



2011

COMPENDIUM OF PROGRAMS

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The VFHY Compendium of Programs for Youth is a comprehensive list of rigorously evaluated programs recognized by federal and other national organizations as model, promising or effective tobacco prevention programs.

These programs allow schools, faith-based and other community organizations to help youth under the age of 18 refrain from or discontinue tobacco use. The content of the selected programs include information relative to tobacco prevention, tobacco cessation, early tobacco intervention/reduction, substance abuse prevention, advocacy, youth empowerment and social skills building.

This program booklet provides a summary of selected programs funded by VFHY. It lists tobacco control compendium programs, supplemental tobacco control programs and supplemental obesity programs. Each program offers 1-2 pages of program 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 compendium program information, please contact:

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VFHY COMPENDIUM PROGRAM MATRIX



PROGRAM	AGES/GRADES	# OF SESSIONS	SESSION LENGTHS	SESSION FREQUENCY	TRAINING
All Stars	Ages 11-14 Grades 6-8	13 - core 9 - Booster 13 - Plus	45 min	One – two times a week (7 -13 weeks)	Preferred (2 days)
Al's Pals	Ages 3-8 Grades pre K-2	46	15 min	Twice a week (23 weeks)	REQUIRED (2 days)
Athletes Targeting Healthy Exercises and Nutrition Alternatives (ATHENA)	FEMALES Ages 14-18 Grades 9-12	8	45 min	Once a week (8 weeks)	Preferred (4 hours)
Botvin LifeSkills Training (LST)*	Ages 8-15 Grades 3-10	8 – ES Levels 1-3 15 – MS Level 1 10 – MS Level 2 5 – MS Level 3 7 – HS	30-45 min (ES) 45 min (MS)	Minimum once weekly or can be taught daily for ES & MS. HS is once a week.	Preferred (6 hours)
Creating Lasting Family Connections	Ages 9-17 Grades 4-12	15 - 19 <i>(15 youth sessions, 16 adult session, plus 2-3 optional Get Real Module lessons for both youth & adults)</i>	1.5 – 2.5 hrs	Once a week (15-19 weeks)	Preferred (5 days)
Helping Teens Stop Using Tobacco (TAP)*	Ages 13-18 Grades 7-12	8	45-50 min	Once a week (8 weeks)	Preferred (6 hours)
Intervening With Teen Tobacco Users (TEG)*	Ages 13-18 Grades 7-12	8	45-50 min	Once a week (8 weeks) Twice a week (4 weeks) Twice daily (4 days) Four Times Daily (2 days)	Preferred (6 hours)
Know Your Body	Ages 5-12 Grades K-6	48	20 – 40 min	1 – 3 times a week up to 48 weeks	Preferred (8 hours)
Media Detective	Ages 8-10 Grades 3-5	10	45 min	One lesson per day, presented sequentially	Mandatory (6 hours)
Media Ready	Ages 11-14 Grades 6-8	10	45 min	One lesson per day, presented sequentially	Mandatory (8 hours)
Minnesota Smoking Prevention Program (MSPP)	Ages 11-15	6	45-50 min	Once weekly (6 weeks)	Preferred (8 hours)
Not On Tobacco (NOT)	Ages 14-18 Grades 9-12	10	50 min	Once weekly (10 weeks)	REQUIRED (8 hours)
Positive Action *	Ages 3-18 Grades pre-K - 12	Minimum 20 lessons up to 140 lessons	15 – 20 min	1-4 times weekly (5 – 50 weeks)	Preferred (6 hours)



PROGRAM	AGES/GRADES	# OF SESSIONS	SESSION LENGTHS	SESSION FREQUENCY	TRAINING
Project Alert	Ages 11-14 Grades 6-8	11 – Year 1 3 – Year 2	45 min	Once weekly (11 weeks, 14 with booster)	Preferred (8 hours)
Project EX	Ages 14-19 Grades 9-12	8	45-50 min	1st 4 lessons taught over 2 week period, last 4 lessons taught once weekly (6 weeks)	Preferred (1 or 2 days)
Project Toward No Drug Use (TND)	Ages 14-18 Grades 9-12	12	40-50 min	3-4 lessons per week (3-4 weeks)	Preferred (1-2 days)
Project Toward No Tobacco Use (TNT)	Ages 10-14 Grades 5-9	10 - core (Yr 1) 2 - booster (Yr 2)	40-50 min	Core - 1 lesson daily for 5 days (2 weeks) Booster – 1 lesson daily for 2 days	Preferred (1-2 days)
Strengthening Families Program (SFP 3-5, 6-11, 12-16)	Ages 3-16 Grades Pre-K-11	14	3 hrs - includes time for family meal.	Once weekly (14 weeks)	Strongly Preferred (2 days)
Strengthening Families Program (SFP 10-14)*	Ages 10-14 Grades 5-9	7	2.5 - 3 hrs – includes time for family meal	Once weekly (7 weeks)	REQUIRED (3 days)
Too Good For Drugs*	Ages 5-18 Grades K -	10– (K-8) 14 – (HS)	45-60 min	Once weekly (10 or 14 weeks)	Preferred (6 hours)

VFHY Tobacco Supplemental Program Matrix



PROGRAM	AGES/GRADES	# OF SESSIONS	SESSION LENGTHS	SESSION FREQUENCY
Anti-Tobacco Media Blitz	Ages 11-18 Grades 6-12	10 frequency can vary	45-60 min	Once weekly Frequency can vary
Keep A Clear Mind	Ages 9-11 Grades 4-6	4 Take home sessions	30 - 45 min	Once weekly for 4 weeks 4 weekly newsletter sent to parents after 4 week program
Teens Tackle Tobacco	Ages 14-18 Grades 9-12	12	40-50 min	3-4 lessons per week (3-4 weeks)
Youth Media Network	Ages 10-14 Grades 5-9	10 - core (Yr 1) 2 - booster (Yr 2)	40-50 min	Core - 1 lesson daily for 5 days (2 weeks) Booster – 1 lesson daily for 2 days

VFHY Obesity Supplemental Program Matrix



PROGRAM	AGES/GRADES	# OF SESSIONS	SESSION LENGTHS	SESSION FREQUENCY
Coordinated Approach to Child Health (CATCH)	Ages 3-11 Grades pre-K - 8	9 – Pre-K 10 – K-1 12 – Grade 2 15 – Grade 3 28 – Grade 4 20 – Grade 5 32 – Grades 6-8	20-30 min	1-3 times per week
Healthy Lifestyle Choice (HLC)	Ages 4-14 Grades pre-K-8	8	45 min	once weekly (8 weeks)
The OrganWise Guys	Ages 4-11 Grades pre-K-5	8 – Pre-K-K 12 – Grades 1-2 6 – Grades 3-5	10-30 min	1-3 times per week
SPARK Physical Education	Ages 3-18 Grades Pre-K - 8	300 – 500 Activities	20-40 min	1-3 times per week



PREVENTION

All Stars
Al's Pals
ATHENA
Botvin *LifeSkills Training*
Creating Lasting Family Connections
Know Your Body
Media Detective
Media Ready
Minnesota Smoking
Prevention Program (MSPP)
Positive Action
Project Alert
Project TND
Project TNT
Strengthening Families Program (SFP 3-5, 6-11, 12-16)
Strengthening Families Program (SFP 10-14)
Too Good For Drugs

CESSATION

Helping Teens Stop Using Tobacco (TAP)
Intervening With Teen Tobacco Users (TEG)
Not On Tobacco (NOT)
Project EX

FAMILY ORIENTED

Creating Lasting Family Connections
Strengthening Families Program (SFP 3-5, 6-11, 12-16)
Strengthening Families Program (SFP 10-14)

PRE-SCHOOL/ELEMENTARY SCHOOL AGE CHILDREN (AGES 3-10)

All Stars
Al's Pals
Botvin *LifeSkills Training*
Creating Lasting Family Connections
Connections
Know Your Body
Media Detective
Minnesota Smoking
Prevention Program (MSPP)
Positive Action
Strengthening Families Program (SFP 3-5,6-11, 12-16)
Strengthening Families Program (SFP 10-14)
Too Good For Drugs

MIDDLE SCHOOL AGE CHILDREN (AGES 11-14)

All Stars
Botvin *LifeSkills Training*
Creating Lasting Family Connections
Helping Teens Stop Using Tobacco (TAP)
Intervening With Teen Tobacco Users (TEG)
Know Your Body
Media Ready
Minnesota Smoking
Prevention Program (MSPP)
Positive Action
Project Alert
Strengthening Families Program (SFP 3-5, 6-11, 12-16)
Strengthening Families Program (SFP 10-14)
Too Good For Drugs

HIGH SCHOOL AGE CHILDREN (AGES 15-18)

ATHENA
Creating Lasting Family Connections
Helping Teens Stop Using Tobacco (TAP)
Intervening With Teen Tobacco Users (TEG)
Botvin *LifeSkills Training*
Not On Tobacco (NOT)
Positive Action
Project EX
Project Toward No Drug Use (TND)
Project Toward No Tobacco Use (TNT)
Strengthening Families Program (SFP 3-5, 6-11, 12-16)
Too Good For Drugs

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

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

Athletes Targeting Healthy Exercises & Nutrition Alternatives (ATHENA) is a scientifically proven program for high school female athletes. ATHENA addresses the connection between young women in sports, disordered eating behaviors and body shaping drug use. Its multiple components provide healthy sports nutrition and strength-training alternatives to the use of alcohol, illicit and performance-enhancing drugs. ATHENA is peer-led and Gender-specific. It is interactive, engaging and easy to implement by coaches during the sport season.

SPECIFIC OUTCOMES

- Improved nutrition
- Long term outcomes include significant reduction in tobacco use.
- Fewer injuries
- Reduced use of diet pills
- Less sexual activity

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 14 – 18

Grade: Grades 9 – 12

Gender: Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 5 / Maximum 36

of Sessions: 8

Length of Sessions: 45 minutes each

Frequency of Implementation: Once a week

Duration of Implementation: 8 weeks

Training: Preferred

HOW IT WORKS

A coach and selected student athletes called “Squad Leaders” lead the program. The program materials are completely scripted and easy to follow. Little or no preparation is needed. There are 8 sessions for ATHENA. Each session lasts 45 minutes. Sessions are typically scheduled once per week during the season on a “light” practice day. Coaches facilitate the program, keep athletes on task, and introduce and wrap up student-led activities. Squad Leaders provide a majority of the instruction for their small group of teammates. Sessions include role-plays, student-created campaigns or public service announcements and instructional, interactive games. Athletes practice goal setting and self-monitoring of nutrition behaviors. Students learn attitudes and skills that will help them make healthy choices in sports and throughout their lives.



IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All 8 lessons must be completed.
- A facilitator (coach) must introduce the lesson and read scripted lines.
- Athletes need to be in small groups of about 5
- Each group must have a designated squad leader to teach each group.
- Complete each 45 minute session once a week.
- Program must be implemented within the sports team’s usual practice time during the sport season.



MATERIALS AND TRAINING

Required Materials

- ATHENA Coach Manual - \$280
- ATHENA Squad Leader Manual & Athlete's Guide - \$11
- ATHENA Team Workbook & Athlete's Guide - \$11 per student

Training (Preferred)

- Implementation Training - \$1,000 plus travel expenses.
- Duration: 4 hours

ADDITIONAL INFORMATION

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

Program Information Worksheet

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

PROGRAM CONTACT

For program information, training and materials, contact:

Michelle Otis
3181 Sam Jackson Park Road
Mail Code CR 110 Portland, OR 97239
Phone: (503) 494-3683
Fax: (503) 494-1310
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BRIEF PROGRAM DESCRIPTION

Botvin *LifeSkills Training* (LST) is a proven, highly effective substance-abuse prevention and competency enhancement program designed to focus primarily on the major social and psychological factors promoting substance use/abuse. LST increases students' knowledge of the immediate consequences of substance use while providing necessary skills to resist social (peer) pressures and reduce psychosocial motivation to smoke, drink, and use drugs.

SPECIFIC OUTCOMES

- Reduced tobacco, alcohol, and marijuana use by 60 – 80%
- Cut methamphetamine use by 68%
- Cut polydrug use by 66%
- Cut verbal/physical aggression and fighting by 30 - 40%
- Cut delinquency by 40%

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 8 – 18

Grade: Grades 3 – 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: 5 - 30

of Lessons: Elementary Level 1 (8), Elementary Level 2 (8), Elementary Level 3 (8), Middle School Level 1 (15), Middle School Level 2 (10), Middle School Level 3 (5), High School (10), Transitions (6)

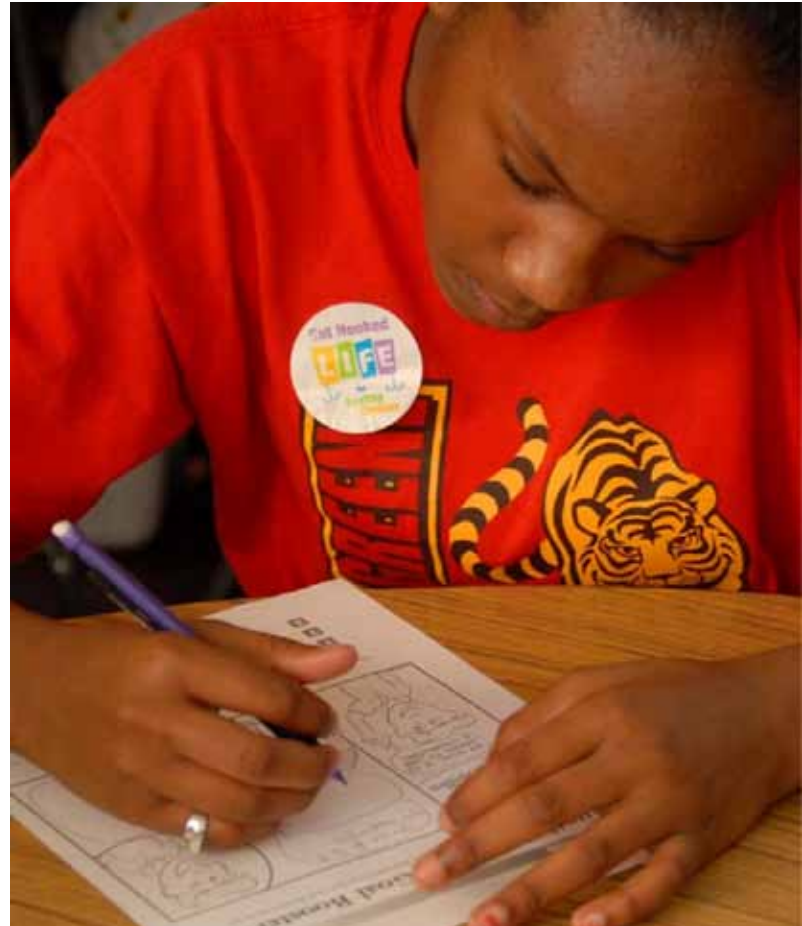
Length of Sessions: 30 – 45 minutes

Duration of Implementation: Varies depending on level of program and frequency of lessons taught each week. A minimum of one lesson per week.

Training: Preferred

HOW IT WORKS

The Botvin *LifeSkills Training* (LST) elementary school curriculum runs for 8 class sessions, each 30 to 45 minutes long. The middle school (or junior high) curriculum is intended to run for fifteen 45-minute class periods (Level 1). Booster intervention levels have been developed and are intended to be taught over 10 class periods (Level 2) in the second year and 5 class periods (Level 3) in the third year. The booster sessions provide additional skill development and opportunities to practice in key areas. This means the initial program should be implemented with sixth through eighth grade students, followed by booster sessions during the next 2 years.



Optional violence prevention units can be implemented for each year of the program, extending the overall number of class sessions. The LST high school curriculum (grade 9 or 10) runs for 10 class sessions, each 40 to 45 minutes long, and the LST Transitions program (Grade 11 or 12) runs for 6 class sessions. All programs can either be taught intensively (consecutively every day or two to three 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, programs must:

- Teach the full scope and sequence of the LST curriculum
- Teach at least one time per week for consecutive weeks until all units are taught
- Use interactive teaching strategies



MATERIALS AND TRAINING

There are four basic Botvin *LifeSkills Training* (LST) curricula: one for elementary schools, one for middle/junior high schools and two for high school-aged students. A complete set for each level (Elementary, Middle school, High School, and Transitions) includes 1 teacher's manual and 30 student guides.

Required Program Materials

- Elementary School Level 1 - \$235
 - Elementary School Level 2 - \$235
 - Elementary School Level 3 - \$235
 - Middle School Level 1 - \$275
 - Middle School Level 2 - \$225
 - Middle School Level 3 - \$175
 - High School - \$265
 - Transitions - \$265
- (Elementary and Middle School levels are also available in Spanish)

Additional Student Guides

- Elementary School (Level 1/2/3) \$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
- High School - \$60 per pack of 10
- Transitions - \$60 per pack of 10

Optional Program Materials

- Smoking and Biofeedback DVD (MS Level 1) - \$20
- Stress Management Techniques audio CD (MS Level 1) - \$10
- Elementary School CD ROM 1 - \$49.95
- Elementary School CD ROM 2 - \$49.95
- Companion Website (MS, HS, Transitions) – FREE

Training (Preferred)

Implementation training is preferred and offered free of charge to VFHY grantees by VFHY staff.

PROGRAM CONTACT

For training and program information, contact:

Ursalin Murray
National Health Promotion Associates
711 Westchester Avenue
White Plains, NY 10604
(800) 293-4969
Fax: (914) 421-2007
E-mail: umurray@nhpamail.com

For materials information, contact:

Craig Zettle
Princeton Health Press
711 Westchester Avenue
White Plains, NY 10604
Phone: (914)-421-2525
Fax: (914) 421-0521
E-mail: lstinfo@nhpamail.com

ADDITIONAL INFORMATION

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

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

Creating Lasting Family Connections (CLFC) is a comprehensive family strengthening, substance abuse, and violence prevention curriculum. CLFC has demonstrated that youth and families in high-risk environments can be assisted to become strong, healthy, and supportive people. CLFC provides parents and children with strong defenses against environmental risk factors by teaching appropriate skills for personal growth, family enhancement, and interpersonal communication, including refusal skills for both parents and youth.

SPECIFIC OUTCOMES

CLFC is designed to:

- Improve refusal skills, resulting in both delayed onset and reduced use of substances by youth.
- Increase communication and bonding between parents and children.
- Foster greater use of community services in resolving family and personal problems.
- Decrease uncontrolled behavior (i.e., reduce violence).

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 9 to 17

Grade: Grades 4 - 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 5 / Maximum 30

of Lessons: 15 - 18 (1 per week)

Length of Sessions: 1 1/2 - 2 1/2 hours

Startup Time: Program startup takes 1 to 3 months, and includes:

- 5 to 6 days of training by the developer
- Community mobilization activities
- Identification and recruitment of parents and youth

Duration of Implementation: 15-18 weeks

Training: Preferred

HOW IT WORKS

Implementing the CLFC model involves:

- Identifying, recruiting, assessing, and selecting the community system(s) that will serve as the focal point of the program.
- Creating, orienting, and training a small cadre of community volunteers to advocate for youth and their families in high-risk environments, and recruiting and helping retain those families in the program.



- Recruiting youth and families from high-risk environments who are willing to participate in the program.
- Administering six highly interactive training modules, three each to both parents and youth, separately (i.e., one module on substance use issues, a second on personal and family responsibilities, and a third on communication and refusal skills). 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:

- Utilize at least four part-time facilitators (two for the parent modules and two for the youth modules).
- After the recruitment phase, these four part-time facilitators can work with up to 30 families, 1 day per week, 4 hours per day, for the duration of the 15-19- week program.
- A minimum of two facilitators for each group is strongly recommended because a team approach significantly enhances the group learning experience and is likely to increase the participants' positive response to the program.
- Facilitators should provide weekly 2 1/2 hour parent and youth training sessions for a 15-18 week period. However, the modules may be offered in 5-week increments throughout the year if families are unable to commit to a 15- 18-week program. Facilitators are also responsible for case management or referrals to community services (an optional element when used within universal populations).

MATERIALS AND TRAINING

Required Materials

- Complete Curriculum - \$1,125
- Individual Module Kit - \$ 250
- Replacement set of 25 notebooks for a module -\$99.95
- Individual CLFC Manuals - \$50 each

Optional Materials

- Building Healthy Individuals, Families, and Communities - \$25
- CLFC Promotional DVD - \$25
- CLFC DVD Set (5) - \$499
- CLFC Training Assessment Survey - \$150
- CLFC Evaluation Kit - \$300
- CLFC Retrospective Surveys - \$300

Training (Preferred)

- Implementation Training - \$750 per person

PROGRAM CONTACT

Teresa Boyd Strader
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Louisville, KY 40206
Phone: (502) 897-1111
Fax: (502) 549-1222
Email: teresastraderrfn@gmail.com

ADDITIONAL INFORMATION

Website: www.copes.org

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

Helping Teens Stop Using Tobacco (TAP) is an eight-session program for tobacco-using teens (grades 7-12) who voluntarily want to stop using cigarettes or spit tobacco. In an adult-led, peer group setting, the program provides information, motivation, and cessation options to help participants design a personalized approach to quitting. Optional follow-up support sessions are available.

SPECIFIC OUTCOMES

Participants completing the program will show:

- Increased desire to quit using tobacco.
- Increased confidence in ability to quit using tobacco.
- A reduction or cessation of tobacco use.
- Less favorable attitudes toward tobacco use.
- Increased knowledge of the risk caused by tobacco use.
- Decreased impulsivity.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 13 – 18

Grade: Grades 7 – 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Cessation

Audience Size: Minimum 6 / Maximum 10

of Lessons: 8 (one per week)

Length of Sessions: 45- 50 Minutes

Duration of Implementation: 8 weeks

Training: Preferred

HOW IT WORKS

Schools, parents, peers and other members of the community collaborate to identify and refer tobacco-using teens to the program. The facilitator teaches 6-10 participants about the risks of continued tobacco use and how they can move toward stopping tobacco use. The Facilitator Guide provides the facilitator with complete information on how to implement the eight sessions including scripts, task assignment sheets, information, activities, exercises, discussion questions and stories. The Facilitator Guide also includes specific chapters on staff responsibilities, program development, cultural diversity, facts about tobacco and group facilitation skills. Finally, training handouts, posters, brochures and other materials are provided to recruit participants and promote the program. Activities may be enhanced with videos, posters, brochures, and models. Through



group interaction, activities, education, guest speakers, and the Participant Guidebook, participants gain the motivation and knowledge to reduce or quit tobacco use.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Participants must voluntarily want to stop using tobacco products.
- Complete all eight sessions in order to achieve model outcomes.
- Provide each participant with a student workbook.
- Provide each adult facilitator with a facilitator's guide.



MATERIALS AND TRAINING

Required Materials

- Facilitator Guide - \$39.95
- Participant Guidebook - \$2.50 - \$3.95/ea.

Optional Materials

- Tobacco & Death DVD - \$139.95
- No Ifs, Ands or Butts: Smoking Kills DVD - \$139.95
- 10 Reasons It's No Joke To Smoke Poster - \$10.95
- Simulated Smoker's Lung - \$106.95
- Stress Reducers Poster - \$17.95
- Relaxation CD - \$19.95
- "I Quit" Medallions (2 Sets of 5) - \$39.90

Training

Implementation training is preferred and offered free of charge to VFHY grantees by VFHY staff.

PROGRAM CONTACT

Bob Edelstein
Community Intervention
2412 University Ave SE Ste B
Minneapolis, MN 55414
Phone: (800) 328-0417
Fax: (612) 342-2388
E-mail: bob@communityintervention.org

ADDITIONAL INFORMATION

Website: www.communityintervention.org

Program Information Worksheet

BRIEF PROGRAM DESCRIPTION

Intervening With Teen Tobacco Users (TEG) is an eight-session educational program for tobacco using teens (grades 7-12) who do not want to, or are not ready to, stop using cigarettes or spit tobacco. In an adult-led, peer group setting, TEG provides information on the consequences of tobacco use and motivates participants to reduce their tobacco use, quit on their own, or join a cessation program. Schools use TEG as an alternative consequence over suspension for teens that violate the tobacco use policy. Juvenile courts use TEG for diversion.

SPECIFIC OUTCOMES

- Increased desire to quit using tobacco.
- A reduction or cessation of tobacco use.
- Less favorable attitudes toward tobacco use.
- Increased knowledge of the risks caused by tobacco use.
- Decreased impulsivity.
- Improved social skills.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 13 – 18

Grade: Grades 7 – 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Cessation/Reduction

Audience Size: Minimum 8 / Maximum 14

of Lessons: 8 (a minimum of one per week)

Length of Sessions: 45 – 50 minutes

Duration of Implementation: Varies (one session per week for eight weeks, two sessions per week for four weeks, two sessions per day for four days, four sessions per day for two days)

Training: Preferred

HOW IT WORKS

Referrals to TEG typically come through school administration or law enforcement, particularly when incorporated into school or community policies and procedures as a consequence for tobacco possession or use. TEG most often takes place outside of regular school hours (after school or Saturday morning school) or is incorporated into in-school suspension. Some schools, such as alternative schools where the rate of tobacco use is inordinately high and enforcement may be low, incorporate TEG into the health education curriculum. A Facilitator Guide provides complete information on how



to implement the eight sessions and supplementary exercises including scripts, task assignment sheets, activities, exercises, discussion questions and training handouts. The guide also includes chapters on program development, cultural diversity, tobacco facts and group facilitation skills. Activities may be enhanced with videos, posters, brochures, and models. Through group interaction, activities, education, guest speakers, and a Participant Guidebook, participants learn to make healthier choices, reduce tobacco use, or move toward quitting tobacco use.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Implement to students in 7th to 12th grades.
- Work with small groups of 8 to 14 participants.
- Teach all eight sessions.
- Participants must be tobacco-using teens (grades 7-12) that DO NOT want to stop using cigarettes or spit tobacco.
- Use in schools as an alternative consequence over suspension for teens that violate the tobacco use policy.
- Use in juvenile courts for diversion.

- Implement outside of regular school hours (after school or Saturday morning school) or incorporate into in-school suspension. Some schools, such as alternative schools where the rate of tobacco use is inordinately high and enforcement may be low, incorporate into the health education curriculum.

TRAINING AND MATERIALS

Required Materials

- Facilitator Guide - \$39.95
- Participant Guidebook - \$2.50 - \$3.95/ea.

Optional Materials

- Smoking: Truth or Dare DVD - \$149.95
- Inflatable Giant Cigarette - \$44.95
- Hairy Tongue Poster - \$19.95
- Tobacco Horror Picture Show Video - \$139.95
- Marijuana Chart - \$24.95
- Great Tobacco Gross Out Poster - \$17.95
- Think Twice: Marijuana & Cancer DVD - \$139.95
- Targeted DVD - \$139.95
- The Story of a Spit Tobacco User Video - \$189
- How I Quit Smoking & Saved My Life Video - \$139.95
- Smoking Chart - \$24.95
- Group Rules & Expectation Poster - \$17.95

Training

- Implementation training is preferred and offered free of charge to VFHY grantees by VFHY staff.

PROGRAM CONTACT

Bob Edelstein
Community Intervention
2412 University Ave SE Ste B
Minneapolis, MN 55414
Phone: (800) 328-0417
Fax: (612) 342-2388
E-mail: bob@communityintervention.org

ADDITIONAL INFORMATION

Website: <http://www.communityintervention.org>

Program Information Worksheet

BRIEF PROGRAM DESCRIPTION

Know Your Body (KYB), a comprehensive, skills-based health education curriculum for children in grades K-6, aims to provide young people with the knowledge, skills, attitudes and experiences necessary to practice healthy behaviors. KYB instills within children a belief that they are responsible for their own thoughts, feelings, and actions to maintain a healthy lifestyle. KYB has five program components: the curriculum, teacher/coordinator training, biomedical screening, program evaluation, and program enhancements. Schools may choose to adopt only the two core components; the curriculum and training, or may choose to adopt all five.

SPECIFIC OUTCOMES

- Prevents cigarette smoking and other tobacco use and drug use, conflict and violence prevention, and disease prevention.
- Increases knowledge in nutrition, safety, environmental health, dental health, consumer health, exercise and fitness, growth and development, and social and emotional health.
- Builds life skills including decision-making, self-esteem, goal setting, effective communication, and stress management.
- Studies have shown significantly fewer new cigarette smokers and lower rates of initiation of cigarette smoking in KYB intervention groups compared with control groups.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 5 – 12

Grade: Grades K - 6

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: 6 - 35

of Lessons: 48 (1-3 times per week)

Length of Sessions: 20 – 40 minutes

Duration of Implementation: Up to 48 weeks

Training: Strongly recommended

HOW IT WORKS

The curriculum uses a combination of developmentally appropriate health instruction as well as cognitive and behavioral skill building to address a variety of health related topics. Five life skills form the core of the curriculum and are practiced and reinforced throughout the curriculum. The five core life skills are: self-esteem building,



decision-making, effective communication, goal setting, and stress management. Developing these skills and providing opportunities for students to practice them provide students with an “inoculation” against poor health habits such as tobacco use.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All 48 lessons must be completed to achieve program fidelity.

MATERIALS AND TRAINING

Required Materials

A grade kit for each of the grades K-6. The cost for grades K-1 is \$131.03. For each kit for grades 2-6, the cost is \$120.11. K-3 Student Workbooks are \$7.63 and Gr. 4-6 student Guides are \$15.28. A 20% discount is offered when purchasing a package of K-6 kits. There are no other components that need to be purchased.

Training (Strongly Recommended)

Implementation training is strongly recommended and is available for \$2,150 for an 6-hour training.

PROGRAM CONTACT

For training and implementation information contact:

Jamie Becker
Kendall Hunt Publishing Company
4050 Westmark Drive
Dubuque, Iowa 52004-1840
Phone: (800) 542-6657 x1058
E-mail: jbecker@kendallhunt.com

For Materials Contact:

Christopher Kerper
Kendall Hunt Publishing Company
4050 Westmark Drive
Dubuque, Iowa 52004-1840
Phone: (800) 542-6657 ext. 1090
E-mail: ckerper@kendallhunt.com

ADDITIONAL INFORMATION

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

Program Information Worksheet

BRIEF PROGRAM DESCRIPTION

Media Detective is an evidence and activity –based media literacy program for use with 3rd – 5th grade students designed to delay or prevent tobacco and alcohol use. The program engages students from the first moment of class until the final lesson with interactive activities, hands-on practice and small group work. Through 10 lessons of interactive activities, hands on practice and small group work, students discover the media world around them and develop critical thinking skills to better understand media messages so that they may apply those critical thinking skills to everyday situations.

SPECIFIC OUTCOMES

- Reduction in intent to use tobacco products among students who reported previous tobacco or alcohol use.
- Improvement in self-efficacy to resist using tobacco and alcohol in the future among students who reported previous use of a tobacco or alcohol product.
- Reduction in boys' interest in alcohol-branded merchandise (i.e. toys, clothing & household objects emblazoned with beer brand names and logos.)
- Improved media message deconstruction skills.

PROGRAM DETAILS

Audience Size: Maximum of 30 students

Age Range: Youth ages 8 – 10

Grade: Grades 3 – 5

Gender: Both Male and Female

of Lessons: 10 classroom lessons

Length of Sessions: 45 minutes

Duration of Implementation:

One lesson per day, presented sequentially

Training: Required

HOW IT WORKS

Students enroll in Media Detective School for two weeks and explore media literacy lessons with their teacher, accompanied by dog and cat detective duo Snoop and Scoop. During ten lessons, students are taught to unravel the mysteries associated with media messages and advertisements. As successful Media Detectives, they will be able to stop and think critically before accepting media messages particularly positive and persuasive media messages about alcohol and tobacco use.



IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- The teacher should complete the Media Detective Teacher Training
- Review the Teacher's Manual
- Cover all program activities outlined in the Teachers Manual with the students.
- Use the Fidelity Checklist to monitor adherence to the program sections.

MATERIALS

Required Materials

Curriculum Kit - \$210 per kit

Media Detective Student Notebook (3rd grade & 4th-5th grade versions) (10-pack) - \$24

Optional Materials

- Overhead Transparencies of Media Examples - \$58
- Media Detective Bookmarks (30-pack) - \$3.75
- Replacement CD of Media Examples - \$5
- Media Detective Parent Night – Contact iRT for more information.

Training (Required)

Implementation training is required. Training is a 6 hour web-based course. Cost is \$75 per person.

PROGRAM CONTACT

For material information, contact:

Dr. Tracy Scull or Jordan Price
1415 W. NC Highway 54, Ste 121
Durham, NC, 27707
Phone: (919) 493-7700
Fax: (919) 493-7720
E-mail: tscull@irtinc.us

For program information, contact:

Dr. Tracy Scull or Jordan Price
1415 W. NC Highway 54, Ste 121
Durham, NC, 27707
Phone: (919) 493-7700
Fax: (919) 493-7720
E-mail: tscull@irtinc.us

ADDITIONAL INFORMATION

Website: www.irtinc.us/products

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

Media Ready is an evidence and activity-based media literacy program for use with 6th – 8th grade students designed to delay or prevent tobacco and alcohol use. Through 10 lessons of interactive activities, hands-on practice and small-group work, students discover the media world around them and develop critical thinking skills to better understand media messages, particularly media messages about tobacco and alcohol products.

SPECIFIC OUTCOMES

- Reduction in the intent to use tobacco products.
- Improvement in critical thinking skills about media messages.
- Reduction in boys' intent to use alcohol products.

PROGRAM DETAILS

Age Range: Youth ages 11 – 14

Grade: Grades 6 - 8

Gender: Both male and female

Audience Size: Maximum of 30 students

of Lessons: 10 classroom lessons

Length of Sessions: 45 minutes

Duration of Implementation:

One lesson per day, presented sequentially

Training: Required

HOW IT WORKS

A stealth education approach is used in the program in that students learn to analyze advertisements for products such as clothes, toys, and food before applying these skills to analyzing tobacco and alcohol advertisements. The program aims to make students more active consumers and improve critical thinking skills used when making health decisions. Skills development in these areas is related to change youth's attitudes about tobacco and alcohol, and changes in intentions to use these substances. Program goals: 1) increase youth's awareness of the pervasiveness of media and advertising in their lives; 2) inform youth of the techniques of advertising to provide analytic tools for the deconstruction of media messages; 3) impact youth's media-related cognitions such as improving logical processing and increasing media skepticism; and 4) equip youth with media advocacy and production skills to create counter arguments to the messages promoted by tobacco and alcohol advertising companies.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- The teacher should complete the Media Ready Teacher Training
- Review the Teacher's Manual

- Cover all program activities outlined in the Teachers Manual with the students.
- Use the Fidelity Checklist to monitor adherence to the program sections.

MATERIALS

Required Materials

Curriculum Kit - \$105 per kit

Media Ready Student Workbooks (10-pack) - \$13.50

Optional Materials

Curriculum Kit with Transparencies - \$120

Key Questions Poster - \$5

Overhead Transparencies of Media Example - \$28

Key Questions Bookmarks (30-pack) - \$3.75

Common Implied Messages Bookmarks (30-pack) - \$3.75

Replacement CD of Media Examples - \$5

Training (Required)

Implementation training is required. Training is an 8-hour in-person workshop. Cost for onsite training is approx \$2,800 plus travel expenses (for up to 25 trainees). Cost for regional training is \$300/person.

PROGRAM CONTACT

For material information, contact:

Dr. Tracy Scull or Jordan Price
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E-mail: tscull@irtinc.us

ADDITIONAL INFORMATION

Website: www.irtinc.us/products

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

The Minnesota Smoking Prevention Program (MSPP) is a school-based curriculum designed for 11 to 15 year old students. The overall goal of the MSPP program is to prevent tobacco use among adolescents. MSPP is a comprehensive tobacco prevention program that includes the following:

- A curriculum designed for students in grades 4–8;
- A community action manual that provides ideas of how to address tobacco prevention community wide through the involvement of parents, students, and other community members;
- An eight-page parent brochure that motivates students' family members to be involved in this important issue. All parent materials in this program are also available in universal Spanish.

SPECIFIC OUTCOMES

The intended outcomes are that adolescents will:

- Avoid tobacco use.
- Discontinue use of tobacco if they have experimented with it.
- Influence friends and family members to not use tobacco.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 11 - 15

Grade: Grades 4 - 8

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 8/Maximum 30

of Lessons: 6 (1-3 per week)

Length of Sessions: 45 – 50 minutes

Duration of Implementation: 2-6 Weeks

Training: Preferred

HOW IT WORKS

The MSPP curriculum consists of six developmentally- appropriate classroom sessions for grades 4–8. Each session is 45 to 50 minutes in length fitting well into a normal class period. The curriculum's educational strategies include: cooperative learning groups, group discussions, role-plays, reports, and goal setting. All activities are designed to actively engage the students rather than provide them with lecture-style lessons. Although developed in the Midwest, the program is appropriate for students in all regions of the United States including urban and rural, all socioeconomic groups, and across



ethnicities. The peer-led component of the MSPP program, which uses same-age group leaders to facilitate many of the classroom activities, increases the appropriateness of the program for any group of students since students respond well to their peers. Same-age peers are more likely than teachers or outsiders to speak the same language and have the same perspective as the students.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All lessons must be taught in the designated sequence in order to achieve the desired outcome.

MATERIALS AND TRAINING

Required Materials

MSPP Complete Revised Curriculum - \$249 for 30 students and their parents

Training (Preferred)

Implementation Training - \$2,200



PROGRAM CONTACT

Kaylene McElfresh
Hazelden Publishing
PO Box 176 RW11
Center City, MN 55012
Phone: (651) 213-4324
Fax: (651) 213-4720
E-mail: kmcelfresh@hazelden.org

ADDITIONAL INFORMATION

Website: www.hazelden.org/bookplace

Program Information Worksheet

BRIEF PROGRAM DESCRIPTION

Not on Tobacco (N-O-T) is the American Lung Association's premiere smoking cessation program for teens who want to stop smoking. NO-T was designed specifically for teens and is offered as a gender-sensitive program by trained facilitators. The 10-session program uses a life management skills approach so that teens learn how to reduce stress, make decisions, and communicate more effectively with family and friends. An optional four-session booster program should ideally be taught within two – four weeks of ending the 10-session program.

SPECIFIC OUTCOMES

In the experimental evaluation of the N-O-T program in Florida, at the end of the program:

- 22% of participants had quit smoking and this was chemically validated.
- 62% of participants reduced the amount of cigarettes they smoked. In the 6 month follow-up study:
- 22.4% of participants self-reported as quit, with 20% chemically validated as quit. Secondary outcomes included: 55% of participants reported increased self-esteem, 55% reduced their stress, 21% reported attending school more often, and 43% reported that they had changed other health behaviors, such as exercising more.
- 65% of participants reduced weekday smoking and 75% reduced weekend smoking. Therefore, nearly 90% of participants either quit or reduced smoking.
- 84.6% of participants agreed that N-O-T helped them change their smoking behavior.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 14 – 19

Grade: Grades 9 – 12

Gender: Single-sex groups are encouraged (either all-girl or all-boy groups)

PROGRAM DETAILS

Type of Program: Cessation/Reduction

Audience Size: Maximum 10

of Lessons: 10 (one per week)

Length of Sessions: 50 minutes each

Duration of Implementation: 10 weeks

Training: Required



HOW IT WORKS

N-O-T helps teens beat their smoking addiction by: identifying the reasons why they smoke, pinpointing the social influences that affect smoking behavior, combating social pressure from friends and family who smoke, understanding the immediate benefits of quitting, setting realistic and attainable goals for change and developing life-management skills that go beyond giving up smoking. An American Lung Association certified trainer trains facilitators in program implementation. Participant recruitment materials, handouts and incentive items are provided for facilitators. The certified facilitator works with the core curriculum which consists of ten sessions and four follow-up or booster sessions to reinforce what the group has learned and achieved. Teens are more likely to share their feelings about smoking and other issues in a same-gender group, so that to the extent possible, male facilitators lead the boys' groups and female facilitators lead the girls' groups. The program does not "teach" the students; rather, it draws them in as active participants through small group discussions, hands-on activities, and journal writing and drawing.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All 10 sessions must be completed using the full scope and sequence of the curriculum.
- Facilitators must complete a one day training program provided by ALA.
- Facilitators must lead smoke-free lifestyles.
- Each implementation site should have one male and one female facilitator.



MATERIALS AND TRAINING

Required Materials

Two Facilitator Manuals - \$270

Teen Participant Materials - \$250/10 students

Training (Required)

Implementation Training - \$250 per person

PROGRAM CONTACT

For training and implementation information contact:

Billie Murray

20386 Lime Hill Road

Bristol, VA 24202

Phone: (276) 466-4017

Email: BMurray@lungusa.org

For Materials Contact:

Gabrielle Steele

American Lung Association

814 Holbrook Ave.

Wilmington, NC 28412

Phone: 910-790-2141

Email: gsteele@lungusa.va

ADDITIONAL INFORMATION

Website: www.notontobacco.com

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

Positive Action is a program that empowers students, schools, families and communities to find their greatness by developing their own unique potential. It has been shown to improve multiple behaviors, academic achievement, and character in children and adolescents (3 to 18 years old). It is easy to use with lessons on each grade level (from Pre-Kindergarten to Grade 12) that are reinforced throughout the day by including school, family, and community components, which work together or can stand alone.

SPECIFIC OUTCOMES

Main Outcomes:

Academic achievement improved:

- Math improved 52%
- Reading improved 21%

Drug, alcohol and tobacco use reduced 71%

Violence-related incidents reduced up to 85%

Bullying reduced 41%

Gang activity reduced 21%

Voluntary sexual activity reduced 83%

Truancy decreased 75%.

Suspensions reduced 80%

Overall health improvement: 5.6%

Boys health improvement: 15.4%

African-Americans health improvement: 12.7%

Long-Term Outcomes:

Dissing behaviors reduced 69%

Dropout rates reduced by 37%

Post-High School Outcomes:

- Probability of post-high school employment increased by 18%
- Probability of pursuing higher education after high school increased by 38%

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 3 – 18

Grade: Grades Pre K – 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Maximum of 30 students

of Lessons: Approximately 140 classroom lessons for Pre-K – 6; 82 lessons for Grades 7 – 8; 132 lessons for High School.

Length of Sessions: 15 – 20 minutes

Duration of Implementation: Varies depending on number



and frequency of lessons taught. Positive Action offers implementation plan options to achieve fidelity in any setting

Training: Preferred

HOW IT WORKS

The program has Pre-K through 12 curricula that teach the positive actions for the physical, intellectual, social and emotional areas. Implementation is made simple with scripted 15-20 minute lessons and all required materials. Classroom teachers teach the curriculum using a grade-appropriate kit containing prepared materials and an Instructor's Manual with lesson plans. The program can be implemented in schools and community-based organizations.

Additional components are:

- Elementary Bullying Prevention Supplement Kit
- Grade 5 and Middle School Drug Education Supplement Kits
- Elementary and Secondary Climate Development Kits
- Counselor's Kit
- Conflict Resolution Kit
- Family Kit
- Family Classes and Parenting Classes
- Community Kit

IMPLEMENTATION ESSENTIALS

To replicate with fidelity, utilize with willing leaders, faculty, staff, parents and community members. Use *The Positive Action Program Guidelines for Implementing with Fidelity*.

MATERIALS

Required Materials

1 Classroom Kit per classroom - \$390 – \$460 per kit

Optional Materials

Elementary Bullying Prevention Supplement Kit - \$250
Grade 5 Drug Education Supplement Instructor's Kit - \$390
Middle School Drug Education Supplement Kit - \$460
Climate Kits (for Elementary and Secondary levels) - \$460 each
Counselor's Kit (includes materials for 6 individuals) - \$150
Conflict Resolution Kit - \$75
Family Kit - \$85
Family Classes and Parenting Classes
Instructor's Kits - \$980 - \$1450 per kit
Community Kit - \$550

Training (Preferred)

Implementation training is preferred and offered free of charge to VFHY grantees by VFHY staff.

PROGRAM CONTACT

For material information, contact:

Keri Metzger
264 4th Avenue
South Twin Falls, ID 83301
Phone: (800) 345-2974
Fax: (208) 733-1590
E-mail: info@positiveaction.net

For program information, contact:

Carolyn Pirtle
264 4th Avenue South
Twin Falls, ID 83301
Phone: (800) 345-2974
Fax: (208) 733-1590
E-mail: info@positiveaction.net

ADDITIONAL INFORMATION

Website: www.positiveaction.net

Program Information Worksheet

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

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: Youth ages 11 – 14

Grade: Grades 6 – 8

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention (program impacts cigarette use of participants who smoke)

Audience Size: Minimum 12/Maximum 35

of Lessons: 11 lessons in year one (6th or 7th grade)/ 3 lessons in year two (7th or 8th grade)

Length of Sessions: 45 minutes

Frequency of Implementation Once a week

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

Training: Preferred

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.

MATERIALS AND TRAINING

Required Materials

Teacher curriculum kit - \$150 per kit (Curriculum kit includes access to online teacher training, as well as 14 lesson plans, 8 interactive student videos and 12 full-color posters that support learning goals.)

Training (Preferred)

Online training is available free of charge with each kit purchased. Traditional training is available free of charge to sites purchasing 25 or more kits. Online training averages 3-6 hours and traditional training is 7 hours.

PROGRAM CONTACT

Debbie Thomas Evans
BEST Foundation
725 S. Figueroa St., Suite 1825
Los Angeles, CA 90017
Phone: (213) 623-0580 x1313
Fax: (213) 623-0585
E-mail: devans@projectalert.best.org

ADDITIONAL INFORMATION

Website: www.projectalert.com

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

Project EX is an eight-session teen school-based clinic tobacco use cessation program that involves enjoyable, motivating activities (games, talk shows, alternative medicine-type). Seventeen percent of the smokers enrolled in the clinics report having quit smoking for at least the last 30 days at 3 month follow-up (five months after the program quit day), compared to only 8% of the control condition smokers over the same time period. The Project EX clinic component appears to be an effective means of tobacco use cessation among teens.

SPECIFIC OUTCOMES

At the completion of this program, youth will be able to:

- Stop or reduce cigarette smoking.
- State accurate information about the environmental, social, physiological and emotional consequences of tobacco use.

AUDIENCE CHARACTERISTICS

Age Range: High School Youth ages 14 – 18

Grade: Grades 9 – 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Cessation

Audience Size: Minimum 5 / Maximum 30

of Lessons: 8

Length of Sessions: 40 – 50 minutes

Duration of Implementation: Six weeks

Training: Strongly recommended

HOW IT WORKS

The curriculum involves eight sessions delivered over a 6-week period. The first four sessions are held in a two-week period. During that period, students are not asked or required to quit immediately, but rather are prepared to strengthen their attempt to quit between Session 4 and Session 6. The latter four sessions are held once per week during the following month and are focused on maintaining their cessation attempt.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Requires completion of a minimum of all 8 lessons.
- Implement two sessions per week during the first two weeks and the latter four lessons once per week during the following month.



MATERIALS AND TRAINING

Required Materials

Facilitator's Guide - \$60 Student Workbooks; (set of 5) - \$35

Optional Materials

Articles - \$2.50 each Post Test Instrument - \$3 each

Training (Optional)

One/Two Day Implementation Training - \$1,100 – \$2,000

(Contact developer for more detailed training information).

PROGRAM CONTACT

Leah Meza

University of Southern California

Institute for Prevention Research

Soto Street Building, SSB

2001 N. Soto Street

Los Angeles, CA 90089

Toll-free: (800) 400-8461

Direct: (323) 442-8202

Fax: (323) 442-7254

E-mail: leahmedi@usc.edu

ADDITIONAL INFORMATION

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

Program Information Worksheet

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

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



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

Leah Meza
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Institute for Prevention Research
Soto Street Building, SSB
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Los Angeles, CA 90089
Toll-free: (800) 400-8461
Direct: (323) 442-8202
Fax: (323) 442-7254
E-mail: leahmedi@usc.edu

ADDITIONAL INFORMATION

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

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

Project Toward No Tobacco Use (TNT) is a comprehensive, classroom-based curriculum designed to prevent or reduce tobacco use in youth 10 to 15 years old in grades five through ten. 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

- Reduced initiation of cigarette use by approximately 26% when 1- and 2-year outcomes were averaged together.
- Reduced initiation of smokeless tobacco use by approximately 30%.
- Reduced weekly or more frequent cigarette smoking by approximately 60%.
- Eliminated weekly or more frequent smokeless tobacco use.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 10 – 12

Grade: Ideally for 7th graders but has been implemented with 5th – 10th graders

Gender: Both Male and Female

PROGRAM DETAIL

Type of Program: Prevention

Audience Size: Minimum 8/Maximum 40

of Lessons: 12 (10 core lessons/2 booster)

Length of Sessions: 40 – 50 minutes each

Duration of Implementation: 10 core lessons should be delivered over a two-week period 2 booster lessons should be delivered 1 year later in a 2- day sequence.

Training: Preferred

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 2 week period, although they may be spread over 4 weeks as long as all lessons are taught.
- Deliver the two-lesson booster 1 year after the core lessons in a 2 day sequence. However, the booster sessions may be taught one per week.



MATERIALS AND TRAINING

Required Materials

- Teacher guide - \$45
- Student workbooks (set of 5) - \$19
- Videotape “Standing up for Yourself – Peer Pressure & Drugs” - \$79.95
- Videotape “Tobacco Use Social Images” - \$40

Optional Materials

- Pre/Post Evaluation Instruments – Available by request

Training (Optional)

- One- or Two-Day Implementation Training - \$1,100- \$2,000 (plus trainer’s travel expenses)

PROGRAM CONTACT

For program information, contact:

Leah Meza
University of Southern California
Institute for Prevention Research
Soto Street Building, SSB
2001 N. Soto Street
Los Angeles, CA 90089
Toll-free: (800) 400-8461
Direct: (323) 442-8202
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E-mail: leahmedi@usc.edu

For material information, contact:

John Henry Ledwith
ETR Associates
4 Carbonero Way
Scotts Valley, CA 95066
Phone: (800) 325-3048 x204
Fax: (831) 438-4284
E-mail: jhl@etr.org

ADDITIONAL INFORMATION

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

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

The Strengthening Families Program (SFP) involves school age children ages 3-5, 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’s social/life skills, and family life skills. Families attend 14 weekly sessions, beginning with a meal, followed by separate parents and youth groups, and ending with a family group. Personal disclosure is not required and stress is laid on new skills offering more options rather than criticizing old skills or past behavior.

SPECIFIC OUTCOMES

Parent Outcomes:

- Increased parenting efficacy, parenting skills, and marital communication.
- Decreased stress, depression, and alcohol and drug use.
- Youth Outcomes
- Decreased tobacco, alcohol or drug use.
- Decreased depression, conduct disorders, and aggression.
- Increased cooperation, number of pro-social friends, social competencies, and school grades.
- Family Level Outcomes:
- Improved parenting knowledge and skills
- Improved family relationships
- Improved children’s social skills and behavior

AUDIENCE CHARACTERISTICS

Age Range: Families with children ages 3-5, 6-11 or 12-16

Grade: Grades pre-K– 10

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum of 6 Families / Maximum of 12 Families

of Lessons: 14 (one per week)

Length of Sessions: 3 hours, including meal

Duration of Implementation: 14 weeks

Training: Strongly recommended

HOW IT WORKS

The SPF curriculum is a 14-session behavioral skills training program of 2 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, 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 abuse. 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 insure that knowledge of new skills is translated into practice. New skills are built in easy steps with an emphasis on coaching and encouragement by group leaders.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Implementation of all 14 Parent, Child and Family Skills training sessions using SPF manuals and meeting once per week.
- Committed and experienced staff, including a part-time site coordinator and four group leaders (working five hours per week) who receive 2 days of SFP



training prior to implementation. Warm, empathetic, genuine, and creative leaders are most effective.)

- At least two large training rooms equipped with flip charts and extra space for tables for meals and childcare.
- Family meals, transportation, and childcare should be provided (reduces barriers to attendance).

MATERIALS AND TRAINING

Required Materials

Parent, Youth, Family Group Leader Manuals - \$450

NOTE: All course materials are provided in a master set on CD from which agencies copy all course materials needed to implement SFP. Each set of 3 group leader manuals typically costs about \$30 to copy from CD. Parent and child handouts will be copied for each new class of families at a typical cost of \$5-10 total.

Training (Strongly Recommended)

Two-Day Training - \$3,250 for 35 participants

PROGRAM CONTACT

For program content information and materials, contact:

Henry O. Whiteside, Ph.D.

5215 Pioneer Fork Road

Salt Lake City, UT 84108

Phone: (801) 583.4601

FAX: (801) 583.7979

E-mail: hwhiteside@lutragroup.com

ADDITIONAL INFORMATION

Website: <http://www.strengtheningfamiliesprogram.org>

Program Information Worksheet

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

BRIEF PROGRAM DESCRIPTION

The Strengthening Families Program for Parents and Youth 10–14 (SFP 10–14) is a video-based 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, youth, and family sessions using narrated videos that portray typical youth and parent situations. In the first hour, parents learn ways to build parenting skills while the youth learn appropriate life skills. In the second hour, parents and children come together for family activities. Sessions are highly interactive and include roleplaying, discussions, learning games, and family projects.

SPECIFIC OUTCOMES

Among youth:

- 26% to 56% relative reduction in “ever use” of substances at 4-year follow-up, depending on the substance.
- 32% to 77% relative reduction in conduct problems at 4-year follow-up, depending on the behavior.
- Delayed onset of other problematic behaviors
- Increased resistance to peer pressure. Among parents:
- Increased ability to set appropriate limits and show affection to and support for their children.

AUDIENCE CHARACTERISTICS

Age Range: Families with children between the ages of 10 – 14

Grade: Grades 5 – 8

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum of 7 Families / Maximum of 10 Families

of Lessons: 7 (one per week)

Length of Sessions: 2 hours

Startup Time: Recruitment should begin two months before implementation begins

Duration of Implementation: Seven weeks

Training: Required

HOW IT WORKS

Seven two-hour sessions are held in the evenings. During the first hour, parents and youth meet in separate groups to build skills and practice new behaviors. During the second hour, parents 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: Videos are used in all parent sessions and several youth and family sessions.



The curriculum is highly interactive with group discussions, role plays, projects, and learning games. Content: Parent topics center around preventing antisocial behavior in youth by teaching parents to use appropriate limit-setting and child 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), 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 2 months prior to the 7-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 group leaders are needed: one for the parent sessions and two for the youth sessions. Group leaders teach from materials provided during youth, parent, and family sessions. During family sessions, group leaders engage in less teaching as their role changes to facilitator and coach. Each group leader is responsible for three or four families and works with the same families each week.



- Group leaders for SFP 10-14 should have strong presentation and facilitation skills and experience working with parents or youth. They must attend a 3-day training that includes participating in all program activities.
- Typically, group leaders require 1 to 2 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/VCR/DVD is required; for two sessions, two sets are needed. A flip chart with markers is used in both the parent and youth sessions. Miscellaneous materials are needed that may be borrowed or donated, including a camera or camcorder, film, blindfolds, string, kitchen timer, baseball caps, dice, fabric strips, pencils, clothespins, glue, tape, candy, etc.

MATERIALS AND TRAINING

Required Materials

- Teacher's manual - \$175 plus shipping
- Nine videos - \$298 plus shipping
- Booster sessions manual - \$50 plus shipping
- Videos for booster sessions - \$50 plus shipping

Optional Materials

- Love and Limits magnets - \$2 each plus shipping
- Promotional Brochure- \$20 per package plus shipping
- Promotional Video - \$15 plus shipping
- Supplemental Spanish manual for use without videos for parent sessions to use with Hispanic groups - \$75 plus shipping
- Posters - \$50 plus shipping

Training (Required)

- Implementation training is offered free of charge to VFHY grantees by VFHY staff.

PROGRAM CONTACT

For program content information, contact:

Cathy Hockaday
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1087 Lebaron Ames
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E-mail: hockaday@iastate.edu

For materials, contact:

ISU Extension Distribution Center
119 Printing and Publications Bldg
Ames IA 50011
Phone: (515) 294-5247
E-mail: pubdist@iastate.edu

ADDITIONAL INFORMATION

Website: <http://www.extension.iastate.edu/sfp>

Program Information Worksheet

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

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:

Cindy Wiley
The Mendez Foundation
601 S. Magnolia Avenue
Tampa, FL 33606
Phone: (800) 750-0986
Fax: (813) 251-3237
E-mail: cwiley@mendezfoundation.org

For program materials contact:

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601 S. Magnolia Avenue
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Phone: (800) 750-0986
Fax: (813) 251-3237
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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

BRIEF PROGRAM DESCRIPTION

The Anti-Tobacco Media Blitz is an anti-tobacco advertising/social marketing campaign for high school campuses. It is designed to keep anti-tobacco messages in front of students throughout the school year -- not just for one week or one academic unit, but every day starting in September. The ATMB combines the principles of youth development, or the asset-building approach, with media literacy. The campaign is created by and for students, who learn to write and produce effective messages through the guidance of media professionals/educators.

SPECIFIC OUTCOMES

- Develop skills in distinguishing between facts, opinion, news, and entertainment. § Understand the language and special effects used in advertising.
- Learn to question sources of information and look for missing information

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 11-18

Grade: Grades 14-18

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 5 / Maximum 50

of Lessons: 10

Duration of Implementation:

10 or more weeks (frequency varies)

HOW IT WORKS

Students lead class discussions, counter tobacco company messages, and write anti-tobacco ad messages, plays, and shows.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Complete all 10 program lessons



MATERIALS AND TRAINING

Required Materials

Full kit - \$99.95

Additional sets of posters (pack of 20) - \$18

PROGRAM CONTACT

Stacie Del Giudice

Toucan Ed Inc

1280 17th Ave, Ste 102

Santa Cruz, CA 95062

Phone: (888) 386-8226 x17

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E-mail: info@toucaned.com

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

BRIEF PROGRAM DESCRIPTION

Keep A Clear Mind (KACM) is a take-home drug education program designed to influence known risk factors for substance use among upper elementary school students ages 8 to 12. The program seeks to teach children refusal skills to avoid substance use including “gateway” drugs.

SPECIFIC OUTCOMES

- Increases student ability to resist peer pressure to use tobacco, alcohol, and marijuana
- Increases student recognition of the harmful effects of tobacco, alcohol, and marijuana
- Increases student ability to resist peer pressure to use tobacco, alcohol, and marijuana
- Increases parent-child communication about substance use

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 9-11

Grade: Grades 4-6

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 8 / Maximum 30

of Lessons: 4 take home (1 a week)

Duration of Implementation: 4 weeks plus newsletters

HOW IT WORKS

The program consists of four lessons (alcohol, tobacco, marijuana, and tools to say no to drugs) 5 parent newsletters and student incentives. Students take lessons home, complete them with a parent or guardian, bring back to school a tear sheet from the lesson signed by the parent and receive a small incentive. (bookmark, bumper sticker, pencil). After four weeks of lessons parent newsletters are sent home every other week.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Recruiting a program facilitator (e.g., classroom teacher, counselor, etc.)
- Recruiting fourth, fifth, and/or sixth grade students to participate in the program
- Deliver lessons and newsletters, and monitor the implementation of take-home lessons



MATERIALS AND TRAINING

Required Materials

Lessons, newsletters & incentive - \$4.25 per student

PROGRAM CONTACT

Carol and Michael Young,
Center for Evidence- Based Programming
3551 Cactus Gulch Way
Las Cruces, NM 88011
Phone: (575) 522-5649
(501) 617-8400
(501) 622-9100
E-mail: myoung@nmsu.edu, evidence_based@yahoo.com
Website: www.keepaclearmind.com

BRIEF PROGRAM DESCRIPTION

Teens Tackle Tobacco (Triple T) is an activity-based program designed to prevent and reduce tobacco use among teens. It provides educators with activities that help students develop personal, creative, and artistic statements about a tobacco-free lifestyle. Modeled after strategies used by tobacco companies and the media to hook young people on tobacco, the student employs the same techniques to get tobacco-free messages out to their friends, family, and community.

SPECIFIC OUTCOMES

- Increases student tobacco knowledge
- Provides students with the means to communicate their feelings to peers, family and community through creative activities and health advocacy

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 11-18

Grade: Grades 6-12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 8 / Maximum 30

of Lessons: 7 (2-3 meetings per lesson)

Duration of Implementation: 7 or more weeks (frequency varies)

HOW IT WORKS

The program contains eight components -Tobacco Fact Pack, a DVD "Teens Talk Tobacco", a video viewing guide, discussion starter materials, 7 lesson plans, cessation tips, pre/post surveys, and samples of student work. The students meet 2-3 class meetings for about 50 minutes during each of the 7 lessons.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Complete all 7 program lessons

MATERIALS AND TRAINING

Required Materials

Full kit - \$99.95

Additional copies of Tobacco Fact Pack - \$3.25

Optional Materials

Down in Smoke...Get Serious About Quitting DVD - \$49



PROGRAM CONTACT

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BRIEF PROGRAM DESCRIPTION

The Youth Media Network program encourages young people to use the power of communication and their own creative talents to address peers about the importance of a healthy, tobacco-free lifestyle. Suggested projects include a news story, feature story, editorial, public service announcement (PSAs), rap, poem, cartoon, video, letter-writing campaign, a game involving international issues, neighborhood cleanup project focusing on tobacco in the environment, walkathon and personal resolutions.

SPECIFIC OUTCOMES

- Increases student tobacco knowledge and health information
- Provides students with the means to communicate their feelings to peers
- Increases skills and involvement to take action to counter the tobacco industry's influence advocacy

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 8-18

Grade: Grades 3-12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 8 / Maximum 30

of Lessons: Up to 12 activities

Duration of Implementation: Flexible

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Complete 1-12 lessons (flexible)

HOW IT WORKS

The program combines information about specific tobacco-related topics with advocacy and media activities. Students develop PSAs, articles, news releases, essays, skits and radio drama to promote an anti-tobacco message. The lesson plans help educators plan and organize the lessons on tobacco use prevention around student advocacy projects by providing project challenge, objectives, concepts/skills linked to National Health Education Standards, materials and preparation, background information about tobacco use, "startling facts", and directions about how to plan and create a variety of media projects



MATERIALS AND TRAINING

Required Materials

Program Kit with 12 lessons - \$29.95

PROGRAM CONTACT

Stacie Del Giudice

Toucan Ed Inc

1280 17th Ave, Ste 102

Santa Cruz, CA 95062

Phone: (888) 386-8226 x17

Fax: 831-462-1129

E-mail: info@toucaned.com

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

BRIEF PROGRAM DESCRIPTION

CATCH is an evidence-based, coordinated school and after school program designed to promote healthy food choices, prevent tobacco use and increase physical activity in elementary school age children. Tobacco prevention and nutrition education are within the classroom Go for Health curriculum. EAT SMART is the guide for school nutrition service providers. Home Team activities for families and take home letters reinforce positive healthy habits at home and within the school day. Evidence based designed moderate to vigorous Physical Education curriculum for K-8 and for after school programs provide opportunity for children to participate in healthy physical activities and encourage them to adopt healthy lifestyles.

SPECIFIC OUTCOMES

CATCH on-going research and development resulted in evidence based outcomes as follows:

- Reduction of obesity levels
- Increased moderate to vigorous activity levels in the elementary school age children
- Improved healthy food decision making practiced.
- Improvements in offerings of the school lunch program
- Health behavior improvements gained by CATCH implemented in elementary school stuck into adolescent years.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 3– 11

Grade: Grades K – 8, School-Based Grades K – 5, After-School, Early Childhood/Preschool

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum 5 / Maximum 80

of Lessons: 10 – 32 depending on grade level & setting

Length of Sessions: Classroom – 20 min each

PE - 30 min each After School – 30 min each

Duration of Implementation: 1 – 3 times per week depending on setting

HOW IT WORKS

CLASSROOM: Classroom teachers implement the curriculum at least one time per week using lesson plans from the teacher's manual. Each grade level uses age appropriate activities to promote healthy eating habits, physical activity and nutrition.



(Pre-school 9 lessons, Kindergarten 10 lessons, 1st grade 10 lessons, 2nd grade 12 lessons, 3rd grade 15 lessons, 4th grade 24 lessons plus 4 lessons on diabetes, 5th grade 16 lessons plus 4 lessons on tobacco prevention and 6th – 8th grade – 32 lessons). **PHYSICAL EDUCATION KITS:** These kits feature developmentally appropriate, non-elimination games that keep kids moving and having fun. These kits are typically used in schools during PE. **AFTER SCHOOL –** The after school program, CATCH Kids Club, is a physical activity and nutrition education program designed for elementary aged children in afterschool/ recreation setting. The teacher's nutrition manual features 32 easy-to-implement activities. The activity box includes detailed instruction for 325 activities that keep kids moving. **EAT SMART SCHOOL NUTRITION PROGRAM GUIDE –** This guide was developed for school nutrition services providers. It includes information on increasing whole food, fruit and vegetable, low-fat, and dairy consumption. The guide also allows schools to link healthy nutrition messages between classroom education and parents. It also includes information on menu planning, adjusting recipes, portion control and purchasing healthier vendor products.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity in a school-based setting:

- Coordinate the CATCH curriculum throughout the school campus by implementing the CATCH Classroom Curriculum, the Eat Smart School Nutrition Program Guide, and the CATCH PE components.

To replicate with fidelity in an after-school setting:

- Implement the CATCH Kids Club Activity Box.
- Implement the CATCH Kids Club Nutrition Manual.

To replicate with fidelity in an Early Childhood setting:

- Implement the CATCH Classroom curriculum.
- Implement the CATCH Physical Activity kit.

MATERIALS

Teacher's Manuals Kindergarten - Jump Into Health - \$19.95 each

1st Grade - Everyday Foods for Health - \$29.95 each

2nd Grade - Celebrate Health - \$29.95 each

3rd Grade - Hearty Heart & Friends - \$49.95 each

4th Grade - Taking Off - \$63.95

5th Grade - Breaking Through Barriers - \$36.95 each

6th - 8th Grade - Impact - \$73.50 each Student Workbooks

(Reproducible)

4th Grade - \$14.95 each

5th Grade - \$14.95 each

Grade Level Supplements

4th Grade Diabetes Supplement - \$19.95 each

5th Grade Tobacco Prevention Supplement - \$19.95 each

Eat Smart School Nutrition Program Guide - \$14.95 each

CATCH Physical Activity Kits Grades K - 2 PA Kit - \$175 each

Grades 3 - 5 PA Kit - \$175 each

Grades 6 - 8 PA Kit - \$175 each

After-School CATCH Kids Club Activity Box

& Nutrition Manual - \$195 each

Pre-School Teacher's Manual and Physical Activity Box - \$199 each

PROGRAM CONTACT

Carol Caldara

CATCH National Rep

Flaghouse

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E-mail: carol.caldara@flaghouse.com

Website: www.catchinfo.org

BRIEF PROGRAM DESCRIPTION

Color Me Healthy is a program designed to reach children ages four and five. It provides fun, innovative, interactive learning opportunities on physical activity and healthy eating. It uses color, music, and exploration of the senses to teach children that healthy food and physical activity are fun. Color Me Healthy is used in family day-care homes, Head Start classrooms and child-care centers.

SPECIFIC OUTCOMES

- When presented with a fruit or vegetable snack, children who participated in the Color Me Healthy program, increased fruit snack consumption by approximately 21% and vegetable snack consumption by about 33% within their childcare centers at 3-months after completion of the CMH program.
- Eight-week follow-up surveys were completed by childcare providers, who attended a CMH training (n = 486). Of those participants, 92% perceived an increase in physical activity of the children in their care, while 91.8% indicated that the CMH program increased the children's knowledge about movement. In addition, 93% perceived that using the CMH program increased the children's knowledge about healthy eating, while 79% indicated that the children were more willing to try new foods and 82% reported that the curriculum had improved fruit and vegetable recognition

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 4 – 5

Grade Pre-school - Pre-K

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: 5-30

of Lessons: 12

Length of Sessions: 30 minutes

Duration of Implementation: 12 weeks

HOW IT WORKS

The Color Me Healthy Teacher's Guide contains 12 lessons designed for use during Circle Time. The lessons provide caregivers with quick, easy ideas that can be taught in a variety of ways. Also included in the Teacher's Guide are six imaginary trips that allow the children to use their imagination to travel to different places and events. The Color Your Classroom section of the guide provides the



teachers with suggestions to make their classrooms come alive. Because teachers are role models for children, the Color Me Healthy Teacher's Guide includes a section on how the teacher can eat healthy and stay active. Four sets of picture cards are included in Color Me Healthy. The sets are dairy foods, colors of foods, where foods grow, and places to be active. Three classroom posters bring color to the classroom and are used as educational tools in many of the Circle Time activities. Seven original songs enhance the lessons in Color Me Healthy. Children and teachers enjoy the upbeat tunes and lyrics as they sing and dance along (CD and cassette tape included). A hand stamp is included with the program and can be used as a fun way to reward participation in Color Me Healthy. The program reaches out to families with a series of 14 reproducible newsletters that reinforce the message that children are learning in the classroom. Color Me Healthy NEWS is designed to provide families information on healthy eating and physical activity such as how their family can be active together or how to encourage more fruit and vegetable consumption. Each issue contains an after work healthy food idea and a "Kids Kitchen" segment that encourages the parent to involve their little one in food preparation. Two parent posters convey a basic message about healthy eating and physical activity. They can be used in the child care facility anywhere where parents gather.

IMPLEMENTATION ESSENTIALS

Color Me Healthy is delivered in the child care setting. It is suggested that all lessons be taught. This can be done weekly, monthly, or daily, depending on structure of the venue.

MATERIALS

Color Me Healthy Kit Includes:

- Teacher's Guide
- 4 Sets of Picture Cards
- 3 Classroom Posters
- CD with 7 Original Songs
- Hand Stamp
- 2 Parent Posters
- 14 Reproducible Parent Newsletters

Spanish Materials include:

- Picture Cards, 1 Classroom Poster, 13 Reproducible Parent Newsletters and 2 Parent Posters
- Classroom Kit - \$80 per kit (orders over 100 are \$65 per kit)
- Spanish Materials are \$25 per set (Orders over 100 are \$20 per kit), plus \$4 S&H per kit
- Additional Music CDs are \$10 per CD (Orders over 100 are \$5 per CD)

Training Manuals are available to assist professionals who will be training child care providers or Head Start teachers in the use of Color Me Healthy. Each Training Manual contains: Training Presentation in PowerPoint, Color Me Healthy Clip Art, Participant Certificates, Sample Training Agendas, Marketing Materials, CD with all files, Evaluation Forms Training Manuals - \$100 each, plus \$4 S&H

PROGRAM CONTACT

For training and program information, contact:

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Website: <http://www.colormehealthy.com/professional/index.html>

BRIEF PROGRAM DESCRIPTION

The HLC Program is a cross-curricular behavioral-health program that can be used as part of the Physical Education/Health classes or in traditional classroom settings. The program was developed for pre-K – 8th grade and addresses life skills, conflict resolution, nutrition, substance abuse prevention and safety and fitness. HLC also offers an after-school program called Camp Boost to be implemented with youth enrolled in out-of-school time programs. Camp Boost addresses the growing problems of inactivity and poor nutrition. *VFHY will fund the Nutrition and Fitness units of the HLC programs

SPECIFIC OUTCOMES

HLC evaluation outcomes are as follows:

- Children exposed to HLC have higher health knowledge.
- Children exposed to HLC reported eating more nutritious foods at lunchtime.
- Children exposed to HLC reported increased physical activity.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 4 – 14

Grade: Pre-K – 8th grade

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Maximum 35

of Lessons: 8

Length of Sessions: 45 minutes

Duration of Implementation: Once per week for 8 weeks

Training: Free online training

HOW IT WORKS

HLC includes six units, with four core lessons taught per unit. Lessons should be taught once per week for approximately 45 minutes. VFHY will provide funding for two of the units (Nutrition and Fitness). Units addressing other youth risk behaviors will be provided at no extra charge. It is important that students receive instruction on goal setting and decision making prior to teaching the Nutrition and Fitness units. HLC recommends that all personnel responsible for implementing the program participate in the free online training prior to implementation. It is also recommended that the implementation site designate a program coordinator to oversee and monitor program progress. The HLC programs are easy to use, require few supplies, include multiple assessment tools and are aligned with the National Health Education Standards. Free online resources are



offered to support HLC programs at www.hlconline.org including parenting tips, games for youth, and staff wellness tips.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All lessons in the Nutrition and Fitness units must be completed using the full scope and sequence of the curriculum.
- The Fitness and Nutrition lessons must be taught after students learn about goal setting and decision making.

MATERIALS

HLC Pre-K – 5th Grade Behavioral-Health Classroom Teacher's Manuals - \$129 each
HLC Middle School Program - \$129
HLC 7th & 8th Grade Program - \$129
Camp Boost Afterschool / Summer Camp Program Ages 5 – 12 Kit - \$129 each

PROGRAM CONTACT

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www.hlconline.org

BRIEF PROGRAM DESCRIPTION

The OrganWise Guys Comprehensive School Program (OWG CSP) is a multi-media, interactive, cross-curricular program that uses fun characters based on the organs of the body, coupled with high energy activities to teach children how to make positive health, nutrition, and physical activity choices. OWG CSP consists of (1) the Core Kit that contains grade-specific and school-wide nutrition and healthy living materials and school assembly tools; (2) WISERCISE (which combines academic objectives and physical activity in lively 10-minute desk-side sessions), and; (3) individual student activity books. Finally, The OrganWise Guys Foods of the Month (FoM) club brings these lessons to life, as students are taught about nutrient-dense foods and thus encouraged to select these foods served in their school cafeteria, child care center and/or home. The FoM Club also includes programming to teach parents, teachers and school staff about the nutritious characteristics of nutrient-dense foods and why these foods are important components of daily meals.

SPECIFIC OUTCOMES

OWG CSP is based on a four-year quasi-experimental study, which showed statistically significant improvements in program children's weight and blood pressure measures. These healthy results will be published in the Journal of the American Dietetic Association (April 2010), the American Journal of Public Health (April 2010) and the Journal of Healthcare for the Poor and Underserved (May 2010).

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 4 – 11
Grades: Grade Pre-K – 5th
Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Physical Activity/
Coordinated School Health/ Nutrition
Audience Size: Minimum 15 / Maximum 30
of Lessons: PK – K: 8 lessons 1st – 2nd:
12 lessons 3rd – 5th: 6 lessons
Length of Sessions: 10 – 30 Minutes
Duration of Implementation: 1 – 3 times per week
Training: Preferred

HOW IT WORKS

The program kits are designed by grade level using a series of books that are read to students during the school day. The books and other multi-media materials are stored in the school media center



for teacher check out and can be shared by the whole school. The OrganWise Guys books are featured in kindergarten through 5th grade to increase awareness of good nutrition, physical activity and healthy body functions. Optional student workbooks support the book content as children are introduced to healthy concepts through a variety of companion activities. There are also grade appropriate handouts/activities, DVDs, posters, morning announcement messages, dolls and banners. The program also utilizes a series of desk-side physical activities called WISERCISE! that allow teachers to incorporate 10-minute bouts of physical activity - while staying on task academically - throughout the school day

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- All lessons in the classroom curriculum must be completed using the full scope and sequence of the curriculum.



MATERIALS

Classroom Book Sets Heart to Start Kit 1 (K) - \$ 49.95
Heart to Start Kit 2 (K) - \$49.95
Hardy Heart Kit (1st Gr) – \$49.95
Calci M. Bone Kit (1st Gr) – \$49.95
Windy, the Lungs Kit (1st Gr) – \$49.95
Sir Rebrum Kit (2nd Gr) – \$49.95
Madame Muscle Kit (2nd Gr) – \$49.95
The Kidney Brothers/Peri Stolic (2nd Gr) – \$49.95
How to be Smart from the Inside Out (K-2) – \$17.95
Basic Training for Better Health – \$17.95 (3-5)
The Healthy Heart Challenge Book (3rd Gr) – \$17.95
Pepto's Place Book (4th Gr) – \$17.95
Balancing the Energy Equation Book (4th Gr) – \$17.95
Undercover Diabetes Health Agents (5th Gr) – \$17.95
Train Your Brain for Success - \$17.95

Optional Materials

Student Workbooks - \$4.95 each
WISERCISE - \$29.95 each
Set of eight OrganWise Guys DVDs - \$107.60
Shorts! 72 video vignettes on DVD - \$49.95
Keeping the Beat Music DVD - \$13.95
Organ Wise-ology CD Rom - \$24.95
Set of 5 Nutrition Posters - \$19.95
Set of 5 Physical Activity/Nutrition Posters - \$19.95
MyPlate Cafeteria Banner - \$125
School Assembly Kits - \$75 each
Teacher implementation training DVD - Free
WISERCISE (Optional) \$29.95 per classroom
Foods of the Month Club Kit (Optional) \$295 per school

Quantity discounts will be applied to all of the above materials.

All OrganWise Guys materials are linked to Virginia's state-specific curriculum standards.

PROGRAM CONTACT

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BRIEF PROGRAM DESCRIPTION

SPARK Physical Education is a program designed to increase physical activity in youth between the ages of 3 - 18. The PE program is available for childcare centers, grades K - 2, grades 3 - 6, middle school, high school and after school settings. The curriculum offers students an opportunity to learn, practice and master a range of developmentally appropriate movement concepts, sports, and fitness skills in a positive learning environment.

SPECIFIC OUTCOMES

- Increased moderate to vigorous physical activity among students.
- Increased fitness achievement.
- Improved sport skills development

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 3 – 18

Grade: Pre-K – 12th

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Physical Activity

Audience Size: Maximum 35

of Lessons: Between 300 – 500 activities

Length of Sessions: 20 – 40 minutes duration during regular PE Class implementation or 1 – 3 times per week in after school and childcare settings

HOW IT WORKS

The SPARK curriculum allows teachers to provide students with opportunities to learn, practice and master a wide range of developmentally appropriate diverse skills and activities. The SPARK manuals include dynamic instructional units and each curricular component is presented in scope and sequence via daily lesson plans that are aligned to NASPE National Standards. Activities are designed to provide an enjoyable warm-up before the main lesson. The lessons are implemented during before and after school programs and during the normal PE class. Lessons range in length from 20 minutes for childcare settings – 2nd grade and up to 40 minutes for 3rd grade – 12th grade. The lessons are implemented during the normal PE class in school-based programs.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Implement SPARK activities using the full scope and sequence of the curriculum.



MATERIALS

- SPARK Early Childhood Curriculum Manual and Instructional Media CD - \$199.99
- SPARK Early Childhood Curriculum Manual, Instructional Media CD & Folio - \$299.99
- SPARK K-2 PE Curriculum Manual and Instructional Media CD - \$199.99
- SPARK K-2 PE Curriculum Manual, and Instructional Media CD & Folio - \$299.99
- SPARK 3-6 PE Curriculum Manual and Instructional Media CD - \$199.99
- SPARK 3-6 PE Curriculum Manual, and Instructional Media CD & Folio - \$299.99
- SPARK Middle School PE Curriculum Manual and Instructional Media CD - \$199.99



SPARK Middle School PE Curriculum Manual, and
Instructional Media CD & Folio - \$299.99

SPARK High School PE Curriculum Manual
and Instructional Media CD - \$199.99

SPARK High School PE Curriculum Manual, and
Instructional Media CD & Folio - \$299.99

SPARK After School PE Curriculum Manual
and Instructional Media CD - \$199.99

SPARK After School PE Curriculum Manual, and
Instructional Media CD & Folio - \$299.99

PROGRAM CONTACT

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