

Prevention Programs and Strategies for Mental Health Promotion and Suicide Prevention

Mental Health Promotion

Evidence-Based Programs

- Big Brothers Big Sisters: Community-based*¹
- Blues Program*
- Coping and Support Training (CAST)
- Coping Power Program*
 - ❖ **Approved Version:** Selective
- Family Checkup: Toddler
- Family Foundations
- Fostering Healthy Futures for Preteens (FHF-P)
- Good Behavior Game (GBG)*
 - ❖ **Approved Versions:** American Institutes for Research (AIR) GBG; PAXIS institute (PAX) GBG
- Guiding Good Choices*
- Incredible Years*
 - ❖ **Approved Versions²:** Parent BASICS – (Toddler, Preschool, and/or School Age); Teacher Classroom Management.
- KiVa Antibullying Program
- LifeSkills Training* (LST)
 - ❖ **Approved version:** Botvin Middle School: Grades 6, 7, and 8
- New Beginnings for Children of Divorce
- Nurse Family Partnership (NFP)*
- ParentCorps
- Parenting Through Change (PTC) by Generation PMTO, *formerly Parent Management training – The Oregon Model (PMTO)**
- Positive Action*
- Raising Healthy Children, *formerly Seattle Social Development Project**
- Strengthening Families Program: For parents and youth 10-14 (SFP 10-14, Iowa Version)*
- Strong African American Families*
- Strong African American Families – Teen*
- Triple P Program

Promising Programs

- Families and Schools Together (FAST)
- Second Step

Suicide Prevention

Evidence-Based Programs

- Coping and Support Training (CAST)
- Good Behavior Game (GBG)*
 - ❖ **Approved Versions:** American Institutes for Research (AIR) GBG; PAXIS institute (PAX) GBG

Promising Programs

- Sources of Strength
- Question, Persuade, Refer (QPR)

Notes

- ❖ (*) Programs that have identified dual outcomes for mental health promotion and either general substance abuse prevention outcomes or marijuana-specific prevention outcomes.
- ❖ Grantees electing to implement innovative Suicide Prevention programs not on the approved list must still select an evidence-informed strategy with direct or indirect links to mental health outcomes.

¹ *All* community-based mentoring program applicants must complete a [MENTOR WA program survey](#) with application submission.

² Each listed Incredible Years version may be implemented as a stand-alone program: more than one version is not required.

Criteria and Resources used in determining this program list:

Mental Health Promotion: Programs must have direct or indirect links to mental health outcomes³ 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 OR
 - ❖ Title IV- E rating of Well-Supported OR
 - ❖ WWC rating of Strong, Moderate, or Promising OR
 - ❖ CASEL rating of SElect

Suicide Prevention: Programs must have direct or indirect links to suicide 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
- ❖ 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
- ❖ Washington State Institute for Public Policy (WSIPP), Updated Inventory of Evidence-Based and Research-Based Practices: Washington’s K-12 Learning Assistance Program June 2020 report http://www.wsipp.wa.gov/ReportFile/1724/Wsipp_Updated-Inventory-of-Evidence-Based-and-Research-Based-Practices-Washington-s-K-12-Learning-Assistance-Program_Report.pdf
- ❖ Title IV-E Prevention Services Clearinghouse Programs and Services Reviewed | Title IV-E Prevention Services Clearinghouse (hhs.gov)
- ❖ What Works Clearinghouse <https://ies.ed.gov/ncee/WWC/Search>
- ❖ CASEL Program Guide <https://pg.casel.org/review-programs/>

³ We reviewed programs with mental health outcomes specific to anxiety, depression, and internalizing behaviors.