS

**To Replicate with Fidelity:** Instructors must deliver the four lessons, as written, once per week over four consecutive weeks.

## MATERIALS AND TRAINING

**Required Materials and Cost:** \$0

**Optional Materials and Cost:** Posters \$49 for a set of 12 posters, \$25 per user for one year of access to recorded 6th grade lessons.

**Training Requirement:** Training is not required, but has been found beneficial to many educators.

**If training is required, please provide the following:**

- **Training Cost:** \$50 / Registrant
- **Training Duration:** 1.5 Hours
- **Min/Max Number of training participants:** 1

**Is the program available in Spanish?** No.

## TRAINING & PROGRAM INFORMATION CONTACT:

Marcella Bianco  
Program Director  
[marcella@catch.org](mailto:marcella@catch.org)

## MATERIAL INFORMATION CONTACT:

Patricia Stepaniuk  
Sr. Program Coordinator  
[patricia@catch.org](mailto:patricia@catch.org)

## PROGRAM REPLICATIONS CONTACT INFORMATION:

Vickie Perry  
Mississippi Department of Health  
805 Wheatley Street, Suite 400  
Ridgeland, MS 39157  
601-991-6056  
[Vickie.Perry@msdh.ms.gov](mailto:Vickie.Perry@msdh.ms.gov)

Bryan Austin  
RHA Prevention Resource Center  
479 Kellwood Drive, Boone, NC  
828-221-7171  
[Bryan.Austin@rhanet.org](mailto:Bryan.Austin@rhanet.org)

Stephanie Beguin-Howard  
Fairfax County Schools  
Fairfax, VA  
[sebeguinhowa@fcps.edu](mailto:sebeguinhowa@fcps.edu)

## ADDITIONAL INFORMATION

**Website address:** [www.catchmybreath.org](http://www.catchmybreath.org)

**Does the program include a vaping module and/or up to date information on vaping? If so which lessons?**

Yes, the program includes vaping prevention in all four lessons, in every grade.

**Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.**

Yes, the program can be implemented virtually. The ultimate implementation method and plan is left to each educator, however, CATCH My Breath has provided general virtual implementation recommendations.

**Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).**

Yes, the program allows an organization staff member to obtain "Train the Trainer" status to train future facilitators. The cost is \$300 per participant. The participant may register for an open training session which lasts a total of 5 hours, spread over two consecutive business days. More information can be found at: <https://www.catch.org/bundles/23725>

## BRIEF PROGRAM DESCRIPTION

The Healthy Alternatives for Little Ones (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

**Grade Level:** Preschool and Kindergarten

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Maximum 20

**Number of Lessons:** 12

**Minimum Number of Lessons Required to Achieve Fidelity:** 10

**Length of Each Lesson:** 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, there is an assessment included.

## 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.
- **Minimum/Maximum Number of Training Participants:** None

**Is the program available in Spanish?** Yes

## PROGRAM REPLICATIONS CONTACT INFORMATION

Harrison County Family Resource Network  
118 N. 6th St. Clarksburg, WV 26301  
(304) 423-5049  
[harrisoncountyfrn@gmail.com](mailto:harrisoncountyfrn@gmail.com)

Perry County Community Taskforce  
21 S. Main St. Perryville, MO 63775  
(573) 547-1292  
[pcctf@yahoo.com](mailto:pcctf@yahoo.com)

Peninsula Metro YMCA  
41 Old Oyster Point Rd. Newport News, VA 23602  
(757) 249-2168

## PROGRAM CONTACT

**For Training, program and material information, contact:**

Andrea Wright  
2101 S. 42nd St.  
Omaha, NE 68105  
Phone: (402) 457-7794  
Fax: (402) 552-7497  
Email: [awright@HeartlandFamilyService.org](mailto:awright@HeartlandFamilyService.org)

## ADDITIONAL INFORMATION

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

**Does the program include a vaping module and/or up to date information on vaping? If so which lessons?**

No.

**Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.**

It is not designed to be implemented virtually, however it can be adapted to be delivered in a virtual environment in certain circumstances. We are currently working towards a more virtual option.



**Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).**

No, but the training is currently very accessible as it is included with the HALO training kit and easily administered.

## NOTE

*INDEPTH is an Alternative to Suspension Program. Once students complete the 4 INDEPTH sessions, they must be offered Not On Tobacco, a 10 session cessation program. Organizations administering these programs may not mandate attendance at the Not On Tobacco program, as this program is voluntary. VFHY expects that a higher number of students will receive INDEPTH programming than Not On Tobacco, as some students will refuse to participate in the cessation program. Applicants must be trained in, and prepared to implement, both the INDEPTH and NOT programs in order to receive funding from VFHY.*

## BRIEF PROGRAM DESCRIPTION:

INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) program is an alternative to suspension or citation program that is offered as an option to middle and high school students who face suspension for violation of school tobacco use policies.

## LIST SPECIFIC PROGRAM OUTCOMES

INDEPTH is an intervention program, and steps toward cessation are strongly encouraged. The program is geared towards youth and focuses on tobacco use, nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products, including e-cigarettes, through discussion and activities. Students may decide to quit or reduce their tobacco/nicotine use as result of their participation in the program. Once students complete INDEPTH, they should be referred to Not On Tobacco (N-O-T), a youth tobacco cessation program.

### Describe specific tobacco control outcomes produced by implementing the program with fidelity:

- Promote tobacco use cessation among adults and youth – INDEPTH is a signature program of the American Lung Association and includes intervention.
- Eliminate exposure to Secondhand Smoke (SHS)
  - Fewer smokers create less SHS smoke.
- Identify and eliminate tobacco-related disparities – The program has been piloted in diverse settings, and the American Lung Association is committed to serving youth in underserved areas and a variety of settings.
- Development of a statewide infrastructure for tobacco use, prevention, and control – Collaboration with the VDH has been successful, and the American Lung Association seeks to develop a smoking cessation partnership to maintain parity throughout the state.



List

### Specific Tobacco Control Lessons and Outcomes:

Each session addresses the Tobacco Control Project's long-term goals and includes the latest information on vaping.

#### Content Overview/Objectives:

- **Session 1: Getting the Facts To help participants**

1. Understand the INDEPTH program.
2. Become familiar with the requirements and expectations of INDEPTH.
3. Get acquainted with one another.
4. Identify some reasons why they started using nicotine/tobacco products and why they continue to do so.

- **Session 2: Nicotine Dependence To help participants**

1. Understand addiction and other harmful effects of vaping and tobacco product use.
2. Assess their own vaping/tobacco product use.
3. Identify activities that "trigger" their urges to use these products.

- **Session 3: Alternatives to Vaping/Tobacco**

Product Use To help participants:

1. Develop strategies to cope with the urge to use tobacco products including e-cigarettes.
2. Develop their own vision of a healthy lifestyle.

- **Session 4: Past, Present, Future To help participants**

1. Understand the process of change.
2. Look at the big picture.

## AUDIENCE CHARACTERISTICS

**Age Range:** 14-19

**Grade Level:** Middle and High School Students  
(6th-12th grades)

## PROGRAM DETAILS

**Type of Program:** Intervention

**Minimum/Maximum Class Size:** Either a one-on-one or group (2-10 students) format

**Number of Program Lessons:** 4 sessions

**Minimum Number of Lessons Required to Achieve Fidelity:** 4 sessions

**Length of Each Lesson:** 50 minutes

**Frequency of Implementation:** One session per week

**Duration of Implementation (in weeks):** 4 weeks

**Recommended Intervention Site(s):** Schools and community sites

## HOW IT WORKS:

INDEPTH is taught by any trained adult in four, 50-minute sessions. Each session addresses a different tobacco-related issue and can be facilitated either one-on-one or in a group setting. The goal of every program is to educate students about nicotine dependence and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products.

Although INDEPTH is not a cessation program, 60 percent of student participants reported that they were willing to quit using tobacco products after completing the program.

## IMPLEMENTATION ESSENTIALS:

**To Replicate with Fidelity:** INDEPTH must be offered in four sessions. One staff member who has completed the INDEPTH Facilitator Training may implement the program.

## MATERIALS AND TRAINING

**Required Materials and Cost:**

- All materials may be downloaded by the facilitator.

**Training Requirement (Required):**

- **Training Cost:** Free
- **Training Duration:** 1 hour (3-year certification)
- **Minimum/Maximum Number of training participants:** Because the training is completed online, there are no maximum or minimum number of training participants.

**Is the program available in Spanish?** No

## PROGRAM, MATERIAL AND PROGRAM REPLICATIONS CONTACT

Deborah Seals  
1970 Skyview Trail  
Martinsville, VA 24112  
(O) 202-719-2809 | (C) 276-7328798  
[deborah.seals@lung.org](mailto:deborah.seals@lung.org)

## ADDITIONAL INFORMATION

**Website address:** [www.lung.org](http://www.lung.org)

**Does the program include a vaping module and/or up to date information on vaping? If so which lessons?**

The program includes vaping/e-cigarette information throughout.

**Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.**

Yes, the program can be implemented virtually if in-person implementation is not feasible. Facilitators, school districts, and other youth serving organizations can work together to develop a plan to offer the program virtually.

**Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process?**

Facilitator Training for INDEPTH is offered virtually. There is no fee for INDEPTH Facilitator Training. <https://lung.training/courses/indepth.html>

## BRIEF PROGRAM DESCRIPTION:

Not On Tobacco (N-O-T®) is a youth cessation program for youth 14-19 years old, offered as voluntary quit tobacco use program for youth who are ready to begin their quit journey. Unlike other cessation programs which simply modify adult curriculum, N-O-T was designed with teenagers in mind and addresses issues that are specifically important to them. The program takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change that can then be applied and practiced in everyday life and encourages a voluntary change participants.

## LIST SPECIFIC PROGRAM OUTCOMES

N-O-T is an evidence-based program with an impressive success rate, with approximately 90 percent of teens who participate in the program cutting back or quitting tobacco all together. Post program, N-O-T participants have been shown to have better grades, higher motivation, fewer absences, better relationships with teachers and fewer school tobacco use policy violations.

### N-O-T Primary Outcomes - Help teens:

- Quit using all tobacco products, including e-cigarettes.
- Reduce tobacco consumption per day by those who are unable to quit.

### Secondary Outcomes - Teens will:

- Increase healthy lifestyle behaviors in the areas of physical activity and nutrition.
- Enhance their sense of self-control.
- Improve life skills such as stress management, decision making, coping and interpersonal skills.
- Increase accurate knowledge about the harms of tobacco and nicotine dependence.

### Describe specific tobacco control outcomes produced by implementing the program with fidelity:

- Promote tobacco use cessation among adults and youth – N-O-T is a Signature Programs that includes intervention and cessation.
- Eliminate exposure to SHS smoke – Quitting smoking eliminates SHS smoke.
- Identify and eliminate tobacco-related disparities – N-O-T has been piloted in diverse settings, and the American Lung Association is committed to serving youth in underserved areas and in a variety of settings.
- Development of a statewide infrastructure for tobacco use, prevention, and control – Collaboration with the VDH has been successful, and the American Lung

Association seeks to develop a smoking cessation partnership to maintain parity throughout the state.

### List specific program lessons that address tobacco control.

Each N-O-T session supports the long-term goals of the Tobacco Control Project:

- **Session 1:** Reasons for Quitting
- **Session 2:** Why I Smoke/Vape
- **Session 3:** Nicotine Addiction and Triggers
- **Session 4:** Effects of Smoking/Vaping
- **Session 5:** Physical, Psychological and Social Benefits of Quitting
- **Session 6:** Quitting Nicotine Use
- **Session 7:** Overcoming Obstacles to Quitting
- **Session 8:** How to Deal with Stress
- **Session 9:** Myths of Big Tobacco
- **Session 10:** Staying Committed to Quitting

## AUDIENCE CHARACTERISTICS

**Age Range:** 14-19

**Grade Level:** Middle and High School Students (6th through 12th grades)

## PROGRAM DETAILS

**Type of Program:** Cessation

**Minimum/Maximum Class Size:** Minimum 6/Maximum 10

**Number of Program Lessons:** 10 sessions

**Minimum Number of Lessons Required to Achieve Fidelity:** 10 sessions

**Length of Each Lesson:** 50 minutes

**Frequency of Implementation:** One session per week

**Duration of Implementation (in weeks):** 9-10 weeks

**Recommended Intervention Site(s):** Schools and community sites

## HOW IT WORKS

N-O-T is an easy-to-use program that helps teens quit by addressing total health in order to develop and maintain positive behaviors. Participants will talk about the importance of physical activity, nutrition, enhancing their sense of self-control, and improving life skills such as stress management, decision making, coping and interpersonal skills. Additionally, they will learn to identify their reasons for tobacco use, healthy alternatives to tobacco use and finding people who will support them in their efforts to quit.

## IMPLEMENTATION ESSENTIALS:

**To Replicate with Fidelity:** N-O-T must be offered in 10 sessions.

However, the program may be completed with two sessions per week. One trained staff member may implement the program.

## MATERIALS AND TRAINING

### Required Materials and Cost:

- Participant workbooks and other materials are downloadable by the facilitator.

### Optional Materials and Cost:

- Program supplies, recruitment tools, refreshments during sessions, quit packs, incentives (approximately \$50 per student)

### Training Requirement (Required)

If training is required, please provide the following:

- **Training Cost:** \$400 cost for training
- **Training Duration:** 5-hour, online on-demand, self-paced program (3-year certification)
- **Min/Max Number of training participants:** The training is online; therefore there is not a minimum or maximum number of participants.

Is the program available in Spanish? No

## PROGRAM REPLICATIONS CONTACT INFORMATION

Deborah Seals  
American Lung Association  
1970 Skyview Trail  
Martinsville, VA 24112  
Office: 202-719-2809  
Mobile: 276-732-8798  
[deborah.seals@lung.org](mailto:deborah.seals@lung.org)

## PROGRAM AND MATERIAL INFORMATION CONTACT

Deborah Seals  
1970 Skyview Trail  
Martinsville, VA 24112  
(O) 202-719-2809 | (C) 276-7328798  
[deborah.seals@lung.org](mailto:deborah.seals@lung.org)

## ADDITIONAL INFORMATION

Website address: [www.lung.org](http://www.lung.org)

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Yes. N-O-T includes up-to-date vaping information. The updated 2020 N-O-T revision goes beyond cigarette smoking to include all tobacco products, with an increased focus on nicotine dependence, e-cigarettes, and multiple tobacco product use. Each session includes a segment that addresses vaping and some sessions focus almost entirely on vaping:

- **Session 2:** Why I Smoke/Vape
- **Session 3:** Nicotine Addiction and Triggers
- **Session 4:** Effects of Smoking/Vaping
- **Session 5:** Physical, Psychological and Social Benefits of Quitting
- **Session 6:** Quitting Nicotine Use
- **Session 10:** Staying Committed to Quitting

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes, the program can be implemented virtually if in-person implementation is not feasible. Facilitators, school districts, and other youth serving organizations can work together to develop a plan to offer the program virtually.

### Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

N-O-T Facilitator Training is offered virtually. The fee for N-O-T Training is \$400 and includes all of the materials necessary to implement the program.

For more information visit the American Lung Association website.  
<https://lung.training/courses/not-on-tobacco.html>



## BRIEF PROGRAM DESCRIPTION

Positive Action is an evidence-based, integrated, comprehensive and coherent system that includes program components for schools, families and communities to use that will promote positive actions for the whole self: physical, intellectual, social and emotional, as well as improve their mental wellness, success and happiness.

The system's concepts are universal and effective for all populations, socioeconomic levels and ages, which has been demonstrated in the research. All materials are based on the same unifying broad concept or philosophy (you feel good about yourself when you do positive actions, and there is a positive way to do everything), with six sub-concepts or units that elaborate the overall theme by teaching the positive actions for the physical, intellectual, social, and emotional areas. These positive actions are skills that one needs to achieve academically and in life. The six units are: Unit 1 – Philosophy and Circle; Unit 2 – Positive Actions for the Body and Mind; Unit 3 – Managing Yourself Responsibly; Unit 4 – Getting Along with Others; Unit 5 – Being Honest with Yourself and Others; and Unit 6 – Improving Yourself Continually. These units are the basis of all materials, which provides coherence and consistency within the whole program. Each component can stand alone or be seamlessly combined with any other components for a coherent, unified approach.

## SPECIFIC OUTCOMES

The program outcomes include improvements in academics (reading and math), absenteeism, behavior (violence, bullying, disruptive behavior, discipline referrals, suspensions), pro-social skills, self-concept, social-emotional/character development, physical and mental health, alcohol, drug and violence prevention, and family and community engagement.

### Specific Tobacco Control Lessons and Outcomes

#### Specific Tobacco Control Lessons

- Grade 1: Lessons 32 and 34
- Grade 3: Lessons 31 and 108
- Grade 4: Lessons 3, 19, 30, 31 and 41
- Grade 5: Lessons 26, 27, 38, 105 and 122
- Grade 6: Lessons 25 and 26
- Grade 7: Lessons 32 and 51
- Secondary Drug Supplement: Lessons 6, 7, 8, 9, 13, 16, 17, 20, 27
- Elementary Drug Supplement: Lessons 3, 5, 14, 15, 16
- High School Kit 1: Lessons 21, 28, and 42
- High School Kit 2: Lesson 40
- High School Kit 3: Lesson 28
- High School Kit 4: Lesson 7



**Tobacco Control Outcomes:** Prevention (delay of onset), youth cessation, attitudes, normative beliefs and self-efficacy. Outcomes from randomized-control trials include a 47% reduction in Tobacco use and 73% reduction in drug use (tobacco, alcohol, illegal drugs) and long-term outcomes include 71% reductions in drug, alcohol and tobacco use.

## AUDIENCE CHARACTERISTICS

**Age Range:** 3-18

**Grade Level:** Pre-K-12

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 5/Maximum 30

**Number of Lessons:** Pre-K: 130; K-6: 140; Grades 7-8: 82; High School (9-12): 132

### Minimum Number of Lessons Required to Achieve Fidelity:

48 lessons or approximately 12 hours per year at the elementary level; 31 lessons or 8-10 hours per year at the middle and high school levels.

**Length of Each Lesson:** Pre-K: 5-minute lessons; K-6: 15-minute lessons; Grades 7-8: 20-minute lessons; High School (9-12): 15- to 20-minute lessons.

**Frequency of Implementation:** Elementary: 4 times/week;

Middle School: 2-3 times/week; High School: 3-4 times/week

**Duration of Implementation:** 36 weeks; there are enough lessons to implement through a full school year, however, the total duration depends on individual sites' programs but will typically fit any program schedule.

**Recommended Intervention Site(s):** Schools, homes and community organizations (i.e., before-/after-school clubs)

## HOW IT WORKS

Positive Action is a highly effective program for tobacco prevention because it works on the root causes of the problem.

The program's philosophy is that you feel good about yourself when you do positive actions and there is a positive way to do everything. Tobacco use is a negative action that leads to a decrease in your feelings of self-worth and health. Positive Action teaches positive actions that you can do for your whole self in the physical, intellectual, social and emotional domains. They build intrinsic motivation to do them by reminding us of the good feelings we get when we perform positive actions.

Ideally, Positive Action is implemented school- or site-wide, with lessons taught two to four times a week and reinforced daily throughout the day. Site-wide climate activities would be held weekly to reinforce and acknowledge the positive actions being taught and practiced by students, teachers, administrators and others. The school principal or designated Positive Action coordinator, along with an optional Positive Action committee, would guide the program with the tools provided in the Elementary and/or Secondary Climate Development Kit. Every classroom teacher would have their own grade-appropriate instructor's kit, which is complete with a scripted manual, instructor's materials and materials for 30 students. Counselors, school psychologists and social workers would use Counselor's Kits to work with small groups or individuals who need more targeted assistance. Additional supplement kits for drug education, bullying prevention and conflict resolution would also be used by teachers at a universal level in the classroom and/or by counselors, school psychologists and social workers in selected or indicated groups. Family or parenting classes would be offered to increase family engagement and community events would be held.

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- Detailed planning and preparing must be done prior to beginning the program.
- Planning the design of your Positive Action program implementation and determining a timeline and schedule should be a collaborative effort and agreed upon by all parties involved.
- Preparation for implementation should be guided by a project coordinator and committee to ensure quality implementation.
- Implementation should begin on a scheduled kickoff day and continued accordingly throughout the year as scheduled.
- Adaptations include names of characters, story settings and cultural references; the program concepts, methodologies and strategies cannot be adapted.
- The minimum number of lessons must be taught.
- Additional information on Best Practices to plan, prepare, implement and assess the program can be found here: <https://www.positiveaction.net/best-practices>

**Program Evaluation Tools Available?** Yes, included with curriculum and on the website

## MATERIALS AND TRAINING

### Required Materials

- **Curriculum kit:** \$400 - \$550 (1 per instructor/classroom)

### Optional Materials

- **Elementary and/or Secondary Climate Development Kits:** \$450 - \$500 (1 per site);
- **Elementary or Secondary Drug Education Supplement Kits:** \$250 - \$450 each (1 per instructor/classroom);

### Training (Not Required)

- **Training Cost:** None. VFHY provides requested training to VFHY-funded grantees
- **Training Duration:** 6 hours
- **Minimum/Maximum Number of Training Participants:** Minimum 5/Maximum 30

**Availability in Spanish?** Grades K-4, 7-8 only

## PROGRAM REPLICATIONS CONTACT INFORMATION

Accotink Academy  
Mark McConnell, COO  
8519 Tuttle Road  
Springfield, VA 22152  
703.220.4632  
[Mark.mcconnell@accotink.com](mailto:Mark.mcconnell@accotink.com)

Fairfax County Public Schools  
Mike Bloom, Program Manager  
Sara Cooner, Program Manager  
3877 Fairfax Ridge Road  
Fairfax, VA 22030  
571.423.4100  
[msbloom@fcps.edu](mailto:msbloom@fcps.edu)  
[swcooner@fcps.edu](mailto:swcooner@fcps.edu)

## PROGRAM CONTACT

### For materials and program information, contact:

Positive Action Inc.  
264 Fourth Ave. S  
Twin Falls, ID 83301  
Phone: (800) 345-2974  
Fax: (208) 733-1590  
Email: [info@positiveaction.net](mailto:info@positiveaction.net)

## FOR TRAINING, CONTACT:

Charlie McLaughlin  
Virginia Foundation for Healthy Youth  
701 E. Franklin St., Suite 500  
Richmond, VA 23219  
Phone: (804) 786-2279 (office)  
Mobile: (757) 334-5370  
Email: [cmclaughlin@vfhy.org](mailto:cmclaughlin@vfhy.org)

## ADDITIONAL INFORMATION

Website: [positiveaction.net](http://positiveaction.net)

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

The curriculum does not explicitly discuss vaping though the lessons identified above for tobacco discuss unhealthy habits of all kinds, including tobacco and all other substances. The Drug Education Supplement Kits do emphasize substance use of all kinds more directly and they also include pamphlets from NIDA and SAMHSA on the effects of different substances.

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes, and to aid in a virtual delivery many of the program materials have been made digitally available to customers who have purchased the original instructor's kits (this is a requirement to receive virtual tools). Customers can submit a Support Ticket to request Digital Resources for the specific grade level or component kit they are using. Materials are then provided via temporary links for customers to download and save the material. The digital resources include posters, visual aids, student activity sheets and some instructor's activity sheets. The lesson manuals are not available digitally. Additional information on the efforts that Positive Action is making for virtual implementation can be found here: <https://www.positiveaction.net/blog/adapting-positive-action-lessons-for-virtual-learning>. We are continually adding information on our website to this effect as well.

### Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

Yes, Train the Trainer is a training option that we offer. These have traditionally been held in-person, however, is possible to provide via webinar. Designated staff would complete an orientation training provided by Positive Action in one day/session, followed by the Train the Trainers portion. Depending on the scope of an organization's implementation the entire training could be 2-5 days in-person or approximately 15-20 hours of webinar. The onsite costs would be \$3000 per day plus expenses, approximately \$8000-\$17,000 depending on the number of days (2-5). For a webinar, the cost is \$300 per hour which would be \$4,500-\$6,000 (15-20 hours).

## BRIEF PROGRAM DESCRIPTION

Project ALERT is a drug prevention curriculum for middle school students 11 to 14 years old, which dramatically reduces both the onset of substance abuse and regular use. The 2-year, 14-lesson program focuses on the substances that adolescents are most likely to use: alcohol, tobacco, marijuana, and inhalants. Guided classroom discussions and small group activities stimulate peer interaction and challenge student beliefs and perceptions, while intensive role-playing activities help students learn and master resistance skills. Homework assignments that also involve parents extend the learning process by facilitating parent-child discussions of drugs and how to resist using them. These lessons are reinforced through videos that model appropriate behavior.

## SPECIFIC OUTCOMES

Project ALERT kept students from starting to smoke or curbed smoking by students who had already started at the beginning of the evaluation.

- The proportion of new smokers in the Project ALERT group was 19 percent lower than that of the control group.
- Reduced past-month cigarette use by 20% to 25%.
- Decreased regular and heavy smoking by 33% to 55%.
- Substantially reduced students' pro drug attitudes and beliefs.

## AUDIENCE CHARACTERISTICS

**Age Range:** 11-14

**Grade Level:** 6-8

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 12/Maximum 35

**Number of Lessons:** Year 1 (6th or 7th Grade) - 11 lessons; Year 2 (7th or 8th Grade) - 3 lessons

**Minimum Number of Lessons Required to Achieve Fidelity:**

14 (11 lessons in Year 1, 3 lessons in Year 2)

**Length of Each Lesson:** 45 minutes

**Frequency of Implementation:** Once a week

**Duration of Implementation:** 11 weeks for Year 1 and 3 weeks for Year 2

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



## HOW IT WORKS

Trained teachers typically deliver Project ALERT in a classroom setting, but some districts have adapted it for use in after-school settings where trained personnel are available. Project ALERT uses participatory activities and videos to help motivate adolescents against drug use, teach adolescents the skills and strategies needed to resist pro-drug pressures and establish non-drug-using norms. Guided classroom discussions and small group activities stimulate peer interaction and challenge student beliefs and perceptions, while intensive role-playing activities help students learn and master resistance skills. These lessons are reinforced through videos that model appropriate behavior. Homework assignments that also involve parents extend the learning process by facilitating parent-child discussions about drugs and how to resist using them.

## IMPLEMENTATION ESSENTIALS

**To Replicate with Fidelity:**

- Lessons should be taught one-week apart over the course of 11 weeks for Year 1 and one-week apart over the course of 3 weeks for Year 2.
- Teachers are urged to participate in an online training program or workshop where they learn the rationale and theory underlying Project ALERT, the

skills needed to deliver the lessons, and implementation guidelines for achieving program fidelity.

- The classroom should be equipped with a TV and VCR, chalkboard, chart paper, felt-tip markers and masking tape. An overhead projector and screen are optional. Capacity to photocopy student handouts is necessary.

**Program Evaluation Tools Available?** Yes (Pre/post test, Knowledge Assessment Tools)

## MATERIALS AND TRAINING

### Required Materials:

- **Teacher curriculum kit:** No cost – Downloaded from website at [www.projectalert.com](http://www.projectalert.com)

### Training (Preferred)

- Online training is available free of charge. On-line training averages 3-6 hours.

### Minimum/Maximum Number of Training Participants:

Maximum 20 training participants

**Is the program available in Spanish?** Yes

## PROGRAM REPLICATION CONTACT INFORMATION

Michael Woodward  
Assistant Director, Project ALERT  
RAND Corporation  
1776 Main St.  
Santa Monica, CA 90403  
310-393-0411 x6595  
Email: [michaelw@rand.org](mailto:michaelw@rand.org)

## TRAINING AND PROGRAM CONTACT INFORMATION

Eric Petersen  
RAND  
1776 Main Street  
P O Box 2138  
Santa Monica, CA 90407  
Phone: (310) 393-0411 x6078  
Fax: (310) 260-8173  
E-mail: [ericp@rand.org](mailto:ericp@rand.org)

## FOR MATERIALS INFORMATION, CONTACT:

Stefanie Howard  
RAND  
1776 Main Street  
P O Box 2138  
Santa Monica, CA 90407  
Phone: (310) 393-0411x8224  
Fax: (310) 260-8173  
E-mail: [stern@rand.org](mailto:stern@rand.org)

## ADDITIONAL INFORMATION

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

**Does the program include a vaping module and/or up to date information on vaping? If so which lessons? \_**

Yes. Lessons 1, 2, 4, 6, 9, 10, 11, Booster 1, Booster 2, Booster 3

**Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.**

<https://www.projectalert.com/distance-learning>

**Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).**

No.

"



## 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:** 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.

**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.

## AUDIENCE CHARACTERISTICS

**Age Range:** 12-18

**Grade Level:** 7-12

## PROGRAM DETAILS

**Type of Program:** Prevention

**Minimum/Maximum Class Size:** Minimum 5/Maximum 30

**Number of Program Lessons:** The Prevention Education Series in an 8 session program

**Minimum Number of Lessons Required to Achieve Fidelity:** 6-8



**Length of Each Lesson:** 45 minutes

**Frequency of Implementation:** Weekly for 8 weeks or twice a week for 4 weeks

**Duration of Implementation (in weeks):** 8 weeks (weekly) 4 weeks (twice a 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, pre/post test

## MATERIALS AND TRAINING

**Required Materials and Cost:** Project SUCCESS implementation manual (provided at training)

### Training (Strongly Suggested)

- **Training Cost:** \$350 per attendee (includes materials) to attend one of the two trainings in Tarrytown, NY. On site training is \$4,500 plus trainer travel expenses.
- **Training Duration:** 3 days
- **Minimum/Maximum Number of training participants:** Minimum 6/Maximum 25

**Is the program available in Spanish?** No

## PROGRAM CONTACT

Christine D'Annibale  
(914) 332-1300  
[cdannibale@sascorp.org](mailto:cdannibale@sascorp.org)

## PROGRAM REPLICATIONS CONTACT INFORMATION

Sarah Dinkledge  
Rhode Island Student Assistance Services  
300 Centerville Rd., suite 301  
South Warwick, RI 02886  
401-732-8680  
[sdinkledge@risas.org](mailto:sdinkledge@risas.org)

Mandy Paradise  
Washington State Office of Superintendent of Public Instruction  
Old Capitol Bldg  
P.O. Box 47200  
Olympia, WA 98504  
360-725-6248  
[mandy.paradise@k12.wa.us](mailto:mandy.paradise@k12.wa.us)

Michelle Majeres  
Volunteers of America – Dakotas  
SE Prevention Resource Center/  
P.O. Box 89306  
Sioux Falls, SD 57109  
605-444-6342  
[m.majeres@VOA-Dakotas.org](mailto:m.majeres@VOA-Dakotas.org)

Jill Burke  
New Hampshire Bureau of Drug and Alcohol Services  
DHHS – Division of Behavioral Health  
105 Pleasant Street  
Concord, NH 03301  
603-271-6112  
[Jill.Burke@dhhs.nh.gov](mailto:Jill.Burke@dhhs.nh.gov)

## ADDITIONAL INFORMATION

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

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Topic Two of the Prevention Education Series titled: "Alcohol, Tobacco, Nicotine, and Other Drugs" includes updated (as of Aug 2020) information about e-cigarettes and vaping. There are several activities on this topic including a "How Much Do You Know?" interactive Kahoot & slide presentation that can be delivered in person or virtually.

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes, To access the Dropbox visit <https://www.dropbox.com/t/Pwp1k5ocPUaOWpgw>

Password: PSNY122120. Open and download files to your computer.

This password is valid until January 29, 2021 and can be renewed by request.

### Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process?

There is no Train the Trainer for Project SUCCESS but while training is strongly recommended it is not required for program implementation. The three day training can be provided virtually or in person at a cost of \$350.00 per person; or for up to 30 people for a cost of \$3,000 virtually or \$4,200 in person. For information about the training go to [www.sascorp.org](http://www.sascorp.org).

## 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:**
  - o 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.
  - o 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:** 14-19

**Grade Level:** 9-12

## 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 Number of Lessons Required to Achieve Fidelity:**

12 sessions should be implemented over a four-week period.

**Frequency of Implementation:** 12 sessions should be implemented over a four-week period

**Recommended Intervention Site(s):** 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 for three weeks 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](http://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)
  - **Online Training (limited & only available during the pandemic period:** \$1,200
- **Training Duration:** 1-day or 2-days
- **Minimum/Maximum Number of training participants:** Minimum 5/ Maximum 20

**Is the program available 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  
Email: [leahmedi@usc.edu](mailto:leahmedi@usc.edu)

## ADDITIONAL INFORMATION

**Website:** [tnd.usc.edu](http://tnd.usc.edu)

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

The session 7 (tobacco basketball and use cessation) activity has been adapted to include e-cigarette information. The updated game questions are available for free download from the TND website <http://tnd.usc.edu>.

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

We have created a TND virtual implementation guide (available for free download) that aids in the transition to online virtual implementation. We have also made other resources available for free download (e.g., electronic TND Game Board, session 7 slides/questions, etc.) <http://tnd.usc.edu>

### Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

We offer the option to become certified as a TND trainer, with the ability to train others in your organization. In order to be eligible for certification as a Project TND trainer, one must: 1) Attend a two-day Project TND training workshop that was conducted by a USC certified trainer; 2) Have taught all of the Project TND curriculum sessions to the appropriate target group (ages 14-19) in a classroom-based setting; 3) receive a "pass" grade during the 2-day training observation. For more information, please contact [leahmedi@usc.edu](mailto:leahmedi@usc.edu).



## BRIEF PROGRAM DESCRIPTION

Project Towards No Tobacco Use (TNT) is a comprehensive, classroom-based curriculum designed to prevent or reduce tobacco use in children 10 to 13 years old in fifth through eighth grades. Upon completion of this program, students will be able to describe the course of tobacco addiction, the consequences of using tobacco and the prevalence of tobacco use among peers.

## SPECIFIC OUTCOMES

### The Project TNT curriculum:

- Reduced initiation of cigarette use by approximately 26 percent when one- and two-year follow-up outcomes were averaged together.
- Reduced initiation of smokeless tobacco use by approximately 30 percent.
- Reduced weekly or more frequent cigarette smoking by approximately 60 percent.
- Eliminated weekly or more frequent smokeless tobacco use.

### Specific Tobacco Control Lessons and Outcomes:

- Each of the 10 sessions is tobacco-specific. The Project TNT sessions are:
  - 1: Effective Listening and Tobacco Information
  - 2: The Course & Consequences of Tobacco Use
  - 3: Self-Esteem
  - 4: Being True to Yourself & Changing Negative Thoughts
  - 5: Effective Communication
  - 6: Assertiveness Training & Refusal Skills
  - 7: Assertiveness Refusal Skills Practice
  - 8: Advertising Images
  - 9: Social Activism: Advocating for No Tobacco Use
  - 10: Public Commitment & Videotaping

### Tobacco Control Outcomes: The Project TNT curriculum:

- Reduced initiation of cigarette use by approximately 26 percent when one- and two-year follow-up outcomes were averaged together.
- Reduced initiation of smokeless tobacco use by approximately 30 percent.
- Reduced weekly or more frequent cigarette smoking by approximately 60 percent.
- Eliminated weekly or more frequent smokeless tobacco use.



## AUDIENCE CHARACTERISTICS

**Age Range:** 10-13

**Grade Level:** Ideally for seventh graders but has been implemented with fifth through eighth graders

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 8/Maximum 40

**Number of Lessons:** 12 (includes two boosters)

**Minimum Number of Lessons Required to Achieve Fidelity:**

**Length of Each Lesson:** 40 to 50 minutes

**Frequency of Implementation:** 10 core lessons should be delivered over a two-week period. Two booster lessons should be delivered one year later in a 2-day sequence.

**Duration of Implementation:** Two weeks for core and two days for booster

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

## HOW IT WORKS

### Implementing Project TNT involves the following activities:

- A comprehensive 10-day classroom-based social influences program that examines media, celebrity and peer portrayal of tobacco use.
- Training in active listening, effective communication and general assertiveness development, along with methods for building self-esteem.
- Education on the course of tobacco-related addiction and diseases; correction of inflated tobacco-use prevalence estimates.
- Learning tobacco-specific cognitive coping skills and assertive refusal techniques.
- Practicing ways to counteract media portrayals of tobacco use, including social activism letter writing to make a public commitment to not using tobacco products.
- Use of homework assignments, a classroom competition (i.e., the “TNT Game”) and a two-lesson booster program.
- Longitudinal assessment material.

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- Deliver the 10 core lessons during a two-week period, although they may be spread over four weeks as long as all lessons are taught.
- Deliver the two-lesson booster one year after the core lessons in a two-day sequence. However, the booster sessions may be taught one per week.

**Program Evaluation Tools Available?** Yes – pre- and post-test instrument available by request.

## MATERIALS AND TRAINING

### Required Materials:

- **Teacher guide:** \$45
- **Student workbooks (set of five):** \$15

### Optional Materials:

- Pre- and post-test instrument available by request

### Training (Preferred)

- **Training Cost:** One-/Two-Day Implementation Training - \$1,100 to \$2,000 (plus trainer’s travel expenses).
- **Training Duration:** One or two days (approximately six hours each day for two days or eight hours for one day)
- **Minimum/Maximum Number of Training Participants:** Minimum 5/Maximum 15

**Is the program available in Spanish?** Yes

## PROGRAM CONTACT

### For materials and program information, contact:

ETR Associates  
(800) 321-4407  
<https://www.etr.org/store/curricula/project-tnt/>

### For training 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  
Email: [leahmedi@usc.edu](mailto:leahmedi@usc.edu)

## ADDITIONAL INFORMATION

**Website:** [tnt.usc.edu](http://tnt.usc.edu)

**Does the program include a vaping module and/or up to date information on vaping? If so which lessons?**

No

**Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.**

Yes, however no resources are available for virtual implementation.

**Does the program allow an organization staff member to obtain “Train the Trainer” status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).**

Train-the-trainer options are available for Project TNT. Please contact [leahmedi@usc.edu](mailto:leahmedi@usc.edu) for additional information.



## BRIEF PROGRAM DESCRIPTION

The Tobacco Prevention Toolkit is a theory-based and evidence-informed educational resource created by educators and researchers aimed at preventing middle and high school students' use of tobacco and nicotine products.

## SPECIFIC OUTCOMES

The Stanford research team recently published a scientific paper in Addictive Behaviors publication titled: "School-based e-cigarette education in Alabama: Impact on knowledge of e-cigarettes, perceptions and intent to try" <https://www.sciencedirect.com/science/article/pii/S0306460320306493>

This study demonstrates that school-based, one-session e-cigarette education based on the Stanford Tobacco Prevention Toolkit curriculum was associated with improved knowledge about e-cigarettes, perceptions of harmfulness and addictiveness and lower intent to try e-cigarettes. Middle school students had lower levels of knowledge and higher intent to try tobacco products compared to high school students. Educating middle school students about e-cigarette contents, harms and addictiveness may prevent or delay e-cigarette and even cigarette use. This study may be utilized to expand and refine curricula specifically on e-cigarettes, by focusing on mint/menthol flavors and tailoring education to middle school students. Future research may also include a controlled experimental study to examine further effectiveness of e-cigarette education.

We are also evaluating longer versions of our curriculum including the e-cigarette curriculums, and conducting a randomized control trial to determine the effectiveness of the Toolkit curriculum on short- and long-term outcomes.

### **Describe specific tobacco control outcomes produced by implementing the program with fidelity:**

- Participants of the Toolkit curriculum are expected to have more negative attitudes towards and perceptions of tobacco including e-cigarettes, have lower intentions to use, and ultimately refrain from using or stop using e-cigarettes.

### **List specific program lessons that address tobacco control.**

- All of our lessons address tobacco control.

## AUDIENCE CHARACTERISTICS

**Age Range:** Middle School-High School Students

**Grade Level:** 6-12

## PROGRAM DETAILS

**Type of Program:** Prevention

**Minimum/Maximum Class Size:** N/A

**Number of Program Lessons:**

- **Tobacco Prevention Toolkit Core Curriculum contains:**
  - **Healthy Futures:** An Alternative-to-Suspension Curriculum
  - **5-Session Sample Curriculum**
  - **Vaping Prevention:** A Self-Paced Online Course
- **We also offer the Cannabis Awareness and Prevention Toolkit:**
  - **Cannabis Awareness & Prevention:** A Remote-Learning Curriculum

**Minimum Number of Lessons Required to Achieve Fidelity:**

VFHY requires at least 5 sessions.

**Length of Each Lesson:** Varies

**Frequency of Implementation:** Dependent on time constraints and needs of educators

**Duration of Implementation (in weeks):** One week – entire semester. Dependent on time constraints and the needs of the community served.

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

## HOW IT WORKS:

The Tobacco Prevention Toolkit is an educational resource that can be adapted to fit the individual needs of educators and students in all types of settings, including elementary, middle and high schools; community-based organizations; and health-related agencies.

Educators are encouraged to pick and choose which lessons will be most useful for their students and adapt activities to suit their needs. You will find that the PowerPoints, worksheets, and activities can all be altered as desired. Please also review the Crash Courses included in certain modules for more information for educators and parents, and please see the Resources section that provides additional information and websites that are relevant to educators, parents, youth, and others who are interested.

Presently we offer a vaping Prevention Online Course to meet the needs of educators who are teaching remotely due to the current circumstances that Covid-19 has created. This curriculum has two versions: the open version and the linear version. The open version is led by an educator; the linear version is self-paced and completed independently by students.

## IMPLEMENTATION ESSENTIALS:

The Tobacco Prevention Toolkit is an educational resource that can be adapted to fit the individual needs of educators and students in all types of settings, including elementary, middle and high schools; community-based organizations; and health-related agencies.

Educators are encouraged to pick and choose which lessons will be most useful for their students and adapt activities to suit their needs. You will find that the PowerPoints, worksheets, and activities can all be altered as desired. Please also review the Crash Courses included in certain modules for more information for educators and parents, and please see the Resources section that provides additional information and websites that are relevant to educators, parents, youth, and others who are interested.

## MATERIALS AND TRAINING

- **Required Materials and Cost:** None
- **Optional Materials and Cost:** None

**Training Requirement:** Not required but the Toolkit training team is available to train. At this time the training will be solely via Zoom.

- **Training Cost:** Free
- **Training Duration:** 90 minutes
- **Minimum/Maximum Number of training participants:** 30-40

**Is the program available in Spanish?** We offer a one session curriculum available in Spanish at this time.

## PROGRAM CONTACT

### Training & program Information Contact:

Sheila McLaughlin  
Associate Director of Outreach and training scheduler  
[Sheila2@stanford.edu](mailto:Sheila2@stanford.edu)

Richard Ceballos III  
Co-Director of the Tobacco Prevention Toolkit  
[rceb3@stanford.edu](mailto:rceb3@stanford.edu)

## ADDITIONAL INFORMATION

**Website:** [med.stanford.edu/tobaccopreventiontoolkit/about.html](https://med.stanford.edu/tobaccopreventiontoolkit/about.html)

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Yes, we have entire curriculums and a module dedicated to vaping prevention and cessation, including a curriculum called Health Futures to help reduce use among youth already using. The program includes up to date information on vaping and includes the latest information on the relationship between tobacco/vaping use and Covid-19 among youth.

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes. Please see the Vaping Prevention Online Course here: <http://med.stanford.edu/tobaccopreventiontoolkit/curriculums/Remote-LearningCurriculum.html>

### Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process). Yes, we offer trainings to specifically Train the Trainers be they educators and/or health care providers among others.

There is no cost for the training. Submitting a training request begins the process. Here is a link to the Training Request Form: [https://docs.google.com/forms/d/e/1FAIpQLSfgZ982t2lqLjHYfUUUGoWlg1-hagnExd3RkSVoatdfXI\\_BGQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfgZ982t2lqLjHYfUUUGoWlg1-hagnExd3RkSVoatdfXI_BGQ/viewform)

## BRIEF PROGRAM DESCRIPTION

The Strengthening Families Program: For Parents and Youth 10–14 (SFP 10–14) is a video-based prevention intervention designed to reduce adolescent substance use and other problematic behaviors in youth 10 to 14 years of age. The program is delivered within parent/caregivers, youth and family sessions using narrated videos that portray typical youth and parent situations. In the first hour parents/caregivers learn ways to build parenting skills while the youth learn appropriate life skills. In the second hour parents/caregivers and youth come together for family activities. Sessions are highly interactive and include roleplaying, discussions, learning games and family projects.

## SPECIFIC OUTCOMES

**Parent Outcomes:** Increased ability to set appropriate limits and show affection to and support for their children.

**Youth Outcomes:**

- 26 percent to 56 percent relative reduction in “ever use” of substances at four-year follow-up, depending on the substance.
- 32 percent to 77 percent relative reduction in conduct problems at four-year follow-up, depending on the behavior.
- Delayed onset of other problematic behaviors.
- Increased resistance to peer pressure.

**Specific Tobacco Control Lessons and Outcomes:**

- **Specific Lessons:** Parents: Session 6 – Protecting Against Substance Abuse; Youth: Session 5 – Handling Peer Pressure, Family; Session 6 – Reaching Our Goals
- **Tobacco Control Outcomes:** 33 percent of students who received the intervention reported having ever smoked cigarettes, compared with 50 percent of control group students, representing a relative reduction of 34.8 percent ( $p < .01$ ).

## AUDIENCE CHARACTERISTICS

**Age Range:** 10-14

**Grade Level:** 4-8



## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** 7-10 families

**Number of Program Lessons:** Seven sessions (one per week)

**Minimum Number of Lessons Required to Achieve Fidelity:**  
All seven sessions

**Length of Each Lesson:** Two hours, plus 30 minutes prior to the session for a meal (recommended)

**Frequency of Implementation:** Weekly for seven weeks

**Duration of Implementation:** Seven weeks

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

## HOW IT WORKS

Seven two-hour sessions are held in the evenings or on weekends. During the first hour parents/caregivers and youth meet in separate groups to build skills and practice new behaviors. During the second hour, parents/caregivers and youth meet together as families, practicing family communication and problem solving, playing learning games and doing projects designed to strengthen family bonding and positive values.

**Methods:** Video materials are used in all parent/caregiver sessions and several youth and family sessions. The curriculum is highly interactive, with group discussions, role plays, projects and learning games.

**Content:** Parent/caregiver topics center on preventing antisocial behavior in youth by teaching parents/caregivers to use appropriate limit-setting and youth behavior management, while also providing nurturing support.

Youth topics include having goals and dreams for the future, appreciating parents, dealing with stress, following rules and handling peer pressure.

Four two-hour booster sessions are designed to reinforce skills learned in the first seven sessions.

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- At least two rooms are required for each session (one for youth and one for parents/caregivers), with family sessions taking place in the larger of the two rooms. An additional room may be needed for childcare for younger children.
- Program planning and family recruitment should begin at least two months prior to the seven-week program. Some communities have found it helpful to hire a community member who knows the families to help in one-on-one outreach.
- Three facilitators are needed: one for the parent/caregiver sessions and two for the youth sessions. Facilitators lead activities and discussions from the manual during youth, parent, and family sessions.
- During the family session each facilitator does the activities with the same families each week.
- Facilitators for SFP 10-14 should have strong presentation and facilitation skills and experience working with parents or youth. They must attend a three-day training by a certified ISU trainer, which includes participating in all activities of the program. Facilitators are to be recertified every three years.
- Typically, facilitators require one to two hours of additional preparation for each weekly session; they teach youth or parent sessions and facilitate the family sessions during weeks 1 through 7.
- For most sessions, one TV/DVD or computer and projector is required; for two sessions, two sets are needed. A flip chart with markers is used in both the parent and youth sessions.

**Program Evaluation Tools Available:** Yes, included with curriculum

## MATERIALS AND TRAINING

### Required Materials:

- Facilitator Manual: \$195
- DVD Set: \$298
- Poster Set: \$55
- Love and Limit Magnet Clip: \$2.50/family

### Optional Materials and Cost:

- What It's All About Promo DVD: \$17
- Informational Brochures in English or Spanish: \$20/packet of 50
- Sticky notepads: \$27.50/packet of 25
- Pens: \$55 for box of 50
- Flyers and posters also available

Prices are subject to change and do not include shipping/handling.

A complete list of materials is available on the website. <https://www.extension.iastate.edu/sfp10-14/content/ordering-information>.

### Training (Required):

- **Training Cost:** No cost for VFHY grantees
- **Training Duration:** Three days
- **Minimum/Maximum Number of training participants:** Minimum 6/Maximum 20

**Is the program available in Spanish?** Yes – Familias Fuertes, developed with the Pan American Health Organization, is available from our website and training is provided by Iowa State University-certified Master Trainers.

## PROGRAM REPLICATIONS

### CONTACT INFORMATION

Marisol Morales  
SCAN (Stop Child Abuse Now) of Northern Virginia  
205 S. Whiting Street, Suite 205  
Alexandria, VA 22304  
(703) 820-9001  
[mmorales@scanva.org](mailto:mmorales@scanva.org)

Lainie Morgan  
Arlington Department of Human Services  
2100 Washington Blvd, 3rd Floor  
Arlington, Virginia, 22204  
(703) 228-1529  
[lmorgan@arlingtonva.us](mailto:lmorgan@arlingtonva.us)

Geneen Burris  
EPIS Center Prevention Research Center/Penn State  
403 S. Allen Street, No. 206  
State College, PA 16801  
(814) 863-2221

## PROGRAM CONTACT

### For training and program information, contact:

Cathy Hockaday  
Iowa State University  
68 LeBaron, 626 Morrill Rd.  
Ames Iowa 50011  
Phone: (515) 294-7601  
[hockaday@iastate.edu](mailto:hockaday@iastate.edu)

### For materials information, contact:

ISU Extension Distribution Center  
119 Printing and Publications Bldg  
Ames IA 50011  
Phone: (515) 294-5247  
Email: [extstore@iastate.edu](mailto:extstore@iastate.edu)  
[store.extension.iastate.edu/Topic/Home-and-Family/  
Strengthening-Families-Program-For-Parents-and-  
Youth-10-14](https://store.extension.iastate.edu/Topic/Home-and-Family/Strengthening-Families-Program-For-Parents-and-Youth-10-14)

## ADDITIONAL INFORMATION

Website: [extension.iastate.edu/sfp10-14](https://extension.iastate.edu/sfp10-14)

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

No – we teach peer pressure resistance skills which carry over to all risk taking behavior and substances

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

Yes – it can be implemented virtually. Contact Cathy Hockaday/ Program Developer for information

### Does the program allow an organization staff member to obtain “Train the Trainer” status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

Yes – <https://www.extension.iastate.edu/sfp10-14/training>



## BRIEF PROGRAM DESCRIPTION

The Strengthening Families Program (SFP) involves school-age children ages 6-11 or 12-16 and their families in 14 family training sessions using family systems and cognitive behavioral approaches to increase resilience and reduce risk factors. The program consists of three life-skills courses – parenting skills, youth social/life skills and family life skills typically taught together in one 2 hour session. Families attend 14 weekly sessions, beginning with a meal, followed by separate parent and youth skills training groups and ending with a family skills practice group. Personal disclosure is not required and importance is placed on new skills increase parent/child attachment, family communication and organization and parental supervision and positive discipline.

## SPECIFIC OUTCOMES

### Parent Outcomes:

- Increased parent/child attachment, parenting efficacy, parenting skills, parental supervision and positive parenting.
- Decreased stress, depression and alcohol and drug use.

### Youth Outcomes:

- Decreased depression, conduct disorders and covert and over aggression.
- Increased concentration, cooperation, number of pro-social friends, social competencies, peer refusal skills, parent/child attachment and bonding.

### Family Level Outcomes:

- Improved family communication, family organization, family resilience and family cohesion.
- Reduced family conflict.

### Specific Tobacco Control Lessons and Outcomes:

- **Specific Lessons:** Session 8 specifically addresses parental communication, values and supervision of ATOD abstinence
- **Tobacco Control Outcomes:** Decreased tobacco, alcohol or drug use through parent/child bonding and communication, parental supervision, child social-skills development and peer-refusal skills.

## AUDIENCE CHARACTERISTICS

**Age Range:** 6-11 and 12-16

**Grade Level:** K-11

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 8 families/Maximum 12 families

**Number of Program Lessons:** 14 Sessions



**Minimum Number of Lessons Required to Achieve Fidelity:** 10 of 14 sessions for program completion

**Length of Each Lesson:** Two hours, including 30 minutes meal

**Frequency of Implementation:** Weekly for 14 weeks, or twice a week for 7 weeks

**Duration of Implementation:** 14 weeks or seven weeks

**Recommended Intervention Site(s):** School, community, faith-based

**Adaptations:** Currently being delivered on Zoom virtual platform in adapted model.

## HOW IT WORKS

The SFP 6-11/12-16 curriculum is a 14-session behavioral skills training program of two hours each. Parents meet separately with two group leaders for an hour to learn to increase desired behaviors in children by increasing attention and rewards for positive behaviors. They also learn about clear communication, effective discipline, substance-use prevention, problem-solving and limit-setting. Children meet separately with two facilitators for an hour to learn how to understand feelings, control their anger, resist peer pressure, comply with parental rules, solve problems and communicate effectively. Children also develop their social skills and learn about

the consequences of substance use. During the second hour of the session, families engage in structured family activities, conduct family meetings, learn communication skills and plan family activities. Families leave each week with specific home practice assignments that ensure that knowledge of new skills is translated into practice. New skills are built in easy steps supported by coaching and encouragement by group leaders.

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- All 14 sessions should be delivered in sequence, with families attending programs from beginning to end.
- A staff of four group leaders and one site coordinator is required.
- A meal is provided at each session.
- The site must provide one large room for the meal, two separate rooms for parent and child skills groups and one room for childcare.
- Childcare, small rewards for participation, transportation and a graduation.
- Staff must complete training.
- There is no clinical, licensure or experience requirement for staff.

**Program Evaluation Tools Available?** Yes (contact vendor for tool and evaluation design)

## MATERIALS AND TRAINING

### Required Materials:

- **Curriculum CD:** \$450/age variant (includes agency rights for duplication of materials and use)

**Training (Required):** Two-day training required for group leaders and site coordinator.

- **Training Cost:** \$4,350 plus travel for two trainers for up to 35 participants OR \$3,350 plus travel for one trainer for up to 20 participants.
- **Training Duration:** Two days
- **Minimum/Maximum Number of Training Participants:** Maximum 35 training participants

### Training (Optional):

- Advanced Training Available for Adaptation of In-Person Model to Virtual Model, while maintaining fidelity and retention.

**Availability in Spanish?** Yes

## PROGRAM REPLICATIONS CONTACT INFORMATION

Freddie Simons  
Hampton, Va.  
(757) 788-0002  
[FREDDIES@hnnscsb.org](mailto:FREDDIES@hnnscsb.org)

Lainie Morgan  
Arlington, Va.  
(703) 228-1529  
[lmorgan@arlingtonva.us](mailto:lmorgan@arlingtonva.us)

Pam Flippin  
Galax, Va.  
(276) 236-6069  
[Pam.Flippin@mrcsb.state.va.us](mailto:Pam.Flippin@mrcsb.state.va.us)

## PROGRAM CONTACT

### For training and program information, contact:

Jeanie Ahearn Greene, Ahearn Greene Associates, LLC  
Address: 3624 Queen Mary Drive, Olney, MD 20832  
Phone: (240) 460-3931  
Email: [jgreene@ahearngreene.com](mailto:jgreene@ahearngreene.com)

### For materials information, contact:

Jing Xie  
Address: 10555 Main Street, Bellevue, WA 98004  
Phone: (240) 460-3931  
Email: [elviraxie@gmail.com](mailto:elviraxie@gmail.com)

## ADDITIONAL INFORMATION

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

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

No, not specifically but Lesson 8 is Families, Alcohol, Tobacco and Other Drugs

### Can the program be implemented virtually?

Yes

**Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).**

No

## BRIEF PROGRAM DESCRIPTION

Developed by the Mendez Foundation, Too Good for Drugs (TGFD) is a school-based prevention program proved to reduce the intent to use alcohol, tobacco and illegal drugs among kids in grades K-12.

## SPECIFIC OUTCOMES

TGFD reduced students' intentions to smoke cigarettes, drink alcohol and smoke marijuana.

### Specific Tobacco Control Lessons and Outcomes:

- **Specific Lessons**
  - o Grade K, Lesson 9: Keep Out!
  - o Grade 1, Lesson 9: Curious Carmen
  - o Grade 2, Lesson 9: Chasing Your Tail
  - o Grade 3, Lesson 10: It Still Stinks!
  - o Grade 4, Lesson 8: No Butts About It
  - o Grade 5, Lesson 9: Smoke Screen
  - o Grade 6, Lesson 7: A Dead End
  - o Grade 7, Lesson 7: A Toxic Waste
  - o Grade 8, Lesson 7: The Social Hacker
  - o High School, Lesson 7: Vaporware

**Tobacco Control Outcomes:** Students who have completed the program will be less likely to use tobacco products.

## AUDIENCE CHARACTERISTICS

**Age Range:** 5-18

**Grade Level:** K-12

## PROGRAM DETAILS

**Type of Program:** Prevention

**Audience Size:** Minimum 10/Maximum 36

**Number of Lessons:** 10

**Minimum Number of Lessons Required to Achieve Fidelity:** 10

**Length of Each Lesson:** 30-50 minutes

**Frequency of Implementation:** One lesson per week

**Duration of Implementation:** 10 weeks

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

## HOW IT WORKS

TGFD uses the following research-based strategies proven effective in classroom settings:

- Multi-lesson, multi-grade level programming (10 lessons/K-12).
- Normative education provides accurate information about the percentage of youth who use drugs and the percentage who would disapprove if their friends used drugs.
- Information on harmful effects of drug use raises students' perception of risk.



- Pro-social skills development features goal-setting, decision-making, coping, communication and peer-refusal skills.
- Diverse roleplay situations relating to substance use and associated problem behaviors provide many opportunities for practice.
- Cooperative learning promotes pro-social skills and academic development.
- Parental involvement is encouraged through a parental component that promotes discussion and reinforces concepts/skills students learn in TGFD.

## IMPLEMENTATION ESSENTIALS

### To Replicate with Fidelity:

- Conduct one lesson per week for 10 weeks (K-12).
- Teach the full scope and sequence of the program.
- Appoint a schoolwide TGFD coordinator and grade-level coordinators, if desired.
- Utilize curriculum materials and workbooks.

**Program Evaluation Tools Available?** Yes, pre-/post-test in each curriculum

## MATERIALS AND TRAINING

### Required Materials:

Each kit includes one teacher's manual, reusable materials for a class size of 24 and one pack of 30 student workbooks

- **Kindergarten and First Grade Kits:** \$245.95
- **Second through Eighth Grade Kits:** \$295.95
- **High School Kit:** \$425.95
- **Additional Student Workbooks:**
  - o **Grades K-3:** \$39.95 per pack of 30
  - o **Grades 4-12:** \$49.95 per pack of 30

### Training (Preferred)

- **Training Cost:** No cost to VFHY-funded grantees. VFHY will provide required training.
- **Training Duration:** Seven hours
- **Minimum/Maximum Number of Training Participants:** Minimum 10/Maximum 30

**Is the program available in Spanish?** Spanish student workbooks available for in packs of 5. Home workouts can also be downloaded in Spanish.

## PROGRAM REPLICATIONS CONTACT INFORMATION

Kerry Davis  
Northumberland Drug & Alcohol  
271 North Center Street  
Sunbury, PA  
(570) 988-4100  
[kerry.davis@norrycopa.net](mailto:kerry.davis@norrycopa.net)

Nancy Hale or Melinda Kincer  
Operation UNITE  
350 CAP Drive  
London, KY  
(606) 330-1400  
[nhale@centertech.com](mailto:nhale@centertech.com)  
[mkincer@centertech.com](mailto:mkincer@centertech.com)

## PROGRAM CONTACT

### For program and materials information, contact:

Thad Matzke  
The Mendez Foundation  
200 Ottley Drive NE  
Atlanta, GA 30324  
Phone: (800) 750-0986 ext. 243  
[tmatzke@mendezfoundation.org](mailto:tmatzke@mendezfoundation.org)

### For training information, contact:

Cindy Swartzwelder  
The Mendez Foundation  
4915 West Cypress Street  
Tampa, FL 33607  
Phone: (800) 750-0986 ext. 206  
[cwiley@mendezfoundation.org](mailto:cwiley@mendezfoundation.org)

## ADDITIONAL INFORMATION

**Website:** [toogoodprograms.org](https://toogoodprograms.org)

### ASCA Mindsets & Behaviors and National Health Standards:

<https://toogoodprograms.org/pages/academic-alignment>

### Does the program include a vaping module and/or up to date information on vaping? If so which lessons?

Yes, all of the lessons listed above have age appropriate, developmentally appropriate information about Vaping and ENDS.

### Can the program be implemented virtually? If so, please explain or provide a link which outlines the virtual process.

We have provided adaptation suggestions for virtual learning and for social distancing. Information can be found here: <https://toogoodprograms.org/pages/remote-learning-resources>

### Does the program allow an organization staff member to obtain "Train the Trainer" status to train future facilitators? If so, what is the cost and process? (You can also provide a link which outlines the process).

Yes, someone can become a TOT for their specific organization or school district only. The cost is \$1,000.00 per person. To attend a Training of Trainers (TOT) session, participants must meet these prerequisites:

- Complete a Curriculum Training session conducted by a Mendez Foundation Trainer within the past two years. Attendance at a curriculum training conducted by a Too Good Certified Trainer (TOT) does not satisfy this requirement.
- Experience in implementing a minimum of one grade level of the program(S) seeking certification: *Too Good for Drugs K-8*, *Too Good for Violence K-8* or one complete program implementation of *Too Good for Drugs & Violence High School* or *Too Good for Drugs & Violence After-School Activities*.
- Upon completion of a TOT session, you will be certified to train in your organization or district in the *Too Good* programming in which you have received

curriculum training and completed program implementation. TOT Certifications are valid for three years. Too Good Program Trainers must complete re-certification training to maintain certification.





# 2020

## COMPENDIUM OF PROGRAMS

701 E. Franklin St., Suite 500  
Richmond, VA 23219  
(804) 786-2523

[www.vfhy.org](http://www.vfhy.org)