

BRIEF PROGRAM DESCRIPTION

All Stars is an interactive, research-based curriculum that focuses on five strategies that 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 classroom or community settings. It includes thirteen 45-minute sessions with optional one-on-one meetings with individual students. A celebration ceremony concludes the program. A parent/child component is also integrated in the program.

All Stars Booster is the follow-up program in Year Two (nine 45-minute lessons) and All Stars Plus (thirteen 45-minute lessons) is the Year Three follow-up program. 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 abuse by 40% to 60%.
- Reduced sexual activity 80%.
- Increased belief that substance use and high-risk behaviors would interfere with one's desired lifestyle.
- Increased bonding to school.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 12 - 14

Grade: Grades 6 - 8

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 10/Maximum 25

of Lessons: 13 – Core Yr 1 9 – Booster Yr 2 13 – Plus Yr 3

Frequency: 1-2 times a week

Length of Sessions: 45 minutes

Duration of Implementation:

Between 7 – 13 weeks

Training: Preferred



HOW IT WORKS

All Stars is a guided multi-year program that is delivered to all students of group members on a preferably weekly basis. Students are engaged through: small group activities, group discussions, enjoyable and meaningful worksheet tasks, videotaping, games and art activities.

- **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 9 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. A ceremony concludes each program.

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 and is available in-person or online.

MATERIALS AND TRAINING

Required Materials

- Core Teacher's Manual - \$100
- Core Student Materials - 3 packages available
 - \$4, \$7 or \$10 per student
- Booster Teacher's Manual - \$80
- Booster Student Materials - 3 packages available
 - \$1, \$3, or \$6 per student
- Plus Teacher's Manual - \$80
- Plus Student Materials - 3 packages available
 - \$2, \$4, or \$7 per student

Training (Preferred)

- All Stars Core in-person, off-site training (2 days) - \$250 per person
- All Stars Core in-person, on-site training (2 days) - \$3000,
 - plus trainer's travel expenses, for groups up to 20 people
- All Stars Core live, online training (8 hours) - \$300 per person
- All Stars Booster and Plus in-person, off-site training (1 day) - \$150 per person
- All Stars Booster and Plus in-person, on-site training (1 day) - \$1500, plus trainer's travel expenses for groups up to 20 people
- All Stars Booster and Plus live, online training (4 hours) - \$150 per person

PROGRAM CONTACT

For training and program information, contact:

Kathleen Nelson-Simley
P.O. Box 5512
Lincoln, NE 68505
Phone: (800) 822-7148
Fax: (402) 489-1072
E-mail: kathleen@tanglewood.net

For materials information, contact:

Anne Page
420 Gallimore Dairy Road, Suite A
Greensboro, NC 27409
Phone: (336) 662-0090, x104
E-mail: anne@tanglewood.net

ADDITIONAL INFORMATION

<http://www.tanglewood.net>

Program Information Worksheet

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