

Edition 06 – 3

Summer 2008

# Research Précis

## Best Practices: Safe and Drug-free Schools and Communities

Creating a better tomorrow...

### Title: ATLAS

#### Overview:

ATLAS is a multifaceted program designed to reduce students' use of anabolic steroids or other drugs or "performance-enhancing" supplements, and improve self-efficacy and nutritional behaviors so that they will continue to rely on safe ways to improve performance.

*Target:* Male athletes ages 13-19

*Extent/Duration of Program:* The program consists of a nine-hour classroom curriculum divided into ten sessions of about 45 minutes each.

#### Program Costs:

- Instructor Package along with ten Athlete Packs is \$149.95. Additional Athlete Packs are \$39.95 for a quantity of ten.  
- ATLAS can provide one-day instructor and peer-led training if requested. E-mail, fax, and phone assistance are also provided.

#### For further information, or to order:

ATLAS, Oregon Health Science University  
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Portland, OR 97201

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Web site: <http://www.atlasprogram.com>

*Principles/Approaches/Components:* ATLAS (*Athletes Training and Learning to Avoid Steroids*) is based on the premise that student athletes are an important group that can serve as role models and opinion leaders for other students. The program emphasizes team-centered dynamics in concert with positive peer pressure and role modeling, and the program components focus on classroom exercises involving role-play, design of health-focused campaigns, and educational games. Objectives involving drug issues are predominant (50%), followed by sport nutrition (34%), and exercise training (16%).

*Evidence-based Effectiveness:* Over the period of three consecutive years involving three cohort studies, all with end-of-season follow-up and one with a one-year follow-up, evaluation results indicated a reduced incidence and prevalence of drug use among program participants, as well as reduced intent to use and actual use of anabolic steroids, use of sports supplements, and incidents of drinking and driving. Among others, results also indicated increases in participants' perceptions of the harmful effects of anabolic steroids, strength training self-efficacy, and perceptions of a coach's intolerance of anabolic steroid use.

#### Safe and Drug-free Schools and Communities Act (SDFSCA) connections:

A.v - Activities that teach students about the dangers of emerging drugs.

A.iv - Activities that teach students to recognize social and peer pressure to use drugs illegally and the skills for resisting illegal drug use.

A.ii - Activities that promote a sense of individual responsibility.

### **National Standards connections:**

*Grades 8 through 12*

Health Education Standard 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Education Standard 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Health Education Standard 8 – Students will demonstrate the ability to advocate for personal, family and community health.

*National Health Education Standards, Second Edition: Achieving Excellence. American Cancer Society, 2007.*

Counseling: Personal and Social Development Standard C: Students will understand safety and survival skills.

*ASCA National Standards for Students. American School Counselor Association, 2004.*

Physical Education: Physical Fitness Standard 4 - The student achieves and maintains a health-enhancing level of physical fitness.

*Moving into the Future: National Standards for Physical Education, Second Edition. National Association for Sport and Physical Education, 2004.*

### **Recognition and additional reports:**

The following organizations/institutions have recognized ATLAS. The organizations are in alphabetical order and the status of the recognition is in parentheses.

National Institute on Drug Abuse (NIDA) (Effective Program)

Promising Practices Network (Promising Program)

SAMHSA (Model Program)

U.S. Department of Education (Exemplary Program)

**GENERAL NOTES:** The intent of the above synthesis and correlations is to assist teachers and school administrators dedicated to using best practices to reduce violence and substance abuse among students. To our knowledge, the information was current upon publication. However, details pertaining to status of program recognition, research and findings, costs, and contact information are subject to change.

Correlations to the Safe and Drug-free Schools and Communities Act (SDFSCA) federally approved activities and to national education standards have been limited in depth (“standard” level only) and breadth (number of standards and subjects) due to the encompassing nature of many programs that typically qualify as model or exemplary. The correlations listed should not be viewed as exhaustive.

For information on other effective programs for promoting safe and drug-free schools and communities, visit [www.designedinstruction.com/learningleads/effective-sdfs-programs.html](http://www.designedinstruction.com/learningleads/effective-sdfs-programs.html)

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