

DDAP Prevention Program Listing

This document categorizes and describes the prevention and intervention programs that SCAs have requested to utilize.



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Please Note:

When a program has been designed for a specific population, those populations are noted in the program description. Programs in gray are legacy programs that can no longer be obtained, but are still being used by some SCAs.

Evidence Based Programs

Program Name	Program Description
Alcohol Literacy Challenge	<p>Service Code: EDU01 Populations: Middle, High School and College Students IOM: Universal</p> <p>Alcohol Literacy Challenge (ALC) is a brief classroom-based program designed to alter alcohol expectancies and reduce the quantity and frequency of alcohol use among middle, high school and college students. Alcohol expectancies are an individual's beliefs about the anticipated effects of alcohol use, including those that are positive (e.g., increased sociability, reduced tension) and negative (e.g., impairments to mental and behavioral functioning, increased aggressiveness or risk taking). Some of the most desired effects--the arousing, positive, and prosocial effects--are placebo effects rather than pharmacological ones. ALC aims to correct erroneous beliefs about the effects of alcohol, decreasing positive and increasing negative expectancies. These shifts in expectancies have been shown to predict lower levels of alcohol use.</p> <p>Website: https://alcoholliteracychallenge.com/</p>
AlcoholEdu for High School	<p>Service Code: EDU01 Population: High School Students IOM: Universal</p> <p>AlcoholEdu for High School is an online, interactive, alcohol education and prevention course designed to increase alcohol-related knowledge, discourage acceptance of underage drinking, and prevent or decrease alcohol use and its related negative consequences. Although high schools typically administer the course to their entire freshman class each year, the course can be used with other high school populations as well. The program includes a precourse assessment measuring knowledge, attitudes, and behaviors, followed by three 30-minute lessons, a postcourse assessment, and a 30-day (or more) follow-up review of key course concepts and follow-up assessment. The three lessons address alcohol's effects on the body and impairments produced at various blood alcohol concentrations; alcohol's effects on the mind, including brain development, blackouts, hangovers, and risk taking; and factors that influence decisions about drinking and strategies for making healthy choices. Brief lecture formats present current research, and interactive exercises personalize and reinforce the information. The course, which requires minimal teacher involvement, may be assigned as an outside project or completed in a school's computer lab.</p> <p>Website: https://everfi.com/k-12/alcoholedu-highschool/</p>
Al's Pals	<p>Service Codes: EDU01, EDU02 Populations: Preschool and Elementary School Students IOM: Universal</p> <p>To develop personal, social, and emotional skills in children 3 to 8 years old in a resiliency-based early childhood curriculum and teacher training program format. The lessons use guided creative play, brainstorming, puppetry, original music, and movement to develop children's social-emotional competence and life skills. A nine-lesson booster curriculum is used in second or third grade with children who have previously received the full program.</p> <p>Website: http://wingspanworks.com/healthy-al/</p>
ATLAS (Athletes Training and Learning to Avoid Steroids)	<p>Service Codes: EDU02 Populations: Youth/Minors, Middle and High School Students IOM: Universal</p> <p>ATLAS is a program for male athletes. Its multiple components provide healthy sports nutrition and strength-training alternatives to the use of alcohol, illicit and performance-enhancing drugs. ATLAS is peer-led and gender specific. A coach and selected student athletes called "Squad Leaders" lead the program. There are 10 sessions for ATLAS. Each session lasts 45 minutes. 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-</p>

Program Name	Program Description
	<p>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.</p> <p>Website: http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/medicine/divisions/hpsm/research/atlas.cfm</p>
Big Brothers Big Sisters	<p>Service Code: ALT02 Populations: Youth/Minors, Elementary, Middle and High School Students IOM: Selective, Indicated</p> <p>The Big Brothers Big Sisters (BBBS) program matches adult volunteer mentors with an at-risk child, with the expectation that a caring and supportive relationship will develop. Mentors are selected, screened, and matched by BBBS staff, and staff monitor the relationship and maintain contact with the mentor, child, and parent/guardian throughout the matched relationship. Matches are made based on shared goals and interests of the child and adult volunteer. Mentors are expected to meet with the child at least 3-5 hours per week for a period of 12 months or longer. Ongoing case management by BBBS staff provides supervision of the relationship, and can provide advice and guidance to the mentor, as well as support and encouragement.</p> <p>Website: www.bbbs.org/</p>
Blues Program	<p>Service Code: EDU01, EDU02 Populations: High School Students IOM: Selective</p> <p>The Blues Program (a cognitive-behavioral prevention group) is intended to actively engage high school students with depressive symptoms or at risk of onset of major depression. It includes six weekly one-hour group sessions and home practice assignments. Weekly sessions focus on building group rapport and increasing participant involvement in pleasant activities (all sessions), learning and practicing cognitive restructuring techniques (sessions 2-4), and developing response plans to future life stressors (sessions 5-6). In-session exercises require participants to apply skills taught in the program. Home practice assignments are intended to reinforce the skills taught in the sessions and help participants learn how to apply these skills to their daily life.</p> <p>Website: https://thebluesprogram.weebly.com/</p>
Brief Alcohol Screening and Intervention for College Students (BASICS)	<p>Service Codes: PIR06, PIR08 Population: College Students IOM: Selective, Indicated</p> <p>To reduce harmful consumption of alcohol and help college students 18 to 24 years old make better alcohol-use decisions. It is aimed at students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as poor class attendance, missed assignments, accidents, sexual assault, and violence. It is delivered over the course of two 1-hour interviews with a brief online assessment survey taken by the student after the first session.</p> <p>Website: http://www.blueprintsprograms.com/factsheet/brief-alcohol-screening-and-intervention-for-college-students-basics</p>
Child-Parent Psychotherapy (CPP)	<p>Service Code: EDU03 Population: Parents/Families IOM: Selective, Indicated</p> <p>CPP is an intervention model for children aged 0-5 who have experienced at least one traumatic event and/or are experiencing mental health, attachment, and/or behavioral problems, including posttraumatic stress disorder. The treatment is based in attachment theory but also integrates psychodynamic, developmental, trauma, social learning, and cognitive behavioral theories. Therapeutic sessions include the child and parent or primary caregiver. The primary goal of CPP is to support and strengthen the relationship between a child and his or her caregiver as a vehicle for restoring the child's cognitive, behavioral, and social functioning.</p> <p>http://childparentpsychotherapy.com/</p>

Program Name	Program Description
	BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE MAY NOT BE USED TO FUND THIS PROGRAM.
Class Action	<p>Service Code: EDU01 Population: High School Students IOM: Universal</p> <p>Class Action (for grades 11-12) is the second phase of the Project Northland alcohol-use prevention curriculum series (Project Northland is for grades 6-8). The aim is to delay the age at which young people begin drinking, reduce alcohol use among those who have already tried drinking, and limit the number of alcohol-related problems of young drinkers through an 8-10 group sessions that look at the real-world social and legal consequences involving teens and alcohol. Students are divided into six legal teams to prepare and present hypothetical civil cases in which someone has been harmed as a result of underage drinking. Class Action can be used as a booster session for the Project Northland series or as a stand-alone program.</p> <p>Website: http://www.hazelden.org/web/go/projectnorthland</p>
Girls Circle	<p>Service Code: EDU02 Populations: Youth/Minors, Elementary, Middle and High School Students IOM: Universal, Selective</p> <p>Girls Circle is a structured support group for girls from 9-18 years, integrating relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence in girls. It aims to counteract social and interpersonal forces that impede girls' growth and development by promoting an emotionally safe setting and structure within which girls can develop caring relationships and use authentic voices.</p> <p>Website: http://www.onecirclefoundation.org/</p>
Guiding Good Choices (GGC)	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal</p> <p>To provide parents of children in grades four through eight (9 to14 years old) the knowledge and skills needed to guide their children through early adolescence. To strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding in the family, and teach skills to parents and children that allow children to meet the expectations of their family to resist drug use successfully.</p> <p>Website: https://www.channing-bete.com/prevention-programs/guiding-good-choices/guiding-good-choices.html</p>
I Can Problem Solve	<p>Service Codes: EDU01, EUD02 Populations: Preschool, Elementary and Middle School Students IOM: Universal</p> <p>I Can Problem Solve (ICPS) is a universal prevention program that focuses on enhancing the interpersonal cognitive processes and problem-solving skills of children ages 4-12. ICPS is based on the idea that there is a set of these skills that shape how children (as well as adults) behave in interpersonal situations, influencing how they conceptualize their conflicts with others, whether they can think of a variety of solutions to these problems, and whether they can predict the consequences of their own actions. Rather than addressing specific behaviors as right or wrong, ICPS uses games, stories, puppets, illustrations, and role-plays to help children acquire a problem-solving vocabulary, learn to understand their own as well as others' feelings, think of alternative solutions, and think of potential consequences to an act. In turn, ICPS aims to prevent and reduce early high-risk behaviors, such as impulsivity and social withdrawal, and promote prosocial behaviors, such as concern for others and positive peer relationships.</p> <p>Website: http://www.icanproblemsolve.info/</p>
Incredible Years	<p>Service Codes: EDU01, EDU03, CBP02 Populations: Preschool and Elementary School Students, Teachers/Administrators/Counselors/Other School Personnel, Parents/Families IOM: Universal, Selective, Indicated</p> <p>To promote emotional and social competence and to prevent, reduce, and treat behavioral and emotional problems in young children (2 to 12 years old) through three</p>

Program Name	Program Description
	comprehensive, multi-faceted, and developmentally based curricula for parents, teachers, and children. Website: http://www.incredibleyears.com/
Keep A Clear Mind (KACM)	Service Code: EDU01 Populations: Elementary and Middle School Students IOM: Universal Keep A Clear Mind is a parent-child, take-home program in drug education for students in grades 4, 5, & 6. Each child receives four activity books (alcohol, tobacco, marijuana, good choices), four student incentives (bumper sticker, book mark, pencil, bracelet or key chain), and five parent newsletters. Students take the activity books home, one per week, and do the program with their parents. They receive a student incentive (bumper sticker, book mark, etc.) for showing their teacher that their parents have signed indicating they have worked with their child to complete the activity book. After four weeks of activity books the newsletters are sent home, again, one per week (or one every other week). Website: http://www.keepaclearmind.com/keep_a_clear_mind.php
keepin' it REAL	Service Code: EDU01 Populations: Elementary, Middle and High School Students IOM: Universal keepin' it REAL (kiR) is culturally-grounded substance use prevention curriculum for grades 6-9 to reduce alcohol, tobacco, and other drug use and increase anti-drug attitudes and beliefs. kiR also enhances life skills such as decision-making and interpersonal communication. kiR aims to teach students how to use the four resistance strategies- Refuse, Explain, Avoid, and Leave (REAL)- that have been found to be commonly used among youth. This curriculum helps youth learn how to assess the social situation in which substances are being offered, decide which resistances strategy will be most effective, and employ that strategy to resist using alcohol, tobacco, and other drugs. It is a 10 lesson curriculum taught in 45-minutes sessions with booster sessions delivered the following year. Website: https://sirc.asu.edu/kiR
LifeSkills Training (LST)	Service Code: EDU01 Populations: Elementary, Middle and High School Students IOM: Universal To provide elementary students, middle school/junior high students, and high school students with the necessary skills to resist social pressure to smoke, drink, and use drugs; helps them develop greater self-esteem, self-mastery, and self-confidence; enables children to effectively cope with social anxiety; increases their knowledge of the immediate consequences of substance abuse; and enhances cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors. Website: https://lifskillstraining.com/
Lions Quest Skills for Adolescence	Service Codes: EDU01, EDU02 Population: Middle School Students IOM: Universal Lions Quest Skills for Adolescence (SFA) is a multicomponent, comprehensive life skills education program designed for grades 6-8. The goal of Lions Quest SFA is to develop the following skills and competencies: 1.) essential social/emotional competencies, 2.) good citizenship skills, 3.) strong positive character, 4.) skills and attitudes consistent with a drug-free lifestyle and 5.) an ethic of service to others within a caring and consistent environment. Website: https://www.lions-quest.org/
Model Smoking Prevention Program	Service Code: EDU01 Populations: Elementary and Middle School Students IOM: Universal The Model Smoking Prevention Program (MSPP), formerly known as the Minnesota Smoking Prevention Program, is a smoking prevention program for students in grades 5–8. The goals of MSPP are to 1) help youths identify the reasons why their peers smoke (e.g., peer pressure, advertising, lack of self-confidence); 2) provide resistance tools they

Program Name	Program Description
	<p>can implement; and 3) emphasize the value of social support for resistance through peer leadership activities. Over six classroom sessions, the program provides educationally based strategies to help students abstain from tobacco use. The program was developed to allow students to work in collaboration with their peers to apply these strategies. Website: www.hazelden.org</p>
Not On Tobacco	<p>Service Code: INT02 Population: Persons Using Substances IOM: Indicated To present a smoking cessation program designed for youth 14 through 19 years of age based on social cognitive theory and incorporating training in self-management and stimulus control; social skills and social influence; stress management; relapse prevention; and techniques to manage nicotine withdrawal, weight management, and family and peer pressure. N-O-T consists of ten 50-minute group sessions recommended for weekly dosage for 10 consecutive weeks. Website: www.lung.org</p> <p>CESSATION PROGRAMS ARE CONSIDERED INTERVENTION PROGRAMS. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.</p>
Nurse-Family Partnership (NFP)	<p>Service Code: EDU03 Populations: Parents/Families, Pregnant Females/Women of Childbearing Age IOM: Selective To provide first-time, low-income mothers of any age with home visitation services from public health nurses. NFP nurses work intensively with these mothers to improve maternal, prenatal, and early childhood health and well being with the expectation that this intervention will help achieve long-term improvements in the lives of at-risk families. Website: http://www.nursefamilypartnership.org/</p>
Nurturing Parenting Programs	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective, Indicated The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors. Approximately 30 programs or program models are available. Website: http://www.nurturingparenting.com/</p>
Olweus Bullying Prevention Program	<p>Service Codes: CBP01, CBP04, EDU01, INF08 Populations: Elementary, Middle and High School Students, Teachers/Administrators/Counselors/Other School Personnel IOM: Universal, Selective The Olweus Bullying Prevention Program is a multi-level, multi-component program designed to reduce and prevent school bullying. Secondary goals include increased awareness and knowledge about bullying, involvement of teachers and parents in bullying prevention, development of clear rules against bullying and providing support and protection to victims. It is designed and evaluated for use in elementary, middle, junior high and high schools (K-12). The program includes school level, classroom level, and individual level components. The school level components consist of an assessment of the nature and prevalence of bullying in the school, the formation of a committee to coordinate the prevention program, and development of a system ensuring adult supervision of students outside of the classroom. Classroom components include defining and enforcing rules against bullying, discussions and activities to reinforce anti-bullying values and norms and active parental involvement in the program. Individual components intervene with students with a history of bullying and/or victimization. Website: http://olweus.sites.clemson.edu/</p>

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Parenting Wisely	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective, Indicated Parenting Wisely is a set of interactive, computer-based training programs for parents of children ages 3-18 years. Based on social learning, cognitive behavioral, and family systems theories, the programs aim to increase parental communication and disciplinary skills. The Young Child Edition is for parents with children ages 3-11. This program teaches helpful parenting skills such as redirection, active listening, setting limits and consequences, and how to foster social skills. The Teen Edition is for parents with children ages 11 and above. It teaches helpful parenting skills for communicating with teens including schoolwork, conflict, and curfew. Website: https://www.parentingwisely.com/</p>
Peers Making Peace	<p>Service Codes: CBP03, ALT02 Populations: Elementary, Middle and High School Students IOM: Universal, Selective Peers Making Peace is a school-based peer-mediation program for students in elementary through high school. The program focuses on creating and maintaining a safe school environment by providing students with a mediation process through which they can resolve their differences in a peaceful manner without an escalation to violence. Peers Making Peace is anchored by an adult program facilitator and administered by a team of 15-24 students who have been selected as peer mediators. The facilitator must attend a 3-day training, through which he or she learns to train the student mediation team, provide student mediators with support, and oversee the program. Student mediators receive training from the facilitator at three times during the school year. During training, the student mediators learn to work as a team, serve as role models, and provide mediation services to peers, who may lack the skills to successfully resolve their own conflicts without the use of violence. Website: http://www.paxunited.org/</p>
Positive Action (PA)	<p>Service Codes: EDU01, EDU02 Populations: Preschool, Elementary, Middle and High School Students IOM: Universal, Selective, Indicated Positive Action is an integrated and comprehensive curriculum-based program that is designed to improve academic achievement; school attendance; and problem behaviors such as substance use, violence, suspensions, disruptive behaviors, dropping out, and sexual behavior. It is also designed to improve parent-child bonding, family cohesion, and family conflict. The program includes grade-specific curriculum kits. There are approximately 140 lessons per kit. All materials are based on the same unifying broad concept (one feels good about oneself when taking positive actions) with six explanatory sub-concepts (self-concept, positive actions for your body and mind, managing yourself responsibly, treating others the way you like to be treated, telling yourself the truth, improving yourself continually). Website: https://www.positiveaction.net/</p>
Project ALERT	<p>Service Code: EDU01 Population: Middle School Students IOM: Universal, Selective To help students understand the consequences of drug use, recognize the benefits of nonuse, build norms against use, and identify and resist pro-drug pressures. Project ALERT is a school-based prevention program for middle or junior high school students that focus on alcohol, tobacco, and marijuana use through small-group activities, question-and-answer sessions, role-playing, and the rehearsal of new skills to stimulate students' interest and participation. It seeks to prevent adolescent nonusers from experimenting with these drugs, and to prevent youths who are already experimenting from becoming more regular users or abusers. Based on the social influence model of prevention, the program is designed to help motivate young people to avoid using drugs and to teach them the skills they need to understand and resist pro-drug social influences. The curriculum is comprised of 11 lessons in the first year and 3 lessons in the second year.</p>

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Project Northland	<p>Website: https://www.projectalert.com/</p> <p>Service Code: EDU01 Populations: Elementary and Middle School Students IOM: Universal</p> <p>To delay the age at which young people begin drinking, reduce alcohol use among those who have already tried drinking, and limit the number of alcohol-related problems of young drinkers. This multilevel, multiyear intervention program involves students, peers, parents, and community members. Administered to adolescents in grades 6-8 on a weekly basis, the program has a specific theme within each grade level that is incorporated into the parent, peer, and community components. The 6th grade program targets communication about adolescent alcohol use utilizing student-parent homework assignments and in-class group discussions. The 7th grade curriculum focuses on resistance skills and normative expectations regarding teen alcohol use, and is implemented through discussions, games, problem-solving tasks, and role-plays. During the first half of the 8th grade, Powerlines program, students learn about community dynamics related to alcohol use prevention through small group and classroom interactive activities. During the second half, they work on community projects.</p> <p>Website: http://www.hazelden.org/web/go/projectnorthland</p>
Project SUCCESS	<p>Service Codes: EDU01, EDU02, INF08, PIR06, PIR07 Populations: Middle and High School Students, Parents/Families IOM: Universal, Selective, Indicated</p> <p>Project SUCCESS is a school-based substance abuse prevention and early intervention program. It works by placing highly trained professionals (Project SUCCESS counselors) in the schools to provide a range of substance abuse prevention and early intervention services. Project SUCCESS program components include:</p> <ul style="list-style-type: none"> • Prevention Education Series – An eight-session Alcohol, Tobacco, and Other Drug prevention program. • Individual and Group Counseling – Project SUCCESS Counselors conduct time limited individual sessions and/or group counseling at school to students following participation in the Prevention Education Series and an individual assessment. • Parent Programs – Project SUCCESS includes parents as collaborative partners in prevention through parent education programs. • Referral - Students and parents who require treatment, more intensive counseling, or other services are referred to appropriate agencies or practitioners in the community by their Project SUCCESS counselors. <p>Website: http://www.sascorp.org/</p>
Project Towards No Drug Abuse (TND)	<p>Service Code: EDU01 Population: High School Students IOM: Universal, Selective, Indicated</p> <p>Project Towards No Drug Abuse (Project TND) is a drug use prevention program for high school youth. The current version of the curriculum is designed to help students develop self-control and communication skills, acquire resources that help them resist drug use, improve decision making strategies, and develop the motivation to not use drugs. It is packaged in 12 40-minute interactive sessions to be taught by teachers or health educators. The TND curriculum was developed for high-risk students in continuation or alternative high schools. It has also been tested among traditional high school students.</p> <p>Website: http://tnd.usc.edu/</p>
Project Towards No Tobacco Use (TNT)	<p>Service Code: EDU01 Populations: Elementary, Middle and High School Students IOM: Universal</p> <p>Project Towards No Tobacco Use (TNT) is a classroom-based curriculum designed to prevent or reduce tobacco use in youth aged 10 to 14 years (grades 5 through 9). The theory underlying project TNT is that youth will best be able to resist using tobacco products if they (1) are aware of misleading social information that facilitates tobacco use (e.g., pro-tobacco advertising, inflated estimates of the prevalence of tobacco use); (2) have skills that counteract the social pressures to achieve approval by using tobacco;</p>

Program Name	Program Description
	<p>and (3) appreciate the physical consequences that tobacco use may have on their own lives. Project TNT is composed of ten core lessons and two booster lessons, 40 to 50 minutes each.</p> <p>Website: http://tnt.usc.edu/</p>
Promoting Alternative Thinking Strategies (PATHS)	<p>Service Code: EDU01 Populations: Preschool, Elementary and Middle School Students IOM: Universal</p> <p>The PATHS curriculum is a comprehensive program for promoting emotional and social competencies and reducing aggression and behavior problems in children (PreK-6th Grade). The Grade Level PATHS Curriculum consists of separate volumes of lessons for each grade level. Five conceptual domains are included in PATHS lessons at each grade level: self-control, emotional understanding, positive self-esteem, relationships, and interpersonal problem-solving skills. PATHS is designed to be taught two to three times per week (or more often if desired, but not less than twice weekly), with daily activities to promote generalization and support ongoing behavior.</p> <p>Website: https://pathsprogram.com/</p>
Raising Healthy Children	<p>Service Codes: CBP02, EDU03, ALTO1, PIR08 Populations: Teachers/Administrators/Counselors/Other School Personnel, Parents/Families, Youth/Minors IOM: Universal, Selective</p> <p>Raising Healthy Children (RHC) is a multifaceted program with components focusing on classroom teachers, parents, and students with the goal of decreasing the negative impact of the student in the classroom by providing services to the family. The teacher intervention includes a series of workshops for instructional improvement in classroom management. Workshop topics include proactive classroom management, cooperative learning methods, strategies to enhance student motivation, student involvement and participation, reading strategies, and interpersonal problem-solving skills. After the first year of the project, teachers participate in monthly booster sessions to further reinforce RHC teaching strategies. Implementation of the RHC program for parents is conducted by school-home coordinators who are classroom teachers or specialists with experience in providing services to parents and families. Parent training and involvement are offered through various mechanisms such as five-session parenting group workshops, selected topic workshops, and in-home problem-solving sessions. In addition, monthly newsletters are sent to parents to reinforce and extend parenting content regarding the RHC intervention. The student intervention consists of summer camps targeting students with academic or behavioral problems who are recommended by teachers or parents. In addition, in-home services are provided for students referred for behavior or academic problems.</p> <p>Website: http://www.sdr.org/rhcsummary.asp</p>
Ripple Effects Whole Spectrum Intervention System	<p>Service Code: EUD01 Populations: Elementary, Middle and High School Students IOM: Universal, Selective, Indicated</p> <p>Ripple Effects Whole Spectrum Intervention System (Ripple Effects) is an interactive, software-based program for students that is designed to enhance social-emotional competencies and ultimately improve outcomes related to school achievement and failure, delinquency, substance abuse, and mental health. Two versions of the software are available: Ripple Effects for Kids (grades 2-5) and Ripple Effects for Teens (grades 6-10). The software presents students with peer-narrated tutorials that address social-emotional competencies, present science-based information about group-level risk factors, and give each student personalized guidance to address risk and protective factors specific to the student's environment and personal goals.</p> <p>Website: http://rippleeffects.com/</p>
Safe Dates	<p>Service Codes: EDU01, EDU02 Populations: Middle and High School Students, Youth/Minors IOM: Universal, Selective</p> <p>Safe Dates is a dating abuse-prevention program aimed at both male and female middle- and high-school students. The goals of the program are 1) to raise students' awareness</p>

Program Name	Program Description
	<p>of what constitutes healthy and abusive dating relationships; 2) to raise students' awareness of dating abuse and its causes and consequences; 3) to equip students with the skills and resources to help themselves or friends in abusive dating relationships; and 4) to equip students with the skills to develop healthy dating relationships, including positive communication, anger management, and conflict resolution. The Safe Dates curriculum comprises 10 sessions lasting about 50 minutes each.</p> <p>Website: https://www.hazelden.org/web/go/safedates</p>
Say It Straight	<p>Service Code: EDU01, EDU02 Populations: Elementary, Middle, High School and College Students, Young Adults, Delinquent/Violent Youth, Persons Using Substances, Homeless/Runaway Youth/Adults IOM: Universal, Selective, Indicated</p> <p>Say It Straight (SIS) is an education and training program for youth and adults that results in empowering communication skills and behaviors, increased self-awareness, self-efficacy, personal and social responsibility, positive relationships and quality of life; and decreased alienation, risky or destructive behaviors, such as alcohol, tobacco and other drug abuse, eating disorders, bullying, violence, precocious sexual behavior and behaviors leading to HIV/AIDS. Promotion of wellness concentrates on increasing self-awareness, personal and social responsibility, good communication skills, positive self-esteem, and positive relationships.</p> <p>Website: www.sayitstraight.org</p>
Second Step	<p>Service Code: EDU01 Populations: Preschool, Elementary and Middle School Students IOM: Universal</p> <p>Second Step is a universal, classroom-based program for Early Learning–Grade 8. The program is designed to increase school success and decrease problem behaviors by promoting social–emotional competence and self-regulation. The Second Step program consists of a skills-focused, social–emotional learning curriculum that emphasizes skills that strengthen students' ability to learn, have empathy, manage emotions, and solve problems. The Second Step Early Learning Program teaches skills to help students pay attention, remember directions, and control their behavior. With age-appropriate lessons, the Second Step Program for K–5 teaches how to make friends, manage their emotions, solve problems, and deal with peer pressure. The Second Step Middle School Program covers the themes of mindsets and goals; values and friendships; thoughts, emotions and decisions; and serious peer conflict.</p> <p>Website: http://www.secondstep.org/</p>
Social Skills Group Intervention (S.S.GRIN) 3-5	<p>Service Codes: EDU01, EDU02 Populations: Elementary and Middle School Students IOM: Selective, Indicated</p> <p>Social Skills Group Intervention (S.S.GRIN) 3-5 is a social skills curriculum for children in grades 3-5 (ages 8-12 years) who have immature social skills relative to peers (e.g., impulse control problems), are being rejected and teased by peers (e.g., experiencing bullying and victimization), or are socially anxious and awkward with peers. S.S.GRIN 3-5 is implemented in small groups and is intended to improve children's peer relations by building basic behavioral and cognitive social skills, reinforcing prosocial attitudes and behaviors, and building adaptive coping strategies for social problems, such as teasing and isolation. S.S.GRIN 3-5 covers communication skills, respect for self and others, emotion management, goal-setting, taking responsibility, cooperation, perspective taking, and more.</p> <p>Website: http://legacy.3cisd.com/marketplace/catalog/201/SSGRIN-3-5</p>
SOS Signs of Suicide Prevention Program	<p>Service Code: EDU01 Populations: Middle and High School Students IOM: Universal</p> <p>The SOS Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle-school or high-school students. The SOS curriculum includes lessons on raising awareness of depression and suicide, helping students identify the warning signs of depression in themselves and others, identifying risk factors associated with depression and suicidal</p>

Program Name	Program Description
	<p>ideation, and using a brief screening for depression and/or suicidal behavior. Students are taught to seek help using the ACT (Acknowledge, Care, Tell) technique. This technique teaches students to acknowledge when there are signs of a problem in themselves or a peer, show that you care and are concerned about getting help, and tell a trusted adult. Upon completion of the program, students are given response cards to indicate if they would like to speak to a trusted adult about themselves or a friend.</p> <p>Website: https://mentalhealthscreening.org/programs</p>
Stacked Deck: A Program To Prevent Problem Gambling	<p>Service Code: GED01 Population: High School Students IOM: Universal</p> <p>Stacked Deck: A Program To Prevent Problem Gambling is a school-based prevention program that provides information about the myths and realities of gambling and guidance on making good choices, with the objective of modifying attitudes, beliefs, and ultimately gambling behavior. The program is provided to students in 9th through 12th grade as part of a regularly scheduled class such as health education or career management. Trained facilitators use a facilitator's guide to administer five 50- to 90-minute interactive lessons over a period of 2 to 3 weeks. Lessons cover the history and realities of gambling (e.g., the "house edge"), risk factors for and signs of problem gambling, fallacies about gambling, calculated risk and the assessment of situations involving risk, and barriers to good decision making and problem solving. An optional booster session to consolidate previous learning can be administered 1 month after the completion of the fifth lesson.</p> <p>Website: http://www.hazelden.org/OA_HTML/ibeCCtptmDspRte.jsp?item=30104</p>
Steps to Respect	<p>Service Code: EDU01 Populations: Elementary and Middle School Students IOM: Universal</p> <p>Steps to Respect is designed to decrease school bullying problems by increasing staff awareness and responsiveness, fostering socially responsible beliefs, and teaching social-emotional skills to counter bullying and promote healthy relationships. The student curriculum consists of skill and literature based lessons for 3rd through 6th grade. Ten semi-scripted skill lessons focus on social-emotional skills for positive peer relations, emotion management, and recognizing, refusing and reporting bullying behavior. A 45-minute skill lesson and 15-minute follow-up booster are taught weekly. Upon completion of skill lessons, teachers implement a grade-appropriate literature unit, based on existing children's books, providing further opportunities to explore bullying-related themes.</p> <p>Website: http://www.blueprintsprograms.com/factsheet/steps-to-respect</p> <p>Note: This program is no longer available and has been overhauled and replaced by Second Step Bullying Prevention Unit (http://www.secondstep.org/).</p>
Strengthening Families Program (SFP)	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective, Indicated</p> <p>The Strengthening Families Program (SFP) is a family skills training program designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems in children 3-16 years old. SFP comprises three life-skills courses delivered in 14 weekly, 2-hour sessions. The Parenting Skills sessions are designed to help parents learn to increase desired behaviors in children by using attention and rewards, clear communication, effective discipline, substance use education, problem solving, and limit setting. The Children's Life Skills sessions are designed to help children learn effective communication, understand their feelings, improve social and problem-solving skills, resist peer pressure, understand the consequences of substance use, and comply with parental rules. In the Family Life Skills sessions, families engage in structured family activities, practice therapeutic child play, conduct family meetings, learn communication skills, practice effective discipline, reinforce positive behaviors in each other, and plan family activities together.</p> <p>Website: https://www.strengtheningfamiliesprogram.org/</p>

Program Name	Program Description
<p>Strengthening Families Program: For Parents and Youth 10-14</p>	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective The Strengthening Families Program for Parents and Youth 10–14 (SFP 10–14) is a seven-session program for families with young adolescents that aims to enhance family protective and resiliency processes and reduce family risk related to adolescent substance abuse and other problem behaviors. The weekly, two-hour sessions include separate parent and child skills-building followed by a family session where parents and children practice the skills they have learned independently, work on conflict resolution and communication, and engage in activities to increase family cohesiveness and positive involvement of the child in the family. Parents are taught how to clarify expectations based on child development norms of adolescent substance use, using appropriate disciplinary practices, managing strong emotions regarding their children, and using effective communication. Children are taught refusal skills for dealing with peer pressure and other personal and social interactional skills. Website: https://www.extension.iastate.edu/sfp10-14/</p>
<p>Strong African American Families (SAAF)</p>	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal Strong African American Families (SAAF) is a 7-week interactive evidence-based program for African-American youth between the ages of 10-14, and their parents/primary caregivers. The goal of SAAF is to prevent substance use and behavior problems among youth by strengthening positive family interactions, preparing youths for their teen years, and enhancing primary caregivers' efforts to help youths reach positive goals. Facilitators administer SAAF through seven 2-hour sessions using separate skill-building curricula for youths and primary caregivers. During the first hour of each session, youths and primary caregivers meet separately with facilitators. Topics addressed in the youth sessions include the importance of following house rules; adaptive ways of responding to racism; the formation of goals for the future and plans to attain them; and skills for resisting early sexual involvement, substance use, and other risk behaviors. The primary caregiver sessions address ways in which the caregivers can monitor their children's behavior; encourage adaptive strategies for their children to respond to racism; and develop adaptive communication skills for discussing sex, substance use, and other risk behaviors. During the second hour of each session, youths and primary caregivers meet as a family with the facilitator and build on what was learned in the separate sessions. In the family sessions, facilitators work with families to build family-based strengths for supporting the youth's goals, enhancing racial pride, and improving communication and support. Website: https://cfr.uga.edu/saaf-programs/</p>
<p>Systematic Training for Effective Parenting (STEP)</p>	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective Systematic Training for Effective Parenting (STEP) is a program that provides skills training for parents of children from 6 through 12 years of age. The program is typically taught in seven weekly, 1.5-hour study groups. Using the STEP multimedia kit the leader teaches lessons to parents on how to understand child behavior and misbehavior, practice positive listening, give encouragement (rather than praise), explore alternative parenting behaviors and express ideas and feelings, develop their child's responsibilities, apply natural and logical consequences, convene family meetings, and develop their child's confidence. Parents engage in role plays, exercises, discussions of hypothetical parenting situations, and the sharing of personal experiences. Videos demonstrate the concepts covered each week with examples of ineffective and effective parent-child interactions. Website: https://www.steppublishers.com/</p>
<p>Teaching Students to be Peacemakers</p>	<p>Service Code: EDU01 Populations: Elementary and Middle School Students IOM: Universal</p>

Program Name	Program Description
	<p>Teaching Students To Be Peacemakers (TSP) is a school-based program that teaches conflict resolution procedures and peer mediation skills. The program, based on conflict resolution theory and research, aims to reduce violence in schools, enhance academic achievement and learning, motivate prohealth decisions among students, and create supportive school communities. Students learn to be peacemakers in four steps. First, students are taught that conflicts are inevitable but can be desirable and can have positive outcomes when managed constructively. Second, they learn how to negotiate "integrative agreements" to conflicts of interests using a six-step negotiation procedure. Third, students are taught how to mediate their classmates' conflicts. These first three steps constitute the conflict resolution training part of the program and typically require 10-20 hours of classroom instruction. Fourth, teachers implement the peer mediation component in which each student gets experience serving as a mediator.</p> <p>Website: http://www.co-operation.org/rogeranddavid/</p>
Teen Intervene	<p>Service Codes: INT02 Populations: Persons Using Substances, Youth/Minors, Middle and High School Students IOM: Indicated</p> <p>Teen Intervene is a brief, early intervention program for 12- to 19-year-olds who display the early stages of alcohol or drug involvement. The program aims to help teens reduce and ultimately eliminate their substance use. The program is typically administered in an outpatient, school, or juvenile detention setting by a trained professional in three 1-hour sessions. During session 1, an individual session with the adolescent, the facilitator elicits information about the adolescent's substance use and related consequences, examines the costs and benefits of the substance use, and helps the adolescent set goals of behavior change, including goals to reduce or eliminate substance use. In session 2, the facilitator assesses the adolescent's progress, discusses strategies for overcoming barriers, and negotiates the adolescent's continued work toward meeting goals. Session 3 is an individual counseling session with the teenager's parent (or guardian); this session addresses parent-child communication and discipline practices, and specific ways for the parent to support the child's goals. The third session also includes a brief wrap-up conversation with the parent and adolescent.</p> <p>Website: http://www.hazelden.org/web/public/trainingteenintervene.page</p> <p>BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.</p>
Too Good for Drugs & Violence (High School)	<p>Service Code: EDU01 Population: High School IOM: Universal</p> <p>Too Good for Drugs & Violence (High School) is a comprehensive prevention education program for high school students. Interactive games and activities provide practical guidance on dating and relationships, building healthy friendships, and refusing negative peer influence. Lessons foster analysis and discussion of the effects of ATOD use as well as prescription and OTC drug use and various nicotine delivery devices. Students also analyze the impact of social media on decision making, reaching goals, and self identity. Students learn how to navigate the challenges of social and academic pressures like making responsible decisions, managing stress and anger, reflecting on personal relationships, and resolving conflicts. Too Good for Drugs & Violence High School offers ten lessons to be delivered once a week for ten weeks in a single grade level.</p> <p>Website: https://toogoodprograms.org/</p>
Too Good for Drugs (TGFD)	<p>Service Codes: EDU01, EDU02 Populations: Elementary, Middle and High School Students IOM: Universal</p> <p>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 introduces and develops social and emotional skills for making healthy choices, building positive friendships, communicating effectively, and resisting peer pressure. TGFD teaches five essential social and emotional learning skills:</p>

Program Name	Program Description
	<ul style="list-style-type: none"> • Goal Setting • Decision Making • Bonding with pro-social others • Identifying and managing emotions • Communicating effectively <p>Website: https://toogoodprograms.org/</p>
Too Good for Violence (TGFV)	<p>Service Codes: EDU01, EDU02 Populations: Elementary, Middle and High School Students IOM: Universal</p> <p>Too Good for Violence (TGFV) is a school- and community-based prevention program for kindergarten through 12th grade. The program provides students with the skills, knowledge, and attitudes they need for positive social development and supportive relationships. Concepts addressed vary by grade level, but include topics such as developing and applying social and emotional learning skills for conflict resolution, bullying prevention, anger management, and respect for self and others.</p> <p>Website: https://toogoodprograms.org/</p>

Evidence Informed Programs

Program Name	Program Description
Active Parenting	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal</p> <p>Active Parenting (4th Edition) is a video-based education program targeted to parents of 2- to 12-year-olds who want to improve their parenting skills. The program teaches parents how to raise a child by using encouragement, building the child's self-esteem, and creating a relationship with the child based upon active listening, effective communication, and problem solving. It also teaches parents to use natural and logical consequences and other positive discipline skills to reduce irresponsible and unacceptable behaviors.</p> <p>Website: http://www.activeparenting.com/</p>
Alcohol: True Stories Hosted by Matt Damon	<p>Service Code: INF08 Populations: Youth/Minors, Middle and High School Students, Parents/Families IOM: Universal, Selective</p> <p>This program is designed for engaging teens on an issue important to their health and well being: underage drinking. Young people tell their powerful stories about drinking and driving, drug addiction, and avoiding alcohol use. It underscores the value of connections and communication with friends and family.</p> <p>Website: http://www.wordscanwork.com</p>
All Bets Are Off	<p>Service Code: GED01 Population: Middle School Students IOM: Universal</p> <p>Gambling Prevention Grades 7-8. The goals of this module are that students will:</p> <ul style="list-style-type: none"> • understand the risks and possible negative consequences associated with gambling. • understand the different types of gamblers: social, problem and compulsive. • understand the laws related to gambling. • recognize signs of problem and compulsive gambling. • know when and how to get help for a gambling problem. • assess their own level of risk and set guidelines that will help them avoid gambling. • analyze the influences that encourage or discourage gambling. • apply refusal skills to avoid gambling. • synthesize information to create a gambling awareness campaign for peers. <p>Website: http://www.michigan.gov/mmh</p>
All Stars	<p>Service Codes: EDU01, EDU02 Populations: Elementary, Middle and High School Students IOM: Universal</p> <p>All Stars is a continuum of prevention programs, for grades 4-12, designed to delay the onset of risky behaviors with adolescents. The central program in the All Stars series is All Stars Core. In All Stars Core, students identify positive ideals and future aspirations. They participate in games and discussions that establish positive peer group norms; peer pressure to engage in risky behavior disappears. Students commit to personal standards of behaviors. All Stars Core promotes bonding with family, school and community. It encourages parents and kids to talk about aspirations and commitments. Core is designed to be delivered when students are between 11 and 13 years old (sixth or seventh grade). There are thirteen 45-minute sessions and an additional eight supplemental sessions.</p> <p>Website: www.allstarsprevention.com</p>

Program Name	Program Description
Amazing Chateau	<p>Service Code: GED01 Populations: Elementary and Middle School Students IOM: Universal, Selective The primary objective of this interactive computer-based CD-ROM game is to enable adolescents to make responsible choices by informing them about the nature and the risks associated with gambling, reinforcing social skills, and modifying undesirable attitudes and erroneous beliefs related to gambling. This computer-based educational program is played individually, with performance indicators being readily available to the intervention specialist. Students can stop and save their work at any time. As well, students had the capability of printing problem gambling screening tools and other pertinent information. http://www.youthgambling.com/</p>
Celebrating Families	<p>Service Code: EDU03 Population: Parents/Families IOM: Selective, Indicated The Celebrating Families!™ curriculum is an evidence based cognitive behavioral, support group model written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect. Celebrating Families!™ works with every member of the family, from ages 3 through adult, to strengthen recovery from alcohol and/or other drugs, break the cycle of addiction and increase successful family reunification. Celebrating Families!™ fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills. Website: http://www.celebratingfamilies.net/</p> <p>BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE MAY NOT BE USED TO FUND THIS PROGRAM.</p>
Children In Between	<p>Service Code: EDU03 Population: Parents/Families IOM: Selective Children in Between (CIB), formerly known as Children in the Middle, is an educational intervention for divorcing families that aims to reduce the parental conflict, loyalty pressures, and communication problems that can place significant stress on children. CIB consists of one to two 90- to 120-minute classroom sessions and can be tailored to meet specific needs. The intervention teaches specific parenting skills, particularly good communication skills, to reduce the familial conflict experienced by children. Each parent attending classes typically receives two booklets ("What About the Children" and "Children in Between") that give advice for reducing the stress of divorce/separation on children and promote practice of the skills taught in the course. Each parent also watches the intervention video, which illustrates how children often feel caught in the middle of their parents' conflicts. There is also an online version of this program. Website: http://www.divorce-education.com/</p>
Clean Break	<p>Service Code: GIN08 Population: Middle and High School Students IOM: Universal, Selective Clean Break is a docudrama intended to enhance adolescents' understanding of the consequences and potential dangers associated with excessive gambling. An accompanying manual is offered for counselors who want to use the video as a more in-depth prevention tool. Many questions are included in order to stimulate discussion with participants, as well as information about youth gambling. Website: http://www.youthgambling.com/</p>

Program Name	Program Description
Club Ophelia	<p>Service Codes: ALT01, EDU02 Populations: Elementary and Middle School Students IOM: Universal, Selective To teach middle school girls about healthy relationships. This after school program educates girls about relational aggression, teaches them how to relate the information on relational aggression to their own lives, and shows them how to integrate what they have learned into the lives and to think about how they could help another girl who is either a victim or a bully. Website: https://www.cheryldellasega.com/club-ophelia/</p>
Coaching Boys into Men	<p>Service Codes: CBP01, CBP02 (EDU02, INF02, INF04)* Populations: Other Professionals (Youth/Minors)* IOM: Universal Coaching Boys into Men is a Coaches Leadership Program that partners with athletic coaches to help young male athletes practice respect towards themselves and others. CBIM coaches lead their players through brief weekly activities that address themes such as personal responsibility, respectful behavior, and relationship abuse. Teams are encouraged to involve fans, parents, faculty, other students, and school administrators in support of CBIM's respect message. CBIM trainers are the individuals who manage and support the community's Coaching Boys into Men implementation. A CBIM trainer's responsibilities include: being the local CBIM point person, leading a pre-season CBIM Coaches Clinic, and staying connected with coaches and athletes throughout the CBIM program.</p> <p>*Special Note – The training and technical assistance services provided to coaches and others involved in program implementation should be entered under CBIM utilizing the corresponding training and TA service codes (i.e. CBP01 and CBP02). If an SCA or provider chooses to enter services to capture the actual implementation of the program (i.e. weekly lessons/activities led by coaches), then the service codes and populations listed in parentheses can be utilized. Website: http://coachescorner.org/</p>
Communities Mobilizing for Change on Alcohol (CMCA)	<p>Service Codes: ENV01, ENV02, CBP01, CBP04, CBP05 IOM: Universal Communities Mobilizing for Change on Alcohol (CMCA) is a community-organizing program designed to reduce teens' (13 to 20 years of age) access to alcohol by changing community policies and practices. CMCA seeks both to limit youths' access to alcohol and to communicate a clear message to the community that underage drinking is inappropriate and unacceptable. It employs a range of social-organizing techniques to address legal, institutional, social, and health issues related to underage drinking. The goals of these organizing efforts are to eliminate illegal alcohol sales to minors, obstruct the provision of alcohol to youth, and ultimately reduce alcohol use by teens. The program involves community members in seeking and achieving changes in local public policies and the practices of community institutions that can affect youths' access to alcohol. Website: http://yli.org/communities-mobilizing-for-change-on-alcohol/</p>
Connect with Kids	<p>Service Code: EDU02 Populations: Elementary, Middle and High School Students IOM: Universal, Selective, Indicated To teach character education to students in all grade levels in the form of after school programs and small groups. The program focuses on risk and protective factors, and 26 words considered important in teaching character education skills (responsibility, caring, compassion, courage, patience, peace, etc.). Each lesson focuses on one of these words and incorporates a definition, stories, activities, videos, and discussions around that word of the day. Website: www.connectwithkids.com</p>

Program Name	Program Description
Cooperative Parenting and Divorce	<p>Service Code: EDU03 Population: Parents/Families IOM: Selective</p> <p>To address the relationship between separate households created as a result of divorce or family separation. The program is an 8-session class for divorced or divorcing parents. It uses a psycho-educational video-based approach focusing on the enhancement of the child(ren)'s functioning within their family.</p> <p>Website: http://www.activeparenting.com</p>
COPE (Creating Opportunities for Personal Empowerment) Programs	<p>Service Code: EDU01, EDU02 Populations: Elementary, Middle, High School and College Students; Young Adults IOM: Universal, Selective</p> <p>COPE is a prevention program utilizing Cognitive Behavioral Therapy skills building approach that includes reducing negative thoughts, increasing healthy behaviors, and improving communications and problem-solving skills. The goal of this educational program is to teach how to recognize negative thought patterns, and provide cognitive behavioral skills and techniques that can be useful in modifying negative thinking. This program comes in several versions. The manual-based 7-session programs are designed for children (ages 7 to 11), teens (ages 11 to 18), and young adults (ages 18 to 24). The programs can be delivered in K-12 schools, colleges/universities, primary care practices, and healthcare systems in either brief 25- to 30-minute sessions or more traditional 50-minute class sessions. The manual-based 15-session Healthy Lifestyles TEEN (Thinking, Emotions, Exercise, and Nutrition) program is designed for teens (13 to 18 years old) and builds upon the skills learned in the 7-Session Program by including sessions on healthy nutrition and physical activity. The program is designed to be integrated into a student's health course or taught in group and individual sessions in primary care or specialty care settings. Outcomes from the program include higher academic performance, less alcohol use, less depression and greater healthy lifestyles behaviors.</p> <p>Website: www.cope2thrive.com</p>
D.A.R.E.	<p>Service Codes: EDU01 Populations: Elementary, Middle and High School Students IOM: Universal</p> <p>D.A.R.E. has partnered with Penn State to create the new D.A.R.E. keepin' It REAL elementary and middle school curriculums. These ten lesson curriculums are implemented by trained D.A.R.E. officers. The elementary curriculum teaches skill such as self-awareness and management, responsible decision making, understanding others, relationship and communication skills, and handling responsibilities and challenges. The middle school curriculum includes lessons that teach risk assessment, decision making, communication and life skills including the REAL resistance strategies.</p> <p>Website: www.dare.org</p>
Don't Bet On It	<p>Service Code: GED01 Population: High School Students IOM: Universal</p> <p>Gambling Prevention Grades 9-12.</p> <p>The goals of this module are that students will:</p> <ul style="list-style-type: none"> • comprehend the risks and possible negative consequences associate with gambling • analyze the influences that encourage or discourage gambling. • understand the laws related to gambling • understand the characteristics of different types of gamblers: social, problem, and compulsive • evaluate the warning signs of problem and compulsive gambling • know when and how to get help for a gambling problem • comprehend the potential for addiction to gambling and the phases a compulsive gambler experiences • assess their own level of risk

Program Name	Program Description
	<ul style="list-style-type: none"> • synthesize information to create a school media campaign informing peers of the dangers of gambling Website: http://www.michigan.gov/mmh
Drugs: True Stories	Service Code: INF08 Populations: Youth/Minors, Middle and High School Students, Parents/Families IOM: Universal, Selective This program helps young people and parents understand the dangers associated with the misuse of drugs. The true stories illuminate issues that are essential for everyone to understand; there are real risks and hazards associated with using drugs. The program demonstrates the powerful denial that can surround drug abuse. Website: http://www.wordscanwork.com
Foundations of Fatherhood	Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective To encourage fathers to provide not just financial but spiritual, intellectual, emotional and developmental support. This program is a 12-week education program which focuses on covering values, spiritual leadership, communication, building healthy relationships, discipline and gives fathers an opportunity to grow by mentoring less experienced fathers. Website: www.goshen.edu/news/bulletin/02june/dad_makes.php
Freedom from Smoking	Service Code: INT02 Population: Persons Using Substances IOM: Indicated This is a smoking cessation program comprised of 8 group sessions. The program uses a positive behavioral change approach. The program provides special attention to developing a quitting plan, dealing with recovery symptoms, controlling weight, managing stress through relaxation techniques that work, and being ready to fight urges to go back to smoking. Website: http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/ CESSATION PROGRAMS ARE CONSIDERED INTERVENTION PROGRAMS. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.
Girls on the Run	Service Codes: EDU02, ALT01 Populations: Elementary and Middle School Students IOM: Universal Over a period of 10-12 weeks, girls in the 3 rd through 5 th and 6 th through 8 th grade participate in an after-school program. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. The Girls on the Run lessons encourage positive emotional, social, mental and physical development. Participants explore and discuss their own beliefs around experiences and challenges girls face at this age. They also develop important strategies and skills to help them navigate life experiences. Physical activity is woven into the program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. At the end of each three month session, the girls participate in a Girls on the Run 5k event. Website: www.girlsontherun.org
Healthy Alternatives for Little Ones (HALO)	Service Codes: EDU01, EDU02 Populations: Preschool and Elementary School Students IOM: Universal HALO is an 8 to 12-unit holistic health and substance abuse prevention curriculum. HALO is designed to address risk and protective factors for substance abuse and other health behaviors by providing children with information on healthy choices. The evidence-based program aims to help children understand the complexities of "health" and "healthy choices" by putting these abstract concepts into concrete terms they can understand. The curriculum encourages healthy eating, exercise, and emotion recognition and educates children about the harmful effects of alcohol,

Program Name	Program Description
	<p>tobacco, and other drugs (ATOD) on the body. HALO provides learning opportunities for children through teacher-led, developmentally appropriate, and fun hands-on activities that involve educational songs, videos, group activities, and books. Parental involvement is optional with introductory and unit-specific letters that encourage at-home discussion and the practice of identifying and making healthy choices.</p> <p>Website: http://haloforkids.org/</p>
Hooked City	<p>Service Code: GED01 Population: High School Students IOM: Universal, Selective Targeting High School students, the primary objective of this interactive computer-based CD-ROM game is to enable adolescents to make responsible choices by informing them about the nature and the risks associated with gambling, reinforcing social skills, and modifying undesirable attitudes and erroneous beliefs related to gambling. This computer-based educational program is played individually, with performance indicators being readily available to the intervention specialist. Students can stop and save their work at any time. As well, students had the capability of printing problem gambling screening tools and other pertinent information.</p> <p>http://www.youthgambling.com/</p>
Interrupted	<p>Service Code: EDU02 Populations: Middle and High School Students IOM: Selective, Indicated Interrupted Program for At Risk Youth includes the following three curriculums.</p> <p>Interrupted Underage Drinking: This curriculum was created to educate at-risk youth and prevent initial or further experimentation with alcohol. The program is designed to Interrupt at-risk behaviors and is most appropriate for High School aged students. Consisting of 6 weekly sessions with the last session being a Family Night, this program can be combined with other programs or it can stand alone. The curriculum is designed to be used by Drug and Alcohol Prevention Specialists, Juvenile Probation Officers, Police Officers and Treatment Specialists.</p> <p>Interrupted Marijuana: Created to educate at-risk youth and prevent initial or further experimentation with marijuana, this program is designed to Interrupt at-risk behaviors. It is appropriate for High School aged students. The program is designed to be used by Drug and Alcohol Prevention Specialists, Juvenile Probation Officers, Police Officers and Treatment Specialists. This curriculum is best taught in 6 sessions with the sixth session being a Family Night. It can stand alone or be combined with existing programs.</p> <p>Interrupted Tobacco: This curriculum was created to educate at-risk youth and prevent their initial or further experimentation with tobacco. The program is designed to Interrupt at-risk behaviors. The program is designed to be used with High School aged students by Drug and Alcohol Prevention Specialists, Juvenile Probation Officers, Police Officers and Treatment Specialists. This curriculum can be taught in 4 weekly sessions in combination with existing programs or standing by itself. There is no Family Night component in this program.</p> <p>For more information: Contact Dauphin SCA</p>
Lead and Seed	<p>Service Code: EDU02 Population: Coalitions, Youth/Minors, General Population IOM: Universal Lead & Seed is an environmental prevention program for schools or communities that is youth-driven and adult-supported. The program focuses on underage alcohol consumption, prescription drug misuse, drunk driving, marijuana and illicit drug use. It involves an interactive, 2-day training with youth leaders from middle and/or high school and adults who will work with the youth to capture the desired outcomes. The team develops a logic model using data from their community assessment to drive the process for innovative solutions and sustainability of positive outcomes. The</p>

Program Name	Program Description
	<p>empowered team promotes community mobilization, social marketing techniques, leadership skills and other advocacy measures to make necessary changes in their physical, socio-cultural, economic and legal environments.</p> <p>Note: Only the Lead & Seed training described above is entered under the program "Lead & Seed." This recurring training should be entered using service code EDU02. For more information: Contact Coalition Pathways, Inc.</p>
Lions Quest Skills for Growing	<p>Service Codes: EDU01, EDU02 Populations: Preschool and Elementary School Students IOM: Universal</p> <p>Skills for Growing is a PreK-5 program designed to help educators create safe, supportive classrooms that enhance learning, encourage positive relationships and promote behaviors that help students become capable, caring, and healthy young people. The comprehensive program focuses on social and emotional learning, drug and bullying prevention, character education and service-learning, and it provides the resources for inviting faculty, families, and communities into the process. Includes 24-27 lessons, depending on grade level. Website: https://www.lions-quest.org/</p>
Marijuana Brief Intervention	<p>Service Code: INT02 Populations: Young Adults, Persons Using Substances IOM: Indicated</p> <p>Marijuana Brief Intervention provides information to help people manage, reduce, or stop their marijuana use. It follows a full SBIRT model that integrates developmentally adjusted components of motivational interviewing, cognitive-behavioral therapy, and the Stages of Change Model. In keeping with the SBIRT approach, this program includes instructions to measure the participant's marijuana use through a screening tool, pursue a brief intervention, and if needed, refer to further treatment. The intervention can be delivered in a single session, a four-session format, or a six-session format. Sessions address the following topics: preparing for change; strategies for change; managing withdrawal; problem solving; relapse prevention. Marijuana Brief Intervention can be used in a variety of settings, including primary care, addiction and mental health clinics, colleges and universities, and correctional settings. Website: https://www.hazelden.org/store/item/442137?Marijuana-Brief-Intervention-Collection</p> <p>BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.</p>
NIDA Brain Power	<p>Service Codes: EDU01, EDU02 Populations: Elementary, Middle and High School Students IOM: Universal</p> <p>Brain Power! (for grades K-9) is designed to take students step by step through an exploration of the processes of science and how to use these processes to learn about the brain, the nervous system, and the effects of drugs on the nervous system and the body. Through hands-on science investigations, a DVD, and supplementary activities that are linked to other areas of the curriculum, students with different learning styles and strengths are given numerous opportunities to grasp the material. In addition, an overall goal of the project has been to make learning fun and engaging and to instill in young students a lifelong interest in science. Website: http://www.drugabuse.gov/brain-power</p>
NIDA Mind Over Matter	<p>Service Codes: EDU01, EDU02 Populations: Elementary, Middle and High School Students IOM: Universal</p> <p>To encourage youth in grades 5-9 to learn about the effects of drug abuse on the body and the brain. This neuroscience education series, which was developed by NIDA, is taught through a Teacher's Guide as well as a magazine. Website: https://teens.drugabuse.gov/teachers/mind-over-matter</p>

Program Name	Program Description
On Applebee Pond	<p>Service Codes: EDU01, INF08, CBP03</p> <p>Populations: Preschool, Elementary, Middle and High School Students</p> <p>IOM: Universal</p> <p>To teach young children positive life skills, focusing on self-esteem, social skills, peacemaking, tobacco and alcohol. Certain 6th -11th graders are trained and then take the On Applebee Pond Puppets into the classroom of pre-K -3rd grade classes. Skits are performed with assistance from an adult advisor.</p> <p>Website: http://www.mercercountybhc.org/home-page/applebee-pond-2/</p>
Parenting from Prison	<p>Service Code: EDU03</p> <p>Population: Parents/Families</p> <p>IOM: Selective</p> <p>Parenting from Prison is a parent education program for inmates. The program curriculum teaches inmates skills to strengthen family functioning, increase positive behaviors, decrease substance use, and increase their knowledge of risk and resilience factors. The 20-session curriculum includes topics such as self-esteem, risk and resilience factors, communication, discipline, problem solving, decision making, and substance abuse.</p> <p>Website: www.coloradoparentingmatters.org</p>
Parenting Inside Out	<p>Service Code: EDU03</p> <p>Population: Parents/Families</p> <p>IOM: Selective, Indicated</p> <p>Parenting Inside Out (PIO) is a parenting education curriculum developed specifically for incarcerated populations – both men and women. PIO is grounded in adult learning theory designed to help parents promote healthy child adjustment and prevent child problem behavior by using effective communication and constructive problem-solving skills. Its curriculum focuses on real-life, problem-oriented topics, and skills training with an emphasis on child development and child health and safety. Its learner-centered design serves to reduce attrition, lower learner resistance, and increase motivation. With each 90-minute session held twice a week, it takes five weeks to successfully complete a full cycle of classes with enrollment capped at 12 individuals.</p> <p>Website: www.parentinginsideout.org/curriculum</p>
Positive Community Norms (PCN)	<p>Service Codes: ENV03, ENV04, CBP01, CBP04</p> <p>IOM: Universal</p> <p>The Positive Community Norms (PCN) Model is a new approach to cultivating community cultures around health and safety issues. PCN is a community (or environmental) transformational approach that engages many different audiences throughout the community for the purpose of improving health and safety. PCN integrates leadership, positive norms communication and prevention portfolio integration across the social ecology to improve health and safety. PCN is based on several theories with extensive track records in psychology and health education including Adlerian Psychology, Social Ecology, Social Cognitive Theory, the Theory of Reasoned Action, Normative Theories and Transformational Learning Theory. Like many community and population-focused approaches, PCN employs methods of health communication, social norms and social marketing.</p> <p>Website: http://www.montanainstitute.com/</p>
Project Drug Free: Reach for the Stars!!	<p>Service Codes: EDU01, EDU02</p> <p>Populations: Elementary, Middle and High School Students</p> <p>IOM: Universal</p> <p>This curriculum has been developed using research-based strategies, implemented and evaluated over time with students, that have shown to be effective in the prevention of drug use Project Drug Free is divided into four grade groups: K-3, 4-6, 7-8, & 9-12, the length of the curriculum varies. It is set up in 3 units and approximately 10 sessions, and includes many interactive methods of teaching such as role-plays, internet-research and classroom debates. Booster sessions assist the critical transition</p>

Program Name	Program Description
	<p>from middle school to high school. The program covers all forms of drug abuse (tobacco, alcohol, marijuana, inhalants, etc.) Each component of Project Drug Free includes a parent's component which will reinforce what children are learning, and will open opportunities for family discussions.</p> <p>Website: www.nimcoinc.com</p>
R.E.A.L.	<p>Service Code: EDU01 Population: Elementary and Middle School Students IOM: Universal R.E.A.L. (Realistic Education About Life): To teach youth (students in grades K-6) about ATOD, self-concept, coping/relating skills, decision making, and violence/bullying prevention skills. Program is presented in multiple sessions in an appropriate classroom prevention environment. Classroom presentations are comprised of a series of interactive lessons designed for individual grade levels from K-6.</p> <p>Website: http://www.stvincent.edu/community-events/outreach-programs/prevention-projects</p>
SADD	<p>Service Code: ALT02 Populations: Middle and High School Students IOM: Universal **Important Note: DDAP funds cannot be used for SADD unless the SCA or provider agency who will be implementing the SADD related services has a signed MOU with the PA DUI Association. This MOU must be updated annually. Verification that a current MOU is in place must be provided to DDAP prior to entering SADD as program in the SCA's plan in the DDAP data system.</p> <p>To provide students with the best prevention and intervention tools possible to deal with the issues of underage drinking, other drug use and impaired driving and other destructive decisions. SADD is a peer leadership organization dedicated to preventing destructive decisions.</p> <p>Website: https://www.sadd.org/</p>
Safe School Ambassadors	<p>Service Codes: CBP03, ALT02 Populations: Elementary, Middle and High School Students IOM: Universal The Safe School Ambassadors (SSA) program is a bystander education program that aims to reduce emotional and physical bullying and enhance school climate in elementary, middle, and high schools. The program recruits and trains socially influential student leaders from diverse cliques and interest groups within a school to act as "Ambassadors" against bullying. Ambassadors participate in a 2-day training along with several adult volunteers recruited from the school or community, who serve as their mentors. During the training, students learn about the problem of mistreatment and the importance of relationships and community; are taught to recognize different types of mistreatment; develop the motivation to intervene in incidents of bullying; and learn specific actions they can take to defuse conflicts and support isolated and excluded students. Continued skill development is provided through small Family Group meetings every 1–2 weeks, during which groups of 7–10 Ambassadors work with their adult mentors to discuss situations in which they have intervened, practice skills, and receive feedback and support for their efforts.</p> <p>Website: http://www.safeschoolambassadors.org</p>
Smoke Free for Life	<p>Service Code: INT02 Population: Persons Using Substances IOM: Indicated Smoke-Free for Life is an eight-session smoking cessation program developed by Breathe Pennsylvania. This approach focuses on the individual needs of each smoker, while in a group setting.</p> <p>Website: http://breathepa.org/programs/smoke-free-for-life/</p>

Program Name	Program Description
	CESSATION PROGRAMS ARE CONSIDERED INTERVENTION PROGRAMS. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.
SPORT Prevention Plus Wellness	<p>Service Code: EDU02 Populations: Elementary, Middle and High School Students IOM: Universal SPORT Prevention Plus Wellness is a brief intervention for professionals, peer leaders and parents who want to prevent substance use and promote proactive wellness behaviors and positive identities among youth. It takes less than 50 minutes to implement and is available in three versions for high school adolescents ages 14-18, middle school adolescents ages 10-14, and elementary school children ages 8-10. The program is designed to help youth look and feel more active, fit and healthy using a three-step process of: 1. Screening youth for their current health habits to increase awareness of their substance use and wellness behaviors; 2. Providing feedback on those health habits and positive image messages cuing desired future images of youth and increasing motivation for change; and 3. Presenting a goal plan and contract to have youth set and monitor goals to avoid substance use and increase protective wellness behaviors increasing self-control skills. Scripts are provided for an individual one-on-one or optional group lesson format. <i>(Program research was done for one-on-one format only.)</i> Website: https://preventionpluswellness.com/products/sport-prevention-plus-wellness</p>
Student Assistance Program	<p>Service Codes: PIR01-05, PIR07 Populations: Elementary, Middle and High School Students, Teachers/Administrators/Counselors/Other School Personnel, Parents/Families IOM: Universal, Selective, Indicated To assist school personnel in identifying issues including ATOD and mental health issues which pose a barrier to students' success. Services include screening/assessment, consultation, referral and/or small group education for SAP identified youth. Website: http://pnsas.org</p>
Student Skills for Life	<p>Service Codes: EDU02, PIR06, INT02 Populations: Middle School, High School and College Students, Persons Using Substances, Delinquent/Violent Youth IOM: Universal, Selective, Indicated This program offers highly interactive education sessions that provide the justice system with alternative sentencing for young drug/alcohol offenders and provide parents and schools with disciplinary and educational options when chemical use is evident in their children. It is also used as an effective prevention system among non-using or early-experimenting youth. Intervention version includes 12 hours of evening classes; three or four hours each. Prevention version in schools includes a series of twelve 1-hour sessions. The program provides experiential life skills training, and may include parenting classes and referrals to drug and alcohol assessments when appropriate. Website: https://www.compassmark.org/skills-for-life/</p> <p>BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE MAY NOT BE USED TO FUND THE INTERVENTION VERSION OF THIS PROGRAM.</p>
Support for Students Exposed to Trauma (SSET)	<p>Service Code: EDU01 Populations: Elementary, Middle and High School Students IOM: Selective, Indicated Support for Students Exposed to Trauma (SSET) is a school-based group intervention for students who have been exposed to traumatic events and are suffering from symptoms of post-traumatic stress disorder (PTSD). Designed specifically for use by teachers and school counselors, SSET is a non-clinical adaptation of the Cognitive Behavioral Intervention for Trauma in Schools (CBITS) Program. In 10 group lessons, students who participate in SSET learn a wide variety of skill-building techniques to</p>

Program Name	Program Description
	<p>reduce current problems with anxiety or nervousness, withdrawal or isolation, depressed mood, acting out in school, or impulsive or risky behavior. SSET also helps students deal with real-life problems and stressors and increase levels of peer and parent support. The SSET program has been evaluated for use with middle school students ages 10-14 but will likely work well with students in late elementary through early high school.</p> <p>Website: http://ssetprogram.org/</p>
TAP - Helping Teens Stop Using Tobacco	<p>Service Code: INT02 Populations: Middle and High School Students, Youth/Minors IOM: Indicated</p> <p>TAP is an eight-session program that provides tobacco-using teens in grades 7 through 12 with the information, motivation, and support to successfully stop using cigarettes or spit tobacco. In an adult-led support group setting, tobacco users are guided to a personally selected quit date and provided with specific strategies to remain tobacco-free. Facilitators and peers provide the cessation options, guidance, and social support for the choices participants make as they design their own approach to becoming tobacco-free.</p> <p>CESSATION PROGRAMS ARE CONSIDERED INTERVENTION PROGRAMS. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.</p>
Teens Against Tobacco Use (T.A.T.U.)	<p>Service Codes: CBP03, ALT02, EDU02 Populations: High School Students, Youth/Minors IOM: Universal</p> <p>Teens Against Tobacco Use ® (T.A.T.U.) is a youth empowerment program teaching teens to fight back against tobacco use. Teen facilitators gain experience and skills that will help them in a wide range of adult activities. This program has four phases: training of adults, training of teens, teens teaching younger children and teens getting involved in community action.</p> <p>Website: http://www.lung.org</p>
TEG - Intervening with Teen Tobacco Users	<p>Service Code: INT02 Populations: Middle and High School Students, Youth/Minors IOM: Indicated</p> <p>TEG is an 8-session educational program for students in grades 7 through 12 who don't want to stop using tobacco. TEG is designed to move teenage tobacco users from not wanting to quit to wanting to quit. Through videos, demonstrations, and cooperative learning, teenage tobacco users learn about the negative consequences of tobacco use. They gain the knowledge, motivation, and action steps to move toward a healthier, tobacco-free lifestyle. Participants are encouraged to reduce their tobacco use, quit on their own, or join a voluntary tobacco cessation program.</p> <p>CESSATION PROGRAMS ARE CONSIDERED INTERVENTION PROGRAMS. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.</p>
The Council for Boys and Young Men	<p>Service Code: EDU02 Populations: Middle and High School Students, Youth/Minors IOM: Universal, Selective</p> <p>The Council is a strengths-based approach to promote boys' safe, strong and healthy passage through preteen and adolescent years. Using the Council program model, professional mentoring/counseling services, and trained volunteers, the program introduces healthy role models and promotes prosocial behaviors. The Council follows a structured, group curriculum and uses incentives for participation. Each week, for 10 weeks, a group of boys of similar age and development meet with two facilitators for two hours. Boys are encouraged to attend for ten weeks or more in order to get the full benefit of the Council model.</p> <p>Website: http://www.onecirclefoundation.org/</p>

Program Name	Program Description
Too Good for Drugs & Violence (After School Activities)	<p>Service Code: EDU02 Population: Youth/Minors, Elementary School Students IOM: Universal Too Good for Drugs & Violence After-School Activities is an extension of the Too Good evidence-based prevention education programs for the after-school setting. Through a variety of positive, age-appropriate activities including games, stories, and songs, the program reinforces basic prevention concepts including decision making, goal setting, and conflict resolution among others. The activities are divided by age groups to sustain the children's interest and correspond to their development level. Website: https://toogoodprograms.org</p>
Too Much To Lose (2M2L)	<p>Service Code: GED01 Populations: Elementary, Middle and High School Students IOM: Universal This program is designed to deliver problem gambling prevention. The program currently has an elementary, middle and high school curriculum. The program has educational and interactive activities to be used with youth in the 3rd – 12th grade classrooms or small group setting. This primary prevention program consists of four (4) forty five minute sessions for elementary students and high school students and six (6) forty five (45) minute sessions for middle school. Topics that are discussed consist of:</p> <ul style="list-style-type: none"> • Defining Gambling • Addiction and Risk Taking • Phases of Gambling • Refusal Skills • The Consequences of Gambling • Recognizing Problem Gambling • Coping and Getting Help for Gambling Addiction <p>For more information: Contact Dauphin SCA</p>
Wanna Bet?	<p>Service Code: GED01 Population: Elementary and Middle School Students IOM: Universal Kids Don't Gamble...Wanna Bet? for grades 3-8, is an interdisciplinary program designed to discourage underage gambling through improved critical thinking and problem solving. WannaBet? is designed to be integrated into existing units in health, math, and life skills, or used in conjunction with an existing prevention program. Website: www.nati.org</p>
We Know BETter	<p>Service Code: GED01 Populations: Elementary, Middle and High School Students IOM: Universal We Know BETter is a skill building program that will help students from 4th through 9th grade live lives free of alcohol, tobacco, other drugs and gambling. Consists of a series of 6 40-minute sessions with a 20-minute pre-survey prior to the first lesson and a 20-minute post-survey after the last lesson. Problem areas addressed are:</p> <ul style="list-style-type: none"> • media's influence on decision making • perception of peer use and engagement in risky behaviors • understanding that gambling is a risky behavior <p>Website: https://www.compassmark.org/we-know-better/</p>
Why Try Program	<p>Service Codes: EDU01, EDU02 Populations: Middle and High School Students, Youth/Minors IOM: Universal, Selective The WhyTry Program is a resilience education curriculum that provides simple, hands-on solutions for dropout prevention, violence prevention, truancy reduction, and increased academic success. The WhyTry curriculum utilizes a series of ten visual analogies that teach important life skills (e.g., decisions have consequences; dealing with peer pressure; obeying laws and rules; plugging in to support systems). The visual analogies are reinforced through the use of customized hip-hop music, video,</p>

Program Name	Program Description
	<p>over 150 learning activities, journal activities that help students reflect on program concepts, and other multimedia. Website: http://www.whytry.org/</p>
Women's Circle	<p>Service Code: EDU02 Populations: Young Adults, Adults, College Students IOM: Universal, Selective Women's Circle is a support group for women to share, explore, build skills, and encourage one another to live authentically in mind, body, heart, and spirit. When women come together in Women's Circle to share, listen actively, and participate in gender-relevant activities and discussions, the bonds they form are a foundation for their continuing growth across all developmental domains including: physical, intellectual, relational, social-emotional, occupational and spiritual development. Where genuine connections form, women's capacities increase in skills including authentic exploration, self-expression, risk-taking, reflection, as well as interpersonal skills. Website: http://onecirclefoundation.org/WC.aspx</p>
Youth Gambling and Prevention Awareness: Level I	<p>Service Code: GED01 Populations: Elementary and Middle School Students IOM: Universal, Selective Designed for students in grades 4-7, this workshop aims to:</p> <ul style="list-style-type: none"> • Teach about the nature of gambling and the differences between games of skill and games of chance • Introduce the concepts of luck, chance and the illusion of control • Discuss the myths and erroneous beliefs concerning gambling • Reinforce social skills and resistance to peer pressure <p>The entire presentation takes approximately 50 minutes, with recommendations for facilitator follow-ups. This program can include the use of The Amazing Chateau, interactive CD-ROM game. Website: http://www.youthgambling.com/</p>
Youth Gambling and Prevention Awareness: Level II	<p>Service Code: GED01 Population: High School Students IOM: Universal, Selective Designed for high school students in grades 8-12, this workshop aims to:</p> <ul style="list-style-type: none"> • Teach participants about youth gambling (participation, addiction, signs, consequences) • Discuss the concepts of luck, chance, probability and the illusion of control • Address erroneous beliefs in relation to the diverse forms of gambling • Differentiate between social gambling and gambling addictions • Inform participants about the signs of problem gambling, the consequences and the risks associated with excessive gambling • Highlight the available resources and treatment for gambling problems • Discuss the risks associated with poker playing and Internet gambling <p>This program takes about 50 minutes to complete, with recommendations for facilitator follow-ups. This program can include the use of the Hooked City, interactive CD-ROM game. Website: http://www.youthgambling.com/</p>

Supplemental Programs

Program Name	Program Description
AOD Environmental Activities	Service Codes: Any ENV code, except ENV13, ENV17, ENV19 IOM: Universal Includes alcohol and other drug environmental activities such as policy change, social norms marketing and town hall meetings. EXCLUDES Tobacco-related environmental activities, which are recorded under Tobacco Prevention Activities.
ATOD Alternative Activities	Service Codes: Any ALT code IOM: Universal, Selective, Indicated Includes alternative activities such as ATOD-free recreational and/or social opportunities, recognition events and leadership/mentoring activities.
ATOD Community Based Process Activities	Service Codes: Any CBP code, except CBP02 and CBP03 IOM: Universal Includes community based process activities such as multiagency collaboration, marketing and developing programs, assessing community needs, and strategic planning.
ATOD Education Activities	Service Codes: EDU01, EDU02 IOM: Universal, Selective, Indicated Includes alcohol, tobacco and other drugs prevention education activities. This includes educational programs intended to develop life skills such as refusal skills, decision making and stress management.
ATOD Information Dissemination Activities	Service Codes: INF02, INF04, INF06, INF07, INF08, INF09 IOM: Universal, Selective, Indicated Includes information dissemination activities such as health fairs, speaking engagements, and distribution of brochures, flyers, newsletters, PSAs, etc.
ATOD Intervention Activities	Service Codes: Any INT Code IOM: Selective, Indicated Includes activities designed to encourage individuals to examine their own patterns of substance use and to reduce risky substance use behaviors. This program captures tobacco cessation classes and support provided to families of individuals with a substance use disorder. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND INTERVENTION PROGRAMS/ACTIVITIES.
ATOD Materials Development	Service Codes: INF01, INF03, INF05 IOM: Universal The creation of original documents and other educational pieces for use in information dissemination activities related to substance abuse and its effects on individuals, schools, families, and communities. Services under this category include audiovisual materials, printed materials, newsletters, public service announcements, and resource directories.
ATOD Non SAP Problem ID and Referral Activities	Service Codes: PIR06, PIR07, PIR08, PIR09 IOM: Selective, Indicated Includes problem identification and referral activities such as risk screening, referral to services and follow-up. EXCLUDES screening, referral and follow-up done as part of the Student Assistance Program.
ATOD Training and Professional Development	Service Codes: CBP02, CBP03 IOM: Universal Structured prevention trainings intended to impart information to individuals, community groups, professional staff and/or trainers. This includes providing in-service training to prevention and agency staff, teaching of organizational development skills to community groups and training of trainer programs.

Program Name	Program Description
AVOID	<p>Service Code: EDU01, EDU02 Populations: Middle and High School Students IOM: Universal</p> <p>AVOID is a media-based online toolkit for vaping prevention programming with middle and high school students. The current AVOID toolkit includes five one-hour lessons with videos, discussion guides, and handouts for immediate implementation by a facilitator. Each AVOID lesson is designed to be completed in around an hour. However, the lessons are customizable and can be shortened or lengthened depending on time constraints. Topics discussed include: what’s in vapes and who is using them, what’s in vape “smoke”, physical consequences of vaping, nicotine in vapes and risk of addiction, harmful flavors in vape liquid, and how the tobacco industry targets youth with vapes.</p> <p>Website: https://avoidvapes.com/</p>
BeCool	<p>Service Codes: EDU01, EDU02 Populations: Elementary, Middle and High School Students IOM: Universal</p> <p>This is a K-12 program which has 6 different levels - lower and upper elementary, middle school bridge, middle school 1, middle school 2, and high school. BeCool teaches students how to stay in control of their feelings during conflict or frustrating situations. BeCool teaches specific reflective thinking techniques to promote self-control, stop bullying and interrupt the tendency to impulsively act out. In the process of imagining the pros and cons of behaving HOT, COLD, or COOL and using optimistic self-talk, students become more self-aware and empathic to the feelings of others. BeCool incorporates the use of DVD’s to guide role plays in teaching students how to manage their feelings and resolve conflicts.</p> <p>Website: www.stanfield.com</p>
Beginning Alcohol and Addictions Basic Education Studies (BABES)	<p>Service Codes: EDU01, EDU02 Populations: Preschool and Elementary School Students IOM: Universal, Selective</p> <p>Beginning Awareness Basic Education Studies (BABES) is a primary prevention program designed to give children a lifetime of protection from substance abuse. BABES accomplishes this by assisting young people to develop positive living skills and by providing them with accurate, non-judgmental information about the use and abuse of alcohol and other drugs.</p> <p>Website: http://babesworld.org/</p>
CATCH My Breath	<p>Service Code: EDU01, EDU02 Populations: Middle and High School Students IOM: Universal</p> <p>CATCH My Breath is a youth E-cigarette and JUUL prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of E-cigarettes, including JUUL devices. CATCH My Breath includes active student-centered learning facilitated by peer leaders. The program offers in-class activities, teacher education, online resources, and take-home materials for parents. The curriculum consists of 4 lessons at 30-40 minutes each. The program’s key learning objectives include: knowledge of E-cigarettes and potential harms, understanding and analyzing deceptive advertising techniques, developing and practicing socially acceptable refusal skills and practicing peer modeling techniques in small groups.</p> <p>Website: https://catchinfo.org/modules/e-cigarettes/</p>
Celebrating Healthy Choices	<p>Service Code: EDU01, INF08 Populations: Elementary School Students IOM: Universal</p> <p>Celebrating Healthy Choices, a Too Good program from Mendez Foundation, can be used for Red Ribbon Week, National Prevention Week, or another special week-long celebration in schools for grades K to 5. Activities begin with a school-wide opening</p>

Program Name	Program Description
	<p>assembly introducing students to the concept of healthy choices. The opening assembly can be used to involve family and community by inviting community leaders, healthcare professionals, police officers, or athletes to share their inspirational stories about making healthy choices. Tuesday through Thursday, each grade level explores the fundamentals of a social skill to ready them to make healthy choices in life. Students learn a fun rap to reinforce what they learned. Students come together at the end of the week to celebrate what they learned, to perform the rap they learned in their classes, and to make a pledge to continue making healthy choices.</p> <p>https://toogoodprograms.org/collections/celebrating-healthy-choices</p>
Children in the Middle	<p>Service Codes: EDU02, EDU03 Populations: Youth/Minors, Parents/Families IOM: Selective</p> <p>To help children 3 to 15 years of age and parents deal with the children's reactions to divorce. The program was designed for children who are subjected to adult conflicts during a divorce and their parents. Children and parents are shown a child-focused video and complete workbook activities, role plays and discussion typically in 4 to 10 sessions over 2 to 4 months. Parents are shown a video and participate in group discussions and activities in one or two 90- to 120-minute class sessions.</p> <p>Please note: This program has been revised and renamed to Children In Between. This program remains in the program listing for SCAs/providers who are continuing to use the old version of this program. Children In Between can be found on DDAP's list of Evidence Informed Programs.</p>
Cyber Gambling Awareness Program (CGAP)	<p>Service Code: INF08 IOM: Universal</p> <p>In collaboration with Lehigh County Drug & Alcohol Abuse Services, The Center for Humanistic Change, Inc. has developed CGAP: Cyber Gambling Awareness Program. This computer based, interactive workshop is designed to raise awareness about the dangers of gambling and the nature of addiction in general. Participants will identify the risks and consequences of gambling, discover the effects of gambling on the brain, understand the cycle of addiction and learn how to get help.</p> <p>For more information: www.thechc.org</p>
Elementary Youth Support Program	<p>Service Codes: EDU01, EDU02 Population: Elementary School Students IOM: Selective</p> <p>EYSP is a school-based, small-group early intervention/prevention program for students in grades K-5 at risk for substance abuse and other health-damaging behaviors. Program is intended to prevent the onset of drug use among children with life skill deficiencies; to teach alternatives to unhealthy ways of coping with family, school, and peer stresses; to help children develop decision-making skills; to help children gain an understanding of choices and consequences; to reduce life-threatening crises through early intervention; and to increase levels of self-esteem, trust, and the ability to ask for help.</p> <p>Website: http://www.compassmark.org</p>
Fetal Alcohol Spectrum Disorder Prevention Activities	<p>Service Codes: INF01-08, EDU01, EDU02, CBP02, CBP03, ENV01, ENV02 IOM: Universal, Selective, Indicated</p> <p>Activities to raise awareness and educate pregnant women, women of child bearing age and the general population about Fetal Alcohol Spectrum Disorder (FASD) in relation to preventable birth defects, developmental disabilities and behavioral health problems associated with alcohol consumption during pregnancy.</p>
Footprints for Life	<p>Service Code: EDU01, EDU02 Populations: Elementary School Students IOM: Universal</p> <p>Footprints for Life™ is a primary prevention program designed to build assets and teach skills through the use of puppets and stories that feature “real-life” situations experienced by a children’s soccer team. The goal of Footprints for Life is to help young children build a strong foundation of life skills rooted in key social</p>

Program Name	Program Description
	<p>competencies. The social competencies that Footprints addresses are planning and decision-making practice, interpersonal skills, cultural competence, peer pressure, and peaceful conflict resolution — assets identified as promoting positive attitudes and behaviors. The program is designed to promote developmental assets to deter the first use of alcohol and other drugs. The six-week program is designed to be presented in the classroom setting and includes a parent information letter and weekly home assignments. The curriculum is designed to be implemented in 2nd or 3rd grades.</p> <p>https://www.footprintsforlife.org/</p>
Gambling Alternative Activities	<p>Service Codes: Any GAL code IOM: Universal, Selective, Indicated Includes alternative activities such as gambling-free recreational and/or social opportunities, recognition events and leadership/mentoring activities.</p>
Gambling Away the Golden Years	<p>Service Code: GIN08 Population: Older Adults IOM: Universal This educational kit explores the possibility of gambling turning from entertainment to addiction, especially during the retirement years. It is designed for use in treatment settings, public education presentations, senior citizen facilities, and for the education of health care providers. Website: www.nati.org</p>
Gambling Community Based Process Activities	<p>Service Codes: Any GCB code, except GCB02 and GCB03 IOM: Universal Includes community based process activities such as multiagency collaboration, marketing and developing programs, assessing community needs, and strategic planning.</p>
Gambling Education Activities	<p>Service Code: GED01 IOM: Universal, Selective, Indicated Includes gambling and problem gambling prevention education activities. This includes educational programs intended to develop life skills such as refusal skills, decision making and stress management.</p>
Gambling Environmental Activities	<p>Service Codes: Any GEN code IOM: Universal Includes gambling/problem gambling environmental activities such as policy change, social norms marketing and town hall meetings.</p>
Gambling Information Dissemination Activities	<p>Service Codes: GIN02, GIN04, GIN06, GIN07, GIN08, GIN09 IOM: Universal, Selective Includes information dissemination activities such as health fairs, speaking engagements, and distribution of brochures, flyers, newsletters, PSAs, etc.</p>
Gambling Materials Development	<p>Service Codes: GIN01, GIN03, GIN05 IOM: Universal The creation of original documents and other educational pieces for use in information dissemination activities related to gambling and its effects on individuals, schools, families, and communities. Services under this category include audiovisual materials, printed materials, curricula, newsletters, public service announcements, and resource directories.</p>
Gambling Non SAP Problem ID and Referral Activities	<p>Service Codes: Any GIR code IOM: Selective, Indicated Includes problem identification and referral activities such as risk screening, referral to services and follow-up. EXCLUDES screening, referral and follow-up done as part of the Student Assistance Program.</p>
Gambling PAYS Administration and Support	<p>Service Codes: GCB01, GCB04, GCB07 Populations: Youth/Minors and Teachers/Administrators/Counselors/Other School Personnel IOM: Universal This strategy is used to capture problem gambling FIA funded activities associated with administering the Pennsylvania Youth Survey (PAYS) in schools, analyzing the</p>

Program Name	Program Description
	<p>PAYS data, and meetings with school personnel to promote the use of the PAYS data. Gambling PAYS Administration and Support services should be entered according to the following guidelines:</p> <p>PAYS Administration – Use GCB04. Enter one service for each school where the PAYS is administered. Primary Count should be the number of surveys administered. Use Population Youth/Minors.</p> <p>PAYS Data Analysis – Use GCB01. Enter one service for each meeting with a school to provide assistance with analyzing, interpreting, and using their PAYS data, or each meeting with a school to present the results of your analysis of their PAYS data. Primary Count should be the number of people in attendance at the meeting. Use Population Teachers/Administrators/Counselors/Other School Personnel.</p> <p>PAYS Marketing Meetings – Use GCB07. Enter one service for each meeting with school district superintendents or other school personnel to foster support and participation in the PAYS. Primary Count should be the number of people in attendance at the meeting. Use Population Teachers/Administrators/Counselors/Other School Personnel.</p>
Gambling Training and Professional Development	<p>Service Codes: GCB02, GCB03 IOM: Universal Structured prevention trainings intended to impart information to individuals, community groups, professional staff and/or trainers. This includes providing in-service training to prevention and agency staff, teaching of organizational development skills to community groups and training of trainer programs.</p>
Girl Power	<p>Service Codes: EDU01, EDU02 Populations: Elementary, Middle and High School Students IOM: Universal, Selective To help improve girls' lives as they pass through adolescence. This campaign was created by the Department of Health and Human Services. The program works to decrease crime and violence by targeting the increased use of tobacco and drugs among teenage girls, the decrease in self-confidence common among adolescent girls, and their need for skill-building in areas such as academics, arts, and sports.</p>
Grandparents Raising Resilient Youth (GRRY)	<p>Service Codes: EDU03, PIR06 Population: Parents/Families IOM: Selective The Grandparents Raising Resilient Youth Program (GRRY), developed by the Community Prevention Partnership of Berks County, addresses the needs and issues specific to grandparent-headed families. GRRY is geared toward providing services of empowerment, support, advocacy and referral to families where grandparents are raising their grandchildren. GRRY services include Case Management, Support Groups for Grandparents, Support Groups for Grandchildren, and Social Activities. Home visits are scheduled to assist families with agency referrals, family strengthening, parenting, finances, health care, and other relevant issues that promote family stability.</p>
INDEPTH	<p>Service Code: INT02 Populations: Middle and High School Students IOM: Indicated Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school tobacco or nicotine use policies. INDEPTH is taught by any trained adult in four, 50-minute sessions. Each session addresses a different tobacco-related issue and can be facilitated either one-on-one or in a group setting. The goal of every program is to educate students about nicotine addiction and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products. https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html</p>

Program Name	Program Description
	INDEPTH IS CONSIDERED AN INTERVENTION PROGRAM. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.
In My House	<p>Service Codes: EDU01, EDU02 Population: Elementary and Middle School Students IOM: Universal, Selective</p> <p>In My House is an interactive prevention curriculum created to reduce risk factors and enhance protective factors among young people ages 10 to 13. The curriculum is built upon a spirit of personal responsibility and action. Throughout the program, students work on developing a set of skills that will help them avoid engaging in high-risk behaviors. Through interactive journaling, students use their own experiences, thoughts and feelings as a foundation for making positive choices and changes in their lives. The metaphor of a house serves as a creative way to structure students' exploration for their lives. The rooms of the house represent important components of a student's life. The core program consists of five workbooks, delivered over 20 hours within one year. The second phase of the program consists of an additional five workbooks, also to be delivered over 20 hours within the year following the core program.</p>
In Search of Balance	<p>Service Code: GIN08 Population: Older Adults IOM: Universal</p> <p>In Search of Balance(TM) Educational Kit This kit includes a 23-minute video and five 25-page workbooks. The video touches on such topics as, How the Senior Gambler Feels, "Soft Signs" of a Gambling Problem, and The Road to Recovery. The kit is directed at all levels of helping professions and can be used in an array of educational and public awareness settings. Website: www.nati.org</p>
Know Limits	<p>Service Code: GAL01 Populations: Middle and High School Students IOM: Universal</p> <p>Board Game. Designed as a question and answer game to be played in teams, Know Limits includes gambling prevention questions with general interest categories such as charades, taboo, word scramble and trivia. These categories are designed to maximize player participation and engagement in the game while increasing youth awareness about issues related to gambling and other high-risk behaviors. Players from two teams compete against each other, in a race to answer the questions correctly. Questions require thought, logic and creativity rather than an extensive knowledge base. The team with the most points for correctly answered questions wins. The element of team play introduces social interaction and cooperation within teams and a friendly element of competition between teams. Website: http://www.youthgambling.com/</p>
Leaps and Bounds	<p>Service Code: GED01 Populations: Elementary and Middle School Students IOM: Universal</p> <p>Leaps and Bounds was developed in support of the Alberta Learning Program of Studies, 2002. It is made up of eight lesson plans, which encourage children to make sound decisions regarding drug and alcohol use and gambling. The focus of this resource is to provide the students with accurate information and assist them in acquiring life skills, while emphasizing the importance of internalizing healthy lifestyle choices. The Leaps and Bounds program is for grades 3-6. Lessons can be taught as a series or individually. Website: http://www.albertahealthservices.ca/2682.asp</p>
Media Straight Up	<p>Service Codes: EDU01, EDU02 Population: Middle School Students IOM: Universal</p>

Program Name	Program Description
	<p>"Media Straight Up" is a middle school curriculum designed to help kids make more informed decisions, such as avoiding risky drug and alcohol-related behaviors, while learning how traditional and online media influence their behavior. This is a 12 session program; topics include Why Tobacco and Alcohol Advertisements Work; Music, Media, and Drug Use; Prescription and OTC Drugs; Producing an anti-drug radio message. Media literacy supports the goals of prevention by teaching youth to recognize how media messages influence them, helps develop critical thinking skills, and fosters healthy self-esteem.</p> <p>Website: https://www.ddap.pa.gov/Prevention/Pages/MediaLiteracyCurriculums.aspx</p>
OTC Medicine Safety	<p>Service Codes: EDU01, EDU02 Populations: Elementary and Middle School Students IOM: Universal OTC Medicine Safety was specifically created for use by 5th- and 6th-grade teachers and students. The curriculum includes resources and engaging educational activities specifically designed for parents and teachers of tweens to increase knowledge of OTC safety and responsibility. The program teaches safe medicine use to children before self-medication begins.</p> <p>Website: http://www.scholastic.com/otc-med-safety/</p>
PA START Campaign	<p>Service Codes: INF02, INF04, INF06 IOM: Universal This strategy is used to capture activities associated with the dissemination and marketing of the Commonwealth Prevention Alliance's PA START campaign.</p> <p>Website: http://pastart.org</p>
PA STOP Campaign	<p>Service Codes: INF02, INF04, INF06 IOM: Universal This strategy is used to capture activities associated with the dissemination and marketing of the Commonwealth Prevention Alliance's PA STOP campaign.</p> <p>Website: http://pastop.org</p>
Parent to Parent	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective To empower parents to become the most effective prevention tool ever devised specifically focusing around today's "Toxic Culture". Parents teach the program material to other parents using provided video to teach strategies for protecting children from the expanding areas of the toxic culture, like premature, promiscuous sex, violent behavior, drugs and alcohol, and the Internet.</p>
Parenting Activities	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective Services that build parenting and family management knowledge and skills.</p>
Passport to Manhood	<p>Service Code: EDU02 Population: Youth/Minors IOM: Universal, Selective This Program is part of the Boys & Girls Clubs of America. Passport to Manhood consists of 14 sessions, each concentrating on a specific aspect of character and manhood through highly interactive activities. Each Club participant receives his own "passport" to underscore the notion that he is on a personal journey of maturation and growth.</p> <p>Website: http://bgca.org/whatwedo/HealthLifeSkills/Pages/HealthLifeSkills.aspx</p>
Positive Solutions for Families	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective Developed by The Center for Social and Emotional Foundations for Early Learning (CSEFEL). The program is an evidence-based, user friendly parent training series to assist professionals working with parents to promote positive and effective parenting behaviors which in turn promote social and emotional development and address the challenging behavior needs of young children.</p>

Program Name	Program Description
Power of Parents	<p>Website: http://csefel.vanderbilt.edu/resources/training_parent.html</p> <p>Service Code: INF08 Population: Parents/Families IOM: Universal MADD believes that the devastating problems associated with underage drinking can be prevented by educating parents about their influence with their teens and equipping them with the conversational tools to talk to their teens about alcohol. The Power of Parents program targets parents of school-aged children. The parent workshops provide an opportunity to talk to parents and provide them with the Parent Handbook, a resource for continuing the conversation with their children. The workshops last less than 30 minutes. The objectives of the workshop are to:</p> <ul style="list-style-type: none"> • Talk about the problem of teen drinking • Talk about the role of peers in the problem of teen drinking • Talk about the role of adults in the problem of teen drinking • Talk about the role of parents and MADD in preventing teen drinking • Talk about the Handbook itself and what parents can do today, tomorrow, and in the future to prevent teen drinking <p>Website: https://www.madd.org/the-solution/power-of-parents/</p>
Prescription Drug Disposal and Safe Storage Activities	<p>Service Codes: See codes outlined below IOM: Universal Used to capture all activities associated with the proper safe storage and disposal of prescription medications. This could include such activities as coordinating and/or promoting a Drug Take-Back Event, the installation of a collection box within a local law enforcement establishment or pharmacy, the use of drug disposal pouches such as Detera drug deactivation packets, or providing guidelines and resources for safe storage.</p> <p>Service codes: ENV02-Changing Practices or Procedures Used to capture changes in practice such as:</p> <ul style="list-style-type: none"> • When a law enforcement establishment agrees to install a “permanent” prescription take-back collection box • Funeral directors agree to include information and inform families on safe disposal of unused medications • A pharmacist agrees to install a collection box or carry disposal pouches • Senior Center agrees to routinely provide Med Lock Boxes and instructions to all new seniors <p>CBP07-Prevention Program Marketing Use to capture meetings/activities held with community groups, organizations, businesses, pharmacies, and/or other agencies to market and encourage them to support you in the implementation of this program.</p> <p>INF01/INF03/INF05-Material/Media Development Use to capture the development of informational materials/media specific to prescription drug take-back events, collection boxes, additional safe disposal methods, and/or safe drug storage methods.</p> <p>INF02/INF04/INF06-Material/Media Dissemination Use to capture the dissemination of informational materials/media specific to prescription drug take-back events, collection boxes, additional safe disposal methods, and/or safe drug storage methods.</p> <p>INF08-Speaking Engagements Use to capture presentations or speaking events specific to the topic of safe storage and proper disposal of unused medications.</p>

Program Name	Program Description
	<p>CBP01-Technical Assistance/Multi-agency Collaboration Use to capture meetings that are held for coordinating and collaborating on activities/events involving safe disposal practices and techniques such as drug take-back events, permanent collection boxes, drug deactivation packets, etc.</p> <p>ENV13- Prescription Drug Safe Storage and Disposal Use to capture events held in conjunction with state and local law enforcement agencies that provide an opportunity for people to drop off unwanted prescription drugs for proper disposal. Also use to capture dissemination of medication lock boxes/storage devices or drug disposal pouches such as Deterra drug deactivation packets.</p>
Project MEDS	<p>Service Codes: CBP03, INF08 Population: Older Adults IOM: Universal, Selective Project MEDS (Medication Education Designed for Seniors) trains older adults to provide peer education to other older adults on incorrect use of prescribed and over-the-counter medications, alcohol misuse/abuse and the dangers of medication and alcohol interactions. Trained senior volunteers provide a half hour education presentation to other seniors. The presentation encourages individuals to maintain a relationship with their physician and pharmacist in order to protect prescription medication users from the harmful effects of medication misuse. It asks seniors to record their medication use in a journal to make a daily chart that can be checked off every time they've taken any medicine. The program encourages seniors to discard outdated/expired medications.</p> <p>Project MEDS was developed through a collaboration of the Bucks County Area Agency on Aging, the Bucks County Drug and Alcohol Commission and the Bucks County Retired and Senior Volunteer Program.</p>
Protecting You Protecting Me	<p>Service Codes: EDU01, EDU02 Populations: Elementary School Students IOM: Universal, Selective Protecting You/Protecting Me (PY/PM) is a 5-year classroom-based alcohol use prevention program for elementary school students in grades 1-5. The program aims to reduce alcohol-related injuries and death among children and youth due to underage alcohol use and riding in vehicles with drivers who are not alcohol free. PY/PM consists of a series of 40 science- and health-based lessons, with 8 lessons per year for grades 1-5. PY/PM lessons and activities focus on teaching children about (1) the brain--how it continues to develop throughout childhood and adolescence, what alcohol does to the developing brain, and why it is important for children to protect their brains; (2) vehicle safety, particularly what children can do to protect themselves if they have to ride with someone who is not alcohol free; and (3) life skills, including decision making, stress management, media awareness, resistance strategies, and communication. Trained school staff, prevention specialists, or high school students enrolled in a peer mentor/leadership course can teach the lessons.</p>
PUSHING BACK: Responding to Representation of Drugs and Alcohol in Popular Culture	<p>Service Codes: EDU01, EDU02 Population: High School Students IOM: Universal "Pushing Back" is a twelve-lesson curriculum to teach digital and media literacy skills. It is designed for high school learners in grades 9 through 12, and can be used in a variety of in-school and out-of-school settings. The curriculum is aligned to Common Core standards. The lessons help learners analyze representations of drug and alcohol use in media and popular culture and create media productions that talk back to inaccurate, dangerous, or incomplete portrayals of risky behaviors. These media talk-backs are flexible to a number of different pressing issues facing young people, including behaviors involving illegal, prescription, and recreational drugs. Website: https://www.ddap.pa.gov/Prevention/Pages/MediaLiteracyCurriculums.aspx</p>

Program Name	Program Description
Raising a Thinking Child	<p>Service Code: EDU03 Population: Parents/Families IOM: Universal, Selective</p> <p>The focus of this program is on developing a set of interpersonal cognitive problem solving skills that relate to overt behaviors as early as preschool. By enhancing I Can Problem Solve skills, the ultimate goal is to increase the probability of preventing later, more serious problems by addressing the behavioral predictors early in life. In addition to behavioral outcomes, the parent intervention is designed to help parents use a problem solving style of communication that guides young children to think for themselves. The program takes a minimum of 6 weeks, although 8 weeks is more ideal to help parents learn the problem solving approach. The first section focuses on learning a problem solving vocabulary in the form of games. The second section concentrates on teaching children how to listen. During the program parents are given exercises to help them think about their own feelings and become sensitive to those of their children. Parents also learn how to find out their child's view of the problem and how to engage their child in the process of problem solving.</p> <p>Website: http://www.thinkingpreteen.com/icps.htm#families</p>
Reality Tour	<p>Service Code: INF08 Populations: Youth/Minors, Parents/Families IOM: Universal, Selective</p> <p>**Important Note: Beginning 7/1/2016, DDAP funds can no longer be used to fund Reality Tour.</p> <p>Reality Tour is a volunteer-driven substance abuse prevention program that is presented to parents and their children (ages 10-17) in a community setting over the course of one approximately 3-hour session. The goal of the program is to increase children's negative attitudes toward alcohol, tobacco, marijuana, and other illicit drugs, as well as their perceived risk of harm from use of these substances. Reality Tour provides participants with testimonies from individuals with a history of addiction, an address by law enforcement personnel, and the opportunity to pose questions to these speakers. The session also includes dramatic narratives that precede brief reenactments of emergency room and funeral home scenes involving a young person who has overdosed on drugs, as well as the portrayal of an arrest and imprisonment (or the viewing of an arrest and imprisonment on DVD). Reality Tour participants are given information on coping and refusal skills, as well as guidance in assessing their own coping skills.</p> <p>Website: http://www.candleinc.org/</p>
Responsible Alcohol Management Program	<p>Service Code: ENV16 Population: Business/Industry IOM: Universal</p> <p>To help licensees and their employees to serve alcohol responsibly. Responsible Alcohol Management Program (RAMP) was created by the Pennsylvania Liquor Control Board and offers practical advice for licensees operating restaurants, hotels, clubs, distributors, and even special occasion permit holders. RAMP explains how to: detect signs of impairment and intoxication, and effectively cut off service to a customer who has had too much to drink; identify underage individuals; detect altered, counterfeit, and borrowed identification; avoid unnecessary liability; and help reduce alcohol-related problems in the community.</p> <p>Website: http://www.lcb.pa.gov/Education/RAMP/Pages/default.aspx</p>
Rock In Prevention, Rock PLUS	<p>Service Codes: EDU01, EDU02 Populations: Elementary and Middle School Students IOM: U</p> <p>Rock In Prevention, Rock PLUS, is a 12-week classroom curriculum designed for grades 3-6 that uses music and the arts as interactive teaching tools to influence behaviors and attitudes related to the use of four targeted substances: alcohol, tobacco, marijuana, and inhalants. The intervention is also designed to increase awareness of the risks of substance use; develop personal and social skills; encourage parental</p>

Program Name	Program Description
	<p>involvement; and foster a number of positive traits, such as academic achievement, health and wellness, media literacy, anger management, problem solving, and antibullying attitudes. The theoretical basis of the intervention is rooted in the positive behavior supports approach to reducing negative behaviors and enhancing positive outcomes. The intervention aims to create a safe and supportive learning environment in which the desired behaviors and attitudes can be achieved. The core components are in-class lesson plans, usually one class period in length, which include visual, auditory, and kinesthetic elements, and a "song of the week" used at home to engage parents and the child. Songs produced for the program deliver key learning objectives in a form that is engaging and memorable. Skits and other interactive activities incorporate the same messages.</p> <p>Website: http://www.rockinprevention.org/</p>
Safe Bet	<p>Service Code: GED01 Populations: Young Adults, Adults, Older Adults IOM: Indicated</p> <p>Safe Bet is an interactive journal program designed for individuals at risk for problem gambling behaviors. Interactive Journal Programs, developed by the Change Companies, apply practices that research demonstrates to be most effective in behavior change using a client-centered application. Interactive Journaling® is also included in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). Safe Bet challenges individuals' common conceptions about gambling, helps individuals recognize their motivations for their gambling and offers tips and strategies to replace or diminish harmful gambling behavior. The program motivates individuals to take on the responsibility of making healthy gambling choices in the future. Safe Bet includes a pre- and post- test that measures changes in knowledge and attitudes with respect to gambling behavior.</p> <p>Website: https://www.changecompanies.net/products/product.php?id=SB1</p>
Safe Kids: A Therapeutic and Educational Curriculum for Children of Addicts	<p>Service Code: EDU02 Population: Children of Substance Abusers IOM: Selective</p> <p>This program is for intended for children ages 8 to 11 and consists of 10 sessions that are 60 - 90 minutes in length. Subjects that will be covered include substance abuse, addiction and its effects on the family system, strategies for healthy thinking, problem-solving skills, identification and expression of feelings, and recovery. Each session consists of an Ice Breaker activity, one or more discussion topics, and ends with an activity and a debriefing session. The goals of this curriculum are to: provide a safe, supportive environment in which COAs can share with one another; improve participants' knowledge of substance abuse and recovery; assist participants in identifying skills that will help maintain their physical and emotional safety.</p>
SkillQuest	<p>Service Codes: EDU01, EDU02 Populations: Elementary and Middle School Students IOM: Universal</p> <p>The goal of SkillQuest is to give students skills to help them become successful and responsible members of the community. Topic areas include anger management, bullying awareness/prevention, stress management, cultural awareness, alcohol and other drug information/prevention and managing transitions. Each topic area consists of four, forty-five minutes lessons. Students will participate in hands-on, interactive activities, including role-playing, small group discussion and classroom participation.</p> <p>Website: http://www.compassmark.org</p>
SMART Moves	<p>Service Code: EDU02 Population: Youth/Minors IOM: Universal</p> <p>To teach young people ages 6-15 how to say no to alcohol, tobacco and other drugs by involving them in discussion, role playing, practicing resistance, refusal skills, developing assertiveness, strengthening decision making skills, and analyzing media and peer influences. To promote abstinence from substance abuse and adolescent sexual involvement through the practice of responsible behavior.</p>

Program Name	Program Description
Smokeless Saturday	<p>Website: http://bgca.org/whatwedo/HealthLifeSkills/Pages/HealthLifeSkills.aspx</p> <p>Service Code: INT02 Populations: Persons Using Substances, Youth/Minors, Middle and High School Students IOM: Indicated</p> <p>Smokeless Saturday is a teen education and cessation program for students found with tobacco on school grounds. It offers an alternative to suspension and fines to those students violating school tobacco policies. Smokeless Saturday is a one-day session taught by trained facilitators. Students learn about smoking triggers, how to deal with stress, the long- and short-term consequences of tobacco use and how to quit successfully.</p> <p>Website: http://breathepa.org/programs/smokeless-saturday</p> <p>CESSATION PROGRAMS ARE CONSIDERED INTERVENTION PROGRAMS. BLOCK GRANT FUNDS FROM THE 20% PREVENTION SET ASIDE AND STATE FUNDS THE SCA HAS BUDGETED FOR PREVENTION MAY NOT BE USED TO FUND THIS PROGRAM.</p>
Tobacco Prevention Activities	<p>Service Codes: INF08, EDU01, EDU02, CBP02, ENV01-08, ENV17, ENV19 IOM: Universal, Selective, Indicated</p> <p>Types of services included under this program include tobacco education, training, compliance checks, etc.</p>
Underage Drinking Program	<p>Service Codes: INF08, EDU02 Population: Youth/Minors, Persons Using Substances IOM: Selective, Indicated</p> <p>This program is used to raise awareness/educate those individuals who have been convicted of underage drinking.</p>
Vaping Prevention Plus Wellness	<p>Service Code: EDU02 Populations: Middle and High School Students IOM: Universal</p> <p>Vaping Prevention Plus Wellness (PPW) is a screening and brief intervention program for professionals, peer leaders and others who want to prevent e-cigarette and drug use and promote protective wellness lifestyles and identities among youth. Vaping PPW is an intervention adopted from the SPORT Prevention Plus Wellness program. Vaping PPW is a single-session e-cigarette prevention program designed to increase wellness-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control. It can be implemented in any setting where youth are found and comes in high school and middle school adolescent versions. Vaping PPW is founded on a marketing-related model that targets naturally motivating positive peer and desired future images to increase multiple health behavior goal setting. Vaping PPW can be used as a stand-alone program, or as an add-on component to other programs.</p> <p>Website: https://preventionpluswellness.com/products/vaping-prevention-plus-wellness-program-1</p>
Violence Prevention Activities	<p>Service Codes: INF08, EDU01, EDU02 IOM: Universal, Selective, Indicated</p> <p>Includes informational and educational activities intended to prevent violence.</p>
Winners Walk Tall	<p>Service Codes: EDU01, EDU02 Population: Elementary School Students IOM: Universal</p> <p>Winners Walk Tall is a character-building program that helps our youth develop the confidence they need to learn to make good choices as they mature in life. The only community-based program of its kind, this unique program provides a positive alternative to the problems students are facing. "Character Coaches" spend 10-12 minutes in classrooms each week helping children understand and appreciate the secrets such as manners, behavior and ethics that are part of the lives of all winners. By learning these secrets in elementary school, students have the foundation they need to become productive, happy members of society true winners in life! Winners Walk Tall provides children with concrete lessons and examples to help them develop</p>

Program Name	Program Description
	a positive sense of self-esteem, respect for others, and the ability to make good decisions about the behaviors that impact their lives. Topics include bullying, manners, peer pressure, setting goals, and respecting cultural differences.
Wise Owl Bully Stopper Kit	<p>Service Codes: INF08, EDU01, EDU02 Population: Elementary School Students IOM: Universal</p> <p>The Wise Owl Bully Stopper Kit is a live-action video-based program for K-2nd grades. It's hosted by Wise Owl, a likable cartoon character, who encourages young viewers to learn more about what bullying is and how it can be stopped. The Wise Owl Bully Stopper Kit is designed to provide the tools that a school needs to put a stop to bullying. Helpful scenarios play out common situations that help young viewers learn how to deal with bullies in a healthy, assertive manner. A combination of visual activities, discussion questions, hands-on projects, and communication exercises will ensure that students receive a well-rounded course of study.</p> <p>Website: http://www.hrmvideo.com/catalog/wise-owl-bully-stopper-kit</p>
Wise Owl's Drug Safety Kit	<p>Service Codes: INF08, EDU01, EDU02 Population: Elementary School Students IOM: Universal</p> <p>Wise Owl's Drug Safety Kit is based on effective, age appropriate drug education strategies for K-3rd grades. The curriculum carefully introduces young students to the concepts of healthy decisions related to drugs and medicines. Three videos use a mix of live action scenes and colorful animation featuring Wise Owl and his niece Wendy. An interactive format uses video pauses that allow viewers to share ideas and discuss what characters should do next.</p> <p>Website: http://www.hrmvideo.com/catalog/wise-owls-drug-safety-kit</p>
Youth Making Choices	<p>Service Code: GED01 Populations: Middle and High School Students IOM: Universal</p> <p>Developed by CAMH clinicians and researchers, the Youth Making Choices: Gambling Prevention Program comprises 10 lessons. The lessons are designed using the principles of differentiated instruction. The program's objectives are to enhance students' coping skills, to develop students' knowledge of randomness and probability, and to improve students' ability to recognize and avoid problematic behaviors associated with gambling.</p>