

Botvin LifeSkills® Training (LST)

Middle School Program

Program Summary: Botvin *LifeSkills Training* Middle School Program (LST) is an evidence-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.

Developer: Dr. Gilbert J. Botvin

Website: <http://www.lifeskillstraining.com/index.php>

Contact: National Health Promotion Associates, 1-800-293-4969 or lstinfo@nhpamail.com.

FREQUENTLY ASKED QUESTIONS

1. What population is the LST Middle School Program designed to target?

The LST Middle School Program is a universal program that targets all middle/junior high school students. Initial intervention begins in grades 6 or 7, depending on the school structure, with booster sessions in the two subsequent years. LST also has elementary and high school versions of its program. The elementary and high school versions of LST have not been empirically proven with the same rigorous evaluation as the Blueprints for Violence Prevention Model programs and therefore not eligible for funding by the Pennsylvania Commission on Crime and Delinquency's evidence-based initiative.

2. What risk and protective factors does the LST Middle School Program target?

The Botvin *LifeSkills Training* Middle School Program promotes healthy alternatives to risky behavior through activities designed to teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs, help students develop greater self-esteem and self-confidence, enable students to effectively cope with anxiety, increase student knowledge of the consequences of substance abuse, and enhance cognitive and behavioral competency (decision-making and problem-solving) to reduce and prevent a variety of health risk behaviors.

Protective Factors Targeted for an Increase

- Social Skills
- Interaction with Prosocial Peers

Risk Factors Targeted for a Decrease

- Low Perceived Risks of Drug Use
- Early Initiation of Drug Use
- Sensation Seeking
- Rebelliousness
- Friends' Delinquent Behavior
- Friends' Use of Drugs
- Peer Rewards for Antisocial Behavior
- Favorable Attitudes toward Antisocial Behavior
- Favorable Attitudes toward Alcohol, Tobacco and Other Drug Use

3. What kind of outcomes can be expected from the LST Middle School Program?

In clinical studies*, the Botvin *LifeSkills Training* Middle School Program has been shown to:

- Cut tobacco use by 87%
- Cut alcohol use by 60%
- Cut marijuana use by 75%
- Cut methamphetamine use by 68%
- Cut polydrug use by 66%
- Reduce Pack-a-Day Smoking by 25%
- Decrease Use of Inhalants, Narcotics and Hallucinogens
- Reduces Violence
- Reduces risky driving behavior
- Demonstrates Effects on HIV Risk Behavior

*Follow up Results from five studies published in peer-reviewed journals, comparing students randomly assigned to receive the LST Middle School Program to students assigned to not receive the LST Middle School Program.

Information and research articles demonstrating the impact of the LST Middle School Program can be accessed at:

- [National Health Promotion Association](#)
- [Center for the Study and Prevention of Violence](#)
- [SAMHSA's National Registry of Evidence-based Programs and Practices \(NREPP\)](#)

4. Who can deliver the LST Middle School Program?

LST has been successfully implemented by teachers, school counselors, prevention specialists, community youth educators, police officers, and other program providers. It is important for all staff delivering the LST Middle School Program to be trained.

5. How is the LST Middle School Program structured?

The LST Middle School program consists of 30 class sessions and is designed to be taught in sequence over three years.

Level 1: (Grade 6 or 7) 15 sessions (plus 3 optional violence prevention sessions)

Level 2: (Grade 7 or 8) 10 sessions (plus 2 optional violence prevention sessions)

Level 3: (Grade 8 or 9) 5 sessions (plus 4 optional violence prevention sessions)

Sessions are approximately 30-45 minutes and can be taught either on an intensive schedule (consecutively every day, two to three times a week) until the program is complete, or on a more extended schedule (once a week).

6. What kind of training is needed for the LST Middle School Program?

An overview for the initial core training for the LST Middle School Program is listed on the following LST website link: <https://www.lifeskillstraining.com/training-overview/> . Contact National Health Promotion Associates, 1-800-293-4969 or lstinfo@nhpamail.com for specific information regarding training.

Core Training Workshop

These two-day workshops are designed for individuals preparing to implement the *LifeSkills Training* Middle School Program. This training provides participants with the opportunity to practice teaching strategies using lessons from the curriculum. (Offered on-site or open trainings throughout the country).

7. How much does training cost?

On-site, two-day Core Training workshops can be scheduled with NHPA for organizations requiring training at your site for a maximum of 20 people. The cost for the LST Middle School Program trainings are determined by NHPA. You can contact them by email or phone: lstinfo@nhpamail.com or 1-800-293-4969.

PA Training Workshops: The EPISCenter works to connect sites who are interested in hosting training workshops in PA to reduce costs. Please contact the EPISCenter at 814-863-2568 to see if there is an already scheduled training workshop being hosted in PA that would fit your needs.

8. How do I purchase the LST Middle School program?

- Order materials online at <https://www.lifeskillstraining.com/products/>
- Order by phone by calling 1-800-293-4969

9. What materials are needed to implement the LST Middle School Program?

- Teacher's Manual for each teacher/provider
- A student guide for each student who participates in the program
- Smoking and Biofeedback DVD for each teacher/provider
- Stress Management Techniques CD for each teacher/provider

10. What LST Middle School Program costs should I budget for?

- **LST Middle School Program Training set for each teacher/provider**
 - Level 1: Curriculum Set-\$295**
 - 1 Teacher's Manual, 30 Student Guides
 - Smoking and Biofeedback DVD
 - Stress Management Techniques CD
 - Level 2: Curriculum Set-\$245**
 - 1 Teacher's Manual and 30 Student Guides
 - Smoking and Biofeedback DVD
 - Stress Management Techniques CD
 - Level 3: Curriculum Set-\$175**
 - 1 Teacher's Manual and 30 Student Guides
 - Stress Management Techniques CD
- **LST Middle School Program Student workbooks for each student**
 - Level 1:** Student Pack of 10 - \$60
 - Level 2:** Student Pack of 10 - \$50
 - Level 3:** Student Pack of 10 - \$40
- **Initial LST Middle School Program training for all teachers/providers.**
- **LST TOT for your site**-In order to promote sustainability, it is recommended that teachers(s)/provider(s) complete the Training of Trainers for the LST Middle School Program. This person would be available to train new teachers/providers and provide booster trainings thereby reducing future training costs. Please contact National Health Promotion Associates, 1-800-293-4969 or lstinfo@nhpamail.com for current costs for participating in the LST TOT training.

- **Scanning Software**-Purchasing scanning software to ease the data collection process when serving large numbers of children/youth for a school-based implementation, is an allowable expense. To access information and a free webinar, visit the following link: <http://www.gravic.com/remark/>. Scanning software specifications are listed below:
 - Remark Office OMR
Compatible with copiers/scanners
 - Remark Office Classic
Compatible to be used with Scan Tron machines.
- * *Many of the EPISCenter pre/post surveys are available in a "fill in the bubble format".*
- **Fidelity Verification of program quality assurance by developer or designee.** PCCD funded sites are required to have the implementation quality of their program verified by the developer or trainer in year two, quarter one of funding. There is a consultation call that takes place and then the developer/designee completes a Fidelity Verification Form back to the PCCD grantee who then reports this form to PCCD by uploading it into Egrants. Please contact Craig Zettle at czettle@nhpamail.com to determine the current cost for the Fidelity Verification Process.
- **Funding to hire a local evaluator at the site's discretion.** The EPISCenter provides funded sites with a spreadsheet for calculation of measures for reporting outcomes to the Pennsylvania Commission on Crime and Delinquency. Sites may consider identifying an evaluator for additional evaluation services, if desired.

11. What are some common barriers I might encounter with the LST Middle School Program?

Teacher buy-in and lack of administrative support are two key issues that are common with LST Middle School Program implementation. It is important to pre-plan with the Director of Curriculum and/or other school district administrators to ensure their crucial support.

Pre-planning for scheduling and embedding the LST Middle School Program into school curriculum is crucial for success. The LST Middle School Program should not be taught in place of Physical Education and should be taught in a classroom environment.

Careful planning of the data collection process for the pre and post student surveys needs to be addressed as part of the grant planning process. Each student will need to complete a pre and post test for the LST Middle School Program. A data collection coordinator should be appointed to make sure all of the pre and post tests are completed, collected, analyzed, and an outcomes report is compiled especially when implementing in multiple schools.

12. What evaluation tools should I use?

Below is the list of evaluation tools required by the EPISCenter to collect the outcomes needed to report to PCCD:

- EPISCenter LST Student Pre and Post Survey Plus Section E (Student Outcomes)
- LifeSkills Training Lesson Checklists (Fidelity Observations)
- EPISCenter LST Observation Log
- LST Spreadsheet for Outcomes Analysis & PCCD Reporting

You may obtain copies of these tools by contacting the EPISCenter at 814-863-2568 or download them from the EPISCenter's website at <http://www.episcenter.psu.edu/ebp/lifeskills/evaltools>.

It is important to review the instructions for administering the Pre and Post Student Survey plus Section E as outlined in this document.

Sites are expected to monitor program implementation quality and fidelity. Fidelity observations are to be conducted by an observer who has been trained in the LST Middle School program.

Sites funded by PCCD are required to report quarterly in Egrants utilizing the LST Spreadsheet for Outcomes Analysis and PCCD Quarterly Reporting. The evaluation tools and spreadsheet provide analyzed data from the student survey and the fidelity observation forms. If more extensive analysis is desired locally, sites may wish to identify additional evaluation support.

The EPISCenter is available to help sites develop an evaluation strategy for the LST Middle School Program at (814) 863-2568 or EPISCenter@psu.edu.

13. In what ways can I involve my local prevention board?

- Local collaborative boards can play an important role in program development and sustainability. At start-up, present the research behind LST and share your local goals for the program.
- Provide board members with a fact sheet, the program's logic model, theory of change, and demonstrated outcomes.
- Help them to understand ways in which they can contribute to the program's local success.
- Identify potential program champions or community gatekeepers that can help to build relationships that may lead to program support.
- Provide frequent verbal reports on the program's impact and at least annually provide a written summary of program outcomes.
- Identify board members to become engaged in generating outcome reports and securing sustainability funds.

14. Are there other sites in PA implementing the LST Middle School Program?

Please contact the EPISCenter to learn about other sites implementing the LST Middle School Program in Pennsylvania: 814-863-2568 or episcenter@psu.edu

