Communities that Care
COALITION

Jeanette Voas
Evaluation Coordinator
413-774-3167 x122
jvoas@frcog.org

Kat Allen
Coalition Co-Chair
413-774-3167 x119
kallen@frcog.org

LifeSkills is a Substance Abuse and Violence Prevention Curriculum for Middle School Students

Year 1	Year 2	Year 3
6th/7th	7th/8th	8th/9th
15 classes	10 classes	5 classes

About LifeSkills

LifeSkills Teaches *Life Skills:*

- Self-Image & Self-Improvement
- Making Decisions
- Coping with Anxiety
- Coping with Anger
- Communication Skills
- Social Skills
- Assertiveness
- Resolving Conflicts
- Media Influences
- Advertising
- Violence and the Media
- Resisting Peer Pressure

...as well as:

- Smoking: Myths and Realities
- Alcohol: Myths and Realities
- Marijuana: Myths and Realities
- Drug Abuse and Violence: Causes and Effects

LifeSkills **Can** Be Taught:

In Health class, Advisory, Social Studies, or any other course.

All in one course or shared between multiple courses.

As often as one class per day or as infrequently as one class per week.

LifeSkills **Must** Be Taught:

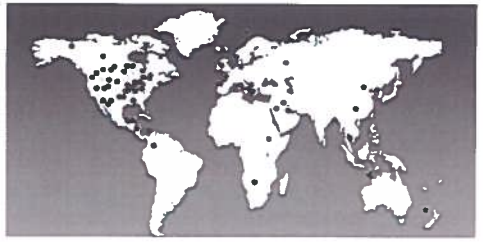
With all of the required sessions.

With all of the required topics.

In the specified order.

LifeSkills Has Been Tested in Practice

An estimated 50,000 teachers, 10,000 sites, and 3,000,000 students have participated in the LifeSkills program.



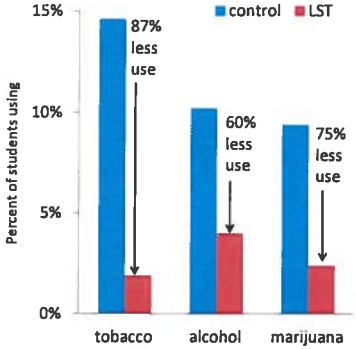
LifeSkills is a Model Program

LifeSkills has been evaluated in 30+ studies.

It has received an alphabet soup of accolades:

LifeSkills is Effective

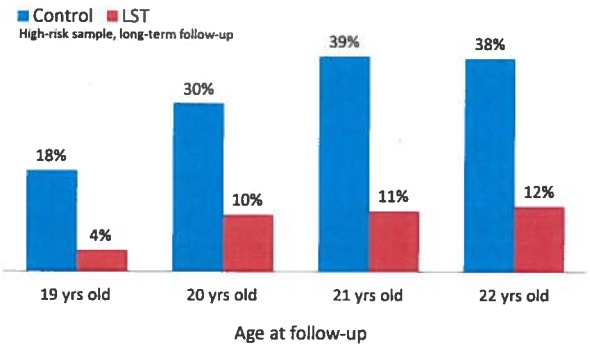
Randomized trials show LifeSkills reduces tobacco, alcohol and marijuana use among participants relative to controls, **up to 87%** for tobacco use, **up to 60%** for alcohol use, and **up to 75%** for marijuana use.



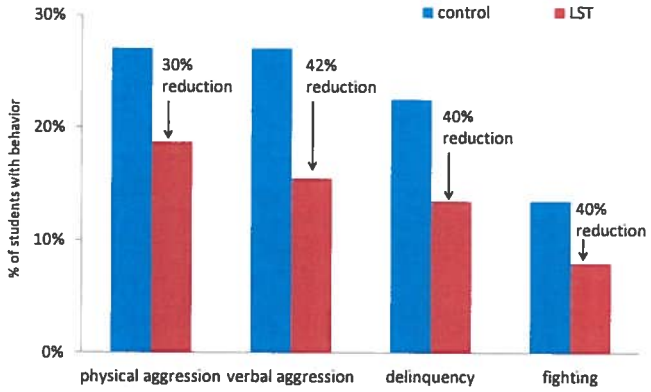
LifeSkills Prevents Other Risky Behaviors

- By addressing underlying social and emotional issues, and by building student skills, **LifeSkills reduces a variety of risky behaviors**, not just those explicitly covered in the curriculum.
- For example, research has shown an impact on **prescription drug use, violence, HIV risk behaviors, and risky driving**.

LifeSkills Has Lasting Effects - including on Narcotic Prescription Drug Misuse!



LifeSkills Prevents Violence and Delinquency



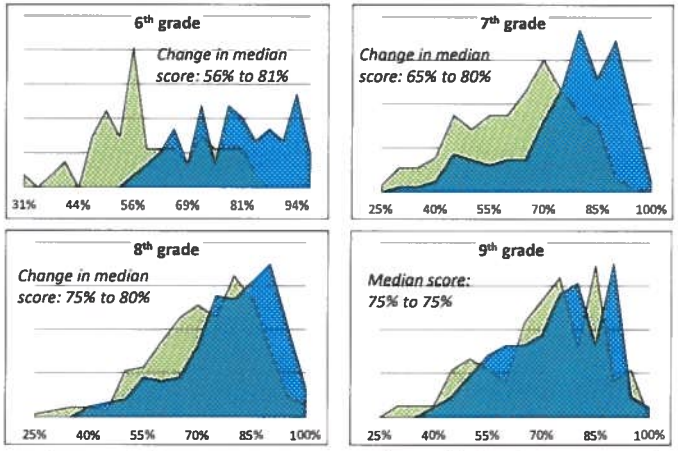
Who Benefits from LifeSkills?

- While LifeSkills is a universal prevention strategy, **highest risk groups benefit most.**
- Research has shown **LifeSkills benefits boys and girls of all races and ethnicities, in urban and rural settings.**

LifeSkills in Franklin County & the North Quabbin

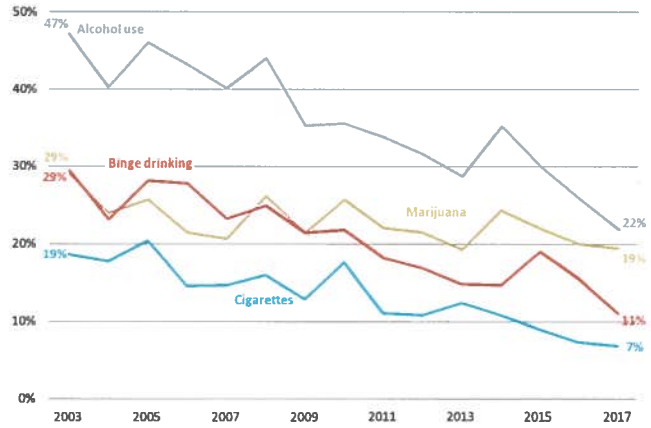
- All Franklin County and North Quabbin middle schools have been working on implementing this program.
- The program is supported locally by the Communities That Care Coalition, Opioid Task Force, District Attorney's Office, Attorney General's Office, Baystate Franklin Medical Center, and many more.
- The Partnership for Youth and Communities That Care Coalition are working to support schools in implementing the program with as much fidelity as possible.
- Please contact Kat Allen (kallen@frcog.org) for more information.

Local pre-/post-test data: gains in knowledge



Source: 2016-2017 Lifeskills pre-/post-tests for 66 GFMS students (6th graders), 248 Frontier students (7th and 8th), and 348 Mahar students (7th, 8th, and 9th).

LifeSkills in Greenfield

- Previous MS Health Educator Maureen Shaw was trained in the program and ran it for 2 years.
- New/current MS Health Educator Nakai Smith has been trained in the program and ran it this past school year.
- Additional local support from 4SC
- Health is an elective: 3 sections of 6th grade students get Level 1, no 7th grade students get Level 2 and no 8th grade students get Level 3.
- 3 sections of 5th grade students get one year of the elementary curriculum.

Reductions in Current Youth Substance Use Franklin County, 2003-2017