

EVIDENCE BASED PREVENTION FACT SHEET

Blues Program

- Mission: Engage high school students with depressive symptoms through prosocial activities.
- Implementation: Group rapport building and encouragement of prosocial activities.

Intervention: Indicated & Selective
Age: Late Adolescence

Project Toward No Drug Abuse

- Mission: Classroom-based drug prevention program to address and prevent teen substance use.
- Implementation: Interactive sessions taught by teachers or health educators over a three week period.

Intervention: Universal & Selective
Age: Late Adolescence (15-18)

Strengthening Families

- Mission: Collaborative parenting and youth skills program encouraging positive family dynamics.
- Implementation: Weekly parent and child skill building and group therapy.

Intervention: Universal & Selective
Age: Late Childhood & Early Adolescence

All Stars

- Mission: Broad reaching engagement strategies to prevent onset of risky behaviors.
- Implementation: Various settings.

Intervention: Indicated
Age: 6th-8th grade youth

All Stars Jr.

- Mission: Elementary grade academic and character building programming.
- Implementation: In or after-school programs.

Intervention: Universal & Selective
Age: 4th-5th grade youth

Celebrating Families

- Mission: Cognitive behavioral support group model for families experiencing substance misuse.
- Implementation: Family meal followed by group activity.

Intervention: Selective
Age: Children, pre-adolescents, and parents

Project Alert

- Mission: Skills-based curriculum promoting drug abstinence.
- Implementation: Two year classroom based core curriculum taught weekly.

Intervention: Selective
Age: 7th-8th grade youth

Project Success

- Mission: Support teenagers in reaching their secondary goals.
- Implementation: Monthly workshops in ELA classes.

Intervention: Universal & Selective
Age: 7th-12th grade youth

Project Venture

- Adventure based leadership development program supporting Indigenous youth.
- 20-30 hourly classroom sessions over the course of the academic year.

Intervention: Indicated & Selective
Age: Early adolescents

Reconnecting Youth

- Mission: Prevention curriculum targeting teens at risk of school dropout.
- Implementation: In class instruction focused on group culture and personal development.

Intervention: Indicated & Selective
Age: 9th-12th grade youth

Too Good for Drugs

- Substance abuse prevention curriculum encouraging socioemotional development.
- Age specific activities, parenting and teacher support.

Intervention: Universal
Age: K-12th grade youth

Unique You

- Mission: A substance abuse prevention program encouraging awareness of individual needs and means of actualization.
- Implementation: Weekly instruction.

Intervention: Universal & Selective
Age: 3rd-4th grade youth



STEP

- Mission: A parenting curriculum focused on improving communication and developing tools for conflict resolution.
- Implementation: Training curriculum and video supplementation.

Intervention: Universal

- Age: Parents of school aged youth