

# Youth Prevention Education Evidence-Based Model Program Overview

**REQUIREMENTS:** Booster sessions must be implemented in the subsequent grade level of the core curriculum. ALL program staff must be trained in the curriculum they are implementing within one year and must use the most updated program curriculum. Providers must also purchase all copyrighted student materials from the developer (it is a copyright violation to copy the materials without developer permission).

**OPIOID LESSON REQUIREMENT:** In coordination with the delivery of the evidence-based curriculum cycles, deliver an approved additional session(s) addressing opioids. Curriculums that do not have an IDHS-approved opioid lesson must use one of the approved lessons found under the Youth Prevention Education section of the [Substance Use Prevention Strategy Resources](#) on the Prevention First Website.

## 4<sup>TH</sup> & 5<sup>TH</sup> Grade (Expansion Grants)

YPE Program	Implementation parameters required by IDHS				Recommended population		Estimated curriculum costs and training requirements	
	Population Type	Target Grades	Number of Sessions*	Length/Frequency of Sessions	Race/Ethnicity	Community Type	Curriculum Cost	Developer Training Cost
<a href="#">Botvin LifeSkills Training</a> (Elementary School Program)	Universal	3 <sup>rd</sup> -6 <sup>th</sup>	<b>Level 1 (Grades 3/4):</b> 8 class sessions  <b>Level 2 (Grades 4/5):</b> 8 class sessions  <b>Level 3 (Grades 5/6):</b> 8 class sessions  Does <b>not</b> include an IDHS-approved opioid lesson	30-45 minutes 1-2 times per week	Caucasian Black Hispanic	Rural Suburban Urban	<b>Est. Cost/Student:</b> \$5.00  <b>Est. Cost/Teacher:</b> \$95/training set per level  <i>No Spanish language materials available</i>	\$250/person (online)
			<i>It is recommended that Level 2 be implemented with 4th graders and Level 3 be implemented with 5th graders. The same level cannot be implemented with both grades (i.e., Level 2 cannot be implemented with both 4<sup>th</sup> and 5<sup>th</sup> graders).</i>					
<a href="#">Too Good for Drugs</a> (4 <sup>th</sup> and/or 5 <sup>th</sup> grade)	Universal	4 <sup>th</sup> and/or 5 <sup>th</sup>	<b>4<sup>th</sup> grade:</b> 10 sessions  <b>5<sup>th</sup> grade:</b> 10 sessions  Includes an IDHS-approved opioid lesson	45-50 minutes 1 time per week	American Indian/ Alaska Native Asian African American Latino White	Rural Suburban Urban	<b>Est. Cost/Student:</b> English-\$1.83 Spanish-\$2.99  <b>Est. Cost/Teacher:</b> \$195.95/Teacher's Manual per grade  <i>Student materials available in Spanish</i>	Open Enrollment (\$445 + travel)  <i>Prevention First provides TGFD training at no cost.</i>

**4/5<sup>TH</sup> GRADE SPECIFIC REQUIREMENTS:** An approved IDHS evidence-based curriculum must be implemented with an entire grade level (4th and/or 5th grade). The curriculum may be implemented in both 4th and 5th grade, but grantees are only required to implement the curriculum across one grade level.

## Middle School (6<sup>th</sup>-8<sup>th</sup> grade)

	Implementation parameters required by IDHS				Recommended population		Estimated curriculum costs and training requirements	
YPE Program	Population Type	Target Grades	Number of Sessions*	Length/Frequency of Sessions	Race/ Ethnicity	Community Type	Curriculum Cost	Developer Training Cost
<a href="#">All Stars</a>	Universal Selective	6 <sup>th</sup> -8 <sup>th</sup> [2-year program]	<b>Year 1/Core:</b> 13 mandatory sessions and 8 optional sessions <b>Year 2/Booster:</b> 9 mandatory sessions and 6 optional sessions <b>Plus (Optional):</b> 12 mandatory sessions and 5 optional sessions Does <b>not</b> include an IDHS-approved opioid lesson	45 minutes 1-2 times per week	Asian African American Hispanic/Latino White	Rural Suburban Urban	<b>Est. Cost/Student:</b> \$10.00 (Core) \$1 (Booster) <b>Est. Cost/Teacher:</b> \$100.00 (Core) \$80.00 (Booster)  <i>Student materials and Curriculum available in Spanish</i>	On-site, 2 days (\$3,500/day + travel) Online Core (\$399) Online Booster (\$200)
<a href="#">Botvin LifeSkills Training (Middle School Program)</a>	Universal	6 <sup>th</sup> -8 <sup>th</sup> [3-year program/all 3 years must be delivered]	<b>Year 1/Core (6<sup>th</sup>):</b> 15 mandatory sessions and 3 optional sessions <b>Year 2/Booster 1 (7<sup>th</sup>):</b> 10 mandatory sessions and 2 optional sessions <b>Year 3/Booster 2 (8<sup>th</sup>):</b> 5 mandatory sessions and 4 optional sessions Does <b>not</b> include an IDHS-approved opioid lesson	45-50 minutes 1-2 times per week	Caucasian Black Hispanic	Rural Suburban Urban	<b>Est. Cost/Student:</b> \$4.00 - \$6.00 <b>Est. Cost/Teacher:</b> \$55.00-\$125.00  <i>No Spanish language materials available</i>	\$250/person (online)
<a href="#">Lions Quest Chicago only</a>	Universal	6 <sup>th</sup> -8 <sup>th</sup> [2-year program]	<b>Year 1/Core:</b> 14 mandatory sessions <b>Year 2/Booster:</b> 12 mandatory sessions Does <b>not</b> include an IDHS-approved opioid lesson	30-45 minutes 1-2 times per week	American Indian/ Alaska Native Asian African American Hispanic/Latino White	Rural Suburban Urban	<b>Est. Cost/Student:</b> \$5.00 (All Levels) <b>Est. Cost/Teacher:</b> \$150.00 (All Levels)  <i>No Spanish language materials available</i>	Contact developer
<a href="#">Project ALERT</a>	Universal Selective	7 <sup>th</sup> -8 <sup>th</sup> [2-year program]	<b>Year 1/Core (7<sup>th</sup>):</b> 11 mandatory sessions <b>Year 2/Booster (8<sup>th</sup>):</b> 3 mandatory sessions Includes an IDHS-approved opioid lesson	45 minutes 1-2 times per week	American Indian/ Alaska Native Asian African American Hispanic/Latino White	Rural Suburban Urban	Free online <i>No Spanish language materials available</i>	Free online training and support

## Middle School (6<sup>th</sup>-8<sup>th</sup> grade)

	Implementation parameters required by IDHS				Recommended population		Estimated curriculum costs and training requirements	
YPE Program	Population Type	Target Grades	Number of Sessions*	Length/Frequency of Sessions	Race/ Ethnicity	Community Type	Curriculum Cost	Developer Training Cost
<a href="#">Too Good for Drugs</a> (Middle School)	Universal	6 <sup>th</sup> -8 <sup>th</sup> [2-year program]	<b>Year 1/Core:</b> 10 mandatory sessions <b>Year 2/Booster:</b> 10 mandatory sessions <b>Does not include an IDHS-approved opioid lesson</b>	50 minutes 1-2 times per week	American Indian/ Alaska Native Asian African American Latino White	Rural Suburban Urban	<b>Est. Cost/Student:</b> English-\$1.83 Spanish-\$2.99 <b>Est. Cost/Teacher:</b> \$195.95 (All Levels) <i>Student materials available in Spanish</i>	Open Enrollment (\$445 + travel)  <i>Prevention First provides TGFD training at no cost.</i>

All curricula implemented at the middle school level require 2 consecutive years of implementation, except for Botvins LifeSkills Training, which requires 3 years.

## High School

	Implementation parameters required by IDHS				Recommended population		Estimated curriculum costs and training requirements	
YPE Program	Population Type	Target Grades	Number of Sessions*	Length/Frequency of Sessions	Race/ Ethnicity	Community Type	Curriculum Cost	Developer Training Cost
<a href="#">Botvin LifeSkills Training</a> (High School Program)	Universal	9 <sup>th</sup> -10 <sup>th</sup> [1-year program]	10 mandatory sessions (core only; no booster sessions) <b>Does not include an IDHS-approved opioid lesson</b>	40-45 minutes 1-3 times per week	Caucasian Black Hispanic	Rural Suburban Urban	<b>Est. Cost/Student:</b> \$6.00 <b>Est. Cost/Teacher:</b> \$95.00 <i>No Spanish language materials available</i>	\$250/person (online)
<a href="#">Project Towards No Drug Abuse</a>	Universal Selective	9 <sup>th</sup> -12 <sup>th</sup> * [1-year program]	12 mandatory sessions (core only; no booster sessions) <b>Does not include an IDHS-approved opioid lesson</b>	45 minutes 2-3 times per week	American Indian/ Alaska Native Asian African American Hispanic/Latino White	Not specified in the available literature	<b>Est. Cost/Student:</b> \$12.00 <b>Est. Cost/Teacher:</b> \$90.00 <i>Spanish workbooks available upon request</i>	On-site, 2 days (\$2,000 + travel)
<a href="#">Too Good for Drugs</a> (High School)	Universal	9 <sup>th</sup> -12 <sup>th</sup> * [1-year program]	10 mandatory sessions (core only; no booster sessions) <b>Does not include an IDHS-approved opioid lesson</b>	50 minutes 1 time per week	American Indian/ Alaska Native Asian African American Latino White	Rural Suburban Urban	<b>Est. Cost/Student:</b> English-\$1.83 Spanish-\$2.99 <b>Est. Cost/Teacher:</b> \$195.95 (All Levels) <i>Student materials available in Spanish</i>	Open Enrollment (\$445 + travel)  <i>Prevention First provides TGFD training at no cost.</i>

\*It is highly recommended that high school curricula are implemented in the lower grades (9<sup>th</sup> or 10<sup>th</sup>) to impact youth at or shortly before the times they are most likely to begin using alcohol, tobacco, and other drugs.