

SAFE COMMUNITIES

SAFE

SAFE SCHOOLS



PROGRAM GUIDE



WHAT PROGRAM IS BEST?

The Safe School PROGRAM GUIDE is the third in a series of guides to assist schools and communities in formulating and implementing a safe school plan.

In order to select a prevention program that best fits a particular need, the PROGRAM GUIDE describes effective programs and categorizes them by type, target population, setting, risk factors and effectiveness.

The Center for the Study and Prevention of Violence (CSPV) recommends programs from Blueprints for Violence Prevention (www.colorado.edu/cspv/blueprints)



which is widely recognized as having the highest scientific standards of effectiveness and the most rigorous selection criteria. Blueprints has assessed the research of more than 800 programs and has selected 11 model and 19 promising programs which meet the high Blueprints standards.

When a particular need cannot be met by a Blueprints program, CSPV recommends the Communities That Care (CTC) list of effective programs at www.communitiesthatcare.net (See Phase 3, Tested Programs).

ADVANTAGES TO SELECTING A MODEL PROGRAM

- Less risk of failure
- No need to conduct an expensive outcome evaluation to document effectiveness
- Larger expected reduction in violence, drug use or delinquency than other programs
- Proven effectiveness when implemented with fidelity

HIGHLIGHTS

BLUEPRINTS
FOR
VIOLENCE
PREVENTION
MODEL
PROGRAMS

BLUEPRINTS
FOR
VIOLENCE
PREVENTION
PROMISING
PROGRAMS

COMMUNITIES
THAT CARE
TESTED
EFFECTIVE
PROGRAMS



PROGRAM CRITERIA

BLUEPRINTS FOR VIOLENCE PREVENTION MODEL PROGRAMS

Blueprints model programs meet all of the following criteria:

- A strong experimental design with control groups
- Statistically significant prevention or deterrent effects for delinquency, antisocial behavior, drug use, and/or violence
- Sustained effects that are detectable for at least one year after the end of intervention
- The ability to replicate the program in other settings with similar effects



BLUEPRINTS FOR VIOLENCE PREVENTION PROMISING PROGRAMS

Criteria for Blueprints promising programs include:

- A good experimental or quasi-experimental design with control groups
- Positive effects on one or more problem behaviors:
 - (1) delinquency/crime, violence, drug use
 - (2) pre-delinquent aggression
- No evidence that contradicts earlier positive effects
- Long term effects not necessarily demonstrated

COMMUNITIES THAT CARE TESTED, EFFECTIVE PROGRAMS

The CTC programs meet the following criteria:

- Address one or more risk or protective factors
- Intervene at developmentally appropriate ages
- Have been found, in high-quality evaluations, to have positive effects
- Are available for implementation



BLUEPRINTS PROGRAM SELECTION CHART

The chart below may be used to select an initial list of programs that correspond to the needs of a school or community that are identified in an assessment. Blueprints model and promising programs are divided into program types* and, within those types, by their

target population, setting, risk factors and their effectiveness level. Please refer to the Communities That Care list of effective programs at www.communitiesthatcare.net (See Phase 3, Tested Programs) for additional programs that may match other identified needs.

**Many of these programs target a variety of problem behaviors. Programs have been categorized into program types by the primary needs addressed.*

PROGRAM TYPE	TARGET POPULATION	SETTING	RISK FACTORS	LEVEL OF EFFECTIVENESS
BULLYING PREVENTION				
Olweus Bullying Prevention Program (OBPP)	Ages 6-15, Elementary and Middle/Junior High	School-based	Verbal and physical aggression, weak peer relationships, lack of order and discipline at school	Model
DRUG/ALCOHOL PREVENTION				
ATLAS (Athletes Training and Learning to Avoid Steroids)*	Male High School athletes	School-based	Drug/alcohol use, antisocial peers	Promising
BASICS (Brief Alcohol Screening and Intervention of College Students)*	Ages 18-24, College students	College-based	Heavy alcohol users who are at risk for experiencing alcohol-related problems such as poor class attendance, missed assignments, accidents, sexual assault, and violence	Promising
CASASTART	Ages 11-13	Community-based	High risk exposure to drugs and criminal activity; dysfunctional individual, peer group, and family relationships	Promising
Guiding Good Choices (GGC)	Elementary, Middle/Junior High School	Community-based	Early initiation of substance abuse; family conflict and family management problems	Promising

PROGRAM TYPE	TARGET POPULATION	SETTING	RISK FACTORS	LEVEL OF EFFECTIVENESS
DRUG/ALCOHOL PREVENTION CONT.				
Life Skills Training (LST)	Ages 10-14, Middle/Junior High School	School-based	Drug use; association with drug-using peers; prior use; beliefs, societal laws and norms favorable of drug use	Model
Midwestern Prevention Project (MPP)	Middle/Junior High School	Community- and School-based	Substance abuse	Model
Orebro Prevention Program (OPP)	Parents of youth between the ages of 13-16	School-based	Underage drunkenness	Promising
Project Northland	Middle/Junior High School	Community- and School-based	Drug and alcohol use	Promising
Project Towards No Drug Abuse (TND)	High School	School-based (Traditional and Alternative)	Substance abuse	Model
EARLY CHILDHOOD EDUCATION				
Perry Preschool Project	High-risk, disadvantaged pre-school children	School-based	Socioeconomic disadvantage; early antisocial behavior; poor family management practices; low IQ	Promising
FAMILY THERAPY				
Brief Strategic Family Therapy (BSFT)	Ages 8-17, at-risk children and adolescents	Community/ Family-based	Family conflict and management problems	Promising
Functional Family Therapy (FFT)	Delinquent adolescents and their families	Community/ Family-based	Family conflict, poor family management practices, early antisocial behavior, parental drug use and crime, beliefs favorable to delinquent behaviors among youth and family members, extreme economic deprivation, academic failure	Model
Multisystemic Therapy (MST)	Ages 12-17, chronic juvenile offenders	Community/ Family-based	Antisocial behavior, family conflict, poor management practices, low bonding, association with deviant peers, low school bonding, poor academic performance, drop-out	Model

PROGRAM TYPE	TARGET POPULATION	SETTING	RISK FACTORS	LEVEL OF EFFECTIVENESS
LONG TERM, MULTI-COMPONENT				
Communities That Care (CTC)	Youth of any age	Community-based	Violence, delinquency, school drop-out, substance abuse	Promising
FAST Track	Elementary School	School-based	Antisocial behavior, poor academic performance, poor parent-child relationships	Promising
Raising Healthy Children Program	Grades 1-12	School-based, Family-based	School failure, drug abuse, and delinquency, dysfunctional bonding with families and schools, low academic achievement, poor interpersonal problem-solving skills, poor refusal skills, negative classroom behaviors	Promising
Seattle Social Development Project (SSDP)	Grade School and Middle/Junior High School	School-based	School failure, low school attachment, family management problems, early conduct problems	Promising
PARENT TRAINING/ SUPPORT & HOME VISITATION				
Nurse-Family Partnership (NFP)	Low income, at-risk pregnant women bearing their first child	Community-based	Lack of prenatal care, pre-term infants, single parent status, history of substance abuse, poor family management practices including child abuse and neglect	Model
Preventive Treatment Program (PTP)	Ages 7-9, males with disruptive behaviors	School-based	Poor family management, low socioeconomic status, disruptiveness in childhood	Promising
Strengthening Families Program for Parents and Youth 10-14 (SFP)	Ages 10-14, 6th grade students and their families	School-based, Family-based	Dysfunctional family practices, child management skills, parent-child relationships, family communications and onset of adolescent alcohol and substance use	Promising

ESSENTIALS

PROGRAM TYPE**TARGET POPULATION****SETTING****RISK FACTORS****LEVEL OF EFFECTIVENESS****PARENT TRAINING/
SUPPORT & HOME
VISITATION CONT.**

Strong African American Families (SAAF) Program

Ages 10-12

Family-based

Alcohol use and abuse in children and ineffective parenting practices of their caregivers

Promising

Triple P-Positive Parenting Program

Parents with children younger than eight years of age

Community-based

Dysfunctional parenting practices, child maltreatment, children's behavioral and emotional problems

Promising

**SOCIAL/EMOTIONAL
COMPETENCE
& BEHAVIORAL
MANAGEMENT**

Behavioral Monitoring and Reinforcement Program (BMRP)

Grade 7

School-based

Juvenile delinquency, substance use, and school failure in high-risk adolescents

Promising

Good Behavior Game (GBG)

Grades 1-2
Elementary School

School-based

Off task, aggressive, disruptive behavior and poor self management in the classroom

Promising

I Can Problem Solve (ICPS)

Pre-K, K and
Elementary School

School-based

Behavioral dysfunctions, poor interpersonal skills, poor problem solving skills

Promising

Incredible Years (IYS)

Ages 2-8

School and
Community-
based

Aggression, defiance, oppositional and impulsive behaviors

Model

Linking The Interests of Families & Teachers (LIFT)

Grades 1-5

School-based

Lack of problem-solving and peer interaction skills, poor family management practices

Promising

Multidimensional Treatment Foster Care (MTFC)

Adolescents

Community-
based

History of chronic and severe criminal behavior at risk of incarceration and severe mental health problems at risk for psychiatric hospitalization

Model

Promoting Alternative Thinking Strategies (PATHS)

K-5, Elementary School

School-based

Poor expression, understanding and regulation of emotions

Model

PROGRAM DESCRIPTIONS

*Programs marked * are also Communities That Care Tested, Effective Programs*

BLUEPRINTS MODEL PROGRAMS

BIG BROTHERS BIG SISTERS OF AMERICA (BBBS)*

This is the oldest and best known mentoring program in the United States. It matches 6-18 year old disadvantaged youth from single-parent households with an adult mentor.

FUNCTIONAL FAMILY THERAPY (FFT)*

FFT is a short term and well-documented program. It teaches techniques to engage and motivate youth and families; improve youth and family communication, interaction, and problem solving; and helps families better utilize outside system resources.

THE INCREDIBLE YEARS (IYS)*

This program is based on a set of three comprehensive, multi-faceted, and developmentally-based curricula for parents, teachers, and children designed to promote child emotional and social competence for children ages 2-8.



LIFE SKILLS TRAINING (LST)*

LST is a drug use prevention program that focuses on the development of important personal and social skills for junior high/middle school students. The curriculum is taught in school by classroom teachers.

MIDWESTERN PREVENTION PROJECT (MPP)

This is a community-based program for use in schools that targets adolescent drug use. It uses five intervention strategies designed to combat the community influences on drug use: mass media, school, parent, community organization, and health policy change.

MULTIDIMENSIONAL TREATMENT FOSTER CARE (MTFC)

This program is an effective alternative to residential treatment for adolescents who have problems with chronic delinquency and antisocial behavior. Families are trained to provide placement, treatment and supervision to participating adolescents.

MULTISYSTEMIC THERAPY (MST)

This program targets antisocial behavior and specific environmental factors to help parents respond effectively to their youth's behavior problems, including association with deviant peers and poor school performance.



NURSE-FAMILY PARTNERSHIP (NFP)*

This program uses nurse home visits to at-risk pregnant women to improve parent and child outcomes. Home visiting also promotes the cognitive and social-emotional development of the children, and provides general support and parenting skills to the parents.

OLWEUS BULLYING PREVENTION PROGRAM (OBPP)*

This program has as its major goal the reduction of victim-bully problems among school children. It aims to increase awareness of the problem, to achieve active involvement on the part of teachers and parents, to develop clear rules about bullying, and to provide support and protection for the victims of bullying.

PROJECT TOWARDS NO DRUG ABUSE (TND)*

Project TND is a drug abuse prevention program that targets high school age youth. The curriculum, taught by teachers or health educators, contains twelve 40-minute interactive sessions, and educates students about motivations to use drugs, social skills to resist peer pressure, and cognitive processing skills.

PROMOTING ALTERNATIVE THINKING STRATEGIES (PATHS)*

PATHS is an elementary school-based intervention designed to promote emotional competence, including the expression, understanding and regulation of emotions.



BLUEPRINTS PROMISING PROGRAMS

ATHLETES TRAINING AND LEARNING TO AVOID STEROIDS (ATLAS)*

ATLAS is a drug prevention and health promotion program designed to reduce the use of anabolic steroids and other drugs in male high school athletes. The program consists of seven weekly classes and 7-8 weight room sessions delivered by coaches and student team leaders. Topics include sports nutrition and strength training alternatives to athletic enhancing substances and other drugs.

BEHAVIOR MONITORING AND REINFORCEMENT PROGRAM (BMRP)

BMRP is a school-based intervention that helps prevent juvenile delinquency, substance use, and school failure for high-risk adolescents. Students are eligible for inclusion if they demonstrate low academic motivation, frequent or serious school discipline referrals, or family problems. It is a 2 year intervention, beginning in the 7th grade.

BRIEF ALCOHOL SCREENING AND INTERVENTION OF COLLEGE STUDENTS (BASICS)*

BASICS is aimed at college students 18-24 years old who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as academic failure, social conflicts, accidents, sexual assault, or violence.



BRIEF STRATEGIC FAMILY THERAPY (BSFT)*

BSFT is a short-term family therapy intervention to improve youth behavior problems by improving family interactions. BSFT is designed to assist Hispanic families and their children between the ages of 8-17.

CASASTART*

CASASTART is a community-based program that assists youth in high risk environments and seeks to reduce their exposure to drugs and criminal activity by providing case management services, after-school and summer activities, increased police involvement, family and education services, and mentoring.

COMMUNITIES THAT CARE (CTC)

CTC is a coalition-based community prevention operating system that uses a public health approach to prevent youth problem behaviors such as violence, delinquency, school drop-out and substance abuse.

FAST TRACK

FAST Track is a comprehensive, six year school-based program that reduces children's antisocial behavior. It incorporates parent training, home visitation, social skills training, academic tutoring, and a multidimensional elementary school curriculum.



GOOD BEHAVIOR GAME (GBG)

This is a universal (for everyone) intervention for early elementary students. It is a behavior management strategy aimed at reducing off-task and aggressive, disruptive behavior in the classroom and socializing children into the role of student. It is a team-based program, in which students are divided into groups and are rewarded if all members of the team display pro-social acts and avoid maladaptive behaviors.

GUIDING GOOD CHOICES (GGC)*

GGC is a family competency training program (part of the Families That Care series) that promotes healthy, protective parent-child interactions and reduces children's risk for early substance use initiation. This program focuses on improving parenting skills and parents' self efficacy and also provides students with peer pressure refusal skills.

I CAN PROBLEM SOLVE (ICPS)

This universal, school-based curriculum enhances children's problem-solving skills and peer relationships by teaching participants to evaluate conflict situations and the feelings and motives that created them, develop alternative solutions, and consider the consequences of their behavior.



LINKING THE INTERESTS OF FAMILIES AND TEACHERS (LIFT)

LIFT is a school-based intervention for first and fifth graders and their families. It aims to decrease antisocial behavior and involvement with delinquent peers by providing classroom-based child social and problem skills training, playground-based behavior modification, and group-delivered parent training.

OREBRO PREVENTION PROGRAM (OPP)

OPP is a universal prevention program to decrease underage drunkenness by maintaining parents' restrictive attitudes and expectations toward underage drunkenness. It targets all parents of youth between the ages of 13-16 and is delivered through structured 20 minute presentations during parent meetings in school, once each semester.

PERRY PRESCHOOL PROJECT

This program provides disadvantaged children with two years of high-quality early education. Its success in decreasing delinquency and improving later life experiences lies in the following key components: small classroom size, trained staff that provides close supervision and encourages parent involvement, and sensitivity to children's non-educational needs.



PREVENTIVE TREATMENT PROGRAM (PTP)

This program focuses on youth who display early problem behavior. Parents are taught to monitor children's behavior, provide positive reinforcement, use effective discipline, and manage family crises, while children are taught to practice self-control and model pro-social behaviors.

PROJECT NORTHLAND*

Project Northland guides students, teachers, parents, and community members to collaborate in preventing adolescent alcohol use. Its intervention strategies include a school curriculum, parent involvement, a community task force, and a peer participant program.

RAISING HEALTHY CHILDREN PROGRAM

This program incorporates school, family and individual approaches to promote key elements that all children need: opportunities, skills and recognition.

SEATTLE SOCIAL DEVELOPMENT PROJECT (SSDP)

This universal intervention provides on-going training for students, teachers, and parents to increase children's pro-social bonds and decrease delinquency. Instructors improve their classroom management and interactive teaching skills; students learn communication, decision-making, and conflict resolution techniques; and parents are encouraged to improve their discipline and supervision strategies and increase their communication with teachers.

STRENGTHENING FAMILIES PROGRAM FOR PARENTS AND YOUTH 10-14 (SFP)*

This is a universal, family-based intervention that enhances parents' general child management skills, parent-child affective relationships, and family communication.

STRONG AFRICAN AMERICAN FAMILIES (SAAF) PROGRAM

SAAF is a family-centered program designed to prevent alcohol use and abuse among rural African American youth ages 10-12 and improve the parenting practices of the significant caregivers responsible for them.

TRIPLE P-POSITIVE PARENTING PROGRAM

Triple P is a comprehensive, community-wide system of parenting and family support. There are five intervention levels designed to enhance parental competence and prevent or alter dysfunctional parenting practices, reducing an important set of family risk factors both for child maltreatment and for children's behavioral and emotional problems.

ADDITIONAL INFORMATION

For information about steps to develop a safe school plan, refer to the Safe School **PLANNING GUIDE**.

For information about the process of selecting, implementing, monitoring and evaluating programs, refer to the Safe School **ACTION GUIDE**.

SAFE COMMUNITIES • SAFE SCHOOLS PARTNERS:

Colorado Attorney General's Office
Safe2Tell
Center for the Study and Prevention of
Violence



SAFE COMMUNITIES • SAFE SCHOOLS SAFE SCHOOL PROGRAM GUIDE

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