TARGET AUDIENCE

This program is for students in 4th to 8th grade who are deemed high risk (e.g., school dropout risk, antisocial behavior, family management problems), and their parents.

SUMMARY

Say Yes First - To Rural Youth and Family Alcohol/Drug Prevention (SYF), a school- and family based drug prevention program, is designed to increase academic success, reduce the likelihood of onset of drug and alcohol use, and expand the involvement of extracurricular activities that promote non-drug use for youth.

EVIDENCE

An evaluation of SYF assessed outcomes by level of program participation and compared outcomes by cohorts who did and did not receive the intervention. Results revealed modest positive effects of program participation on a subset of measured outcomes (e.g., higher levels of math and reading achievement; lower use of drugs other than alcohol, tobacco, marijuana, inhalants); however, there were some negative effects on drug use for students of low and moderate risk with increasing participation. A 3-year follow-up revealed no significant differences between SYF and comparison students on drug use; although, SYF students reported more participation in sports, higher grades, better school attendance, more family communication and involvement, and more positive attitudes toward school.

COMPONENTS

SYF consists of several components that are designed to increase protective and resiliency factors to prevent drug use, including the following:

- School team training;
- Substance abuse prevention programs;
- Health education programs;
- Academic programs;
- Parent education and involvement strategies;
- Alternative youth and family activities;
- SYF councils and youth leadership trainings; and
- Case-management of youths and families considered to be high risk.

PREVIOUS USE

This program was implemented from 1991 to 1996 with 859 student participants. Information on current program use was not located.
Say Yes First - To Rural Youth and Family Alcohol/Drug Prevention (SYF)

TRAINING

School district teams that consist of a school administrator, teachers from designated grades, parent representatives, a program manager, and a case manager facilitate this program. Each fall, a 2-day training is required for the teams. The goal of this training is to acquaint the school personnel with the program's goals, identify high-risk students, learn about program activities, involve parents, and follow case management procedures. Please contact the developer using details in the Contact section for more information.

CONSIDERATIONS

Considerations for implementing this program include understanding funding may be needed to pay staff salaries, (i.e., case managers; a part-time director; a full-time assistant project director; a part-time summer recreation director; and an alcohol, tobacco, and other drug consultant), finding time to implement the program, acquiring transportation for participants to and from events, and recruiting suitable youth and their families.

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

TIME

Program implementation time will vary as the program provides a variety of in-school, out of school, and summer options. The time commitment could be significant.

COST

Costs were unavailable; implementers may want to consider staff salaries, transportation, and food. This program may be eligible for funding; it received $2.2 million in funding from 1991 to 1996 from the U.S. Department of Health and Human Services Center for Substance Abuse Prevention.

EVALUATION PLAN

To move SYF to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed 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

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

You may also contact Kathleen J. Zavela by mail University of Northern Colorado, Department of Community Health and Nutrition, Gunter Hall 2360, Greeley, CO 80639, phone 1-970-351-1516, fax 1-970-351-1489, or email kathy.zavela@unco.edu

SOURCE