

# PROJECT TOWARDS NO DRUG ABUSE

## *Project TND*

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Project Towards No Drug Abuse is an effective drug abuse prevention program designed to help youth resist substance use. The school-based program consists of interactive lessons that include motivational activities, social skills training, and decision-making components aimed at increasing the coping and self-control skills of high school students.

### **Program Content:**

Interactive classroom sessions are taught to counteract the risk factors related to drug abuse for older teens. The curriculum details the social and health consequences of drug use, corrects cognitive misconceptions, provides tobacco cessation techniques, and promotes skills in active listening, communication, stress management, coping, and self control. The material taught targets the use of cigarettes, alcohol, marijuana, and hard drugs, as well as violence related behavior, through exploration of the following topics:

- Active Listening
- Stereotyping
- Myths and Denials
- Chemical Dependency
- Talk Show/Empathy Lesson
- Marijuana Panel
- Tobacco Use Cessation
- Stress, Health, and Goals
- Self-control
- Positive and Negative Thought and Behavior Loops
- Perspectives
- Decision Making and Commitment

### **National Recognition:**

- Substance Abuse and Mental Health Association (SAMHSA) Model Program
- National Institute of Drug Abuse (NIDA) Research-Based Prevention Program
- Center for the Study and Prevention of Violence (CSPV) Blueprints for Violence Prevention Model Program
- Sociometrics, Inc. Model Program

### **Program Effectiveness:**

Project TND has been tested with White, African American, Hispanic/Latino, and Asian American adolescents, 14 to 19 years of age, attending both regular and alternative schools. The following outcomes were demonstrated:

- Cigarette use reduced by 27%
- Marijuana use reduced by 22%
- Alcohol use reduced by 9%
- Hard drug use reduced by 26%
- Weapon carrying among males reduced by 25%

### **Protective Factors**

#### *Targeted for an Increase*

- Accurate knowledge of the course, consequences, and prevalence of substance abuse
- Communication, listening, and coping skills
- Empathetic understanding of the effects of substance abuse on others
- Knowledge of tobacco cessation strategies
- Understanding of the importance of health in achieving life goals
- Self awareness, self control, assertiveness, and conflict resolution skills
- Decision-making skills
- Commitment to not use substances
- Understanding the effects of substance abuse on the family
- School policies and enforcement strategies to prevent substance use
- Resistance to negative stereotyping by the community

### **Risk Factors**

#### *Targeted for a Decrease*

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