

2023-2024 Workplan				
Promising Programs & Practices				
<ul style="list-style-type: none"> <li>• Online versions of <a href="#">EBPs</a> as created by the developer</li> <li>• Use of established <a href="#">EBPs</a> with populations across the lifespan (as guided by the developer). For example, <a href="#">Active Parenting First Five Years</a></li> <li>• Virtual implementation of <a href="#">EBPs</a> as guided by the developer</li> <li>• Programs that are showing promising outcomes</li> </ul>				
Name	Brief Description	U/S/I <sup>1</sup>	OASAS Risk & Protective Factor Addressed	Potential Substance Use Outcomes
<a href="#">Active Parenting First Five Years</a>	Active Parenting: First Five Years: Addresses basic skills for new parents, caregivers, and early childhood staff training. Comprehensive classes for parents of children from birth to age 5.	U	Family Management, Family Conflict, Prosocial Involvement	
<a href="#">Bounce Back</a>	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 Skills	
<a href="#">Cannabis/Marijuana Awareness &amp; Prevention Toolkit</a>	The Cannabis/Marijuana Awareness & Prevention Toolkit is an educational resource created by educators, parents, and researchers aimed at preventing middle and high school students' use of cannabis/marijuana. The Cannabis Awareness and Prevention Toolkit is an online, educational resource that can be adapted to fit the individual needs of educators and students in all types of settings. The online toolkit includes PowerPoints, worksheets, and activities.	U	Perceived risk of AOD use, Favorable attitudes towards AOD use, Refusal skills	Marijuana use
<a href="#">Council for Boys and Young Men</a>	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	

<sup>1</sup> U/S/I: Universal, Selective, Indicated populations

<a href="#"><u>Girls Circle</u></a>	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
<a href="#"><u>Lions Quest – Skills for Action</u></a>	Lions Quest Skills for Action is a high school social and emotional learning program rooted in the belief that young people who are prepared to meet adulthood by developing their character and having high expectations for positive behavior can take meaningful roles in addressing the issues that affect their lives, their communities, and the world.	U	Social Skills (refusal skills, emotional competence, problem solving); Perceived Risk of AOD Use; Friends Who Use Drugs	
<a href="#"><u>Parent Handbook for Talking with College Students about Alcohol</u></a>	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
<a href="#"><u>Parenting Inside Out (PIO)</u></a>	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 misuse
<a href="#"><u>PAX Community Tools</u></a>	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 Skills	
<a href="#"><u>Proud &amp; Empowered</u></a>	This is a 10-session, small group, program for sexual and gender minority adolescents which focuses on the underlying mechanisms of change, minority stress. Each session is approximately 45 minutes. Sessions rely on a mix of psychoeducation, didactic discussion, and interactive (e.g., role-play) activities.	U	Social Skills; Depressive symptoms	

<a href="#"><u>Psychological First Aid</u></a>	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 Skills	Substance use
<a href="#"><u>Skills for Psychological Recovery (SPR)</u></a>	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 Skills	
<a href="#"><u>Team Awareness</u></a>	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 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.	U	Perceived Risk of AOD Use; Favorable Attitudes Toward AOD Use	Alcohol use
<a href="#"><u>Triple P – Positive Parenting Program [Level 2 Selected Teen Triple P]</u></a>	Triple P Level 2 Selected – Teen Seminars is designed to help parents of teens learn strategies to promote social competence and self-regulation in children as well as decrease problem behavior. It involves a series of positive parenting presentations designed to reach a parent audience of any size. The seminars address common parenting problems and provide parents with suggestions to try at home. Parents are taught how to use positive parenting to encourage children to learn the skills and competencies they need to promote their health, development, and well-being.	U	Family Management Problems; Family Conflict; Social Skills	
<a href="#"><u>Wellness Initiative for</u></a>	The WISE Program is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make	U	Perceived Risk of AOD Use	Alcohol Use

<p><u>Senior Education</u></p>	<p>healthy lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including medication misuse and management, stress management, depression, and substance misuse. The six-lesson curriculum is facilitated by trained prevention specialists once per week over a six-week period. Each lesson is about two hours in length and is generally offered with breakfast or lunch. The content is organized in a manner to promote the understanding and value of generational diversity in a format that excites and energizes participants to share what they have learned with family, friends, and peers. During the lessons, participants are educated without the use of didactic teaching, but rather through interactive exercises that include small group discussion and projects, as this method of learning has been shown to be more effective with adult learners. They are also given tools and resources to take home, increasing the likelihood that what they have learned will be put into practice and shared.</p>			
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