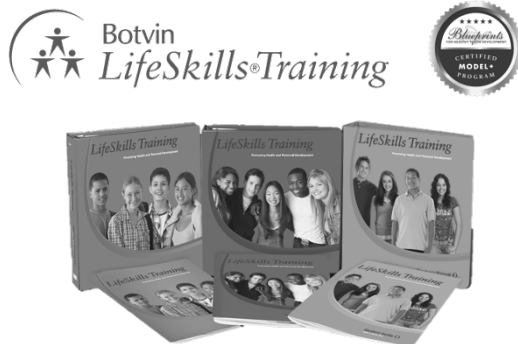
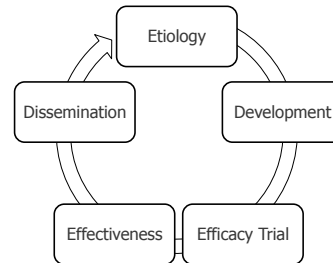


Keynote Address  
The Journey to Scale:  
*Life Skills Training*

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Weill Cornell Medical College  
National Health Promotion Associates

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

## Prevention Research Cycle



## 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

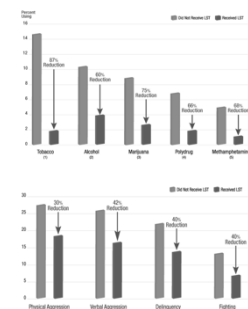
## LST Program Elements

- 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

## Stages in Journey to Scale: Denial, Reluctance, Acceptance



## 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

- 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 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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