

Evidence-Based Classroom Curricula School-Based Substance Abuse Services

Below is a list of evidence-based classroom curricula that have been compiled from review of SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). This list represents programs and practices shown to have alcohol and/or marijuana outcomes with quality of research ratings greater than 2.7 out of 4.0. For more information, go to: <http://nrepp.samhsa.gov/>

Shaded programs indicate programs that are also included in Vermont Department of Education's (DOE), Tobacco Use Prevention Funding Grant.

School-Based Curricula to Reduce Underage Drinking and/or Marijuana

Program or Practice	Risk/Protective Factors Addressed	Outcome Categories	Key Components	Cost
Good Behavior Game* (grades 1-2)	Aggressive, Disruptive behavior	Drug abuse/dependence disorders Alcohol abuse/dependence disorders Regular cigarette smoking Antisocial personality disorder Violent and criminal behavior	<ul style="list-style-type: none"> • Single class or grade reach • Classroom-based behavior management strategy • Four core elements are classroom rules, team membership, self and team-behavior monitoring and positive reinforcement of behavior 	Manual - \$600/teacher Coach materials - \$200/coach 1-2 day onsite readiness visit - \$2000/day plus travel expenses 1-day teacher booster session - \$2000/day plus expenses 1-day on site initial coach training - \$2000/day plus travel expenses Three, 1-day, on site implementation audits - \$2000/day plus travel expenses TA by phone - \$200/hour
LifeSkills Training (grades 3-6; 6-8 and 9-12)	Prevent and reduce alcohol (and marijuana) use	Substance use (alcohol, tobacco, inhalants, marijuana, and polydrug)	<ul style="list-style-type: none"> • Single class or grade/school reach • Facilitated discussion, structured small 	\$ 275 for grade level curriculum set is required with optional training ranging from \$200

	Early onset of use	Normative beliefs about substance use and substance use refusal skills Violence and delinquency	group activities and role-playing are provided	to \$250/per participant
Lions Quest Skills for Adolescence * (grades 6-8)	Build protective factors	Social functioning Success in school Misconduct Attitudes and knowledge related to alcohol and other drugs (AOD) Tobacco use Alcohol use Marijuana use	<ul style="list-style-type: none"> • Single class or grade reach • Eighty, 45-minute sequentially developed skill-building sessions 	\$5.95/per student book, training rates range from \$180-500/person
Michigan Model for Health * (grades K-12)	Perceived Risk	Alcohol use Tobacco use Intention to use alcohol and cigarettes Aggression Judgment on healthy behaviors	<ul style="list-style-type: none"> • School-wide reach • Comprehensive and sequential health education curriculum • Provides knowledge and skills needed to practice and maintain healthy behaviors and lifestyles. 	Curriculum costs K - \$600 1 - \$570 2 - \$365 3 - \$290 4 - \$460 5 - \$565 6 - \$1,100 7-8 - \$1,040 9-12 - \$1,190 Student wkbk \$0.90 – 3.75 Training Optional ranging from national at \$950/participant to onsite at \$2,000/day
Project ALERT (middle school students)	Social norms Low perceived risk	Substance use (alcohol, tobacco, and marijuana) Attitudes and resistance skills related to alcohol, tobacco, and other drugs	<ul style="list-style-type: none"> • Single class or grade reach • Curriculum includes 11 lessons in the first year and 3 in the 2nd year involving small group activities, role-playing of skills • Teaches consequences of drug use, benefit of non-use and skills to 	\$ 150.00 each for curriculum package with online training and on-site workshops for groups ordering 25 or more curriculum packages FREE

			resist use	
Project Northland (grades 6-8)	Low Perceived Risk/Delay onset of use, reduce use among current drinkers	Tendency to use alcohol Past-week alcohol use Past-month alcohol use Peer influence to use alcohol Reasons not to use alcohol Parent-child communication about alcohol	<ul style="list-style-type: none"> • Single class or grade reach • Multi level strategy involving school, peers, parents and community • Weekly lessons in class and home component • 6th grade focus targets communication • 7th grade focus on peer led resistance skills & normative expectations • 8th grade peer-led mock town meeting on community alcohol policy 	Curriculum grades 6-8 - \$195 each Optional training - \$6,200 on site plus travel expenses or off site \$600/participant
Project SUCCESS *	Low perceived risk of marijuana use Social Norms Low enforcement of laws and/or perceived risk of getting caught Poor academic performance, truancy, discipline and negative attitudes Parental use of substances	Alcohol, tobacco, and other drug (ATOD) use Risk and protective factors for ATOD use	<ul style="list-style-type: none"> • Single class reach • Selected intervention for high school youth at risk youth • Eight session prevention education series • School wide activities and promotional materials to increase the perception of harm to change norms and increase enforcement • Parent program that includes parent education and formation of parent advisory committee • Individual and group counseling 	\$ 150 each implementation manual required by developer with optional costs of 3-day training in NY at \$350 each and 3-day onsite training of \$4,200 for up to 30 participants
Protecting You/Protecting Me * (grades 1-5; grades 11 & 12))	Low Perceived Risk/Reduce alcohol related injuries and death among children and youth riding with impaired drivers	Media awareness and literacy Alcohol use risk and protective factors Knowledge of brain growth and development Vehicle safety	<ul style="list-style-type: none"> • Single class or grade reach • Classroom-based alcohol and vehicle safety program • 8 lessons/year on the brain, vehicle safety, and life skills. 	Training - \$900 minimum of 8 participants Teaching guides - \$139/guide per grade level

		knowledge/skills		
		Alcohol use		
STARS for Families (Start Taking Alcohol Risks Seriously – grades 6-8)	Health Promotion Perceived Risk	Heavy alcohol use Quantity of alcohol use Frequency of alcohol use Stage of alcohol use initiation Intentions to use alcohol in the future	<ul style="list-style-type: none"> • Single class or grade reach with parent reach • 3 components based on the five stages of alcohol use • Individual youth consultations in or after school • Series of 8 postcards mailed to parents on how to talk to their children about avoiding alcohol • 4 take home lessons for families to increase communication, skills and knowledge 	Curriculum - \$299 1-2 hour audio training required at \$499 per participant

***Addresses other health and wellness issues in addition to substance abuse prevention.**

Updated Feb 2012