TARGET AUDIENCE

This program is for students who are 12 to 18 years old and their parents.

SUMMARY

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students), a school-based program, is designed to avert and decrease substance use among adolescents, increase protective factors, and moderate risk factors.

EVIDENCE

A large randomized control trial conducted on the program found that students in the control group demonstrated a stronger reduction in illegal drug use, not including marijuana, than students in the treatment group. However, at the 1-year follow-up, no differences were present between the treatment and control groups on this variable and all other variables tested. In addition, students’ beliefs and attitudes toward alcohol and drug use did not differ between the treatment and control group except perceived harm of alcohol and marijuana. A quasi-experimental study conducted on the program found that students in the treatment group were less likely to fail a course, more likely to pass core courses (i.e., English, U.S. History, Social Studies, Science, or Math), more likely to earn a higher Grade Point Average in core courses, and more likely to have fewer school absences. However, the program had little effect on major disciplinary infractions, and the study design lacked methodological rigor (i.e., quasi-experimental design with no pre-test).

COMPONENTS

Project SUCCESS consists of four components.

- **The Prevention Education Series (PES)** is an eight-session program implemented by Project SUCCESS counselors in small groups.
- **Individual and Group Counseling** are offered to students after they participate in PES. Counselors provide individual or group sessions (e.g., students have the option of participating in seven different counseling groups) for students in school. An individual assessment is also available.
- **Parent Programs** consist of meetings, parent education sessions, and the development of a parent advisory committee.
- **Referrals** are provided by Project SUCCESS counselors to those students and parents who need further services such as treatment, intensive counseling, or other services.

Project SUCCESS counselors use various strategies to assist adolescents in learning resistance and social-competency skills. These strategies include communication, decision-making, anger management, stress management, problem-solving, and peer-resistant skills.

PREVIOUS USE

Implementation of Project SUCCESS began in 1995, and the program has been implemented in schools in 38 states.
Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)

TRAINING

A mandatory 3-day off-site training is hosted at the Student Assistance Services administrative offices in Tarrytown, NY and costs $350 per person. A 3-day on-site training is also available and costs $4,200 for 30 participants not including travel expenses. The implementation manual, resource manual, and teacher brochure are provided to participants during the 3-day off- or on-site training. Optional on-site consultation is available for $200 per hour not including travel expenses, and scheduled conference calls are available for $150 per hour. For more information call Student Assistance Services using the phone number in Contact.

CONSIDERATIONS

Considerations for implementing this program include obtaining funds for training costs; acquiring a full-time qualified counselor; ensuring participant, parent, and school administrators buy-in; finding adequate space for individual and group counseling; and offering course credit for student participation in program.

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

TIME

The PES program consists of eight sessions; time to complete individual and group counseling sessions and parent education sessions will vary. Referrals and possible consequential services will also fluctuate.

COST

Program materials are included in the training costs. Additional program manuals cost $150 each.

EVALUATION PLAN

To move the Project SUCCESS 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 Ellen Morehouse by phone 1-914-332-1300 or email sascorp@aol.com

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