



# Blueprints

# FACT SHEET

FS-BP03

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## Blueprints Promising Program Descriptions

### **ATLAS (Athletes Training and Learning to Avoid Steroids)**

ATLAS is a drug prevention and health promotion program designed to reduce the use of anabolic steroids and other drugs in male high school athletes. The program consists of seven weekly, 50-minute class sessions delivered by coaches and student team leaders and 7-8 weight room sessions. Topics include sports nutrition and strength training alternatives to athletic enhancing substances and other drugs.

### **BASICS (Brief Alcohol Screening and Intervention of College Students)**

BASICS (Brief Alcohol Screening and Intervention of College Students) is a selective or indicated alcohol abuse prevention program for college students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as academic failure, social conflicts, accidents, sexual assault, or violence. It is conducted over the course of two structured interviews and is delivered using motivational interviewing, a counseling modality that is empathetic and accepting rather than confrontational or judgmental.

### **Behavioral Monitoring and Reinforcement Program**

The Behavioral Monitoring and Reinforcement Program, formerly Prevention Intervention, targets at-risk adolescents to prevent delinquency, substance use, and school failure. Project staff and teachers monitor students' school performance, inform parents of their children's progress, and reward participants for school attendance and prosocial behaviors.

### **Brief Strategic Family Therapy (BSFT)**

BSFT is a short-term, problem-focused family therapy intervention to improve youth's behavior problems by improving family interactions that are presumed to be directly related to the child's symptoms. BSFT targets Hispanic families with children between the ages of 8-17.

### **CASASTART (Striving Together to Achieve Rewarding Tomorrows)**

CASASTART, formerly the Children at Risk (CAR) program, is a community-based program that targets youth in high risk environments and seeks to reduce their exposure to drugs and criminal activity by providing case management services, after-school and summer activities, increased police involvement, family and education services, and mentoring.

### **FAST (Families and Schools Together) Track Program**

FAST Track is a comprehensive, six year school-based program that reduces children's anti-social behavior. Its components include parent training, home visitation, social skills training, academic tutoring, and a multidimensional elementary school curriculum.

### **Good Behavior Game**

The Good Behavior Game is a universal intervention for early elementary students. It is based upon behavior modification tactics that reduce aggressive and shy-aggressive classroom behaviors. It is a team-based program, in which students are divided into groups and are rewarded if all members of the team display prosocial acts and avoid maladaptive behaviors.

### **Guiding Good Choices (GGC)**

This family competency training program, formerly known as Preparing for the Drug-Free Years, promotes healthy and protective parent-child interactions and reduces adolescent initiation into alcohol and drug use. Parents learn to manage anger, reduce family conflict, set appropriate guidelines regarding children's substance use, and provide effective discipline practices, and children are trained in peer resistance skills.

### **I Can Problem Solve (ICPS)**

This universal, school-based curriculum enhances children's problem-solving skills and peer relationships by teaching participants evaluate conflict situations and the feelings and motives that created them, develop alternative solutions, and consider the consequences of their behavior.

### **Linking the Interests of Families and Teachers (LIFT)**

LIFT is a school-based intervention for first and fifth graders and their families. LIFT aims to decrease antisocial behavior and involvement with delinquent peers by providing classroom-based child social and problem skills training, playground-based behavior modification, and group-delivered parent training.

### **Perry Preschool Project**

The Perry Preschool Project provides disadvantaged children with two years of high-quality early education. Its success in decreasing delinquency and improving later life experiences lies in the following key components: small classroom size, trained staff who provide close supervision and encourage parent involvement, and sensitivity to children's non-educational needs.

### **Preventive Treatment Program**

This program focuses on youth who display early, problem behavior. Parents are taught to monitor children's behavior, provide positive reinforcement, use effective discipline, and manage family crises, while children practice self-control and model prosocial behaviors.

### **Project ALERT (Adolescent Learning Experiences in Resistance Training)**

Project ALERT is a drug use primary prevention program targeting alcohol, cigarette, and marijuana use in middle/junior school. It is based on a social influence model and helps students develop reasons not to use drugs, identify pressures to use them, counter pro-drug messages, learn how to say no to external and internal pressures, understand that most people do not use drugs, and recognize the benefits of resistance.

### **Project Northland**

Project Northland allows students, teachers, parents, and community members to collaborate in preventing adolescent alcohol use. Its intervention strategies include a school curriculum, parent involvement, a community task force, and a peer participant program.

### **SOAR (Skills, Opportunities, and Recognition)**

This universal intervention, formerly the Seattle Social Development Project, provides on-going training for students, teachers, and parents to increase children's prosocial bonds and decrease delinquency. Instructors improve their classroom management and interactive teaching skills; students learn communication, decision-making, and conflict resolution techniques; and parents are encouraged to improve their discipline and supervision strategies and increase their communication with teachers.

### **Strengthening Families Program for Parents and Youth 10-14**

This universal, family-based program, formerly the Iowa Strengthening Families Program, enhances parents' general management skills, parent-child affective relationships, and family communication. By increasing these protective family processes and strengthening children's peer resistance and refusal techniques, the intervention delays the onset of adolescent alcohol and substance use.

### **Strong African American Families (SAAF) Program**

Modeled after the Strengthening Families Program For Parents and Youth 10-14, this family-centered program for rural African American youth, ages 10-12, and their primary caregivers was designed to prevent adolescent alcohol use and abuse and improve parenting practices.