

PROGRAM & DESCRIPTION	MAJOR COMPONENTS	STUDIED POPULATIONS	OUTCOMES
PROMISING			
<p>Program: KEEP SAFE Contact: Patricia Chamberlain Oregon Social Learning Center 10 Shelton McMURPHEY Boulevard Eugene, OR 97401-4928 Description: A group-based intervention, facilitated by paraprofessionals, for youth in foster care as they transition to middle school. The program aims to prevent internalizing and externalizing problems that may lead to more serious longer-term outcomes such as delinquency, substance use, and high-risk sexual behavior. Strategy Type: Skills Training Setting: Social Services Age: Early Adolescence (12-14) – Middle School Length: 6 sessions (twice weekly for 3 weeks in summer). Ongoing training and support are provided to foster parents (group-based) and youth (one-on-one sessions) once a week for two hours during the first year of middle school</p>	<p>Youth: setting goals, establishing positive relationships with peers and adults, building confidence, and developing decision-making. Problem-solving skills and opportunities are also provided so they can practice positive behaviors</p> <p>Foster parents: maintaining stability in the home, preparing the youth for middle school, and developing behavioral reinforcement techniques and realistic expectations</p>	<p>100% female; 63% White, 10% Latino, 9% African American, 4% Native American, and 14% multiracial</p>	<ul style="list-style-type: none"> • Reduced substance use 2 years post-intervention • Reduced internalizing and externalizing problem behaviors at six months • Reduced health- risking sexual behavior at 36 months beyond baseline (2 years post-intervention) • Improved prosocial behavior 6-months and 12-months post intervention • Placement stability at the 12-month posttest
<p>Program: RealTeen Contact: Traci Schwinn School of Social Work Columbia University 1255 Amsterdam Avenue New York, NY 10027 Email: tms40@columbia.edu Phone: 917-763-3786 Description: An internet-based, gender-specific program designed to reduce substance use among early adolescent girls by improving social and drug refusal skills. Strategy Type: Skills Training Setting: Online intervention Age: Early Adolescence (12-14) – Middle School Length: 9 twenty-minute sessions and a secure website, which offers a homepage with a variety of content, including feeds from the latest entertainment sites, online polls, beauty tips, and a quote of the day</p>	<p>Geared to females to improve skills specific to drug use. Content includes goal setting, decision making and problem solving, puberty, self-esteem and body image, coping, drug knowledge, norms and social influences, refusal skills, and a review</p>	<p>100% female; 63% White, 17% Black, and 15% Latino.</p>	<ul style="list-style-type: none"> • Reduced cigarette use at posttest and 1-, 2-, and 3-year follow-up, and e-cigarette use at 3-year follow-up • Reduced binge drinking at 1-year follow-up. • Reduced marijuana use at 2-year follow-up • Reduced “other” drug use (cocaine, club drugs) at 20 year follow-up