



# COMPASS MARK

SCIENCE-BASED ADDICTION PREVENTION

*Evidence Based School Based Service options for 2020-2021*

*Most program sessions can be offered in person, via “live Zoom,” or through a blended style of facilitation for selected small groups or the full classroom. Programs with ability for some pre-recorded video assignments with live Q&A and debriefing notated by an asterisk.*

**Positive Action (K through 12<sup>th</sup> grade):** This program teaches and reinforces that you feel good about yourself when your actions are positive. Outcomes range from increased academic achievement to dramatic reductions in problem behaviors.

- Self – Concept;
- Positive Actions for your body and mind;
- Managing yourself responsibly;
- Treating others, the way you like to be treated;
- Telling yourself the truth;
- Improving Yourself continually.

**Project Toward No Drug Abuse or P.T.N.D. (8<sup>th</sup> through 12<sup>th</sup> grade):** This program is designed as a skill-building program that will help students in grades 8-12 live lives free of alcohol, tobacco, and other drugs. The highly interactive sessions use the Socratic method, classroom discussions, skill demonstrations, role-playing, and psychodrama techniques. Learners will be able to:

- Demonstrate skills for active listening;
- Discuss how to fight the stereotype of teenage substance use;
- Demonstrate how to set healthy goals, use self-control, and utilize healthy decision making;
- Discuss the myths and denials of substance use and chemical dependency.

**CATCH My Breath (5<sup>th</sup> through 12<sup>th</sup> grade):** A youth e-cigarette, JUUL, and vape prevention program. The evidence-based program was shown to substantially reduce students’ likelihood of vaping in the year following program implementation. Students also showed a significant increase in knowledge of the dangers of vaping and an increase in positive perceptions about choosing a vape-free lifestyle.

**\*Promoting Alternative Thinking Strategies or P.A.T.H.S (Pre-K through 5<sup>th</sup> grade):** Promoting Alternative Thinking Strategies – The program has systematic, developmentally-based lessons, materials, and instructions to provided emotional literacy, self-control, social competence, positive peer relations, and interpersonal problem-solving skills. Key objectives in promoting these developmental skills are to prevent and to reduce behavioral and emotional problems. A wide variety of results has consistently shown improvements in seven major goals of education needed for the development of healthy, happy children and future adults:

- Improved academic achievement;
- Decreased emotional suffering & behavioral problems;
- Increased happiness, health, and emotional well-being;
- Improved emotional literacy, self-control, & problem-solving skills;
- Healthy relationships and social skills;
- Preparation for the future: Workforce;
- Skills for the future: Life satisfaction, good health, & citizenship.

**\*We Know BETter Gambling Prevention (5<sup>th</sup> through 12<sup>th</sup> grade):** This program is designed to teach students about risky behaviors that can lead to addiction, including gambling. In Pennsylvania, the average grade for children to place their first bet is 6th grade.

- Media literacy;
- Sports betting;
- SMART decision-making tool;
- Consequences of use: alcohol, tobacco, other drugs and gambling;
- Personal risk factors for addiction;
- Refusal skills for any situation.

**\*Lions Quest (3<sup>rd</sup> through 6<sup>th</sup> grade):** This program helps young people develop positive commitments to family, school, peers, and community. It unites participants by using social influence approaches in developing the following skills and competences:

- Essential social/emotional competencies;
- Good citizenship skills;
- Strong positive character;
- Skills and attitudes consistent with a drug-free lifestyle;
- An ethic of service to others within a caring and consistent environment.

**Supporting Students Experiencing Trauma or S.S.E.T (5<sup>th</sup> through 12<sup>th</sup> grade, small groups only):** A school-based, group and individual intervention used with students from 5<sup>th</sup> through 12th grade, SSET is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills. Participants will learn six cognitive-behavioral techniques

- Education about reactions to trauma;
- Relaxation training;
- Cognitive therapy;
- Real life exposure;
- Stress or trauma exposure;
- Social problem-solving.

**\*Lions Quest (K through 2<sup>nd</sup> grade):** This program helps young people develop positive commitments to family, school, peers, and community.

It unites participants by using social influence approaches in developing the following skills and competences:

- Essential social/emotional competencies;
- Good citizenship skills;
- Strong positive character;
- Skills and attitudes consistent with a drug-free lifestyle;
- An ethic of service to others within a caring and consistent environment.