

# Research Précis

Edition 05 – 4

Spring 2008

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

Creating a better tomorrow...

### Title: LifeSkills Training (LST)

#### Overview:

*LifeSkills Training* is a three-year drug abuse prevention program designed to help adolescents develop the psychological and social attitudes and skills needed to prevent use of alcohol, tobacco, and drugs.

*Targeted Ages/Grade Levels:* Grades 6-8 (elementary version for students in grades 3-5 also available)

*Extent/Duration of Program:* The program consists of 15 sessions of approximately 45 minutes each at grade 6, 10 sessions at grade 7, and five sessions at grade 8.

#### Program Costs:

- Teacher manuals range from \$45 to \$85, and student guides from \$40 to \$60 per package of 10.
- Training costs \$250 per trainer for a 2-day workshop.

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

National Health Promotion Associates, Inc.  
711 Westchester Avenue  
White Plains, NY 10604

Phone: 914-421-2525

Fax: 914-421-2007

E-mail: [lstinfo@nhpamail.com](mailto:lstinfo@nhpamail.com)

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

*Principles/Approaches/Components:* *LifeSkills Training* is based on the premise that preventing drug use by younger students reduces the tendency for those students to use drugs when they are older. The program components focus on enabling youth to develop drug resistance skills, personal self-management skills (e.g., setting goals, making measured decisions), and general social skills (e.g., communicating effectively, refusing to participate in dangerous activities), and feature activities involving lecture, discussion, coaching, and practice.

*Evidence-based Effectiveness:* Over the course of 22 years, from 1980-2002, evaluation results from numerous studies indicated both positive and mixed results across substance abuse types. These studies often involved more than one substance concurrently, but overall included 13 related to cigarette use, nine to alcohol use, and seven to marijuana use. Though the specific treatments, outcomes being measured, and time lapse from treatment to measurement differed from study to study, the majority of the findings related to cigarette and/or alcohol use indicated that the LST program significantly lowers the risk that participating students will become new or frequent users. The majority of findings related to marijuana use also showed a reduction in initiation (new use) and frequency of use, though more moderately so than those related to cigarettes or alcohol.

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

A.i - Activities that address the consequences of violence and the illegal use of drugs.

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

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

**National Standards connections:**

*Grades 6 through 8*

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

Health Education Standard 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Health Education Standard 5 – Students will demonstrate the ability to use decision-making skills to enhance health.

Health Education Standard 6 – Students will Demonstrate the ability to use goal-setting skills to enhance health.

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

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

Counseling: Personal and Social Development Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

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

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

**Recognition and additional reports:**

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

- National Institute on Drug Abuse (NIDA) (Program That Works)
- Office of Juvenile Justice and Delinquency Prevention (OJJDP) (Model Program)
- Promising Practices Network (Proven Program)
- SAMHSA (Model Program)
- U.S. Department of Education (Exemplary Program)
- White House Office of National Drug Policy (Model Program)

**GENERAL NOTES:** The information in this research précis was originally synthesized by Designed Instruction, LLC as an SDFSC Best Practices Brief for the Kansas State Department of Education. The intent of the revised, nationally correlated version is to serve a wider range of teachers and school administrators dedicated to helping reduce violence and substance abuse. The information was current as of September 2006. Details pertaining to status of program recognition, further research and findings, program costs, and contact addresses and numbers 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.

**DISCLAIMER OF ENDORSEMENT:** Designed Instruction, LLC does not officially endorse resources and information available through this document or otherwise provided in Web pages devoted to Safe and Drug-free Schools and Communities other than those links that lead to resources wholly developed by Designed Instruction and solely distributed on the Designed Instruction Web site.