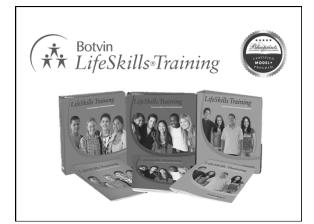
Keynote Address

The Journey to Scale: *Life Skills Training*

Gilbert J. Botvin, Ph.D. Weill Cornell Medical College National Health Promotion Associates

Blueprints for Healthy Youth Development Denver, Colorado April 13, 2016

Prevention Research Cycle Etiology Development Effectiveness Efficacy Trial



Life Skills Training: Preventing Substance Abuse and Violence

- Teaches self-management and social skills
 - Decrease SA and violence motivations
 - Decrease vulnerability to pro-SA/V influences
 - Promote resilience
- Teaches SA and violence resistance skills
 - Resist peer and media influences
 - Make healthy decisions
 - Promote healthy attitudes and norms

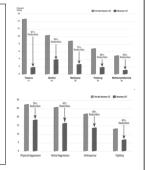
LST Program Elements

- Middle/JHS School
- Year 1: 15 sessions
- Year 2: 10 sessions
- Year 3: 5 sessions
- Interactive methods
- Provider Training
- Technical Assistance



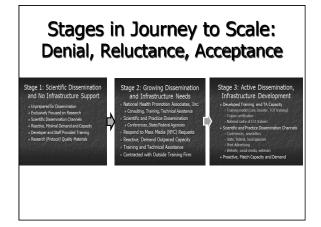
Effectiveness

- 32 published studies
- Randomized trials
- Short and long-term
- SA and violence
- Diverse populations
- Different providers
- Replications
- \$38 benefit: \$1 cost



Challenges of Going to Scale

- Organizational Infrastructure
- User-Friendly, High Quality Materials
- Effective Training Models
- Adequate Training Capacity
- Adequate Technical Assistance Capacity
- Understand Practice Needs
- Address Planning and Scheduling Issues
- Fidelity and Adaptation
- Funding/Resources for Sustainability



Stage 1: Scientific Dissemination and No Infrastructure Support

- Unprepared for Dissemination to Users
- Exclusive Focus on Research
- Scientific Dissemination Channels
- Reactive, Minimal Demand and Capacity
- Developer and Staff Provide Training
- Research (Protocol-Quality) Materials



Stages in Journey to Scale: Denial, Reluctance, Acceptance

Stage 2: Growing Dissemination and Infrastructure Needs

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* Consultary Transing Turchinal Materiane

* Scientific and Practice Dissementation

* Conference, State Referral Agencies

* Respond to Mass Medio (IVC) Requests

* Resture, Demand Outgased Opports

* Training and Technical Associations

* Contracted with Outside Training Firm

Stage 3: Active Dissemination, Infrastructure Development

- Developed Training and TA Capachy
- Infrastructure October 10 Training
- Infrastructure October 10 Training
- National case of LTS Basins
- Scientific and Practice Dissemination Channels
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- State 1, Staff L, Joud Japanso
- Hot Affording
- Hotel Affording
- Basil L, Market C, Gardenin M, Parent

Stage 2: Growing Dissemination and Infrastructure Needs

- National Health Promotion Associates
 - Consulting, Training, and Technical Assistance
- Scientific and Practice Dissemination
 - Conferences, State and Federal Agencies
- Respond to Mass Media (NYC) Requests
- Reactive, Demand Outpaced Capacity
- Training and Technical Assistance
 - Contracted with Outside Training Firm

Stages in Journey to Scale: Denial, Reluctance, Acceptance

Stage 1: Scientific Dissemination and No Infrastructure Support

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*Contracted with Outside Training Firm

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Stage 3: Active Dissemination and Infrastructure Development

- Developed Training and TA Capacity
 - Training model (core, booster, TOT)
 - Trainer certification process
 - National cadre of LST trainers
- Scientific and Practice Dissemination
 - Conferences, newsletters
 - Local, State, and Federal Agencies
 - Print Advertising
 - Website, social media, webinars
- Proactive, Match Capacity and Demand



Lessons Learned

- Solid Foundation in Prevention Science
- Evidence is Not Enough
- Understand Practice Needs and Constraints
- Develop Readiness for Dissemination
 - User-Friendly, High Quality Materials
 - Training and TA Capacity
- Dissemination: Research, Practice, Stakeholders
- Obstacles: Funding, Time, Resistance to Change
- Partner with Others

Thank You

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