

SUBSTANCE ABUSE PREVENTION

PROFESSIONAL DEVELOPMENT



TIP SHEET

PROJECT NORTHLAND AND CLASS ACTION: IMPLEMENTATION

PROGRAM OVERVIEWS

Project Northland is a multilevel intervention involving students, peers, parents, and community in programs designed to delay the age at which adolescents begin drinking, reduce alcohol use among those already drinking, and limit the number of alcohol-related problems among young drinkers. Slick Tracy is the first Project Northland curriculum for 6th graders, followed by Amazing Alternatives for 7th graders, and Power Lines for 8th graders.

Class Action is the second phase of the Project Northland alcohol-use prevention curriculum series and is intended for high school students. Class Action draws upon the social influence theory of behavior change, using interactive, peer-led sessions to explore the real-world legal and social consequences of substance abuse.

SPECIAL CONSIDERATIONS FOR ILLINOIS SUBSTANCE ABUSE PREVENTION PROVIDERS

While it is mandatory to implement the 6th, 7th, and 8th grade Project Northland curricula, the high school curriculum, Class Action, is optional. Each level of curriculum has a required number of sessions:

- 6th grade Slick Tracy – 5 required sessions at 30 minutes each
- 7th grade Amazing Alternatives – 8 required sessions at 45 minutes each
- 8th grade Power Lines – 8 required sessions at 45 minutes each
- 9-12th grade Class Action – (optional) 8 sessions at 45 minutes each

TEACHING STRATEGIES

Project Northland employs grade-specific tasks, exercises, and activities in a variety of highly engaging, interactive formats, such as comic books, real-life scenarios, and posters, to reach young people at an age when they are most likely to try alcohol.

Many of the activities are student-led, but the role of the teacher is critical. The teacher must guide the process to ensure that the lesson plans are followed, and the teacher's enthusiasm has much influence over program effectiveness. Project Northland provides many teaching strategies and tips. A few of these teaching strategies are listed below.

Motivate, Guide, and Excite Students to do the Program Activities

Enthusiasm is contagious! If you are excited about the messages you deliver to students, they are more likely to enjoy the program.

Make Spanish Materials Available as Needed

Make sure Spanish versions of materials are available to students and families whose primary language in the home is Spanish. Project Northland and Class Action provide many materials for students and families in Spanish.

Prepare Ahead of Time for Special Challenges

Project Northland and Class Action encourage teachers/prevention specialists teaching the curriculum to be prepared for special challenges that may come up in class. It is important to know the school's policy and your agency's policy for reporting concerns about students who reveal they live in a home that has alcohol issues, or a student reveals they are experimenting with alcohol or other substances. It is important to approach each situation in a professionally responsible way.

Answer Questions

Always answer any questions students might have about the program. If you do not know the answer to a specific question a student asks, tell them you will write the question down, find out the answer, and report back the answer to them at the next scheduled class.

Offer Assistance

Peer leaders play a central role in the Project Northland curriculums. Teachers will need to help provide guidance and support to peer leaders and facilitators to ensure lessons move smoothly and lessons plans are followed, ensuring lesson fidelity.

ADDITIONAL RESOURCES

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

Project Northland and Class Action Implementation Assistance

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Project Northland and Class Action Internet Support – www.hazelden.org/projectnorthland

SAMHSA's National Registry of Evidence-Based Programs and Practices – NREPP

www.nrepp.samhsa.gov