Project Towards No Drug Abuse (Project TND)~

An Alternative High School Drug Abuse Prevention Project

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Focus

- ☑ *Alcohol Prevention*
- ☑ *Tobacco Prevention*
- ☑ *Other Drug Prevention*

Original Site

- ☐ *Grade school*
- ☐ *Middle/Junior High School*
- ☑ *High School*
- ☐ *College or University*
- ☐ *Community Based*

Approach

- ☐ *Abstinence*
- ☑ *Behavioral Skills Development*
- ☑ *Community Involvement*
- ☑ *Life Option Enhancement*
- ☐ *Media Pressure Education*
- ☑ *Normative Education*
- ☐ *Peer Instruction*
- ☐ *Self-Efficacy/Self-Esteem*
- ☑ *Social Influences Education*
- ☑ *Stress Management*

Components

- ☐ *Adult Involvement*
- ☑ *Group Discussion*
- ☑ *Lectures*
- ☐ *Public Service Announcements*
- ☑ *Role Play*
- ☑ *Video*
- ☑ *Other (repeated skills practice, interactive games)*

Summary

Project Towards No Drug Abuse (Project TND) is a classroom-based intervention for high-risk youths in alternative or continuation high schools. Project TND is built on the hypothesis that finite-lesson classroom programming can exert a preventive effect on drug use among this high-risk population, and that community involvement will enhance school-based efforts in the prevention of drug use and abuse among youth in the alternative schools.

In a field test in 21 continuation high schools in southern California during the 1994-1995 school year, schools were randomly assigned to one of three conditions: standard care (control), classroom program, and classroom program plus a semester-long school-as-community component. Educators delivered nine 50-minute classroom lessons on health motivation, skill-building, and decision-making over a three-week period. A school-as-community component was implemented by volunteer school staff under project-created guidelines in half of the intervention schools. This component included weekly meetings for six months, and at least six events per school including job training, sports participation, drug-free parties, and drug awareness week.

Survey questions assessed frequency of use of cigarettes, alcohol, marijuana, cocaine, hallucinogens, stimulants, inhalants, and other drugs. Outcome data failed to show a significant main effect for condition (standard care / classroom-only / classroom plus school-as-community) for cigarettes, alcohol, and marijuana. The model for hard drug use, however, did indicate a significant main effect. Students who received either intervention showed nearly half the monthly hard drug use frequency at follow-up compared with students in the control group.

Suitable for Use In

Project TND is suitable for classroom-based use in alternative high schools. However, the program may also be of use in clinic and other settings. The same assessments of antecedent and motivational variables, perceived efficacy testing, and immediate outcome testing could be accomplished at a variety of settings at reasonable cost. In addition, a replication study has indicated that this program is generalizable to the regular high school setting.

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Original Intervention Sample

Age, Gender

Students ranged in age from 14-19 years; 93% were 16-18 years of age. The sample was 62% male.

Race/Ethnicity

46% Latino, 37% white, 8% African-American, 4% Asian-American, 3% Native-American, and 2% other

Program Length

The curriculum is delivered in twelve 50-minute classroom sessions. Implementation can be spread over four weeks on the condition that all lessons are taught.

Staffing Requirements/Training

Classroom teachers can lead this program. In the original program, the program conditions were led by project-trained educators, while the control condition was led by classroom teachers. The school-as-community component was led by school volunteers. Training is recommended but not mandatory. Training is available at a two-day training session led by staff from the University of Southern California's Institute for Health Promotion and Disease Prevention Research.

References

Dent, C.W., Sussman, S., Hennesy, M., Galaif, E.R., Stacy, A.W., Moss, M., & Craig, S. (1998). Implementation and process evaluation of a school-based drug abuse prevention program: Project Towards No Drug Abuse. Journal of Drug Education, 28(4), 361-375.

Sussman, S. (1996). Development of a school-based drug abuse prevention curriculum for high-risk youths. Journal of Psychoactive Drugs, 28(2), 169-182.

Sussman, S., & Dent, C.W. (1999). Project Towards No Drug Abuse. In W.B. Hansen, S.M. Giles, & M.D. Fearnow-Kenney, (Eds.), Increasing drug prevention effectiveness: Readings for educators. Clemmons, NC: Tanglewood Research.

YSAPPA Program Package

The YSAPPA Program Package for this program costs $432.00 and includes:

- *1 User's Guide to the program*
- *1 CD-ROM: Setting Up, Implementing, and Evaluating Project Towards No Drug Use*
- *1 Project TND Teacher's Manual*
- *1 Set: Project TND Student Workbooks*
- *1 Video "Drugs and Life's Dreams"*
- *1 Set: Original evaluation instruments*
- *1 Set: Sociometrics-produced YSAPPA evaluation materials*

Telephone technical support on implementation and evaluation for 1 year.