

# Substance Abuse Prevention Programs (Child & Adolescent)

The CEBC defines Substance Abuse Prevention Programs (Child & Adolescent) as 1) **primary or universal prevention programs which are designed to prevent substance use**, including alcohol, marijuana, and/or other drugs from occurring for the first time in children and adolescents, or 2) **secondary or selective prevention programs targeted at individuals or families who are at high risk for substance use and abuse**, with a goal of either preventing substance use from occurring or delaying onset of substance use. Programs may target youth directly as well as their parents and other family members, teachers, and other members of a youth's ecosystem. Substance Abuse Prevention Programs (Child & Adolescent) differ in terms of timing, and may target early, middle, or late adolescents. These programs may occur in a variety of settings, including schools, homes, other community settings, and health care settings. Many universal and selective substance abuse prevention programs are delivered in group settings, but may also be self-administered via an instruction manual, online delivery, or an app.

Programs targeted at substance abuse prevention aim to reduce risk factors and enhance or promote protective factors. Known risk factors for adolescent substance use include poor parent-child communication, low parental monitoring, family stress, negative peer influences, low academic achievement, poor sense of belonging at school, mental health difficulties, and poor self-regulation and inhibitory control. Known protective factors include family relationships characterized by warmth, acceptance, and support; open parent-child communication; clear rules and expectations about substance use; and individual resiliency. In addition, school-based prevention programs often aim to address school and peer norms around substance use and to improve school climate related to substance use.

While there are many programs targeting high-risk families that may be effective in preventing substance use long-term, this definition only includes those programs for which substance use prevention is explicitly stated to be a goal of the program. In addition to preventing, reducing or stopping actual substance use, outcomes targeted by substance use prevention programs may include knowledge of substance use, school and peer norms around substance use, social and refusal skills, future intentions to use, and perceptions of risk associated with substance use.



### Substance Abuse Prevention Programs (Child & Adolescent) topic area criteria:

- **Target population:** School-age children and adolescents, including those at higher risk for substance use, and their families
- **Services/types that fit:** School-, family-, and community-based programs, educational efforts (including parent education programs and universal efforts to educate children on substance use), support groups, and family support and strengthening programs
- **Delivered by:** Educators, social services providers, mental health professionals, trained paraprofessionals, and peer or family partners. Some programs are self-administered via an instruction manual, online delivery, or an app
- **In order to be included in this topic area on the CEBC:** Program must specifically target preventing child and adolescent substance use and/or abuse as a goal (may be a primary or secondary program goal)
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](#)) that examines at least one of the following: 1) changes in child and/or adolescent substance use knowledge, attitudes, and intentions; and/or 2) changes in child and/or adolescent substance use behaviors, such as lower levels of use or decreased/delayed use

The table below provides a summary of the rated programs currently listed in the [Substance Abuse Prevention Programs \(Child & Adolescent\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#">Botvin LifeSkills Training Middle School Program</a>	Youth in grades 6–9	1	Medium
<a href="#">Familias Unidas</a>	Hispanic adolescents ages 12–16 years old and their parents	1	Medium
<a href="#">Strengthening Families Program: For Parents and Youth 10–14 (SFP 10–14)</a>	Families and youth ages 10–14 years old	1	Medium
<a href="#">Family Matters</a>	Parents of adolescents 12–14 years old	2	Medium
<a href="#">Guiding Good Choices® (GGC)</a>	Parents of adolescents and young teens 9–14 years old	2	Medium
<a href="#">PAX Good Behavior Game (PAX GBG)</a>	Children in grades Pre-Kindergarten through 6 <sup>th</sup> grade, 4–12 years old	2	Medium

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#">SPORT Prevention Plus Wellness-High School Version</a>	Youth ages 14–18 years old	2	Medium
<a href="#">Too Good for Drugs (TGFD) 6th Grade</a>	Children and adolescents ages 11–14 years old	2	Medium
<a href="#">Voices Lite</a>	School- and justice-referred girls ages 12–17	2	Medium
<a href="#">Active Parenting of Teens: Families in Action</a>	Parents and caregivers of youth ages 12–14 years old	3	Medium
<a href="#">The All Stars Core Program</a>	Youth in 6th grade	3	Medium
<a href="#">CMCA: Communities Mobilizing for Change on Alcohol</a>	Structures, institutions, and existing leaders in communities that desire to reduce underage drinking by youth who are 13–20 years old	3	Medium
<a href="#">Creating Lasting Family Connections® (CLFC)</a>	Children 9–17 years old and their parents, guardians, or other adult caregivers	3	Medium
<a href="#">keepin' it REAL (kiR)</a>	Children and adolescents 10–13 years old	3	Medium
<a href="#">Project Towards No Drug Abuse (Project TND)</a>	High school-aged youth 14–19 years old, at various levels of risk for drug use and of diverse race/ethnicity and socioeconomic backgrounds	3	Medium
<a href="#">Residential Student Assistance Program (RSAP)</a>	Adolescents 12–18 years old with multiple problems who have been placed in a residential child care facility (e.g., foster care facility, treatment center for adolescents with mental health problems, juvenile correctional facility, residential school, etc.)	3	Medium
<a href="#">SPORT Prevention Plus Wellness-Middle School Version</a>	Youth ages 10–14 years old	3	Medium
<a href="#">Strengthening Families Program (SFP)</a>	Parents and their children ages 0–17 years old, including substance abusing parents, those already reported for child maltreatment, and those who need skills to deal with a disruptive child	3	Medium