

Project Northland I

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Multi-level, multi-year community-wide alcohol prevention program in Minnesota

1991 (sixth graders)-

1998 (graduate)

Multi-level

- 1. Curricula x 3 years**
- 2. Peer leadership**
- 3. Parental education**
- 4. Task forces**

Sixth Grade: Slick Tracy Home Team Program

- Slick Tracy/Breathtest Mahoney activity story books completed with parents
- Northland Notes for Parents
- Family Fun Night
- Community-wide task forces
 - Pass 5 ordinances
 - “Gold Card” program

Seventh Grade Amazing Alternatives! Program

- Evening party with parents
- 8 week teacher/peer-led class curriculum
- Peer leadership program to create alcohol-free social activities
- Amazing Alternatives booklets
- 3 issues of Northland Notes for Parents
- Task forces (cont'd)

Eighth Grade Powerlines

- 8 session Powerlines curriculum (interview “key informants”, e.g. liquor merchants, gov’t officials)
- “It’s My Party” theatre production
- New issues of Northland Notes for Parents
- Peer leadership groups (cont’d)
- TEENSpeak newsletter by/for 8th graders
- Task forces (cont’d)

Outcomes

- Perceive fewer peers that drink
- Endorse not drinking
- Greater self-efficacy to resist @ parties
- Greater perceived costs/sanction for drinking & driving
- More communication with parents about drinking
- After 3 years, intervention group lower levels of onset & prevalence of alcohol use than controls

Project Northland II


Life Skills Training

- 3 years, starting in 6th
- Focus on “gateway” drugs (cigs, alcohol, mj)
- Variety of settings (schools, CBOs, PAL)
- 50-75% lower use vs. controls & sustained over time
- Technology (computers, biofeedback)
- Content areas:
 - Drug resistance skills
 - Self-management skills
 - Social competence




Drug Resistance Skills:

- **Increased awareness of social influence**
- **Decreased estimation of prevalence**
- **Resistance skills (e.g. “fogging”)**



Self-management skills:

- **Problem solving/decision making (scripts)**
- **Stress reduction (e.g. belly breathing)**



Social Skills:

- **How to begin a conversation**
- **How to keep a conversation going**
- **How to ask for help**
- **How to express appreciation**
- **How to give negative feedback**