

2020-2021 Workplan

**Promising Programs & Practices
(issued 7-7-2020)**

- Virtual delivery of EBPs must meet one of the criteria listed below. Providers should consult the developer regarding best practice for the virtual delivery of program curriculum.
 - Online versions of [EBPs](#) created by the developer;
 - Use of established [EBPs](#) with populations across the lifespan (as guided by the developer).
 - Virtual implementation of [EBPs](#) as guided by the developer.

Name	Brief Description	U/S/I ¹	OASAS Risk & Protective Factor Addressed	Potential Substance Use Outcomes
Coping with Work & Family Stress: A Workplace Preventive Intervention for Employees	A workplace intervention designed to teach employees, 18 years and older, how to deal with stressors at work and at home. It is derived from Pearlin and Schooler's hierarchy of coping mechanisms as well as Bandura's social-learning theory. Sessions focus on reducing risk factors (stressors and avoidance coping) and enhancing protective factors (active coping and social support) through behavior modification (e.g., methods to modify or eliminate sources of stress); information sharing (e.g., didactic presentations, group discussions); and skills development (e.g., learning effective communication and problem-solving skills, expanding use of social network). The curriculum emphasizes the role of stress, coping, and social support in relation to substance use and psychological symptoms.	U	Stress management; Emotional competence; Problem-solving; Refusal skills	Alcohol
Familias Unidas Preventive Intervention	A family-based program for Hispanic families with children ages 12-17 conducted in Spanish. It is designed to prevent conduct disorders; use of illicit drugs, alcohol, and cigarettes; and risky sexual behaviors by improving family functioning. The intervention is delivered primarily through multiparent groups, which aim to develop effective parenting skills, and family visits, during which parents apply skills while interacting with their adolescent. The multiparent groups, led by a trained facilitator, meet in weekly 2-hour sessions. Each group has 10 to 12 parents, with at least 1 parent from each participating family. Sessions include problem posing and participatory exercises. Group	S	Family management; Family conflict	Illicit drug use; overall substance use

¹ U/S/I: Universal, Selective, Indicated populations

	discussions aim to increase parents' understanding of their role in protecting their adolescent from harm and to facilitate parental investment.			
Girls Circle	Designed to address girls' unique risks, strengths, and needs by using gender-responsive principles and practices to build healthy connections, address challenges, reduce risks, and build social–emotional skills. The program's primary goals are to 1) encourage genuine self-expression and voice; 2) develop healthy relationships and identities; 3) counter harmful gender stereotypes that distort female identity and self-worth; 4) develop healthy emotional coping and decision-making skills; 5) generate awareness and accountability; and 6) empower girls to pursue their full potential.	S	Emotional competence; Problem-solving; School attachment	Alcohol
Healthy Alternatives for Little Ones	A holistic health and substance abuse prevention curriculum for children ages 3-6 in childcare settings. HALO is designed to provide children with information on healthy choices. The program aims to help children understand the complexities of "health" and "healthy choices" by putting these abstract concepts into concrete terms they can understand. It provides learning opportunities for children through teacher-led, developmentally appropriate, and fun hands-on activities that involve educational songs, videos, group activities, and books. Parental involvement is facilitated through introductory and unit-specific letters that encourage at-home discussion and the practice of identifying and making healthy choices.	U	Perceived Risk of AOD Use	
Parent Handbook	Involves giving out an informational booklet to parents of students who are entering college. The booklet contains information assisting parents in discussing and working with their children on skill-building (i.e., assertiveness training and parent-teen communication), how to avoid high-risk situations, and decide on behavioral alternatives to drinking alcohol.	U	Perceived Risk of AOD Use; Favorable Attitudes Toward AOD Use; Parental Norms that Favor AOD Use	Alcohol
Parenting Inside Out (PIO)	A parenting skills training program developed for criminal justice involved parents and is appropriate for both incarcerated mothers and incarcerated fathers who are parenting from prison. There are four different versions: prison (90-hour and 60-hour), jail and community. The community version is appropriate for parents on parole or probation.	S/I	Family Management; Family Conflict; Problem-solving	Substance abuse
PAX Community Tools	A collection of 9 evidence-based, trauma-informed strategies to improve cooperation and self-regulation with youth. It supports parents, youth workers, and other caring adults to create a nurturing environment for youth by helping youth navigate difficult situations, deal with disappointment, and delay gratification. It uses the PAX Good Behavior Game theoretical underpinning.	U	Social Competencies & Life Skills	

Psychological First Aid	Designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. It includes 8 core actions by the facilitator: Contact and Engagement, Safety and Comfort, Stabilization, Information Gathering on Current Needs and Concerns, Practical Assistance, Connection with Social Supports, Information on Coping, and Linkage with Collaborative Services.	S/I	Social Competencies & Life Skills	Substance use
Skills for Psychological Recovery (SPR)	A skills-training intervention designed to accelerate recovery and increase self-efficacy following trauma. It instills several core skillsets (building problem-solving skills; promoting positive activities; managing reactions; promoting helpful thinking; and rebuilding healthy social connections. It has been found helpful in a variety of post-trauma situations. SPR places emphasis on helping a person regain a sense of control and competence.	S/I	Social Competencies & Life Skills	
Strong African American Families (SAAF)	A culturally tailored, family-centered intervention for 10- to 14-year-old African American youths and their primary caregivers. The goal of SAAF is to prevent substance use and behavior problems among youth by strengthening positive family interactions, preparing youths for their teen years, and enhancing primary caregivers' efforts to help youths reach positive goals. Facilitators administer SAAF through using separate skill-building curricula for youths and primary caregivers. During the first hour of each session, youths and primary caregivers meet separately with facilitators. Topics addressed in the youth sessions include the importance of following house rules; adaptive ways of responding to racism; the formation of goals for the future and plans to attain them; and skills for resisting early sexual involvement, substance use, and other risk behaviors. The primary caregiver sessions address ways in which the caregivers can monitor their children's behavior; encourage adaptive strategies for their children to respond to racism; and develop adaptive communication skills for discussing risk behaviors. During the second hour of each session, youths and primary caregivers meet as a family and build on what was learned in the separate sessions. They work to build family-based strengths for supporting the youth's goals, enhancing racial pride, and improving communication and support.	U	Family management; Early Initiation of Problem Behavior; Social Competencies & Life Skills	Alcohol initiation