

Project Toward No Drug Abuse (TND)

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Program developers or their agents provided the Model Program information below.

BRIEF DESCRIPTION

Project Toward No Drug Abuse (TND) is an interactive school-based program designed to help high school youth, 14 to 19 years of age, resist substance use. It teaches participants increased coping and self-control skills by making them aware of misleading information that facilitates drug use. The program motivates them not to use drugs; to develop skills that help them bond to lower-risk environments; to appreciate the physical consequences that drug use may have on their own lives; to become aware of cessation strategies; and to develop decisionmaking skills to make a commitment to not use drugs.

Program Background

Project TND was developed specifically to fill a gap in substance abuse prevention programming for senior high school youth. It is the result of an ongoing research project that has been funded by the National Institute on Drug Abuse since 1992. The theory underlying Project TND is that young people at risk for substance abuse will not use substances if they 1) are aware of misleading information that facilitates substance use (e.g., myths about substance use, stereotyping); 2) have skills that help them lower their risk for use (e.g., coping skills, self-control); 3) appreciate the consequences that substance use may have on their own and others' lives (e.g., chemical dependency); 4) are aware of cessation strategies; and 5) have decisionmaking skills to make a commitment not to use substances.

RECOGNITION

Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services: Model Program

National Institute on Drug Abuse, U.S. Department of Health and Human Services: Model Program

Health Canada: Exemplary Program

Sociometrics, Inc.: Model Program



INSTITUTE OF MEDICINE CLASSIFICATION (IOM)

SELECTIVE, INDICATED

TND was developed for selective and indicated audiences.

INTERVENTION TYPE

SCHOOL-BASED

CONTENT FOCUS

ALCOHOL, ILLEGAL DRUGS, TOBACCO

TND targets general substance use and abuse.

PROTECTIVE FACTORS

INDIVIDUAL, FAMILY, SCHOOL, COMMUNITY

INDIVIDUAL

- Accurate knowledge of the course of substance abuse, its consequences, and its prevalence
- Effective communication, listening skills, and behavioral and cognitive coping skills
- Empathetic understanding of the effects of substance abuse on others
- Knowledge of tobacco cessation strategies
- Understanding the importance of health in achieving life goals
- Self-control, assertiveness, and conflict resolution skills
- Self-awareness to moderate specific behaviors
- Decisionmaking skills
- Commitment to not using substances

FAMILY

- Understanding of effects of substance abuse on the family and how to get help

SCHOOL

- School commitment to not allowing substance use

COMMUNITY

- Resistance to negative stereotyping

RISK FACTORS

INDIVIDUAL

- Low self-esteem
 - Self-defeating perceptions regarding substance use consequences
 - Belief in substance use myths
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INTERVENTIONS BY DOMAINS

INDIVIDUAL, PEER, SCHOOL, COMMUNITY

INDIVIDUAL

- Life/social skills training

PEER

- Peer-resistance education

SCHOOL

- Classroom drug education
- Classroom-based skills development

COMMUNITY

- Education to alter perceptions of societal norms and expectations
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KEY PROGRAM APPROACHES

BEHAVIOR MODIFICATION, IN-SCHOOL CURRICULA, SKILL DEVELOPMENT

BEHAVIOR MODIFICATION

The program includes tobacco cessation strategies.

IN-SCHOOL CURRICULA

Involves teacher-led, student participation in interactive components including education on the progression of substance use to abuse, exercises to motivate against substance abuse, and correction of cognitive misperception about substance use.

SKILL DEVELOPMENT

The curricula include components aimed at development of interpersonal, decisionmaking, commitment-building, and coping skills and training in self-control.

HOW IT WORKS

Project TND's 12 lessons are designed for presentation during a 4-week period, although they may be spread over 6 weeks if all lessons are taught. Project TND involves teacher-led student participation in interactive program components including:

- Education on the progression of substance use to substance abuse
- Exercises to motivate against substance abuse (e.g., exercises include a mock "Talk Show" that provides empathy lessons, discussions on stereotyping, and the effects of being labeled a substance abuser)
- Interpersonal skills development (e.g., communication, active listening)
- Coping skills development (e.g., learning the value of personal health in daily living and life goals)
- Self-control training (e.g., social self-control skills, understanding positive and negative thought and behavior loops, violence prevention)
- Cognitive misperception correction (e.g., substance use myths, denial)
- Tobacco cessation strategies
- Decisionmaking skills development and commitment building
- The "TND Game" (a classroom competition on substance use and effects knowledge)
- The "Drugs and Life Dreams" program video
- The use of longitudinal assessment materials

Virtually any school or school district can implement Project TND. A single, trained classroom teacher delivers Project TND in a classroom setting to class sizes varying from 8 to 40 students. One to 2 days of teacher training prior to curriculum implementation is highly recommended.

Project TND offers an implementation manual providing step-by-step instructions for completing each of the 12 lessons. Program materials also include:

- A video on the need to eliminate substance abuse in order to achieve life goals
- A student workbook
- An optional kit containing other instructional materials (evaluation materials, the book *The Social Psychology of Drug Abuse*, and Project TND outcome articles)

OUTCOMES

DECREASES IN SUBSTANCE USE, OTHER TYPES OF OUTCOMES

DECREASES IN SUBSTANCE USE IN ALTERNATIVE HIGH SCHOOLS

27% reduction in cigarette use.

22% reduction in marijuana use.

9% reduction in higher levels of alcohol use.

26% reduction in hard drug use.

DECREASES IN SUBSTANCE USE IN REGULAR HIGH SCHOOLS

25% reduction in hard drug use.

12% reduction in higher levels of alcohol use.

OTHER TYPES OF OUTCOMES

In one study of an alternative school, there was a 21% reduction among males in weapons carrying.

In regular schools, there was a 19% reduction among males in weapons carrying.

Victimization decreased 6%

Benefits:

This program enables students to understand and express the cognitive misperceptions that may lead to substance use. Participants also state a commitment to discuss substance abuse with peers and not to abuse substances.

EVALUATION DESIGN

Two versions of Project TND (TND-I and TND-II) have been tested in three experimental field trials to date, involving two or three conditions in each design. TND-I is the original 9-lesson program, and TND-II is a 12-lesson program that added lessons on marijuana and cigarette use. Only TND-II is now disseminated.

A 1997-98 trial of TND-II involved 18 alternative high schools. A randomized block design was used to assign six schools to one of three conditions: 1) standard care (i.e., the control group); 2) a 12-lesson classroom program; or 3) a 12-lesson self-instructional version of the classroom program. An earlier trial of TND-I in three regular high schools had a two-group randomized block design where 26 classrooms were assigned to one of two conditions: 1) the nine-lesson classroom program or 2) a standard care control group. Approximately 1,000 youth participated in each trial.

DELIVERY SPECIFICATIONS

0–4 WEEKS, 5–24 WEEKS

Amount of time required to deliver the program to obtain documented outcomes:

Twelve lesson sessions, each 40 to 50 minutes in length, delivered over a 4- to 6-week period. Class size can range from 8 to 40 students.

INTENDED SETTING

RURAL, URBAN, SUBURBAN

TND was developed for any generalized setting.

FIDELITY

Components that must be included in order to achieve the same outcomes cited by the developer:

Follow the curriculum guide and deliver all 12 sessions.

BARRIERS AND PROBLEMS

Problem: Users often report a shortage of time and want to provide the “key” sessions of a program.

Solution: For TND to show 1-year effects on all four categories of drug use, the 12-session program should be implemented. The developer found that a nine-session version of TND only shows effects on alcohol use and hard drug use.

It is important to keep the delivery interactive and have students generate answers.

Staff must be enthusiastic about the program.

PERSONNEL

FULL TIME, PART TIME, PAID

Highly motivated classroom teachers.

EDUCATION

UNDERGRADUATE

Classroom teachers.

PERSONNEL TRAINING

Type: SEMINAR/WORKSHOP, Location: ONSITE(user), Length: BASIC (2 day)

Two-day teacher training is highly recommended.

Training and technical assistance are provided by TND staff.

COST (estimated in U.S. dollars)

\$1,001–5,000

Cost considerations for implementing this program as recommended by the developer:

TRAINING

2 days \$500 per day,
plus travel costs

MATERIALS

Teacher’s Manual \$70
Student Workbook \$60 for set of five
Drugs and Life Dreams video \$40
 Posttest, hard copy \$2.50
 Posttest, electronic copy Free on CSAP/Toward No
 Tobacco Use Web site
Project papers \$2.50 each

INTENDED AGE GROUP

EARLY ADOLESCENT (12–14), TEENAGER (15–17), YOUNG ADULT (18–24)

TND was developed for use with high school students 14 to 19 years of age.

INTENDED POPULATION

AFRICAN AMERICAN, ASIAN AMERICAN, HISPANIC/LATINO, WHITE

It has been used with diverse audiences.

GENDER FOCUS

BOTH GENDERS

TND was for use with both males and females.

REPLICATION INFORMATION

NO INFORMATION PROVIDED

CONTACT INFORMATION

ABOUT THE DEVELOPER

Steve Sussman, Ph.D., FAAHB

Steve Sussman is a professor in the University of Southern California's departments of preventive medicine and psychology and holds a position at the Institute for Health Promotion and Disease Prevention Research. He has published more than 170 articles, chapters, or books in the area of substance abuse prevention and cessation. Recent projects include Project Toward No Tobacco Use (TNT), a tobacco-use prevention program that has also been recognized as a SAMHSA Model Program as a "Program That Works" by the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, and as an exemplary program by the U.S. Department of Education. He also helped develop Project EX, which is among the largest and most successful teen tobacco-use cessation trials to date.

FOR INFORMATION, TRAINING, AND CONSULTATION

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(contains research summaries about Project Toward No Drug Abuse)