Parent-Targeted Intervention for Adolescent Substance Use Prevention (PTI)

TARGET AUDIENCE

This program is for youth who are in 5th grade and 7th grade and their parents.

SUMMARY

Parent-Targeted Intervention for Adolescent Substance Use Prevention (PTI), a family- and school-based program, is designed to reduce adolescent substance use by increasing parental monitoring.

EVIDENCE

A randomized controlled trial (RCT) of the PTI program did not find any significant differences in tobacco and alcohol use between intervention and control groups. In addition, the RCT did not find any differences in parenting behavior or in how well parents knew their children's friends over time between intervention and control groups.

COMPONENTS

The PTI program intends to strengthen drug refusal skills, promote healthy peer friendships, and enhance parent-child relationships. The program is delivered in conjunction with existing school-based prevention programs and targets all students regardless of their current substance use. PTI presents information in three main sessions.

Session 1: Parents and students participate in a discussion about drug and alcohol use. Students compile a list of their 10 best friends, and researchers use these lists and a correlation matrix to create composite friend lists that parents are given. Students and parents create contact directories of the student's friends and those friends' parents. In addition, workbooks are provided for at-home activities.

Session 2: Based on the composite friend lists from Session 1, small groups, called Friendship Circles, are formed. These groups consist of parents whose children are likely to spend time with one another. A facilitator leads active discussions with these groups on changes in adolescent behavior, manipulative behavior, rule development and enforcement, and general parenting tips.

Session 3: Parents participate in their Friendship Circles and discuss alcohol use, access to alcohol, chaperoning and monitoring, and curfew-setting. Parents attempt to develop a consensus on these issues in their Friendship Circle.

PREVIOUS USE

It is unclear how extensively this program has been implemented. However, the program was evaluated in the early 1990s with a sample of 5th grade students and 7th grade students who were from two school districts in Los Angeles, California.
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TRAINING

Training information for this program was not located.

CONSIDERATIONS

Considerations for implementing this program include recruiting facilitators; obtaining parent, student, and school administrator buy-in and consent; and finding time to implement sessions.

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 PTI, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

This program consists of three sessions, and time to implement each session varies. Information on implementation costs was not located.

EVALUATION PLAN

To move the PTI program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

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 Dr. Deborah A. Cohen by mail Louisiana State University Medical Center, 1542 Tulane Avenue, New Orleans, LA 70112.

SOURCE