

Botvin LifeSkills Training (LST)

OVERVIEW

Due in part to its wide utilization by multiple SAPC prevention providers, for fiscal year 2022-23, SAPC is requiring that all Prevention Education Program (PEP) providers offer Botvin's LifeSkills Training (LST) as one of their evidence-based programs. The LST program is designed to positively impact the lives of youth in elementary, middle, and high school by equipping adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations. Developed by Dr. Gilbert J. Botvin, a leading prevention expert, LST is backed by over 30 scientific studies and is recognized as a Model or Exemplary program by an array of government agencies including the U.S. Department of Education and the Center for Substance Abuse Prevention. Rather than strictly focusing on the dangers of drug use, LST promotes healthy alternatives to risky behavior.

The LST program is based on more than 40 years of peer reviewed scientific research, and now holds the distinction of being the top evidence-based substance abuse prevention program in the country¹. Research on LST demonstrated reductions in violence, delinquency, and most recently, prescription and opioid misuse among middle school aged-youth. The LST program has been extensively tested and proven effective at reducing tobacco, alcohol, opioid, and illicit drug use by as much as 80%. Long-term follow-up studies also show that it produces prevention effects that are durable and long-lasting. In addition, according to the Washington State Institute for Public Policy as cited in the 2022 National Drug Control Strategy², LST has a benefit-to-cost ratio of \$13.49³.

SAPC will be providing information on how to report evaluation outcomes data electronically. Please utilize your Evaluator in order to complete and input the SAPC developed effectiveness assessment.

PROGRAM COMPONENTS

The LST program consists of three major components that cover the critical domains found to promote drug use. Research has shown that students who develop skills in these three domains are far less likely to engage in a wide range of high-risk behaviors. The three components are:

Drug Resistance Skills

Enables young people to recognize and challenge common misconceptions about tobacco, alcohol and other drug use. Through coaching and practice, they learn information and practical ATOD (Alcohol, Tobacco, and Other Drug use) resistance skills for dealing with peers and media pressure to engage in ATOD use.

¹(a) Journal of Behavioral Medicine (1983), (b) Journal of Studies on Alcohol (1984), (c) Journal of Consulting and Clinical Psychology (1990), (d) Journal of the American Medical Association (1995), and (e) Archives of Pediatric & Adolescent Medicine (2006).

² <https://www.whitehouse.gov/wp-content/uploads/2022/04/National-Drug-Control-2022Strategy.pdf>

³ <https://www.wsipp.wa.gov/BenefitCost/Program/37>

Personal Self-Management Skills

Students learn how to examine their self-image and its effects on behavior; set goals and keep track of personal progress; identify everyday decisions and how they may be influenced by others; analyze problem situations and consider the consequences of each alternative solution before making decisions; reduce stress and anxiety and look at personal challenges in a positive light.

General Social Skills

Students develop the necessary skills to overcome shyness, communicate effectively and avoid misunderstandings, initiate, and carry out conversations, handle social requests, utilize both verbal and nonverbal assertiveness skills to make or refuse requests, and recognize that they have choices other than aggression or passivity when faced with tough situations.

IMPLEMENTATION

Settings

For optimal program implementation LST should be implemented in a classroom setting that is conducive to learning. The curriculum can be taught in school, community, faith-based, summer school, and after-school settings. LST can be implemented in any subject area and can be taught across multiple subjects.

Teaching Strategies

LST is designed to use developmentally appropriate and collaborative learning strategies taught through lecture, discussion, coaching, and practice to enhance students' self-esteem, self-confidence, ability to make decisions, and ability to resist peer and media pressure.

COSTS

High School Program - \$265

The LST *High School program* is a highly interactive, skills-based program designed to promote positive health and personal development for youth in grades 9 or 10. The **High School Curriculum Set** (1 Teacher's Manual, 30 Student Guides) can be purchased for **\$265** and consists of 10 class sessions, are approximately 40-45 minutes each session, and can be taught either on an intensive schedule (two to three times a week) until the program is complete, or on a more extended schedule (once a week for 10 weeks). The curriculum includes the following courses:

- Unit 1: The Value of Good Health
- Unit 2: Decision-Making for Health
- Unit 3: Risk-Taking and Substance Abuse
- Unit 4: The Media and Health
- Unit 5: Managing Stress, Anger, and Other Emotions
- Unit 6: Family Communications
- Unit 7: Healthy Relationships

For more information on the high school program, please see [Scope and Sequence](#) and [Suggestions for Implementation](#)

Middle School program

The *Middle School program* is designed to be taught in sequence over three years in middle school or junior high, grades 6-9. The curriculum is intended to be taught sequentially to build on skills learned in the previous levels. *For providers who elect the middle school curriculum, SAPC recommends the level 1 program. Levels 2 and 3 are optional and may only be offered to students who have already received level 1 curriculum.*

- Foundation Level 1 (ideally implemented in grades 6/7): 15 class sessions (includes 3 optional violence prevention lessons) – **\$295**
 - Curriculum includes the following topics: Self-Image & Self-Improvement, Making Decisions, Smoking: Myths and Realities, Smoking and Biofeedback, Alcohol: Myths and Realities, Marijuana: Myths and Realities, Advertising Violence and the Media, Coping with Anxiety, Coping with Anger, Communication Skills, Social Skills, Assertiveness, and Resolving Conflicts. For more information, please see [Scope and Sequence](#).
- Booster Level 2 (only implemented after level 1): 10 class sessions (includes 2 optional violence prevention lessons) - **\$245**
- Booster Level 3 (only implemented after level 2): 5 class sessions (includes 4 optional violence prevention lessons) - **\$175**

All sessions are 45 – 50 minutes and can be taught either on an intensive schedule (two to three times a week) until the program is complete, or on a more extended schedule (once a week). The middle school full curriculum set includes Levels 1-3 (1 teacher’s manual per level, 30 student guides per level, & 1 Stress Management Techniques Audio Streaming Only& 1 Smoking & Biofeedback Video Streaming Only) can be purchased for **\$645**. Each level can also be purchased separately. For more information, please visit:

<https://www.lifeskillstraining.com/lifeskills-training-middle-school-products/>

Training

LST Provider Training Workshops prepare teachers, school counselors, prevention specialists, school resource officers, police officers, community youth educators, and other program providers to effectively implement the state-of-the-art prevention education activities and teaching strategies found in the LST program. Each workshop plays an important role in enhancing the confidence and skill capacity of participants, resulting in optimal implementation of the LST program. Training increases the effectiveness of the program and assists providers to develop implementation strategies for the programs comfort and fit in individual sites.

Training is required.

Training Formats

Online Training Workshops - \$250

Offer flexibility and convenience, accessible from your work or personal computer. Check out [training schedule](#) to register for an online training. For more information, [download an informational PDF](#) or [contact us](#) or call 800-293-4969.

On-site Training Workshops - \$1070

If you have a larger group (up to ~20) you want to be trained at your site, email (training@nhpamail.com) to obtain a quote or request an on-site training workshop or call 914-421-2525.

NOTE: Due to COVID-19, onsite workshops are not being scheduled until further notice. Please continue checking on website for updates.

Additional Information

For more information, please visit: <https://www.lifeskillstraining.com/>