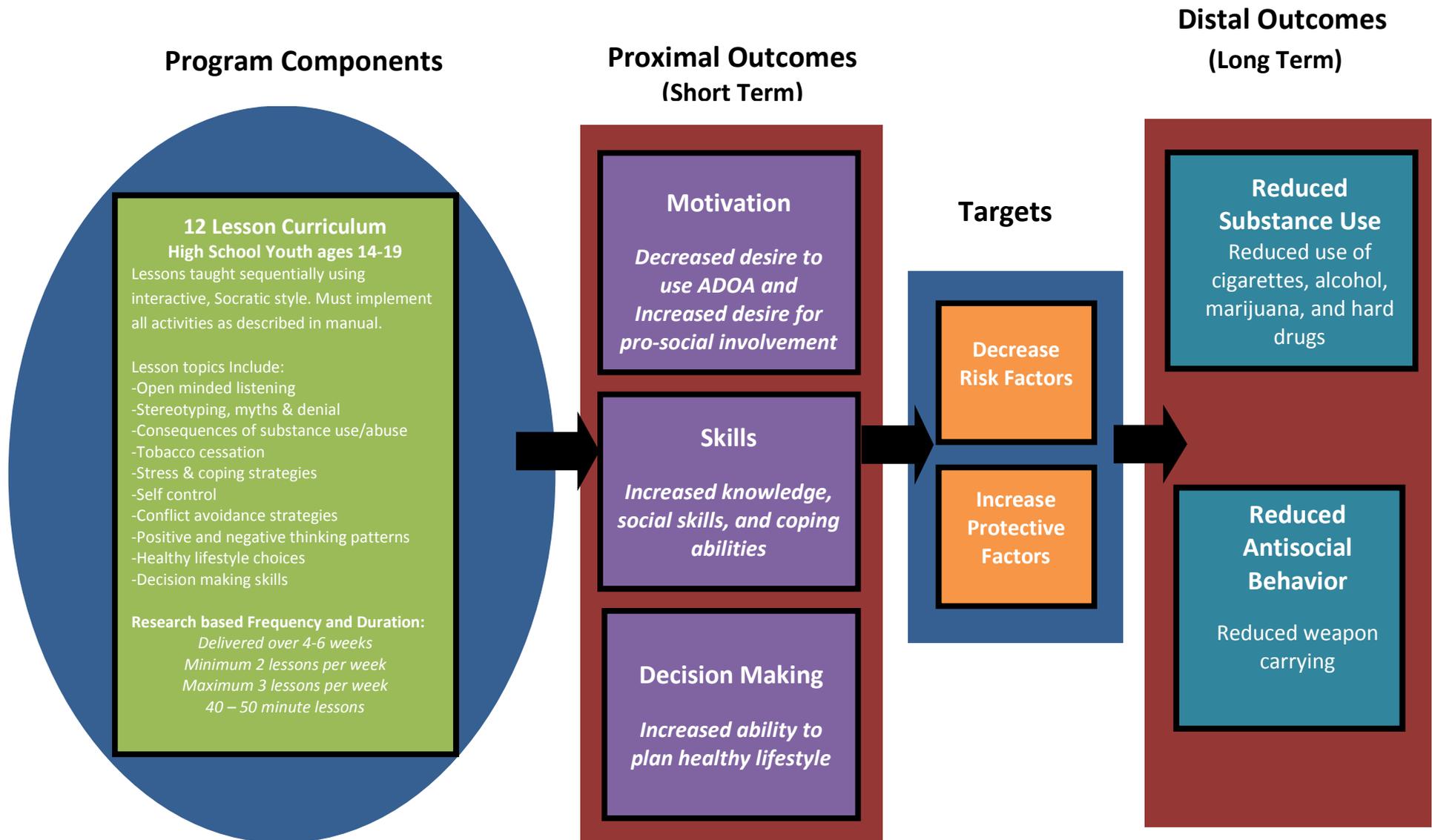


Project Towards No Drug Abuse (TND)

Program developed by Steve Sussman, Ph.D.,

This logic model was created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University in collaboration with the developer.



Program's Mechanism for Change & Goals

Training

Instructor attends 2 day training in order to implement with fidelity

Curriculum Reach

12 lessons taught to high school classrooms of youth ages 14-19
30 students max

Researched Interaction Frequency and Duration (Dose)

40-50 minute lessons taught over 4-6 weeks
Minimum of 2 lessons per week
Maximum of 3 per week

Goals

Stop or reduce the use of cigarettes, alcohol, marijuana, and hard drugs

Stop or reduce weapon carrying

State accurate information about environmental, social, physiological, and emotional consequences of drug use and abuse

Demonstrate behavioral and cognitive coping skills

Make a personal commitment regarding drug use

Program Modalities

Specific strategies, methods, and techniques used to accomplish the program goals.

Strategies for All Lessons

- Lessons taught sequentially
- Must use interactive, Socratic style
- Implement all activities as described in manual

Methods/Techniques

- Workbooks/worksheets
- Role play
- Psychodrama
- Class & small group discussions
- Self-Assessment
- Games
- Video

Specific Lessons:

1. Active Listening
2. Stereotyping
3. Myths and Denials
4. Chemical Dependency
5. Talk Show (negative consequences of drug abuse)
6. Stress, Health & Goals
7. Tobacco Basketball (tobacco use cessation)
8. Self-Control
9. Marijuana Panel
10. Positive and Negative Thought and Behavior Loops
11. Perspective Taking (Exploring radical, moderate, and conservative views on social issues)
12. Decision-making and Commitment

Proximal Outcomes

Targeted outcomes that the program is designed to impact *immediately following* program completion.

Change in Motivation:

- Increased Open Minded Listening
- Recognition of how Self Fulfilling Prophecies and Negative Stereotyping impact choices.
- Decreased tendency to overestimate Peer Use
- Understand the negative consequences of drug use
- Understand the connection between health & happiness
- Understand the connection between general sense of self and behavior

Change in Skills:

- Communicate more effectively
- Learn to resist negative stereotypes.
- Knowledge of resources for family members of addicts
- Know how to stop smoking
- Improved ability to seek social support, practice self-control & assertiveness
- Learn to match social behavior to social context
- Recognition of negative or positive process loops
- Methods to avoid violence (fogging)

Increase Decision Making Ability:

- Improved perspective taking
- Develop a general self-statement about beliefs
- Learn to identify pros and cons
- Learn to make a commitment

Targeted Risk and Protective Factors

Risk factors, which increase the likelihood of drug use, delinquency, school dropout, and violent behavior, are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

Risk Factors:

- Norms Favorable to Drug Use
- Poor Social Skills
- Favorable Attitudes towards ATOD use
- Favorable Attitudes towards Anti-social behavior
- Low Perceived Risks of Drug Use
- Low School Commitment
- Peer Rewards for Anti-Social Behavior

Protective Factors:

- Exposure to community/cultural norms that do not favor antisocial behaviors and substance use
- Recognition of the value of pro-social activities
- Promotion of healthy beliefs and clear standards
- Goal setting/Positive future orientation
- Increased knowledge of the negative consequences of Drug Use
- Improved relations with pro-social peers
- Positive orientation to school
- Communication/interpersonal skills
- Decision-making and critical thinking skills
- Coping/self-management skills

Distal Outcomes

Outcomes impacted by the program *months/years following* program completion that have been demonstrated through research.

Data from most recent randomized control trial shows at one year follow up youth demonstrate:

Reduced Substance Use:

- 27% prevalence reduction in 30-day cigarette use;
- 22% prevalence reduction in 30-day marijuana use;
- 26% prevalence reduction in 30-day hard drug use;

9% prevalence reduction in 30-day alcohol use among baseline drinkers

Reduced Antisocial Behavior:

25% prevalence reduction in one-year weapon carrying among males.