



## Quick Reference Resource: Evidence-based Programs that Address Multiple Risk Factors

The Florida Department of Children and Families (DCF) Family Intensive Treatment (FIT) teams use evidence-based programs (EBPs) such as Child-Parent Psychotherapy (CPP), Circle of Security, Parenting Wisely, and others. Most of these programs focus on parenting skills for parents involved in child welfare with children 0-5 years of age. For adolescents and youth whose parents have opioid use disorder (OUD) and other substance use disorders (SUDs), the DCF micromodule *Prevention Strategies for Youth Affected by Parents with Opioid Use Disorder (OUD)* ([www.training.fadaa.org](http://www.training.fadaa.org)) makes a case for also considering prevention programs that provide multiple cumulative strategies that address the complexity of the social, physiological, developmental, and external realities many of these young people face due to parental substance use. Such approaches are generally aligned with selected or indicated preventive interventions. This Quick Reference Resource, a companion document to the micromodule, provides examples of EBPs for youth under 18 years of age, most in the middle school age range. While not an exhaustive listing, the chart includes programs that have been implemented across a range of settings (e.g., homes, child welfare settings, schools) that target different time periods during development, spanning prenatal development to adolescence. The chart below includes programs that:

- Were proven effective through a randomized trial design or a quasi-experimental design that used an adequate comparison group;
- Produced outcomes showing a measurable difference in substance use or substance use-related outcomes between intervention and comparison groups based on statistical significance testing;
- Were implemented in family, school, or general community settings;
- Were implemented with children and youth under 18 years of age; and
- Include a written manual that specifies the procedures used in the intervention to increase likelihood of fidelity in replication of the model.

Most of the programs in the chart are for selective or indicated populations (subgroups determined to be at high risk for substance use or individuals who are already using substances but have not developed a SUD). A few programs that target universal populations (aimed at all members of a population) are included in the chart; however, they either span several years (providing a booster effect) or had outcomes specifically related to opioids. All programs below were identified in the 2018 report, *Facing Addiction in America: The Surgeon General's Spotlight on Opioids* ([https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids\\_09192018.pdf](https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids_09192018.pdf)), and many also appear in evidence-based prevention program directories such as Blueprints (<https://www.blueprintsprograms.org/>); Crime Solutions (<https://www.crimesolutions.gov/>); and SAMHSA Evidence-based Resource Center (<https://www.samhsa.gov/ebp-resource-center>). Users of this reference document are encouraged to review these directories for other effective programs and updates.

Program and Population of Focus	Type and Domain	Description/Outcomes
<p>Classroom-Centered Intervention to Reduce Risk of Substance Use (CCI)</p> <p>First-grade Students</p>	<p>Universal</p> <p>School</p>	<p>CCI is designed to reduce the risk for substance use by improving teachers' behavior-management skills and enhancing existing classroom curricula. The program reduced rates of cocaine and heroin use in middle and high school, but it had no preventive effects on alcohol or marijuana initiation.</p> <p>Findings include: at 6-year follow-up (Grade 8), reduced risk of starting use other illegal drugs (heroin, crack, and cocaine powder; 2.6% vs.7%).</p> <p><a href="https://www.crimesolutions.gov/ProgramDetails.aspx?ID=452">https://www.crimesolutions.gov/ProgramDetails.aspx?ID=452</a></p>
<p>Lifeskills Training (LST)</p> <p>Early Adolescence (12-14)</p> <p>- Middle School</p>	<p>Universal</p> <p>School</p>	<p>LST is a classroom-based, 3-year, middle school substance abuse prevention program to prevent teenage drug and alcohol abuse, adolescent tobacco use, violence, and other risk behaviors. The life skills curriculum teaches students self-management skills, social skills, and drug awareness and resistance skills. A Prescription Drug Abuse Prevention Module gives teens the skills and knowledge necessary to help them avoid the misuse/abuse of opioids and prescription drugs. The new module is designed to further enhance the effectiveness of the LST Middle School program, which has been proven to reduce opioid and prescription drug misuse.</p> <p>Outcomes include: delayed early use of alcohol, tobacco, and other substances and reduced rates of use of all substances up to 5 years after the intervention ended. A 6-year follow-up showed significantly lower incidence of drunkenness (33.5% vs. 40%) but not significantly lower incidence of monthly, or weekly alcohol use; no effect on marijuana use. Sixty-six percent reduction in weekly polydrug use (alcohol, marijuana, and tobacco). Other impact areas: Alcohol, Delinquency and Criminal Behavior, Illicit Drug Use, Sexual Risk Behaviors, STIs, Tobacco, Violence</p> <p><a href="https://www.lifeskillstraining.com/">https://www.lifeskillstraining.com/</a></p>

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PROmoting School-community-university Partnerships to Enhance Resilience (PROSPER) Early Adolescence (12-14) - Middle School	Universal  Multicomponent (School/Community)	<p>The PROSPER delivery system focuses on community-based collaboration and capacity building that links the land-grant university Cooperative Extension System with the public-school system to foster implementation of evidence-based youth and family interventions, complete with ongoing needs assessments, monitoring of implementation quality and partnership functions, and evaluation of intervention outcomes.</p> <p>Findings include: by Grade 12, lower lifetime rates of prescription opioid misuse (22.1% vs. 27.8%) and lifetime prescription drug misuse overall (23.1% vs. 29.0%). Other impact areas: Alcohol, Close Relationships with Parents, Conduct Problems, Delinquency and Criminal Behavior, Illicit Drug Use, Tobacco</p> <p><a href="http://helpingkidsprosper.org/">http://helpingkidsprosper.org/</a></p>

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<p>Strengthening Families Program (SFP) for Parents and Youth</p> <ul style="list-style-type: none"> <li>• Late Childhood (5-11) - K/Elementary</li> <li>• Early Adolescence (12-14) - Middle School</li> <li>• A newer 7-17 age group program</li> </ul>	<p>Universal and Selective</p> <p>Family and School/Multi-component</p>	<p>SFP is a widely-used, seven-session, universal family-focused program that enhances parenting skills—specifically nurturing, setting limits, and communicating—as well as adolescent substance refusal skills. Across multiple studies conducted in rural United States communities, SFP showed reductions in tobacco, alcohol, and drug use up to 9 years after the intervention (i.e., to age 21). SFP is designed for general and high-risk families to significantly improve parenting skills and family relationships, reduce child maltreatment, children's problem behaviors, delinquency and alcohol and drug abuse; and to improve social competencies and school performance. The program is designed to work with many different ethnicities and races.</p> <p>To make SFP skills available to every family, in 2011 a new low-cost SFP home-use DVD and online courses for ages 7-17 were developed by Dr. Karol Kumpfer and Jaynie Brown. Sold for \$5 each through the <a href="#">Strengthening Families Foundation</a>, <a href="#">the DVD</a> or <a href="#">Online lessons</a> are for parents and children to watch together at home.</p> <p>Findings include: at age 25, lower rates of prescription opioid misuse (6.0% vs. 8.8%) and lifetime prescription drug misuse overall (6.3 vs. 9.4) when combined with Life Skills Training. Other impact areas: Alcohol, Antisocial-aggressive Behavior, Close Relationships with Parents, Illicit Drug Use, Internalizing, Tobacco</p> <p><a href="https://www.strengtheningfamiliesprogram.org/">https://www.strengtheningfamiliesprogram.org/</a></p>
<p>Coping Power Late Childhood (5-11) - K/Elementary</p>	<p>Selective</p> <p>School</p> <p>School</p>	<p>Coping Power is a 16-month program for at risk children in Grades 5 and 6 who were identified with early aggression. The program, which is designed to build problem-solving and self-regulation skills, has both a parent and a child component and reduces early substance use and aggressive attitudes and behaviors.</p> <p>Findings include: at 1-year follow-up (Grade 7), lower self-reported past-month use of substances (ES = 0.58). General impact areas: Academic Performance, Alcohol, Antisocial-aggressive Behavior, Delinquency and Criminal Behavior, Illicit Drug Use</p> <p><a href="http://www.copingpower.com/">http://www.copingpower.com/</a></p>

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<p>Familias Unidas</p> <ul style="list-style-type: none"> <li>• Early Adolescence (12-14) - Middle School</li> <li>• Late Adolescence (15-18) - High School</li> </ul>	<p>Selective</p> <p>Family/Home/School</p>	<p>Familias Unidas is a family-based intervention for Hispanic or Latino youth that includes both multi-parent groups (eight weekly 2-hour sessions) and four to ten 1-hour individual family visits and has been shown to lower substance use or delay the start of substance use among adolescents. The program also reduces risk for behavior problems, illicit drug use, alcohol use, cigarette use, and unsafe sexual behavior in Hispanic youth and adolescents.</p> <p>Findings include: significantly lower past 30-day substance use at 18-month (ES = 0.25) and 30-month follow-ups (25% vs. 34%). Other impact areas: Externalizing, Illicit Drug Use, Sexual Risk Behaviors</p> <p><a href="http://familias-unidas.info/">http://familias-unidas.info/</a></p>
<p>KEEP SAFE</p> <p>Early Adolescence (12-14) - Middle School</p> <p>(youth in foster care entering middle school)</p>	<p>Selective</p> <p>Family and School</p>	<p>KEEP SAFE is six-session group-based intervention, facilitated by paraprofessionals for youth in foster care as they transition to middle school. The program aims to prevent internalizing and externalizing problems that may lead to more serious, longer-term outcomes such as delinquency, substance use, and high-risk sexual behavior. Foster parents also attend a six-session program.</p> <p>Evaluation finding with girls in foster care: at 18-month follow-up, lower rates of substance use.</p> <p><a href="https://www.blueprintsprograms.org/factsheet/keep-safe">https://www.blueprintsprograms.org/factsheet/keep-safe</a></p>

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<p>Nurse Family Partnership (NFP)</p> <p>First-time Moms and Their Children (through the child's second birthday)</p>	<p>Selective</p> <p>Family</p>	<p>This selective NFP prevention program uses trained nurses to provide an intensive home visitation intervention for at-risk, first-time mothers during pregnancy. NFP involves specially trained nurses regularly visiting young, first-time moms-to-be, starting early in the pregnancy and continuing through the child's second birthday. This intervention provides ongoing education and support to improve pregnancy outcomes and infant health and development while strengthening parenting skills. Over more than four decades, research consistently has proven that NFP succeeds at its most important goals: keeping children healthy and safe, and improving the lives of moms and babies.</p> <p>Findings include: at 13-year follow-up (age 15), parents in the nurse-visits intervention reported their children had fewer behavioral problems due to use of substances (0.15 vs. 0.34). General impact areas: Child Maltreatment, Delinquency and Criminal Behavior, Cognitive Development, Internalizing, Mental Health. Other impact areas: Physical Health and Well-Being, Preschool Communication/Language Development, Reciprocal Parent-Child Warmth.</p> <p><a href="https://www.nursefamilypartnership.org/">https://www.nursefamilypartnership.org/</a></p>
<p>Positive Family Support (Family Check Up)</p> <p>Early Adolescence (12-14) - Middle School</p>	<p>Selective</p> <p>Family/School</p>	<p>Positive Family Support (Family Check Up) is a family-based, 3-tiered intervention that aims to reduce problem behavior and risk for substance abuse and depression and improve family management practices and communication skills, as well as adolescents' self-regulation skills and prosocial behaviors.</p> <p>Outcomes include reductions in alcohol, depression, sexual risk behaviors, and tobacco.</p> <p><a href="https://www.blueprintsprograms.org/factsheet/positive-family-support">https://www.blueprintsprograms.org/factsheet/positive-family-support</a></p>

Program and Population of Focus	Type and Domain	Description/Outcomes
Project Towards No Drug Use (TND) Late Adolescence (15-18) - High School	Selective and Indicated  School/Community	TND focuses on youth who are at high risk for drug use and violence. It is designed for youth who are attending alternative high schools but can be delivered in traditional high schools as well. The twelve 40-minute interactive sessions aim to prevent teen drinking, smoking, marijuana, and other hard drug use and have shown positive effects on alcohol and drug misuse.  Outcomes include: at 5-year follow-up, reduced hard drug use. Other general impact areas: Alcohol, Illicit Drug Use, Tobacco, Violent Victimization  <a href="https://tnd.usc.edu/">https://tnd.usc.edu/</a>
Fast Track At-risk School-age Children and Adolescents, Grades 1 through 10	Indicated  Multi-component	The Fast Track program is an intensive 10-year intervention that was implemented in four United States locations for children with high rates of aggression in Grade 1.  Findings include: at 10-year follow-up (age 25), decreased probability of diagnosed alcohol abuse (OR = 0.69), serious substance use (OR = 0.58), lower drug crime conviction rate (34.7% reduction), no effect on binge drinking or heavy marijuana use.  <a href="https://fasttrackproject.org/">https://fasttrackproject.org/</a>

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