



# *Blueprints Model Programs* FACT SHEET

FS-BPM12

2004 (Updated 08/2006)

## Project Towards No Drug Abuse (Project TND)

Project Towards No Drug Abuse (Project TND) is an effective drug abuse prevention program that targets heterogeneous samples of high school-age youth. Reductions in cigarette smoking, alcohol use, marijuana use, hard drug use, and victimization have been revealed at one- and two-year follow-up periods.

### **Program Targets:**

Project TND is a drug abuse prevention program with a focus on high school youth, ages 14 to 19. It has been tested at traditional and alternative\* high schools using true experimental designs.

### **Program Content:**

A set of 12 in-class interactive sessions that provide motivation-skills-decision-making material targeting the use of cigarettes, alcohol, marijuana, hard drug use, and violence related behavior. The topics are:

- ∞ Active Listening
- ∞ Stereotyping
- ∞ Myths and Denials
- ∞ Chemical Dependency
- ∞ Talk Show
- ∞ Marijuana Panel
- ∞ Tobacco Use Cessation
- ∞ Stress, Health and Goals
- ∞ Self-control
- ∞ Positive and Negative Thought and Behavior Loops
- ∞ Perspectives
- ∞ Decision-making and Commitment

The 12 classroom-based lessons, approximately 40 to 50 minutes each, are designed to be implemented over a four-week period. The instruction to students provides cognitive motivation enhancement activities (to not use drugs), detailed information about the social and health consequences of drug use, and correction of cognitive misperceptions. The instruction also addresses topics including active listening, effective communication skills, stress management, coping skills, tobacco cessation techniques, and self-control to counteract risk factors for drug abuse relevant to older teens.

## Program Outcomes:

Project TND has been tested in three true experimental field trials, involving two or three conditions in each trial (one or two program conditions that were compared to a standard care control condition). Approximately 3,000 youth from 42 schools participated across the three trials. At one-year follow-up, relative to comparisons, participants who received the 12-session program experienced:

- A 27% prevalence reduction in 30-day cigarette use.
- A 22% prevalence reduction in 30-day marijuana use.
- A 26% prevalence reduction in 30-day hard drug use.
- A 9% prevalence reduction in 30-day alcohol use among baseline drinkers.
- A 6% prevalence reduction in victimization among males.

## Program Costs:

The Project TND Teacher's Manual costs \$70, and student workbooks cost \$50 for a set of five. There are optional materials, described under "Funding and Program Costs," which can also be purchased. A two-day training, which includes the trainer's fee and travel, is \$2,500.

\* In California, traditional schools are called comprehensive schools, and alternative schools are called continuation schools. These terms will be used interchangeably throughout the text.

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### The information for this fact sheet was excerpted from:

Sussman, S., Rohrbach, L., & Mihalic, S. (2004). *The Incredible Years: Parent, Teacher And Child Training Series: Book Eleven*. Blueprints for Violence Prevention Series (D.S. Elliott, Series Editor). Boulder, CO: Center for the Study and Prevention of Violence, Institute of Behavioral Science, University of Colorado.

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