

Appendix E – Prevention Best Practice Programs Youth Marijuana Use Outcomes

| <i>Evidence-Based & Research-Based Programs</i> | | |
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| Program | CSAP Strategy | Brief Description / Audience age |
| Communities that Care – Coalition Development Curriculum | <u>Community Based Process</u> | Community-level coalition development to mobilize stakeholders to collaborate on selecting and implementing evidence-based prevention programs. |
| Family Matters – (adapted for marijuana) | <u>Parent Education</u> | Family-directed program for adolescents 12 to 14 years of age. |
| Good Behavior Game (GBG)* | <u>Education</u> | Classroom behavior management strategy, reduce aggressive, disruptive classroom behavior. |
| Guiding Good Choices | <u>Parent Education</u> | Family management curriculum for families with youth ages 9-14. |
| Incredible Years | <u>Parent Education</u> | Parent training intervention with families with youth ages 2-12. |
| Life Skills Training - Middle School(Botvin Version; Grades 6, 7, and 8) | <u>Youth Education</u> | School-based program education program for middle school ages. |
| Lions Quest Skills for Adolescence | <u>Youth Education</u> | Multi-component, comprehensive life skills education program designed for school wide and classroom implementation. |
| Mentoring: <u>Community-based</u> Washington State Mentors program, Big Brothers Big Sisters, Across Ages, Sponsor-a-Scholar, Career Beginnings, the Buddy System, and other, locally developed programs. | <u>Alternative</u> | Designed to help youth reach their potential through supported matches with adult volunteer mentors Youth, ages 6-18. |
| Nurse Family Partnership* | <u>Parent Education</u> | Prenatal and infancy nurse home visitation program that aims to improve the health, well-being, and self-sufficiency of low-income, first-time parents and their children. |
| Positive Action | <u>Youth Education</u> | Comprehensive program that is designed to improve academic achievement; school attendance; and problem behaviors for schools, homes, and community agencies. |
| Project Northland (<i>Class Action as a booster</i>) | <u>Youth Education</u> | Multi-level intervention involving students, peers, parents, and community in programs for youth ages 6-17 years old. |

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|--|----------------------------------|--|
| Project STAR | Youth Education | Program intended for use in a school-based setting for middle school students. There is a school, community and parent components. |
| Project Towards No Drug Abuse | Youth Education | Designed to help students develop self-control and communication skills, acquire resources that help them resist drug use, improve decision-making strategies, and develop the motivation to not use drugs for youth ages 13-17. |
| Project Towards No Tobacco Use – (adapted for marijuana) | Youth Education | Classroom-based curriculum developed for a universal audience and has served students with a wide variety of risk factors for youth 6 – 8 grade. |
| PROSPER | Parent Education | Promoting School-Community-University Partnerships to Enhance Resilience foster implementation of evidence-based youth and family interventions, complete with ongoing needs assessments, monitoring of implementation quality and partnership functions, and evaluation of intervention outcomes. |
| SPORT Prevention Plus Wellness | Youth Education | SPORT is a brief, multiple behavior program integrating substance abuse prevention and fitness promotion for youth ages 13-17. |
| Strengthening Families Program: For Parents and Youth 10-14 (Iowa Version) * | Parent Education | Family skills training intervention for parents of youth ages 10- to 14-years-old. |
| Strong African American Families – Teen | Parent Education | 7-week interactive educational program for African American parents and their early adolescent children. |

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Promising Practices

| Program | CSAP | Outcomes / Audience age |
|--|--|---|
| Athletes Training & Learning to Avoid Steroids | Youth Education | Interactive classroom sessions and 3 exercise training sessions facilitated by peer educators, coaches, and strength trainers. |
| Familias Unidas | Parent Education | Family-based intervention for Hispanic families with children ages 12-17 using multi-parent groups. |
| keepin it REAL* | Youth Education | Keepin' it REAL is a multicultural, school-based substance use prevention program for students 12-14 years old. Keepin' it REAL uses a 10-lesson curriculum taught by trained classroom teachers in 45-minute sessions. |
| Keep Safe | Parent & Youth Education | Begins during the summer prior to middle school entry and consists of two parallel components (both led by paraprofessionals): a six-session group-based intervention for the foster-care youth and a six-session, group-based intervention for the foster parents. |
| Raising Healthy Children (using SSDP model) | Youth Education | Multifaceted program with separate components targeting classroom teachers, parents, and students to promote opportunities, skills and recognition in developmentally appropriate ways from grades 1-12. |

Environmental Strategies (Promising)

| Program | CSAP | Outcomes / Audience age |
|---|---|--|
| Community Trials Intervention to Reduce High-Risk Drinking (adapted for marijuana) | Community Based Process | Community-based program developed incorporates a set of environmental interventions. |
| Policy Review and Development | Environmental | Workgroup to review and develop policies to impact youth substance use. |
| Purchase Surveys coupled with Reward and Reminder | Environmental | Promote community norm of not selling tobacco to minors by using public rewards and recognition for clerks and retailers/outlets that do not sell. |
| Restrictions at Community Events | Environmental | Restricting the flow of marijuana use at events to reduce overall social availability of alcohol |
| Social Norms | Environmental | |

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Tribal Specific Prevention Programs

| Program | CSAP | Outcomes / Audience age |
|-----------------------------------|---------------------|---|
| Gathering Of Native Americans | Community Based | Facilitates community engagement to move toward healing using 4 themes, Belonging, Mastery, Interdependence, and Generosity. |
| Healing of the Canoe | Youth Education | Cultural Identification and participation in cultural activities, hope/optimism/self-efficacy, knowledge about substance use, substance use; youth middle |
| Positive Indian Parenting | Parenting Education | Decrease use of substances, increase in positive relationships with family members, increase in positive relationships with family members (Oregon State |
| State-wide Indian Drug Prevention | Youth Education | Substance use, favorable attitudes towards the problem behavior; elementary grades 3-5. |
| Red Cliff Program | Youth Education | Alcohol use, intention to use alcohol, school bonding, success in school and increase perception of risks from substances, identification and internalization of culturally based values and norms; K-12 grade. |
| Project Venture | Youth Education | Substance use, develop social and emotional competence; 5th and 8th grade. |
| Family Spirit | Pregnant mothers | Culturally tailored home-visiting intervention for American Indian teenage mothers; parenting knowledge, perception of infant toddler behavior, substance depressive symptoms; expecting mothers from pregnancy through 36 months postpartum. |
| Storytelling for Empowerment | Youth Education | Alcohol and marijuana use, knowledge about ATOD use, perceived risk from ATOD use, perception of peer disapproval of ATOD. |

Notes:

- (*)These programs are also programs with Mental Health Promotion areas of interest and outcomes as found on [NREPP](#).
- **Bold font** denotes a change in program designation from SFY2016 list.
- Case Management in Schools is removed. Communities in Schools 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) is removed. CBSG will only be approved for funding if the contractor implemented it in SFY2016 and may count it as a "Promising Program."

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- **Pacific Institute for Research and Evaluation**, Sean Hanley, Ph.D.; and
- **Washington State Prevention Research Subcommittee**.

Washington State Institute for Public Policy (WSIPP), Preventing Youth Substance Use: A Review of Thirteen Programs, September 2014 report

http://www.wsipp.wa.gov/ReportFile/1562/Wsipp_Preventing-Youth-Substance-Use-A-Review-of-Thirteen-Programs_Report.pdf

¹Washington State Institute for Public Policy (WSIPP), Preventing and Treating Youth Marijuana Use An Updated Review of the Evidence Report, October 2014 report

http://www.wsipp.wa.gov/ReportFile/1571/Wsipp_Preventing-and-Treating-Youth-Marijuana-Use-An-Updated-Review-of-the-Evidence_Report.pdf

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, July 2015 report

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[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)

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http://www.wsipp.wa.gov/ReportFile/1662/Wsipp_Updated-Inventory-of-Programs-for-the-Prevention-and-Treatment-of-Youth-Cannabis-Use_Report.pdf

U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*. Washington, DC: HHS, November 2016. <https://addiction.surgeongeneral.gov/>