

BRIEF PROGRAM DESCRIPTION

Project Toward 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 lessons that include motivational activities, social skills training, and decision making components that are delivered through group discussions, games, role-playing exercise, videos, and student worksheets.

SPECIFIC OUTCOMES

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

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 14 – 19

Grade: Grades 9 – 12

Gender: Both Male and Female

NOTE: This program should be used with students who are at risk for drug abuse.

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 5/Maximum 40

of Lessons: 12 (3-4 days per week until complete)

Length of Sessions: 40 – 50 minutes

Duration of Implementation: 12 lessons should be implemented over a four-week period

Training: Preferred

HOW IT WORKS

The 12 classroom-based lessons, approximately 40- 50 minutes each, are designed to be implemented over a four-week period, although they could be spread out over as long as five weeks as long as all lessons 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 drug abuse relevant to older teens.



IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Deliver all 12 lessons, each 40 – 50 minutes in length.
- Teach lessons 3-4 days a week over a 4-week period, although they may be spread out over 5 weeks.

MATERIALS AND TRAINING

Required Materials

Teacher's Manual - \$90 Student workbooks (set of 5) - \$60

Project Toward No Drug Abuse (TND)



Optional Materials

- Video: "Drugs and Life's Dreams" - \$25
- Pre/Post Test Instruments - \$2.50 each
- Articles - \$2.50 each
- TND Game Board - \$15

Training (Preferred)

- 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)

PROGRAM CONTACT

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ADDITIONAL INFORMATION

Website: <http://tnd.usc.edu>

Program Information Worksheet

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