

PROJECTALERT

Substance Abuse Prevention
That Works!

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Session Presenters:

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A Question



*“What is **most** important to you
when choosing a substance
abuse prevention curriculum?”*

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Session Overview

- Project Overview
- Research
- Curriculum Content
- Implementation
- The Project ALERT Package
- Training
- Q & A

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Research



- Developed by RAND, the nation's leading think tank on drug policy
- Field tested over a 10-year period
- Validated through two longitudinal tests
- Program's outcomes have been proven among students from widely diverse backgrounds and communities

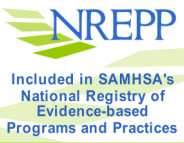
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Proven Results



- Outcomes
 - Reduced initiation of marijuana use by 30%
 - Decreased current marijuana use by 60%
 - Reduced past month cigarette use by 20%-25%
 - Decreased regular and heavy smoking by 33%-55%
 - Significantly reduced students' pro-drug attitudes and beliefs

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High Ratings

- ✓ Quality of Research = 4.0
- ✓ Readiness for Dissemination = 3.8

Source: <http://www.nrepp.samhsa.gov>

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Curriculum Goals



- Prevent non-users from experimenting
- Prevent experimenters from becoming regular users

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Project ALERT targets:

- Alcohol
- Tobacco
- Marijuana
- Inhalants



Supplemental Resource Manual adds resources on: prescription & OTC meds, sedatives, steroids & club drugs

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How the Program Works

- Project ALERT uses participatory activities and videos to help:
 - Motivate students against drug use
 - Teach skills & strategies needed to resist pro-drug pressures
 - Establish understanding that drug use is not the norm
 - Communicate with parents
 - Develop new non-use attitudes and beliefs

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Curriculum Structure

- **Core Lessons 1-3**
 - Motivate non-use
- **Core Lessons 4-6**
 - Identify pressures
 - Learn to resist pressures
 - Practice resistance skills
- **Core Lessons 7, 9, 11**
 - Review key concepts & skills
- **Core Lesson 8**
 - Inhalants
- **Core Lesson 10**
 - Smoking Cessation
- **Booster Lessons**
 - Review, Reinforcement, Resistance motivation

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Learning Activities

- Lists
- Class Discussion
- Prevalence Data
- Rewriting Ads
- Games
- Trigger Videos
- Role Playing
- Parent-Involved Homework
- Homework available in Spanish

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Teaching Methods



How you teach is as important as the **what** you teach

Project ALERT Teaching Strategies

- Resistance Self-Efficacy
- Active student involvement and practice
- Modeling
- Reinforcement
- Validation
- Proximal Goals
- Respect
- Enthusiasm

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Implementation



- 14 Lessons Total
 - 11 Lessons – Core Year
 - 3 Lessons – Booster Year
- 6th or 7th grade (Core)
- 7th or 8th grade (Booster)
- One lesson per week
- 45 minutes per lesson

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Curriculum Fidelity

To get the best results, follow the recipe:

- ☒ teach all learning activities....
- ☒ in the prescribed sequence and....
- ☒ specified time frame.



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Teacher Training: Goals

- Help teachers understand the content, process and goals of Project ALERT;
- Demonstrate key activities in the curriculum;
- Motivate teachers to use Project ALERT;
- Increase teachers' confidence in their ability to teach the curriculum successfully and with fidelity.

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Online Training

- Convenient, Practical
- Self-paced, on-demand instruction
- No travel or sub-costs
- Requires computer, Internet connection

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Traditional One-Day Workshops

- 1 large district or a group of smaller districts
- 25+ teachers per group
- Specific needs addressed
- Highly participatory and interactive

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Cost

Just
\$150
per educator

Online Training

\$150 + S&H

Workshop Training

\$3,750 + S&H



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Curriculum Package



- Access to the online training
- 14 Lesson Plans
- 8 Interactive Student Videos - VHS or DVD
- 12 Full-Color Classroom Posters
- *Supplemental Resource Manual*
- Optional *Teen Leader Component*

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Bonus for Trained Teachers

- **FREE** subscription to the *ALERT Educator*, a teacher support newsletter
- Certificate of "training completion" to verify contact hours
- **FREE** periodic print and video updates to the curriculum

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On-Going Support



- Complete curriculum package
- Online access to teaching resources
- Toll-free phone support
- Technical assistance
- Shared "E-code" that allows colleagues to train online for FREE

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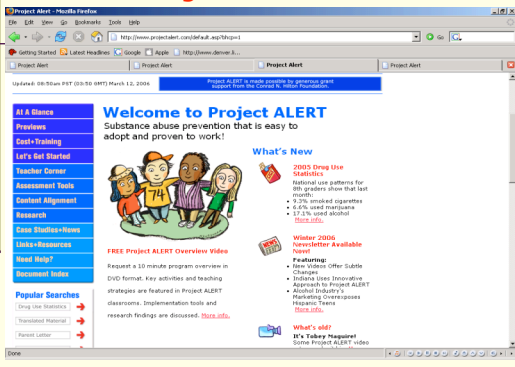
Ecodes

- Ideal for educators who have received a kit from a previously trained teacher.
- Ideal for educators who are delivering the booster lessons.



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www.ProjectAlert.com



A Smart Investment



- 2 health teachers teaching *Project ALERT* this year....
- 5 Classes....
- 30 Students per class....
- 150 students total =
- \$2.00 per student !

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...In Review...

- Scientifically validated curriculum
- Video-based and highly interactive
- Online or Workshop Training
- \$150 per teacher
- Free periodic updates
- Technical Support

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Question & Answer



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