

## Prevention Programs and Strategies for Youth Cannabis Use Prevention

### Evidence-based & Research-based Programs

- Athletes Training & Learning to Avoid Steroids (ATLAS)
- Communities That Care (CTC)
- Familias Unidas
- Family Matters (adapted for marijuana)
- Good Behavior Game (GBG)\*
  - ❖ **Approved versions:** American Institutes for Research (AIR) GBG; PAXIS (PAX) GBG
- Guiding Good Choices\*
- Incredible Years<sup>1\*</sup>
  - ❖ **Approved versions:** Parent BASICS – (Toddler, Preschool, and/or School Age); Teacher Classroom Management
- LifeSkills Training (LST)
  - ❖ **Approved version:** Botvin Middle School: Grades 6, 7, and 8
- Lions Quest Skills for Adolescence\*
- Keep Safe
- Community-based Mentoring\* (Big Brothers Big Sisters: Community-Based, Across Ages, Career Beginnings, or innovative design- must be approved by Mentoring Works WA)<sup>2</sup>
- Nurse Family Partnership (NFP)\*
- Positive Action\*
- Project STAR
- Project Towards No Drug Abuse
- Project Towards No Tobacco Use (adapted for marijuana)
- PROSPER
- Raising Healthy Children, *formerly Seattle Social Development Project*\*
- SPORT Prevention Plus Wellness
  - ❖ **Approved versions:** One-on-one delivery format, Alcohol/Drug curriculum for Middle School or High School
- Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14, Iowa Version)\*
- Strong African American Families\*
- Strong African American Families – Teen\*

### Promising Programs

- Keepin' it REAL

### Promising Environmental Strategies

- Community Trials Intervention to Reduce High-Risk Drinking (adapted for marijuana)
- Policy Review and Development
- Purchase Surveys coupled with Reward and Reminder
- Restrictions at Community Events
- Social Norms Marketing<sup>3</sup> (as CSAP: Information Dissemination)

<sup>1</sup> Each listed Incredible Years version may be implemented as a stand-alone program: more than one version is not required.

<sup>2</sup> All community-based mentoring program applicants must complete a [MENTOR WA program survey](#) with application submission.

<sup>3</sup> Social Norms Marketing (SNM) is not classified as CSAP strategy “Environmental” and therefore cannot be used to fulfill associated DBHR requirements. SNM campaigns must meet all of the implementation criteria included on the [SNM Guidance Document](#).

## Notes

- (\*) These programs also have Mental Health Promotion areas of interest and outcomes.
- Across Ages and Career Beginnings are removed from the list of suggested Community-based Mentoring programs. Across Ages and Career Beginnings will only be approved if vetted through the Mentor Works WA program survey, or the contractor implemented one of these programs in SFY2022 with DBHR funding and may count it as a Research Based Program (RBP).
- Communities in Schools (CIS) with case management emphasis will only be approved for funding if the contractor implemented CIS in SFY2016 with DBHR funding and may count it as an RBP.
- Curriculum Based Support Group (CBSG) will only be approved for funding if the contractor implemented it in SFY2016 and may count it as a Promising Program.

## Criteria and Resources used in determining this program list:

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- **Washington State University**; Laura Griner Hill, Ph.D.; Brittany Rhoades Cooper, Ph.D.; Angie Funaiolo, graduate student; and Eleanor Dizon, graduate student;
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- **Pacific Institute for Research and Evaluation**, Sean Hanley, Ph.D.; and
- **Washington State Prevention Research Subcommittee**

Programs must have direct or indirect links to cannabis use outcomes and be rated:

- Evidenced-Based/Research-Based:
  - Blueprints rating of Promising OR
  - WSIPP rating of Evidence-based or Research-based OR
  - CrimeSolutions rating of Effective OR
  - CEBC Rating of 1 – Well Supported or 2 - Supported
- Promising:
  - WSIPP rating of Promising OR
  - CrimeSolutions rating of Promising OR
  - CEBC Rating of 3 - Promising Research Evidence

## Additional Resources

- Blueprints For Healthy Youth Development <https://www.blueprintsprograms.org/>
- California Evidence Based Clearinghouse (CEBC) <https://www.cebc4cw.org/>
- National Institute of Justice CrimeSolutions <https://crimesolutions.ojp.gov/rated-programs>
- Washington State Institute for Public Policy (WSIPP), Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems, September 2020. [http://www.wsipp.wa.gov/ReportFile/1727/WSipp\\_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems\\_Report.pdf](http://www.wsipp.wa.gov/ReportFile/1727/WSipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf)
- Environmental Strategy Implementation Fidelity Assessment Guidelines, 2013. [http://theathenaforum.org/sites/default/files/Environmental%20Strategy%20Fidelity%20Assessment%20Guide%20\(with%20footnotes\).pdf](http://theathenaforum.org/sites/default/files/Environmental%20Strategy%20Fidelity%20Assessment%20Guide%20(with%20footnotes).pdf)
- Washington State Institute for Public Policy (WSIPP), Updated Inventory of Programs for the Prevention and Treatment of Youth Cannabis Use, December 2019. [https://www.wsipp.wa.gov/ReportFile/1716/WSipp\\_Updated-Inventory-of-Programs-for-the-Prevention-and-Treatment-of-Youth-Cannabis-Use\\_Report.pdf](https://www.wsipp.wa.gov/ReportFile/1716/WSipp_Updated-Inventory-of-Programs-for-the-Prevention-and-Treatment-of-Youth-Cannabis-Use_Report.pdf)