

# Research Précis

Edition 06 – 1

Summer 2008

## Best Practices: Safe and Drug-free Schools and Communities

Creating a better tomorrow...

### Title: Project Northland

#### Overview:

*Project Northland* is a three-year alcohol abuse prevention program designed to delay the age when young people begin drinking, reduce alcohol use among those who have already tried drinking, and limit the number of alcohol-related problems among youths.

*Target:* Grades 6-8

*Extent/Duration of Program:* The program consists of a six-session, six-week curriculum at grade 6, a four- to eight-week curriculum (one or two days per week) at grade 7, and a four-week curriculum (eight 45-minute sessions) at grade 8.

#### Program Costs:

- Each of three curriculum packages (one per grade) is \$259.
- Hazelden representatives will work with districts to tailor the curriculum to specifically meet local needs.

#### For further information, or to order:

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Web site: <http://www.hazelden.org/servlet/hazelden/go/projectnorthland>

*Principles/Approaches/Components:* *Project Northland* is based on social influence theories such as problem behavior theory, and emphasizes the interaction of social-environmental factors, behavior, and personality. The program components focus on parental involvement, behavioral curricula, peer leadership, and community awareness, and feature activities involving parent-child discussion, peer-led small-group discussion, taped vignettes, games, problem-solving tasks, role-play, interviews, and a simulated town meeting.

*Evidence-based Effectiveness:* Over the course of a three-year implementation from 1991-1993, evaluation results indicated positive results in the delay of usage for students in treatment groups who had never used alcohol, tobacco, and marijuana at the time of program initiation compared to their peers. Among others, results also indicated improved parent-child communication regarding the consequences of substance abuse, reduction in feelings of peer pressure, and increased understanding of the functional meanings of alcohol use.

#### Safe and Drug-free Schools and Communities Act (SDFSCA) connections:

- A.ii - Activities that promote a sense of individual responsibility.
- A.iv - Activities that teach students to recognize social and peer pressure to use drugs illegally and the skills for resisting illegal drug use.
- C - Dissemination of drug and violence prevention information to schools and the community.
- E.xi - Programs that encourage students to seek advice from, and to confide in, a trusted adult

regarding concerns about violence and illegal drug use.

**National Standards connections:**

*Grades 6 through 8*

Health Education Standard 1 – Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Health Education Standard 4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Health Education Standard 7 – Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Health Education Standard 8 – Students will demonstrate the ability to advocate for personal, family and community health.

*National Health Education Standards, Second Edition: Achieving Excellence.* American Cancer Society, 2007.

Counseling: Personal and Social Development Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

Counseling: Personal and Social Development Standard C: Students will understand safety and survival skills.

*ASCA National Standards for Students.* American School Counselor Association, 2004.

**Recognition and additional reports:**

The following organizations/institutions have recognized *Project Northland*. The organizations are in alphabetical order and the status of the recognition is in parentheses.

Office of Juvenile Justice and Delinquency Prevention (OJJDP) (Model Program)

Promising Practices Network (Proven Program)

SAMHSA (Model Program)

U.S. Department of Education (Exemplary Program)

**GENERAL NOTES:** The intent of the above synthesis and correlations is to assist teachers and school administrators dedicated to using best practices to reduce violence and substance abuse among students. To our knowledge, the information was current upon publication. However, details pertaining to status of program recognition, research and findings, costs, and contact information are subject to change.

Correlations to the Safe and Drug-free Schools and Communities Act (SDFSCA) federally approved activities and to national education standards have been limited in depth (“standard” level only) and breadth (number of standards and subjects) due to the encompassing nature of many programs that typically qualify as model or exemplary. The correlations listed should not be viewed as exhaustive.

For information on other effective programs for promoting safe and drug-free schools and communities, visit [www.designedinstruction.com/learningleads/effective-sdfs-programs.html](http://www.designedinstruction.com/learningleads/effective-sdfs-programs.html)

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