

2020-2021 Workplan (updated 8-5-2020)

Promising Programs & Practices

- Online versions of [EBPs](#) as created by the developer (i.e., [Parenting Wisely Online Program](#))
- Use of established [EBPs](#) with populations across the lifespan (as guided by the developer). For example, [Active Parenting from birth to 5 years old](#)
- 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
Bounce Back	A school-based group intervention for elementary students exposed to stressful and traumatic events designed to be facilitated by clinicians. It consists of 10 group sessions, 1 to 3 group parent sessions, and 2 or 3 individual student sessions. The content includes building coping skills, feelings identification, relaxation exercises, positive activities, social support, and problem solving.	S/I	Social Competencies & Life Skills	
Council for Boys and Young Men	A strengths-based group approach for boys and youth who identify with male development. It supports strong, positive relationships and builds capacity in social emotional literacy. Each group format includes warm up activities, reflection, and group dialogue. Focused activities include group challenges, games, skits, role plays, and art.	S	Emotional competence; School attachment	
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 discussions aim to increase parents' understanding of their role in protecting their adolescent from harm and to facilitate parental investment.	S	Family management; Family conflict	Illicit drug use; overall substance use
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	

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

<u>Parent Handbook</u>	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
<u>Parenting Inside Out (PIO)</u>	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
<u>PAX Community Tools</u>	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	
<u>Psychological First Aid</u>	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
<u>Skills for Psychological Recovery (SPR)</u>	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	
<u>Strong African American Families (SAAF)</u>	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
<u>Team Awareness</u>	A customizable worksite prevention training program that addresses behavioral risks associated with substance abuse among employees, their coworkers, and, indirectly, their families. The training seeks to promote social health and increased communication between workers; improve knowledge about and attitudes toward alcohol- and drug-related protective factors in the workplace, such as company policy and	U	Perceived Risk of AOD Use; Favorable Attitudes Toward AOD Use	Alcohol use

	<p>Employee Assistance Programs (EAPs); and increase peer referral behaviors. The training focuses on 6 components: the importance of substance abuse prevention; team ownership of policy (embracing policy as a useful tool for enhancing safety and wellbeing for the whole workgroup); stress, including stressors, individual coping styles, and other methods for coping; tolerance and how it can become a risk factor for groups; the importance of appropriate help seeking and help-giving behavior; and access to resources for preventive counseling or treatment. Training is highly interactive and includes group discussions, videos, role-playing, quizzes, games, communication exercises, and optional homework assignments.</p>			
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