

Prevention Programs National & Hillsborough Cty.

Information

National Institute of Drug Abuse and Prevention

Some questions to consider:

- Is the program research or evidence based and conducted with fidelity to the original research study model?
- What is the reach? Does the program reach all students, or only those with identified risk factors? (intervention rather than prevention)
- Is there a comprehensive prevention programming plan in place?

National Evidence based programs:



Life Skills Training (LST) Program. LST is a universal program for middle school students designed to address a wide range of risk and protective factors by teaching general personal and social skills, along with drug resistance skills and education. An elementary school version was recently developed and the LST booster program for high school students helps to retain the gains of the middle school program.

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Too Good for Drugs

Too Good for Drugs (TGFD) is a school-based prevention program for kindergarten through 12th grade that builds on students' resiliency by teaching them how to be socially competent and autonomous problem solvers. The program is designed to benefit everyone in the school by providing needed education in social and emotional competencies and by reducing risk factors and building protective factors that affect students in these age groups. TGFD focuses on developing personal and interpersonal

skills to resist peer pressures, goal setting, decision making, bonding with others, having respect for self and others, managing emotions, effective communication, and social interactions. The program also provides information about the negative consequences of drug use and the benefits of a nonviolent, drug-free lifestyle. TGFD has developmentally appropriate curricula for each grade level through 8th grade, with a separate high school curriculum for students in grades 9 through 12. The K-8 curricula each include 10 weekly, 30- to 60-minute lessons, and the high school curriculum includes 14 weekly, 1-hour lessons plus 12 optional, 1-hour "infusion" lessons designed to incorporate and reinforce skills taught in the core curriculum through academic infusion in subject areas such as English, social studies, and science/health. Ideally, implementation begins with all school personnel (e.g., teachers, secretaries, janitors) participating in a 10-hour staff development program, which can be implemented either as a series of 1-hour sessions or as a 1- or 2-day workshop.

Too Good for Drugs is a companion program to Too Good for Violence (TGFV), reviewed by NREPP separately. In the high school level, the programs are combined in one volume under the name Too Good for Drugs & Violence High School.

Life Skills – (research and evidence based) – currently administered by DACCO in one High School and 2 Middle Schools to those who present risk

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All Stars – (research and evidence based) – currently administered by DACCO

New Directions – (research and evidence based) – currently administered by DACCO in select Hillsborough County schools with youth exhibiting extensive risk factors.

Hillsborough County has a number of prevention programs/strategies/campaigns, but no overall prevention programming in the schools.

Positive Youth Development Models

i.e. such as what we use with our Clubs giving youth the opportunity for increasing knowledge, building leadership skills, building skills such as public speaking, media literacy, talking with legislators, and then giving youth opportunities to put the knowledge and skills to action. The clubs also provide positive youth activities with like minded peer groups thus reinforcing their drug free lifestyle. (Friday Night Done Right, Countywide meetings and activities). Also starting 2018, All Clubs utilize the **Life Skills** curriculum across the school year with fidelity and Botvin trained Youth Advisors.

MADD Power of Youth presentations – (not evidence based but based on NIDA material) – Alcohol prevention one time presentation administered by MADD at schools that choose to participate.

Prevention programs in Hillsborough County currently:

Too Good For Drugs – (research and evidence based) - currently administered with fidelity by Mendez Foundation in grade 7 only. Was in 4 grades enabling youth to receive the evidence based dosage, but due to funding cuts, has been cut back to one grade only.

NOPE Presentations – (not evidence based but based on NIDA material) – one time dramatic presentation administered by NOPE of Hillsborough volunteers in middle and high schools that choose to participate.

SRO Interactive Presentations/education in schools (based on NIDA material with interactive curriculum) – All schools in Hillsborough County have been provided with an SRO Toolkit which covers a variety of subjects SRO's may be required to conduct classroom education on included substance abuse prevention, violence prevention, bullying prevention, and positive youth development. Tool kits were provided to each school by HCADA when officers made it know they did not have material to use after demise of the DARE program (proven ineffective).

New – DACCO has contracted with **Everfi** to provide computer based education on prescription drug abuse prevention in Hillsborough County High Schools.