U.S. Department of Education Expert Panel List of Exemplary Programs

The purpose of the Expert Panel list is to provide teachers, administrators, and parents with solid information on the quality and effectiveness of programs and materials so that they can make better-informed decisions in their efforts to improve the quality of student learning.

The Kansas State Department of Education does not endorse any private or commercial products or services. The resources listed on this web page are meant to serve as a guide to inform school districts of available resources. Districts are encouraged to research the efficacy of any prevention /education curriculum.

1. Athletes Training and Learning to Avoid Steroids (ATLAS)

Program Information: ATLAS program is a universal program for high school male athletes. The goals of the program are to reduce anabolic steroids use and intent to use; reduce use of alcohol and other illicit drugs; reduce "athletic enhancing" supplement use; reduce substance abuse risk factors; promote substance abuse protective factors; improve nutrition behaviors; and improve athletic self-efficacy.
Contact Information: Linn Goldberg, ATLAS Program, Oregon Health Sciences University
(503) 494-6559
http://www.atlasprogram.com

2. CASASTART (Striving Together to Achieve Rewarding Tomorrows)

Program Information: CASASTART is a substance abuse and violence prevention program serving especially high-risk 8-13 year olds and their families living in socially distressed neighborhoods. The program is a comprehensive, neighborhood-based, school-centered secondary intervention that brings police, schools, and community-based organizations together to achieve two goals: (1) redirect the lives of youngsters who are considered likely to end up in trouble and (2) reduce and control illegal drugs and related crime in the neighborhoods in which the youth live in order t make them safer and more nurturing environments.
Contact Information: Lawrence Murray, The National Center on Addiction and Substance Abuse at Columbia University, (212) 841-5208
http://www.casacolumbia.org

3. Life Skills Training

Program Information: The Life Skills Training Program addresses a wide range of risk and protective factors by teaching general personal and social skills in combination with drug resistance skills and normative education. LST is a universal, primary, school-based drug abuse prevention program. The goal of the program is to prevent tobacco, alcohol, and drug abuse among adolescents.
Contact Information: National Health Promotion Associates, (914) 421-2525

http://www.lifeskillstraining.com

4. OSLC Treatment Foster Care

Program Information: OSLC (Oregon Social Learning Center) Foster Care recruits and trains families to house and care for youth with a history of juvenile delinquency. The goals of the program are to provide adolescents who are seriously delinquent and in need of out-of-home care with the following: close supervision, fair and consistent limits and predictable consequences for rule breaking, a supportive relationship with at least one adult mentor, and a reduction in their exposure to delinquent peers.

Contact Information: Patricia Chamberlain Oregon Social Learning Center Community Programs
(541) 485-2711
http://www.oslc.org

5. Project ALERT

Program Information: Project ALERT is a drug prevention program for middle grade students that focuses on alcohol, marijuana, cigarettes, and inhalants. Its goals are to prevent adolescents from beginning drug use, to prevent those who have experimented with drugs from becoming regular users, and to prevent or curb risk factors demonstrated to predict drug use.

Contact Information: (800) 253-7810
http://www.projectalert.best.org

6. **Project Northland**

Program Information: Project Northland is a research-based, multi-level, multi-year alcohol use prevention program for students in grades 6-8. Its goals are to delay the age of initial use, to reduce alcohol use among those who have already tried drinking, and to limit the number of alcohol-related problems among youth.

Contact Information: Ann Standing, Hazelden Information and Educational Services
(800) 328-9000
http://www.hazelden.org

7.Project T.N.T. Towards No Tobacco Use

Program Information: Project T.N.T. is a comprehensive, 10-day curriculum that provides students with the information and skills they need to say “no” to tobacco use. The program educates students about short and long-term negative physiologic and social consequences of tobacco use. The program goals include reducing the initiation of cigarette smoking and smokeless tobacco in young teens.

Contact Information: Sue Wald, ETR Associates, (813) 438-4060, ext. 164
http://www.etr.org

8.Second Step: A Violence Prevention Curriculum
Program Information: Second Step is a school-based social skills curriculum that teaches children to change the attitudes and behaviors that contribute to violence. The goals of Second Step are to reduce aggression and promote social competence of children from preschool to grade 9.
Contact Information: Committee for Children, Client Support Services Department
(800) 634-4449
http://www.cfchildren.org

9.The Strengthening Families Program: For Parents and Youth 10-14
Program Information: The long-range goal of the SFP is reduced substance use and behavioral problems during adolescence. Intermediate objectives of the curriculum include improved skills in nurturing and child management by parents, improved interpersonal and personal competencies among youth, and improved pro-social skills in youth. The curriculum is a universal preventive intervention designed for parents of all educational levels and their adolescent children.
Contact Information: Virginia Molgaard, Institute for Social and Behavioral Research
(515) 294-8762