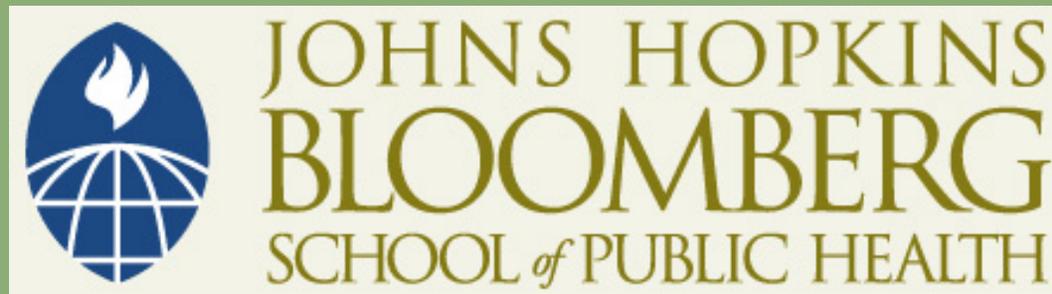


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## *Section D*

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Case Studies

## *Case Study 1: Project Northland*

- Program strategy: randomized community trial
  - Peer leadership (personal, interpersonal)
    - ▶ Peer participation
    - ▶ Behavioral curricula
  - Parental involvement (family-focused approach)
    - ▶ Parent involvement and education program
  - Community
    - ▶ Community activities
- Settings
  - Middle school (K6–K8, 10–14 years)
  - Rural, suburban, and urban

## *Case Study 1: Project Northland*

- Levels of prevention
  - Individual (school-based), family, community activities
- Outcome
  - 30% reduction in alcohol use by teens
  - 30% reduction in tobacco use
  - 8.6% reduction in marijuana use
- Mediating variables
  - Decrease in peer-influence to use alcohol
  - Increase in functional meaning supportive of non-use
  - Decreased likelihood of developing alcohol/drug problems
  - Increase in parent-child alcohol-related communication around use
- Adaptation to other areas

## *Case Study 2: Overview of D.A.R.E.*

- D.A.R.E. = Drug Abuse Resistance Education
  - Created in 1983
  - Trains law enforcement officers to teach a drug-use prevention curriculum
  - Targets youth at the end of elementary school
  - Implemented in 70% of schools nationwide
  - Lessons focus on:
    - ▶ Providing information about drugs
    - ▶ Teaching decision-making skills
    - ▶ Building self-esteem
    - ▶ Choosing healthy alternatives to drug use

## Case Study 3: Evaluation of D.A.R.E.

- Meta-analysis: 8 D.A.R.E. evaluations incorporating 234 schools and 9,225 youth, using pooled effect sizes for each outcome:
  - Attitudes about drugs .42
  - Knowledge about drugs .11
  - Social skills .19
  - Self-esteem .06
  - Attitudes about police.13
  - Drug use .06 (not significant)
  - No long-term benefits

## *Case Study 3: Why D.A.R.E. Does Not Prevent Drug Use*

- Not totally interactive teaching style
- Relies on police as educators, who may not connect with youth
- Targets kids at the wrong developmental point when drug-use prevalence is very low
- Teaches skills in a sheltered environment
- Focuses solely at the individual level of intervention
- Doesn't target other factors: based entirely on the idea of resistance
- **Yet:** D.A.R.E. remains the most widely implemented federally funded drug prevention program