

BRIEF PROGRAM DESCRIPTION

AI's Pals: Kids Making Healthy Choices is an early childhood prevention curriculum and teacher training program. Geared for children ages three to eight years old, AI's Pals develops children's pro-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.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 3 - 8

Grade: Grades Pre-school – 3

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 8 / Maximum 30

of Lessons: 46 (2 per week)

Length of Sessions: 15 minutes each

Duration of Implementation: 23 weeks

Training: Required

HOW IT WORKS

AI's Pals has 46 core lessons that capture real-life childhood experiences and provide opportunities for the 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 AI is at the heart of the program and serves as a positive role model. In addition to AI 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 AI's Pals



concepts throughout the day, the teacher shapes a caring environment, encouraging independent thinking, use of self-control, healthy decision-making, and peaceful problem solving. A nine-lesson booster curriculum may be used during the second or third grade to reinforce skills learned through the core lessons. Letters from AI are regularly sent home to inform parents about the life skills their children are learning and suggest activities parents can use to help their children practice and retain these skills. The curriculum also includes "AI-a- Grams" — school-to-home messages, delivered home by the children that recognize positive behavior 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 twice a week by a trained classroom teacher.
- The classroom teacher needs to practice, reinforce and model key AI's Pals concepts throughout the day.
- The core AI's Pals training is required for all classroom teachers who will deliver the program.

MATERIALS AND TRAINING

Required Materials

- 46-lesson curriculum kit - \$685
- Parent letters for second year - \$50 per classroom or copy-ready masters - \$20 per set

Optional Materials

- Booster Curriculum Kit - \$285
- Calm down or problem solving poster for Home Use - \$5 each
- Music CD for Home Use - \$15
- AI's Pals Stickers - \$25 per pack
- Spanish AI-a-grams - \$40 per set
- Spanish Certificates of Completion - \$10 per set
- Spanish Parent Letters - \$25 per set or copy-ready masters - \$20 per set

Training (Required)

Teachers and instructional assistants are authorized to use AI's Pals only upon completing the AI's Pals core training. All training is conducted by authorized Wingspan trainers and is available in a variety of formats.

Face-to-face core training – 2 days

- On-site: \$6,500 flat fee for up to 24 participants, \$8,000 flat fee for up to 30 participants. (trainer travel additional)
- Open-enrollment: \$300 per person, held in centralized locations arranged by Wingspan.

Live online core training – 7 two-hour sessions

- Private: \$4,300 flat fee for up to 15 participants.
- Open-enrollment: \$325 per person, regularly scheduled by Wingspan.

Refresher or Advanced training for experienced AI's Pals teachers – 3 hours

- On-site: \$1,500 for up to 30 participants. (trainer travel additional)
- Private online: \$1,250 for up to 20 participants.

Contact Wingspan to determine which training option is most suitable for your setting and to obtain a budget estimate that reflects your project plans.

PROGRAM CONTACT

Susan R. Geller
President
Wingspan, LLC
4323 Cox Road
Glen Allen, VA 23060
Phone: (804) 967-9002
E-mail: sgeller@wingspanworks.com

ADDITIONAL INFORMATION

Website: <http://www.wingspanworks.com>

Program Information Worksheet

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