

## Prevention Programs and Strategies for Opioid Use Prevention

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### Evidence-based Programs

- Athletes Training & Learning to Avoid Steroids (ATLAS)
- Class Action (as a booster to Project Northland)
- Communities That Care (CTC)
- Community-based Mentoring\* (Big Brothers Big Sisters: Community-Based, Across Ages, Career Beginnings, or innovative design- must be approved by Mentoring Works WA)<sup>1</sup>
- Familias Unidas
- Good Behavior Game (GBG)\*
  - ❖ **Approved versions:** American Institutes for Research (AIR) GBG; PAXIS (PAX) GBG
- Guiding Good Choices\*
- LifeSkills Training (LST)\*
  - ❖ **Approved version:** Botvin Middle School: Grades 6, 7, and 8
- Nurse Family Partnership (NFP)\*
- Positive Action\*
- Project Northland
- Project Towards No Drug Abuse
- PROSPER
- Raising Healthy Children, *formerly Seattle Social Development Project*\*
- SPORT Prevention Plus Wellness
- Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14, Iowa Version)\*
- Strong African American Families\*
- Strong African American Families – Teen\*

### 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.

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<sup>1</sup> All community-based mentoring program applicants must complete a [Mentoring Works WA program survey](#) with application submission.

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

DBHR would like to thank the following individuals for their consultation, program search and review contribution efforts, and overall generous support in developing this list.

- **Washington State University;** Brittany Rhoades Cooper, Ph.D.; Amy Salazar, Ph.D; Gitanjali Shrestha, Ph.D; and Angie Funairole, M.A

Evidence-based programs must have direct or indirect links to opioid use outcomes<sup>2</sup> and be rated:

- 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

### 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 report  
[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)
- 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](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)

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<sup>2</sup> We reviewed programs with salient risk and protective factors specific to opioid and/or prescription drug misuse and/or associated risk factors.