



## **Project Towards No Drug Abuse**

### **Program Description**

Project Towards No Drug Abuse (Project TND) is funded by the National Institute on Drug Abuse as a drug abuse intervention and prevention program for high school-age youth. This school-based program (1) teaches skills, such as healthy coping and self control, (2) educates students about myths and misleading information that encourage substance use and motivates change, (3) warns of chemical dependency and other negative consequences, and (4) provides cessation strategies for those already using drugs. Finally, it encourages youth to use positive decision-making skills, to continue to discuss substance abuse with peers, and to commit to not using substances. Steve Sussman, a professor in the University of Southern California's Departments of Preventive Medicine and Psychology, developed this program.

### **Target Audience**

Adolescents ages 14 to 19 years old attending both regular and alternative schools have participated in this program. Project TND was tested with Caucasian, African American, Hispanic/Latino, and Asian American students.

### **Special Populations/Available Adaptations**

Project Towards No Drug Abuse is designed for adolescents in any school or school district. Teachers can administer lessons to classrooms with as few as 5 or as many as 40 students. It has also been tested for alternative high schools. At this time, materials are only available in English. A Spanish version of the student workbook and teachers manual will be available after March, 2007

### **Program Components**

Project TND aims to prevent tobacco, alcohol, and other drug use and to help students make healthy, informed choices in their lives. It is taught through twelve 40 to 50-minute lessons and focuses on the following three areas:

Motivational factors: The lessons address students' attitudes, beliefs, expectations, and desires regarding drug use. This program also addresses student's cognitive misperceptions around drug use. Often, teens receive misinformation about drugs from a variety of sources. Classroom lessons allow students to discuss their ideas, and it gives teachers an opportunity to provide students with more accurate information and correct any myths. This includes lessons on the adverse physical, mental and emotional consequences of drug use for the user.

Skills (social, self-control, and coping skills); When teens use drugs, it is often to cope with problems, to fit in with their peers, or because they lack appropriate self control skills. Several lessons aim to provide students with healthier coping, communication, and self control skills so that they do not resort to substance use and abuse.

Decision-making: Students learn how to make decisions that lead to health-promoting behaviors. In addition, students also make a commitment to not use and to continue the conversations from Project TND with their peers.

### **Training & Technical Assistance**

It is strongly recommended that educators participate in a one-day or two-day training prior to implementing Project TND curriculum. However, training is not mandatory, and schools have previously used this program without formal training. An implementation manual provides step-by-step instructions. Other program materials include a video on the importance of substance abuse prevention, student workbooks, and an optional kit with additional instructional materials.

The Institute for Prevention Research at the University of Southern California provides Project TND training, technical assistance, and materials. To learn more and discuss having a training at your site, go to:

<http://tnd.usc.edu/training.php?PHPSESSID=79a4f45112bba48c0f375d7b55e4291f>

### **Program and Training Costs**

The standard one-day or two-day training is offered onsite in a seminar/workshop format, and costs vary depending on the location of the site, plus travel expenses for the trainer. The cost is \$1,100 for a one-day training and \$1,800 for two days for sites located in the Pacific /Mountain time zone; \$1,200 for one-day and \$1,900 for two days for those in the Central time zone; and \$1,300 for one-day and \$2,000 for two-day training for sites located in the Eastern time zone. Sites must also pay for the trainer's airfare, airport parking, ground transportation, mileage, and per diem (hotel and food). The teacher's manual (\$70), a set of five student workbooks (\$50), the Drugs and Life Dreams video (\$25), and a TND game board (\$15) are also separate fees.

### **Evaluation Results**

Evaluations conducted by the developer have included over 42 schools and more than 3,000 youth in Southern California. One year results showed a significant decrease in self-reported cigarette smoking, alcohol use, marijuana use, and hard drug use for students participating in Project TND compared to the control group (Sussman et al., 1998; Sussman, Dent, & Stacy, 2002). Project TND has been tested at traditional and alternative high schools and was found to reduce alcohol and illicit drug use for students in both settings (Dent et al., 2001; Sussman, Dent, & Stacy, 2002). Two-year follow-up maintenance of effects has been found for cigarette, marijuana, and hard drug use (Sussman et al., 2003). A long term study of the program found that after 5 years, there was a reduction in hard drug use for the students who completed the program and could be follow-up that long (46%; Sun et al., 2006).

### **Agency/Institution Recognition**

- Substance Abuse and Mental Health Services Administration (SAMHSA) Model Program
- Helping America's Youth (HAY) Programs: Level I
- Office of Juvenile Justice and Delinquency Prevention (OJJDP) Exemplary Model Program
- Blueprints Model Program
- Health Canada: Exemplary Programs from the Scientific Literature

### **Safe Schools/Healthy Students (SS/HS) Elements**

To receive an SS/HS grant, schools must meet the 6 element requirements. SS/HS grantees have used Project TND to fulfill the following element:

Element II: Alcohol and Other Drug and Violence Prevention and Early Intervention Programs

### **Contact information**

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### **Web Resources**

The University of Southern California Institute for Prevention Research Web site provides important technical assistance and training related information. Visit their FAQ page for answers to common Project TND training questions (<http://tnd.usc.edu/index.php>).

This Web site from the California Continuation Education Association reviews the results of three Project TND studies conducted in the California school systems (<http://www.cceanet.org/Research/Sussman/tnd.htm>).

Helping America's Youth, a Presidential Initiative led by Mrs. Laura Bush, provides an overview of the program and reviews the results of Project TND studies (<http://guide.helpingamericasyouth.gov/programdetail.cfm?id=47>).

The Office of Juvenile Justice and Delinquency Prevention rates Project TND as an exemplary model program, and its web site includes the program's logic models and performance matrixes ([http://www.dsgonline.com/mpg2.5/TitleV\\_MPG\\_Table\\_Ind\\_Rec.asp?ID=47](http://www.dsgonline.com/mpg2.5/TitleV_MPG_Table_Ind_Rec.asp?ID=47)).

Two SAMHSA Model Program web sites provide detailed information about Project TND ([http://www.modelprograms.samhsa.gov/template\\_cf.cfm?page=model&pkProgramID=30](http://www.modelprograms.samhsa.gov/template_cf.cfm?page=model&pkProgramID=30) and <http://www.modelprograms.samhsa.gov/pdfs/Details/Project%20TND.pdf>).

Project TND is a Health Canada Model program and includes a brief topical breakdown of the 12 lesson plans on its Web site ([http://209.85.165.104/search?q=cache:op\\_FQYs01SoJ:www.hc-sc.gc.ca/ahc-asc/pubs/drugs-droques/prevent/programmes-programmes\\_15\\_e.html+%22Health+Canada%22+%22project+toward+no+drug+abuse%22+model+program&hl=en&gl=us&ct=clnk&cd=5](http://209.85.165.104/search?q=cache:op_FQYs01SoJ:www.hc-sc.gc.ca/ahc-asc/pubs/drugs-droques/prevent/programmes-programmes_15_e.html+%22Health+Canada%22+%22project+toward+no+drug+abuse%22+model+program&hl=en&gl=us&ct=clnk&cd=5)).

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