

BRIEF PROGRAM DESCRIPTION

Too Good for Drugs (TGFD) is a school-based prevention program proven to reduce the intention to use alcohol, tobacco, and illegal drugs in middle and high school students. Developed by the Mendez Foundation for use with students in kindergarten through 12th grade (5 to 18 years old), TGFD has a separate, developmentally appropriate curriculum for each grade level, and is designed to develop:

- Personal and interpersonal skills relating to alcohol, tobacco and illegal drug use;
- Appropriate attitudes toward alcohol, tobacco, and illegal drug use;
- Knowledge of the negative consequences of alcohol, tobacco, and illegal drug use and benefits of a drug-free lifestyle; and
- Positive peer norms.

SPECIFIC OUTCOMES

TGFD reduced students' intentions to:

- Smoke cigarettes: middle school 33%.
- Drink alcohol: middle school 38%.
- Smoke marijuana: middle school 25%.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 5 – 18

Grade: Grades K – 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Maximum – 35

of Lessons: 10 (K-8), 14 (HS)

Length of Sessions: 30 – 60 minutes

Duration of Implementation: 10 – 14 weeks

Training: Preferred

HOW IT WORKS

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

- Multi-lesson, Multi-Grade Level Programming (10-14 lessons/ grade level, K-high school).
- 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 Role-Play Situations relating to ATOD 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 parent 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-8th grade) and "Home Workouts" for parents and one lesson per week for 14 weeks (HS).
- Conduct a needs assessment.
- Set measurable goals and objectives.
- Appoint a school wide TGFD coordinator and grade-level coordinators, if desired.

- Plan program implementation.
- Observe lessons; provide feedback; conduct process evaluations.
- Conduct pre- and post-tests.
- Write evaluation report; recommend implementation changes, if needed.

MATERIALS AND TRAINING

Required Materials

- Kindergarten Kit - \$125 per kit
- 1st Grade Kit - \$130 per kit
- 2nd Grade Kit - \$125 per kit
- 3rd Grade Kit - \$130 per kit
- 4th – 8th Grade Kits - \$100 per kit
- HS Kit - \$795, or Teacher's manual - \$180
- Additional Student Workbooks - \$20 per 25 workbooks

Training (Preferred)

Implementation training can be provided free of charge to VFHY grantees by VFHY.

PROGRAM CONTACT

For program content information, contact:

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ADDITIONAL INFORMATION

Website: www.mendezfoundation.org

Program Information Worksheet

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