DARE to be You - Preschool Families Program

TARGET AUDIENCE
This program is for families who are deemed high risk and have children who are 2 to 5 years old.

SUMMARY
DARE to be You, a community-based program, is designed to instill resilience in children in order to help prevent future drug and alcohol use. This program teaches parental self-efficacy, child-rearing techniques, and problem-solving skills and aids parents in learning how to seek out social support networks.

EVIDENCE
An internal randomized controlled trial demonstrated program effects through a 2-year follow-up. Parents in the treatment group showed an increase in self-efficacy and self-esteem, a decrease in harsh punishment, an increase in effective discipline and limit-setting, and an increase in satisfaction of support network compared to the control group. The children in the treatment group had a decrease in oppositional behavior compared to the control group. No differences between groups were found for parental locus of control, size of parental support network, parental stress, child dependency, or child social competency.

COMPONENTS
This program is implemented in groups of 10 to 25. Each session includes a meal, and financial incentives are provided to families to encourage attendance.

The Parent Curriculum focuses on several parenting concepts:
- Creating self-worth;
- Understanding children's developmental needs and abilities;
- Managing stress;
- Communicating positively;
- Acquiring decision-making skills;
- Finding and using social supports; and
- Developing problem-solving skills.

Parents also learn skills to help facilitate their children's development of self-esteem, self-responsibility, and self-management.

The Children's Program runs concurrently and consists of games and experiences that are aligned with the skills the parents are learning. Separate Children's Programs are implemented for children age 2 to 3 and age 4 to 5.

Parent-Child Activities provide parents with the opportunity to practice the skills they have learned in a nurturing environment.

PREVIOUS USE
The DARE to be You program has been implemented in 112 sites across the United States since it was first developed in 1979.
# DARE to be You - Preschool Families Program

<table>
<thead>
<tr>
<th>Early Childhood</th>
<th>Community-Based</th>
<th>Emotional Competency</th>
<th>Life Stress</th>
<th>Parents of Children</th>
<th>Social Competency</th>
<th>Parenting</th>
</tr>
</thead>
</table>

## TRAINING

This program is typically facilitated by teachers and staff in school and after-school programs (i.e., kindergarten to 12th grade), teams of community volunteers working with youth, or teen peer educators. Although no specific credential are required, a 20-hour training must be completed in order to implement this program. On-site training is $5,500 for 35 participants. Off-site training is $500 for the first participant and $250 for each additional participant plus materials.

## CONSIDERATIONS

Considerations while implementing this program include ensuring facilitators receive training, locating space to implement the program, and understanding some costs will be associated with meals and financial incentives.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

## IMPLEMENTATION

If you are interested in implementing DARE to be You, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

### TIME

| Classes are held weekly for 10 to 12 weeks. Each class lasts for 2 1/4 hours. Optional monthly support groups and yearly workshops are also available; implementation time for these options varies. |

### COST

The average cost to implement this program is $266 per family member. This does not include the cost of meals provided by the facilitators.

## EVALUATION PLAN

To move the DARE to be You program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

## CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Jan Miller-Heyl by phone 1-970-222-9649, email jan.miller-heyl@colostate.edu, or visit www.colostate.edu/Depts/CoopExt/DTBY/

## SOURCE

legacy.nreppadmin.net/ViewIntervention.aspx?id=65 and www.colostate.edu/Depts/CoopExt/DTBY/

www.militaryfamilies.psu.edu