

# Evidence-based Programs Effective in Preventing and Reducing Marijuana Use in Youth & Young Adults

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Presented by

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Division of Behavioral Health of Recovery

Youth Marijuana Prevention Symposium- What Works!

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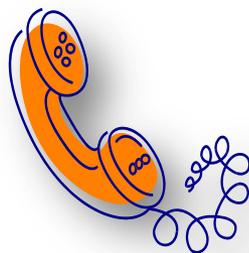
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# The Process Leading to the “EBP List”

## We Asked for Assistance

- DBHR requested Technical Assistance from the Substance Abuse and Mental Health Services Administration’s Collaborative for the Application of Prevention Technologies (SAMHSA’s CAPT) Western Resource Team



## Our Need:

- To identify evidence-based programs with marijuana prevention outcomes in youth (ages 12-17) and young adults (ages 18-20)
- A lot of information in a short turn around time



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# The Process Leading to the “EBP List”

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- Consulted with the University of Washington’s Social Development Research Group Associate Director, Kevin Haggerty, MSW, Ph.D.
- Established our criteria for Evidence-based Programs with marijuana outcomes
- SAMHSA’s CAPT Western Resource Team agreed to compile information about programs obtained from secondary sources, not the original journal articles, to provide to DBHR for determining if programs identified met evidence-based criteria

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# Who Searched for Programs?

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- Kristen Gabrielsen, MPH, conducted the search, reviewed evidence-based prevention program website information, verified accurate program contact information and compiled the information
- Joyce Hartje, an evaluator with the Center for the Application of Substance Abuse Technologies (CASAT) verified information related to comparison groups, validity of the study designs, and the effects

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# The Website Search:



- ✓ **Athena Forum**
- ✓ **Blueprints**
- ✓ **Child Trends**
- ✓ **Coalition for Evidence-based Policy**
- ✓ **Crime Solutions**
- ✓ **Find Youth Info** (White House)
- ✓ **Office of Juvenile Justice and Delinquency Prevention (OJJDP)**
- ✓ **RAND Corp. Promising Practices Network on Children, Families and Communities,**
- ✓ **SAMHSA's NREPP**

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# The Results

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- 20 programs in total identified with positive marijuana prevention outcomes for youth (ages 12-17) and young adults (ages 18-21).
- Some programs did not meet our criteria
- Some programs are still under review
- 13 programs will be highlighted here today

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# The Results

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- Variety in universal, selective & indicated applications
- Several programs designed specifically to provide opportunities for participants of diverse races and ethnicities to engage in culturally relevant programming
- Many other programs have also been studied with diverse participants to ensure they are widely effective
- Numerous programs listed may be new to Washington State prevention providers

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# The Criteria

## Preliminary List

Programs with at least one (1) published study that met the following criteria were approved by DBHR as EBPs Effective in Preventing and Reducing Marijuana Use in Youth and Young Adults:

- [Positive] marijuana prevention outcomes in youth ages 12-17 and young adults ages 18-20;
- Use of a comparison group in study design;
- Accounts for threats to external validity of study (selection bias, sample bias, and baseline equivalency, statistical control, and assigned to conditions (in quasi-experimental studies)); and
- Accounts for threats to internal validity of study (attrition rates and fidelity in implementation) and
- Demonstrates sustained outcomes.



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### Caring School Community (former)

**Contact Information:** Developmental Studies  
**Program Designer/Evaluator:** Eric Schaps  
**Description:** Caring School Community (CSC) promoting positive youth development. Through collaboration among students, staff, and theoretical and empirical literature supportive relationships, autonomy, and  
**Marijuana Outcomes:** Reported use of marijuana while it increased slightly among students

### Guiding Good Choices (former)

**Contact Information:** Channing Bete  
**Web Site:** [www.channing-bete.com/pr](http://www.channing-bete.com/pr)  
**Program Designer/Evaluator:** J. David  
**Sessions:** The program contains five sessions that incorporate instruction for adolescent substance abuse and substance use issues; family conflict  
**Marijuana Outcomes:** At the three a lower new use proportions for lifetime alcohol and tobacco during the past group. GGC assignment was significant delinquency at follow-up. (Blueprint)

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### Evidence-based Programs

#### InShape

**Contact Information:** Chudley  
**Web Site:** [www.briefhealthpro](http://www.briefhealthpro)  
**Sessions:** InShape is offered to case in the study reviewed for  
**Description:** InShape is based simultaneously motivate mult goals to increase physical activity and maintain a fit and active  
**Marijuana Outcomes:** In a study initiation, quantity, and health

#### Keepin' It Real

**Contact Information:** Scott

### LifeSkills Training

**Contact Information:** National Health Promotion Associates, Inc. | (914) 421-2525 | [lstinfo@nhpamail.com](mailto:lstinfo@nhpamail.com) | **Web Site:** <http://www.lifeskillstraining.com>  
**Program Designer/Evaluator:** Gilbert J. Botvin, Ph.D. | Weill Cornell Medical College

**Sessions:** For grades six through nine. A three level program consisting of 30 class sessions - Level One (Grades six/seven): Core Level- 15 class sessions in three optional violence prevention lessons - Level Two (Grades seven/eight): Booster Level- 10 class sessions includes two optional violence prevention lessons - Level Three (Grades eight/nine): Booster Level - Five class sessions includes four optional lessons 30-45 minute class sessions. Taught either on an intensive schedule (two to three times a week) until the program is complete, or on a more extended schedule (once a week).

**Description:** LST is a classroom-based universal prevention program designed to prevent adolescent tobacco, alcohol, marijuana use, and violence. Three program components teach: personal self-management skills, social skills, and information and resistance skills specifically related to drug use. Skills are taught using instruction, demonstration, feedback, reinforcement, and practice.

**Marijuana Outcomes:** Several studies have shown short- and long-term effects on marijuana, with one long-term study showing a 66% reduction among intervention group participants relative to controls. Prevalence of weekly use of alcohol, tobacco, and marijuana at the six-year follow-up was 66% lower among intervention youth relative to control participants at the end of high school. (Blueprints)

### Lions Quest Skills for Adolescence (SFA)

**Contact Information:** Matthew Kiefer | (630) 468-6965 | [matthew.kiefer@lionsclubs.org](mailto:matthew.kiefer@lionsclubs.org) | **Web Site:** <http://www.lions-quest.org>

**Sessions:** A series of eighty 45-minute sequentially developed skill-building sessions, based on a distinct theme, that may be adapted to a variety of setting formats.

**Description:** Lions Quest Skills for Adolescence (SFA) is a multicomponent, comprehensive life skills education program designed for school-wide and classroom implementation in grades six through eight (ages 10-14). Lions Quest SFA unites educators, parents, and community members to use social influence and social cognitive approaches in developing the following skills and competencies in young adolescents: essential social/emotional competencies, good citizenship skills, strong positive character, skills and attitudes consistent with a drug-free lifestyle and an ethic of service to others within a caring and consistent environment.

**Marijuana Outcomes:** Participation in the Living Healthy and Drug-Free unit of SFA increased student perceptions of risk associated with the use of beer, chewing tobacco, cigarettes, marijuana, and cocaine/crack. SFA participants increased their average scores for self-efficacy in refusing offers of marijuana alcohol in a variety of situations, compared with other peers, after controlling for baseline self-efficacy and drug use. About 27% of SFA participants and 3% a comparison group reported lifetime use of marijuana following the intervention. About 11% of SFA participants and 14% of the comparison group reported use during the past 30 days, after controlling for pre-intervention use and demographic and psychosocial variables. (NREPP)

### Multidimensional Treatment Foster Care (MTFC)

**Contact Information:** Gerard Bouwman | President | TFC Consultants, Inc. | (541) 343-2388 ext. 204 | [gerardb@mtfc.com](mailto:gerardb@mtfc.com) | **Web Site:** [www.mtfc.com](http://www.mtfc.com)

**Program Designer/Evaluator:** Patricia Chamberlain, Ph.D. | Oregon Social Learning Center

**Description:** Multidimensional Treatment Foster Care (MTFC) is a cost effective alternative to group or residential treatment, incarceration, and hospitalization for adolescents who have problems with chronic antisocial behavior, emotional disturbance, and delinquency. Community families are recruited, trained, and closely supervised to provide MTFC-placed adolescents with treatment and intensive supervision at home, in school, and in the community; clear and consistent limits with follow-through on consequences; positive reinforcement for appropriate behavior; a relationship with a mentoring adult; and separate

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from delinquent peers. Individual and family therapy is provided, and case managers closely supervise and support the youths and their foster families through

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# Next Steps

- Post new programs on Athena
- Identify plan for updating the “List”
- Develop a process to identify Research-based and Emerging Best Practice/Promising Practices

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# Contact Information

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