

## **Attachment A**

### **List of Research-Based Programs Resulting from Evidence Reviews**

#### **1. Adolescent Alcohol Prevention Trial (AAPT)/All Stars**

All Stars is a school- or community-based program designed prevent or delay the onset of high-risk behaviors (e.g., drug use, violence, and premature sexual activity) in middle school youth (ages 11-14). This intervention is designed to help adolescents develop qualities that will motivate them to avoid drug use and high-risk behaviors, reduce the use of gateway drugs, develop meaningful relationships, and develop positive characters and lifestyles.

#### **2. Aggression Replacement Training**

Aggression Replacement Training is designed to teach adolescents to understand and replace aggression and antisocial behavior with positive alternatives. The program's three-part approach includes training in prosocial skills, anger control, and moral reasoning.

#### **3. Alcohol Misuse Prevention (AMP)**

Alcohol Misuse Prevention is a school-based alcohol prevention program designed to prevent the misuse of alcohol by adolescents. This curriculum presents basic information on alcohol and its effects, and focuses on making safe and informed decisions. Students practice building resistance skills through role-plays.

#### **4. Anger Coping Program**

The Anger Coping Program is a school-based intervention for youths (ages 8-14) who have been teacher-identified as aggressive and disruptive. Groups of five to seven students meet once-per-week for 45 to 60 minutes for 18 sessions. The program is based on a social-cognitive model of anger and is designed to reduce future conduct problems, delinquency, and substance abuse.

#### **5. Adolescent Transitions Program**

The Adolescent Transitions Program is a parent training program developed as a selected intervention for at risk early adolescents. The parent-focused curriculum is based on family management skills of encouragement, limit setting and supervision, problem solving, and improved family relationship and communication patterns.

These skills follow a step-wise approach toward effective parenting skills and strategies for maintaining change. The long- term goals of the program are to arrest the development of teen antisocial behaviors and drug experimentation; the intermediate goals of the program are to improve parent family management and communication skills.

## **6. Brainpower (Attributional Intervention)**

The BrainPower Program is a 12 lesson school-based intervention. Originally implemented with African American elementary school students, this program is designed to change hostile attributional biases such as verbal or nonverbal behaviors that are misread as hostile or threatening by aggressive children. The curriculum utilizes a variety of strategies including role-play, discussion of personal experiences, and brainstorming.

## **7. Child Development Project**

The Child Development Project is a school-based intervention aimed at reducing early use of alcohol and marijuana and improving violence-related behavior. The program was developed for elementary school youth (ages 5-12) and includes a buddy system of older and younger students, activities for students to complete at home with parents/caregivers, activities involving relatives at school, class meetings, and literacy building activities.

## **8. Earls court Social Skills Group Program**

The Earls court Social Skills Group Program is school-based intervention designed to improve the self-control and social skills of aggressive, non-compliant children (ages 6-12). Eight basic skills are taught: problem solving, knowing your feelings, listening, following instructions, joining in, using self-control, responding to teasing, and keeping out of fights.

## **9. Early Risers**

Early Risers is a multi-component, high-intensity, competency-enhancement program that targets elementary school children (ages 6-12) at high risk for early development of conduct problems, including substance use. The program has a child-focused component and a parent-focused component. A family advocate visits the child's school, consults with teachers, and mentors the student.

## **10. Incredible Years**

The Incredible Years is comprised of three comprehensive, multifaceted, and developmentally-based curricula for parents, teachers, and children (ages 2-8). The program is designed to promote emotional and social competence; and to prevent, reduce, and treat aggressive, defiant, oppositional, and impulsive behaviors in young children.

## **11. Know Your Body**

Know Your Body is a comprehensive school health promotion program for kindergarten through six grades. Children are taught the connections between smoking-related decisions and self-image, values, anxiety, and stress, as well as skills in stress management, decision making, communication and assertiveness. The program has five components: skills-based health education curriculum and teacher/coordinator training are core components; biomedical screening, extra curricular activities, and program evaluation are enhancements.

## **12. Life Skills Training**

LifeSkills Training is a school-based substance abuse and violence prevention program for upper elementary and middle school students (ages 11-14). Students are taught personal self-management skills, general social skills, drug resistance skills, adaptive coping strategies, assertiveness, and decision-making by either adults or peer leaders.

## **13. Midwestern Prevention (Project Star)**

Project STAR is a comprehensive, community-based drug abuse intervention program that uses school, mass media, parent education, community organization, and health policy programming to prevent and reduce tobacco, alcohol, marijuana, and other drug use by adolescents. The program offers a series of classroom-based sessions for the school program during middle school that continues with the parent, media, community, and policy components.

## **14. Positive Action**

Positive Action is a comprehensive program for children and adolescents ages 5 to 18 years. This program is intended to help students to learn and practice positive thoughts, actions, and feelings; decrease drug, alcohol, and tobacco use, disruptive behaviors, truancy, suspensions, and dropouts; and increase academic achievement, self-esteem, social development, positive behaviors, self-responsibility, and character

development. It includes school, family, and community components that work together or stand alone.

### **15. Project Alert**

Project ALERT is a school-based drug prevention program for middle school students (ages 11-14). The curriculum focuses on the substances that adolescents are most likely to use (e.g., alcohol, tobacco, marijuana, and inhalants). Project ALERT is intended to motivate adolescents not to use drugs by teaching them the skills and strategies needed to resist social pressures to use drugs, and to establish nondrug-using norms.

### **16. Promoting Alternative Thinking Strategies (PATHS)**

PATHS is a curriculum-based program for elementary school aged children (ages 5-12) designed to facilitate the development of self-control, emotional awareness, and interpersonal problem-solving skills. The program is intended to reduce aggression and behavior problems while simultaneously enhancing emotional development and the educational process in the classroom.

### **17. Responding in Peaceful and Positive Ways (RIPP)/Richmond Youth against Violence Project: Responding in Peaceful and Positive Ways**

RIPP is a school-based violence prevention program designed to provide middle schools students with conflict resolution strategies and skills. The program combines classroom instruction in problem solving with opportunities for peer mediation. RIPP promotes nonviolence by teaching students more effective ways of dealing with interpersonal conflicts, and by lowering the number of violent incidents in school settings.

### **18. Second Step**

Second Step is a school-based social skills program for pre-school through junior high students (ages 4-14). It is designed to reduce impulsive, high-risk and aggressive behaviors; and to increase children's social-emotional competence and other protective factors.

### **19. Toward No Drug Abuse (TND)**

Project Toward No Drug Abuse (TND) is a school-based interactive prevention program designed to help high school youth (ages 14-19) resist substance use. The

program consists of twelve 40- to 50-minute lessons. The curriculum includes motivational activities, social skills training, and decision making components that are delivered through group discussions, games, role-playing exercise, videos, and student worksheets.