

Evidence-Based Programs

Program Name	Content Focus	Target Population	Key Outcomes	Source
*New-July 2011 Alcohol: True Stories Hosted by Matt Damon	Substance Abuse Prevention	Grades 5 - 12 Male/Female	Attitudes towards alcohol use	NIH/CSAP
Active Parenting of Teens	Mental health promotion Substance Abuse Prevention	High School Male/Female Rural	Positive attachment to family schools and peers Attitudes towards alcohol use	SAMHSA Model Program http://activeparenting.com/Teens_main
Aggressors, Victims and Bystanders	Mental Health Promotion	High School Male/Female Asian White Black or African American Hispanic or Latino Urban	Social functioning Social problem solving skills Violence	SAMSHA Model Program http://www.edc.org/thtm
AlcoholEdu for High School	Alcohol	High School Male/Female American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Race/ethnicity unspecified Urban, Suburban, Rural	Current alcohol use and intention to change drinking status Acceptance of underage drinking/drunkenness Knowledge about alcohol Riding in a car with a driver who has been drinking Perceived ability to limit drinking	SAMHSA Model Program http://www.outsidetheclassroom.com/solutions/high-school/alcholedu-for-high-school.aspx
American Indian Life Skills Development	Mental Health Promotion	High School Male/Female	Mental Health, Suicide Improving protective factors	SAMHSA Model Program http://uwpress.wisc.edu/books/0129.htm

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		American Indian or Alaska Native		
ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives)	Alcohol Drugs Mental health Tobacco	High School Female White Race/ethnicity unspecified	Diet pill use Use of body-shaping substances Behaviors and beliefs related to nutrition Risk and protective factors Alcohol and other drug use Tobacco use Knowledge of curriculum content	SAMHSA Model Program http://www.athenaprogram.com
ATLAS (Athletes Training and Learning to Avoid Steroids)	Alcohol, Steroids, Sport Supplements	High School Male/Female All Ethnic Groups Urban, Suburban, Rural	Reduction in alcohol and drug use Reduction in new use of anabolic steroids Reduction in drinking and driving Reduction in use of sport supplements Greater substance use resistance skills Increased perceived danger of harmful effects of steroid use	SAMHSA Model Program http://www.ohsu.edu/hpsm
BARR (Building Assets - Reducing Risk)	Mental health promotion Substance abuse prevention	9th Grade Male/Female American Indian or Alaska Native Asian, Black or African American Hispanic or Latino, White Urban or Suburban	Class failure Bullying at school School connectedness	SAMHSA Model Program http://www.search-institute.org/BARR

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*New-August 2011 Big Brothers Big Sisters Mentoring Program	Mental Health, Substance Abuse prev.	Grades 5 - 12 Male/Female American Indian or Alaska Native Black or African American Hispanic or Latino White Urban	Initiation of drug use, aggressive behavior, school competence and achievement, family relationships	SAMHSA
CARE (Care, Assess, Respond, Empower)	Drugs Mental health Social functioning Suicide Violence	High School Male/Female Black or African American Hispanic or Latino Asian White American Indian or Alaska Native	Reduce suicide potential	OJJDP SAMHSA Model Program http://www.reconnectingyouth.com
CASASTART (Striving Together to Achieve Rewarding Tomorrows)	Alcohol Crime/delinquency Drugs Violence Social functioning Tobacco	Elementary, Middle, High School Male/Female Black or African American Hispanic or Latino White	Use of "gateway drugs" (cigarettes, alcohol, inhalants, marijuana) Use of psychedelics, crack, other cocaine, heroin, or nonmedical prescription drugs Drug trafficking Violence School promotion (progression to the next grade) Association with delinquent peers	SAMHSA Model Program http://www.casacolumbia.org
CAST (Coping and Support Training)	Mental health promotion Substance abuse prevention	High School Male/Female American Indian or Alaska Native	Suicide risk factors Severity of depression symptoms Feelings of hopelessness	SAMHSA Model Program http://www.reconnectingyouth.com/cast

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		Asian White Black or African American Hispanic or Latino Urban, Suburban	Anxiety Problem solving Anger Drug involvement Sense of personal control Coping skills	
Class Action	Alcohol	High School Male/Female Original research reviewed, primarily included White students and American Indians Intended for use with African Americans, Asian American and Hispanic/Latino students Individual schools or teachers can implement	Reduces the growth rate in alcohol use- 37% reduction in the usual increase in alcohol use and intention to use alcohol Reduces binge drinking by students- 50% reduction in the usual increase in binge drinking Reduces past month alcohol use trend data Reduction in underage alcohol purchases from alcohol package sale outlet- 80% reduction	SAMHSA Model Program http://www.hazelden.org/books/tore
Communities Mobilizing for Change on Alcohol	Alcohol	High School Male/Female Urban, Suburban, Rural, Community-Based	Alcohol merchants increased age identification checking and reduced propensity to sell to minors Older teenagers (18-20 years) reduced provision of alcohol to other teens and the likelihood to try to buy alcohol or drink in a bar Significant decline in arrests for driving under the influence of alcohol among 18-20 year olds	SAMHSA Model Program http://www.yli.org/servicesoffered/6/cmca
Community of Caring (Character Education That Works)	Combined social competencies, violence and AODA prevention	High School	Whole School Character Ed Program	CASEL

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			Growing Up Caring Curriculum	U.S. Dept of Ed http://www.communityofcaring.org
Conflict Resolution Curriculum	School-wide connections	K - 12	Skill development to resolve conflicts creatively	CASEL http://www.mnnc.org
Connections: Relationships and Marriage	Aggression/Violence Family Functioning	High School Ethnically diverse	15 1-hour lessons	OJJDP Model Program http://BuildingRelationshipSkills.org
Creating Lasting Family Connections	Social competencies Substance abuse and violence prevention	High School Male/Female Urban, Suburban, Rural	Social Functioning Frequency of youth AODA usage	U.S. Dept of Ed SAMHSA http://www.copes.org/products.php
Developing Nurturing Skills	Maintain Healthy Relationships	K - 12 Latino African American White	Good citizenship and healthy sexual development Positive communication with family Reduce rebellious, aggressive behavior	CASEL http://www.nurturingparenting.com
Discover Skills For Life	Character ed Substance use Violence prevention	K - 12 African American Latino White	Relationship building skills Positive communication with family Reduce rebellious, aggressive behavior	CASEL http://www.agsnet.com
Drugs and Alcohol Curriculum Module	Substance Abuse Prevention	Grades 2 - 12	Social functioning Decision-making	CASEL http://www.sunburst.com
*New-July 2011, Drugs: True Stories	Substance use prevention	13 - 17 (Adolescent)	Positively change attitudes in regard to drug use	SAMHSA
Facing History and Ourselves	Violence prevention	Middle/High School	One semester-long unit in a social	Dept of Ed

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	Building social competencies		studies, English, art, history, or interdisciplinary course	http://www.facinghistory.org
*New-October 2009 Familias Unidas	Mental Health Promotion, Substance Abuse Prevention	K - 12	Alcohol, Drugs, Family/relationships, social functioning, tobacco , violence	SAMHSA
Foundations of Democracy	Citizenship program	K - 12	Conflict Management and Decision Making	CASEL http://www.civiced.org
Get Real About Violence	Violence prevention program	K - 12	Refusal Skills	CASEL http://www.promoteprevent.org/publications/ebi-factsheets/get-real-about-violence
Giraffe Heroes Program	Character ed Service learning	K - 12	Civic responsibility Respect for others	CASEL http://www.giraffe.org
*New - May 2010 Healer Women Fighting Disease Integrated Substance Abuse and HIV Prevention Program for African American Women (HWFD)	Mental Health Promotion, Substance Abuse Prevention	13 - 17 Adolescent	Knowledge, attitudes, beliefs and intentions related to HIV/Aids and risky sexual behaviors, Self-efficacy, Attitudes toward drug use, self worth	SAMHSA
Hip-Hop 2 Prevent Substance Abuse & HIV (H2P)	Substance abuse prevention	High School Male/Female Black or African American Hispanic or Latino Race/ethnicity unspecified Urban	Perceived risk of harm from drug use HIV knowledge Self-efficacy to refuse sex Disapproval of drug use	SAMHSA Model Program http://www.hiphop2prevent.org
Lifelines Curriculum	Mental health promotion Suicide	High School Male/Female White	Knowledge about suicide Attitudes about suicide and suicide intervention Attitudes about seeking adult help	SAMHSA Model Program http://www.hazelden.org/web/public/lifelines.page

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		Race/ethnicity unspecified Urban, Rural	Attitudes about keeping a friend's suicide thoughts a secret	
LifeSkills Training (LST)	Alcohol Drugs Tobacco	Middle/High School Male/Female All Ethnic Groups Urban, Suburban, Rural School Classroom Settings for curricula and skill development, and after school program for activities and curricula	Reduced initiation of cigarette smoking by 75%, 3 months after program completion by 67% Reduced alcohol use by 54%, heavy drinking by 73% Reduced drinking to intoxication one or more times a week by 79% Reduced marijuana use by 71% and weekly or more frequent use by 83% Reduced multiple drug use by 66% Reduced both long and short term substance use Reduced pack-a-day smoking by 25% Decreased use of inhalants, narcotics, and hallucinogens by up to 50%	SAMHSA Model Program http://www.lifeskillstraining.com
Lions Quest: Skills For Action	Character ed Substance use Violence prevention Service learning	High School African American Asian White	Decision-making Anger management Higher GPA Lower suspension rates	CASEL http://www.lions-quest.org
Mediation in the Schools	Conflict resolution/Peer mediation	K - 12	Solving conflicts effectively	CASEL http://www.nmcd.org
Michigan Model for Comprehensive School Health Education	Violence prevention Building social copetencies	K - 12 White	Improved social, emotional skills Prevents Alcohol and Tobacco use	U.S. Dept. of Ed http://www.emc.cmich.edu/mm/default.htm

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Motivational Interviewing	Substance Use	High School Male/Female Asian White Black or African American Urban, Suburban	Alcohol Use, negative consequences/problems associated with alcohol use, drinking and driving Preparing people for change	SAMHSA Model Program http://motivationalinterview.org
Not-On-Tobacco (N-O-T)	Tobacco Social/emotional competence	High School Male/Female Hispanic or Latino White Urban, Suburban, Rural School and Community-Based Settings and Tribal Reservations.	Increased quit rate Increased intent to treat and compliant analysis Youth who did not quit completely showed a significant reduction in smoking Youth who were participants in the programs were two times more likely to quit than the comparison group	SAMHSA Model Program http://www.notontobacco.com
Olweus Bullying Prevention	Antisocial/Aggressive Behavior	High School Male/Female White Urban, Suburban, Rural	Significant reductions in student reports of general antisocial behaviors (i.e. vandalism, fighting, theft and truancy) Significant improvements in classroom order and discipline More positive attitude toward school and schoolwork 30% to 70% reduction in student reports of being bullied and bullying others	SAMHSA Model Program www.hazelden.org/web/go/olweus

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			Prevents development of new bullying problems Improves peer relations at school	
Parenting Wisely - American Teens	Mental health promotion Substance abuse prevention	High School Male/Female Black or African American White Urban, Suburban, Rural	Child problem behaviors Parents sense of competence Family functioning	SAMHSA Model Program http://www.familyworks.com
PATTS (Peaceful Alternatives to Tough Situations)	Family/relationships Violence	K-12 Male/Female Black or African American White Race/ethnicity unspecified Urban, Suburban	Psychological aggression Physical assault Forgiveness of others	SAMHSA Model Program http://www.patts.info
Peace Works: Win Win	Conflict resolution/Peer mediation	High School African American Latino	Improve classroom and learning environment	CASEL http://www.peaceeducation.com
*New November 2010 Peer Assistance and Leadership (PAL)	Substance Abuse Prevention	13 - 17 (Adolescent)	Academic performance, classroom attendance, classroom behavior, relationships with family, peers and school	SAMHSA
Peers Making Peace	Violence Prevention and building Social Competencies	Pre K - 12	Social Functioning Increase in academic performance Reduction in Drug use and violence	U.S. Dept of Ed OJJDP http://www.theresolutioncenter.com/peers-making-peace

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Program Name	Content Focus	Target Population	Key Outcomes	Source
Positive Action	Alcohol Crime/delinquency Drugs Family/relationships Tobacco Social functioning Violence	K-12 Male/Female American Indian or Alaska Native Asian White Black or African American Hispanic or Latino Native Hawaiian or other Pacific Islander Urban, Suburban, Rural Tribal	Academic achievement Problem behaviors (violence, substance use, disciplinary referrals, and suspensions) School absenteeism Family functioning	SAMHSA Model Program http://www.positiveaction.net
Prime for Life	Substance Abuse Prevention	High School Male/Female Black or African American White Hispanic or Latino Suburban	Perceived risk for alcoholism or addiction, recidivism	SAMHSA Model Program http://www.primeforlife.org
Productive Conflict Resolution Program: A Whole School Approach	Conflict Resolution	K - 12	Respect others Manage anger Resolve problems Reduced aggression	CASEL http://www.schoolmediationcenter.org
Project EX	Tobacco	High School Male/Female Asian Black or African American Hispanic or Latino White	Tobacco use Motivation to quit tobacco use	SAMHSA Model Program http://tnd.usc.edu/ex

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Program Name	Content Focus	Target Population	Key Outcomes	Source
Project OZ - (Best Practices in Prevention)	Substance Abuse and Violence Prevention	High School Fully inclusive of children with special needs	Development of key life skills Communication skills Decision making	CASEL http://www.projectoz.org
Project SUCCESS	Alcohol Drugs Family/relationships Mental health Tobacco	High School Male/Female American Indian or Alaska Native Asian White Black or African American Hispanic or Latino Urban, Suburban, Rural	Alcohol, tobacco, and other drug (ATOD) use Risk and protective factors for ATOD use	SAMHSA Model Program http://www.sascorp.org
Project Towards No Drug Abuse	Alcohol Crime/delinquency Drugs Tobacco Violence	High School Male/Female American Indian or Alaska Native Asian Black or African American Hispanic or Latino White	Alcohol and tobacco use Marijuana and "hard drug" use Risk of victimization Frequency of weapons-carrying	SAMHSA Model Program http://tnd.usc.edu
Quest: Violence Prevention Series	Violence prevention and citizenship	High School	Anger management strategies and conflict negotiation	CASEL http://www.toolsofchange.com
*New July 2010 Reality Tour	Substance Abuse Prevention	13 - 17 (Adolescent) Male/Female, American Indian or Alaska Native, Black or African American, White, Suburban	Attitudes toward use of alcohol, cigarettes, and marijuana, perceived risk of harm from drinking alcohol and smoking marijuana	

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Reconnecting Youth (RY)	Alcohol, Illegal Drugs, School Dropout Risk	High School Male/Female Students who are at risk of dropping out (fewer credits than average for their grade level, high absenteeism, significant drop in grades, history of dropping out) All Ethnic Groups Urban and Suburban	Increased grades in all classes Curbed increasing trend in daily class absences Increased credits earned per semester Decreased high school drop-out Curbed progression of alcohol and other drug use Decreased hard drug use Decreased suicidal behaviors Decreased anger control problems Decreased depression	SAMHSA Model Program http://www.reconnectingyouth.com
*New February 2011 Ripple Effects Whole Spectrum Intervention System (Ripple Effects)	Mental Health Promotion, Substance Abuse prevention	13-17 (Adolescents) Male/Female American Indian or Alaska Native Asian Black or African American Hispanic or Latino White Rural, Urban and Suburban	School Achievement, Resilience assets	SAMHSA
Safe Dates	Trauma/injuries Violence	High School Male/Female	Perpetration of psychological abuse Perpetration of sexual abuse	SAMHSA Model Program http://www.hazelden.org/safedates

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Program Name	Content Focus	Target Population	Key Outcomes	Source
		Black or African American White Rural	Perpetration of violence against a current dating partner Perpetration of moderate physical abuse Perpetration of severe physical abuse Sexual abuse victimization Physical abuse victimization	
Sankofa	Violence Prevention	High School Recognizes factors that place urban and African American youth at higher risk	Stop and think problem solving model	CASEL
Say It Straight (SIS)	Mental Health Promotion, Substance Abuse Prevention	High School Male/Female African American White Hispanic or Latino Asian American Indian or Native Alaskan Urban, Suburban, Rural	Use of refusal skills Impact on suspensions	SAMHSA Model Program http://www.sayitstraight.org
SMARTeam	Family/relationships Social functioning Violence	Grades 5-9 Male/Female Black or African American Hispanic or Latino White	Self-awareness/self-knowledge Intent to use nonviolent strategies in resolving conflicts Beliefs supportive of nonviolence Prosocial behavior Trouble-causing behavior	SAMHSA Model Program http://www.lmssite.com/SMARTteam.html
SOS (Signs of Suicide)	Mental health	High School	Suicide attempts	SAMHSA Model Program

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	Suicide	Male/Female Black or African American Hispanic or Latino White	Knowledge of depression and suicide Attitudes toward depression and suicide	http://www.mentalhealthscreening.org/highschool
SPORT	Alcohol Drugs Family/relationships Tobacco	High School Male/Female Black or African American White Urban, Suburban, Rural	Substance use Substance use risk and protective factors Physical activity	SAMHSA Model Program http://www.briefhealthprograms.com/
Storytelling for Empowerment	Alcohol Drugs Tobacco	K-12 Male/Female Hispanic or Latino Urban	Alcohol and marijuana use Anticipated ability to resist ATOD use Knowledge about ATOD use Perceived risk from ATOD use Perception of peer disapproval of ATOD use	SAMHSA Model Program http://www.wheelcouncil.org
Strengthening Families Program	Family/relationships Mental health Social functioning	K-12 Male/Female American Indian or Alaska Native Asian Black or African American	Children's internalizing and externalizing behaviors Parenting practices/parenting efficacy Family relationships	SAMHSA Model Program http://www.strengtheningfamiliesprogram.org

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		Hispanic or Latino White Urban, Suburban, Rural Tribal		
Systematic Training for Effective Parenting (STEP -Teens)	Mental Health	High School Male/Female Black or African American Hispanic or Latino White Urban	Family/Relationships Social Functioning	SAMHSA Model Program http://www.steppublishers.com
Teaching Kids to Cope (TKC)	Mental Health Promotion	High School Male/Female Hispanic or Latino White Rural	Coping skills Depressive symptomology	SAMHSA Model Program http://www.pitt.edu
Teen Intervene	Substance Abuse	High School Male/Female White Urban	Reduce/eliminate alcohol and drug usage	SAMHSA Model Program http://www.hazelden.org/books/tore
Teenage Health Teaching Modules	Social Competencies Substance Abuse and Violence Prevention	High School White African American Asian American Indian or Alaska Native Hispanic or Latino Urban, Suburban, Rural	Social Functioning Reduction in alcohol, tobacco and drug use	U.S. Dept. of Ed CASEL http://www.thtm.org
TeenScreen	Mental health Suicide	High School Male/Female	Identification of youth need for mental health services	SAMHSA Model Program http://www.teenscreen.org

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		Black or African American Hispanic or Latino White		
The Seven Challenges	Co-occurring disorders	High School Male/Female Hispanic or Latino White Urban, Suburban, Rural	Substance use/mental health Skills training, problem solving	SAMHSA Model Program http://www.sevenchallenges.com
*New May 2010 Theater Troupe/Peer Education Project	Substance Abuse Prevention	13 - 17 (Adolescent) Male/Female Black or African American White Urban	Knowledge of the consequences of alcohol and marijuana use, knowledge of social norms related to alcohol and marijuana use, communication and resistance skills related to alcohol and marijuana use	SAMHSA
Too Good for Drugs	Substance Abuse Prevention	High School Male/Female American Indian or Native Alaskan Asian White Black or African American Hispanic or Latino Urban, Suburban, Rural	Personal, prosocial behavior Risk and Protective factors for substance abuse and violence	SAMHSA Model Program http://www.mendezfoundation.org
Too Good For Drugs (TGFD)	Alcohol, Illegal Drugs, Tobacco	High School Male/Female All Ethnic Groups	Significant increases in: Negative attitude towards drugs Negative attitude towards violence	SAMHSA Model Program http://www.mendezfoundation.org

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*New August 2011 Trauma Focused Coping	Mental Health Treatment	Urban, Suburban, Rural Male /Female, American Indian or Alaska Native, Asian, Black or African American, white, Urban	Perceived peer norms Peer disapproval of drug use Emotional competence Social and resistance skills Goal setting and decision-making ability Perceived harmful effects of drugs Compared to a control group, fewer intentions to: Smoke cigarettes Drink alcohol Smoke marijuana Fighting Mental Health, Trauma/injuries, violence	
Tribes TLC	Positive School and Classroom Learning Environment	K - 12	Promote learning and human development Promotion of academic achievement	CASEL http://www.tribes.com
Violence Prevention Curriculum for Adolescence	School/Classroom Environment Conflict Resolution/Interpersonal Skills	Middle/High School	Health related knowledge and attitudes Positive change in several health behaviors	CASEL http://vinst.umdj.edu/sdfs/Abstract.asp?Code=VPCA
*New December 2010 Wyman;s Teen Outreach Program	Mental Health Promotion	13-17 (Adolescent) Male/Female Black or African American Hispanic or Latino White Urban, Suburban, Rural	Teen Pregnancy, Academic Achievement, Academic Suspension	SAMHSA