



REDUCING ILLICIT DRUG USE & MISUSE AMONG YOUTH

A REVIEW OF EVIDENCE-BASED PROGRAMS

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A Review of Evidence-Based Programs

| PROGRAM | DESCRIPTION | LINK | ADDITIONAL RESOURCES |
|------------------------------------|--|--|--|
| <p>Life Skills Training</p> | <p>This universal program provides youth with knowledge and skills to resist social pressure to use illicit substances, including alcohol, tobacco, and other drugs. Life Skills Training, which can be used in school or community-based settings, teaches cognitive and behavioral skills for building self-esteem, developing personal relationships, and effective communication. Research on the effectiveness of LST suggested that the prevention effects can last up to six years, and is effective with youth in urban areas with slight modifications to the curriculum.</p> | <p>www.lifeskillstraining.com</p> | <p>Griffin, K. W., Botvin, G. J., Nichols, T. R., & Doyle, M. M. (2003). Effectiveness of a universal drug abuse prevention approach for youth at high risk for substance use initiation. <i>Preventive Medicine, 36</i>(1), 1-7.</p> |
| <p>Climate Schools</p> | <p>This online-based prevention program responds to the fact that substance abuse and mental health disorders are often present at the same time (i.e., comorbidity), and share common risk factors. Climate Schools addresses the common risk factors through online prevention modules that aim to reduce illicit drug use and prevent depressive symptoms in young people.</p> | <p>https://www.climateschools.com.au/</p> | <p>Teesson, M., Newton, N. C., Slade, T., Chapman, C., Allsop, S., Hides, L., ... & Brownhill, L. (2014). The CLIMATE schools combined study: a cluster randomised controlled trial of a universal Internet-based prevention program for youth substance misuse, depression and anxiety. <i>BMC Psychiatry, 14</i>(1), 1..</p> |

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| <p>Stay Smart</p> | <p>Stay Smart is a prevention program that provides long-term prevention programming (i.e., up to 3 years long), especially for students who are not “bonded to school.” Adapted for a community-based setting (e.g., Boys & Girls Club), Stay Smart aims to teach personal and social competence to help students resist illicit drugs, alcohol, and tobacco. Participants in Stay Smart reported lower use levels of tobacco, alcohol, and marijuana than control group participants. The findings suggest the value and effectiveness of community-based prevention programs, such as the Boys & Girls Club or other young-serving organizations, and can complement prevention programming currently offered in school or other sites.</p> | <p>http://tinyurl.com/2efl7hy</p> | <p>Pierre, T. L. S., Kaltreider, D. L., Mark, M. M., & Aikin, K. J. (1992). Drug prevention in a community setting: A longitudinal study of the relative effectiveness of a three-year primary prevention program in Boys & Girls Clubs across the nation. <i>American journal of community psychology</i>, 20(6), 673-706.</p> |
| <p>Project Alert</p> | <p>A drug prevention program recognized as “exemplary” and a “model program,” Project Alert aims to give middle school students motivation to resist unhealthy behavior.</p> <p>Project Alert reduced the likelihood that adolescents would initiate marijuana use (at low and moderate risk of marijuana use).</p> | <p>www.projectalert.com</p> | <p>Ellickson, P. L., McCaffrey, D. F., Ghosh-Dastidar, B., & Longshore, D. L. (2003). New inroads in preventing adolescent drug use: Results from a large-scale trial of Project ALERT in middle schools. <i>American Journal of Public Health</i>, 93(11), 1830-1836.</p> |