

Tested Effective Programs Being Implemented by School Teams, February, 2004

Tested effective list	Programs	High Schools	Middle Schools	Altern. Schools	Description	Providers Required
CTC	Big Brothers/Big Sisters School-Based Mentoring (125)	Nathan Hale,			Careful screening, matching, and management of long term adult-child one on one mentor relationship. Has school-based program	<ul style="list-style-type: none"> ▪ Service provider ▪ School coordinator/contact
CTC	Life Skills Training (84)	Franklin Rainier Beach		Salmon Bay	Substance abuse prevention classroom curriculum including <ul style="list-style-type: none"> ▪ 4 session problem specific component (d&a info and refusal skills) ▪ sessions on Personal skills and well-being. ▪ Sessions developing social skills and interpersonal competence ▪ A booster curriculum for the following year. 	<ul style="list-style-type: none"> • School-based teaching staff
CTC	Olweus Bullying Prevention Program (83)		Denny Eckstein Hamilton McClure Mercer Whitman	Marshall Seahawks Summit	Guides comprehensive and systemic interventions at three levels: <ul style="list-style-type: none"> ▪ School-wide ▪ Classroom based ▪ Individual with bullying and victim students and families 	<ul style="list-style-type: none"> ▪ Whole-school staff
5	Parenting Adolescents Wisely	Ballard, Garfield, West Seattle	Eckstein Madison		An interactive CD-ROM program for parents. (Available in Spanish)	<ul style="list-style-type: none"> ▪ School staff ▪ Community-based providers ▪ Faith communities ▪ Family centers/tech centers etc
CTC	Guiding Good Choices (formerly Preparing for the Drug Free Years) (35)			Salmon Bay	Five two-hour (or ten one hour) parent training sessions co-facilitated with specific focus on drug and alcohol abuse prevention.	<ul style="list-style-type: none"> ▪ School or community based parent trainers.
1, 2, 3	Project Achieve	Cleveland			A three-year, comprehensive school reform program for schools that involves school-wide effort and consultation/professional development process.	<ul style="list-style-type: none"> ▪ Whole school staff
CTC	Project Alert (88)			Salmon Bay	A video based drug abuse prevention classroom curriculum for grades 6-7 or 7-8. Eleven lessons in year 1, three lessons in year two.	<ul style="list-style-type: none"> ▪ School-based teachers
1	Project SUCCESS	Ballard Roosevelt Chief Sealth		South Lake	A Project SUCCESS Counselor delivers a full range of substance abuse prevention and early intervention services	<ul style="list-style-type: none"> ▪ School-based coordinator and provider.

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CTC	Project Towards No Drug/Tobacco Abuse (94)	Garfield West Seattle,		NOVA	Classroom based curriculum for preventing drug and tobacco use. Includes 12 40-50 minute lessons.	<ul style="list-style-type: none"> ▪ Classroom teachers
CTC	Reconnecting Youth (86)	Cleveland Franklin			School-based systematic program for students at risk of dropping out, includes: <ul style="list-style-type: none"> ▪ Semester long personal growth class ▪ Social activities and bonding ▪ School system crisis response plan 	School-based <ul style="list-style-type: none"> ▪ Classroom teachers ▪ Activities coordinators ▪ Crisis response management
4	Strengthening Multi-Ethnic Families and Communities		Aki		Parent Training program—12 three hours sessions. Available in English, Spanish, Vietnamese, Korean, Cambodian, and Russian.	<ul style="list-style-type: none"> ▪ School and community-based coordination, outreach, and training
CTC	Tutoring (60-61, 95)	Ingraham	Madison, Mercer		Studies only. The Valued Youth Partnership Program study indicated benefit to tutored students.	<ul style="list-style-type: none"> ▪ School-based coordination and training ▪ tutors

Tested Effective List Designation

CTC=indicates program is included in the CTC list of strategies compiled in the *A Research Guide to What Works* booklet. () indicate the page number.

Other designations:

1=**Model Program**—Substance Abuse and Mental Health Services Administration

2=**Exemplary Program**—White House Conference on School Safety

3=**Effective School Reform Program**—Center for Effective Collaboration and Practice, American Institutes for Research

4=**Promising Practice**—CSAP's Western Center for the Application of Prevention Technology

5=**Best Practice**-- CSAP's Western Center for the Application of Prevention Technology