### Project ACHIEVE Social Skills Program (Project ACHIEVE)

**TARGET AUDIENCE**

This program is for students in preschool to high school, teachers, and school support staff.

**SUMMARY**

Project ACHIEVE Social Skills Program (Project ACHIEVE) is a school-based program that is designed to improve students' scholastic, social, emotional, and behavioral skills; implement a positive behavioral support system; and cultivate school safety, positive climates, and community and parent participation and outreach.

**EVIDENCE**

No peer-reviewed publications evaluating the effectiveness of this program were located that performed statistical analyses of outcome data.

**COMPONENTS**

Project ACHIEVE focuses on encouraging resilience, enhancing protective factors, and developing self-management skills, which may help students resist unhealthy, maladaptive behaviors.

- **First year** - Form a Project ACHIEVE committee and create a set of behavioral standards. Teachers learn how to implement the social skills program, incorporate a problem-solving process, create a mission statement that supports the program's initiatives, align their committee's goals to achieve the mission statement, design a school improvement plan, and learn a process to improve student behavior and discipline.

- **Second year** - Initiate classroom instruction observation and assessment, implement curriculum assessment, introduce classroom-based behavioral interventions, promote parent and community outreach, and launch a school-based mental health service. A booster training is also included.

- **Third year** - Start with a booster training and begin mentoring new school staff. Staff are selected to intervene with students who continually struggle with academics and behavior control, and another set of staff is trained to promote parent involvement.

**PREVIOUS USE**

Since 1990, Project ACHIEVE components have been implemented in more than 1,500 schools across the United States and in various alternative school settings.
Program implementation involves a school's instructional, administrative, and support staff. Training is required and involves in-service training, classroom-based demonstrations, and technical consultation and follow-up. Information from 2009 indicated that on-site training is offered for 5 to 12 days and costs $2,250 to $3,000 per day depending on location plus travel expenses. Off-site training or consultation by conference call or Skype costs $250 to $300 per hour. Please contact the developer using details in the Contact section for current information on training and associated costs.

Considerations for implementing this program include obtaining buy-in from the school community and parents; completing a Project ACHIEVE application, which provides demographic and background information on the school for trainers; understanding funds will be needed for training and program materials; finding time for implementers to participate in training; and transferring knowledge to new teachers as a school year begins.

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

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

This program should be implemented over a 3-year period.

Cost information from 2009 indicated that classroom materials cost $700 to $800 and include various required books, grade-level classroom sets, and support materials for schools. Site license for e-books is $120 to $250 each, or a set of 6 is $950. Please contact the developers using details in the Contact section for current cost information.

To move Project ACHIEVE to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed using appropriate statistical analyses demonstrating positive effects lasting at least one year from the beginning of the program or 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 the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Dr. Howard M. Knoff by mail 49 Woodberry Road, Little Rock, AR 72212, phone 1-501-312-1484, fax 1-501-312-1493, email knoffprojectachieve@earthlink.net, or visit www.projectachieve.info/about-project-achieve/contact-us.html

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