

SUBSTANCE ABUSE PREVENTION

PROFESSIONAL DEVELOPMENT

PREVENTION FIRST
Building community capacity to prevent substance abuse

TIP SHEET

PROJECT TOWARDS NO DRUG ABUSE: IMPLEMENTATION

PROGRAM OVERVIEW

Project Towards No Drug Abuse (Project TND) is a drug use prevention program for high school youth. The current version of the curriculum is designed to help students develop self-control, communication skills, acquire resources that help them resist drug use, improve decision making strategies, and develop the personal motivation to not use drugs.

Project TND targets high school youth, ages 14 to 19. The program has proved successful when implemented in regular as well as alternative high schools, with students from diverse ethnic and socioeconomic backgrounds. Students receive 12 interactive sessions that are 40 minutes in length. In Project TND sessions, students:

- Examine their beliefs and perspectives.
- Examine their ambivalence about drug use.
- Clarify what kind of person they are and what they value.
- Resolve self-arguments.

SPECIAL CONSIDERATIONS FOR ILLINOIS SUBSTANCE ABUSE PREVENTION PROVIDERS

Project TND was designed for implementation over a four-week period, which would include three sessions per week. However, Project TND can be implemented twice a week over a six-week period, on the condition that all sessions are taught and all youth are likely to attend each session.

TEACHING STRATEGIES

Project TND is an effective program that is intended to help break the chain between drug use and abuse. A critical point between use and abuse occurs during the high school years. Project TND provides students detailed information about the social and health consequences of drug misuse, provides motivation enhancement strategies, and includes instruction in active listening, effective communication skills, stress management/coping skills, tobacco cessation techniques, self-control, and decision making skills to counteract risk factors for drug abuse relevant to older teens.

Optional Instructional Format

One of the new features of Project TND is the inclusion of an optional instructional format in sessions 1, 3, and 6. The optional format involves delivery of the same program content, but through the use of small discussion groups rather than discussion with the entire class. The optional format can be used in settings in which students may stay on task and participate more actively when they are organized in small groups. The use of the entire class format or small group discussion format is at the discretion of the teacher. For sessions 1, 3, and 6, the optional format is outlined on the colored pages of the manual. If a teacher chooses to use the optional format, they should begin the session as outlined on the white pages for that session, and then switch to the colored pages, continuing to the end of the session using the steps outlines on the colored pages.

Place Students into Small Groups Carefully

Educators often times want to allow students to have a voice and a choice when choosing groups for small group activities, but program effectiveness may be jeopardized when the groups are constituted based on friendships and shared substance use experiences. Therefore, students who have substance use histories should not be grouped together. If you decide to use the optional small group format for Project TND sessions 1, 3, and 6, the program developers recommend that you create the groups in which students will work well together. Generally, it is preferable to have groups of 5 to 8 youth that are heterogeneous in terms of student factors such as gender, ethnicity, and academic achievement.

Make Activities Fun

Each of the program sessions is highly participatory and interactive. The sessions provide opportunities for the interactions among students and between students and the teacher.

Enjoy the TND Game

The TND game was developed to promote student participation, reinforce learning, and aid the teacher with classroom management. The game is to be used as a previous session review at the beginning of each class (except for session 1). As time permits, it should also be used as a session summary at the end of each class. For the game to be most effective, a reward system should be part of the structure. Extra credit for the winning team or small prizes can strengthen students' investment in the sessions and the game.

ADDITIONAL RESOURCES

For more information about technical assistance or the services we offer, please contact providerservices@prevention.org or call 217-836-5346.

Project TND Internet Support - tnd.usc.edu

Project TND Implementation, Fidelity, and Adaptation Assistance

Leah Meza - Program Manager – Project TND, leadmedi@usc.edu or 1-323-422-8202

SAMHSA's National Registry of Evidence-Based Programs and Practices – NREPP - www.nrepp.samhsa.gov