



November 2019

Anti-Stigma Educational Strategies and Programs

STRATEGY/PROGRAM NAME	TOPICS	INTENDED AUDIENCE	EVIDENCE BASIS (Effective, promising, etc. by who?)	COST	EASE OF USE	PROS	CONS
<i>PATHS-Promoting Alternative Thinking Strategies</i>	Based on social emotional learning Helps children: <ul style="list-style-type: none"> ● Resolve conflicts peacefully ● Handle emotions positively ● Empathize ● Make responsible decisions 	Ages 5-12	International evidence basis, multiple randomized control trials and quasi-experimental studies conducted between 1983 and 2014	Counselor package for preschool-grade 5/6 costs \$3,509.00 Individual Grade level packages range from \$439-\$879	Easy <ul style="list-style-type: none"> ● Comprehensive, grade-specific classroom modules ● Fully scripted, developmentally appropriate lesson plans ● Correlations to national standards 	<ul style="list-style-type: none"> ● Includes components for students, teachers and parents ● Appropriate for at-risk children and children with special needs (<i>originally developed in hearing-impaired classrooms and testing in special-needs classrooms</i>) ● Formal training available 	<ul style="list-style-type: none"> ● Cost may be considered too expensive
Families And Schools Together (FAST)	Multifamily group intervention design <ul style="list-style-type: none"> ● Build protective factors ● Empower parents to 	Ages 4-12	Quasi experimental research, grades K-2, conducted in 2004-2009, random	Initial training cost: \$3900, \$1500 per cycle, Community partners \$1500, parent partner	Easy <ul style="list-style-type: none"> ● 8 week training ● family run meetings for 2 years 	<ul style="list-style-type: none"> ● Team of parent, school professional, clinical social worker, substance abuse counselor ● Team members represent cultural and 	<ul style="list-style-type: none"> ● Cost is expensive

	<ul style="list-style-type: none"> be prevention agents ● build supportive parent to parent groups 		<p>assignment control groups</p> <p>Evidence rating: Effective</p>			<p>ethnic backgrounds of the families participating</p> <ul style="list-style-type: none"> ● Group activities support parents to help teach their children to connect to their culture 	
Functional Family Therapy (FFT)	<p>Family Based Prevention</p> <ul style="list-style-type: none"> ● Lower recidivism rates ● Reducing risky behaviors ● increasing strengths ● improving functioning across key life domains 	Ages 11-18	<p>Randomized control trial, Quasi experimental design, conducted 1988-2013</p> <p>Evidence rating: Effective</p>	<p>Cost: \$3,134 per youth: admin overhead, transportation costs, court case management, quality assurance</p>	<p>Implemented in 3 phases (each phase minimum of 1 year)</p> <ul style="list-style-type: none"> ● Clinical training ● supervision training ● maintenance phase <p>Based in home</p>	<ul style="list-style-type: none"> ● Based in home reducing transportation and scheduling barriers ● skilled training ● using multisystemic community resources ● Wide range of professionals involved 	<ul style="list-style-type: none"> ● Cost is expensive ● Length of program (3 years minimum)
Guiding Good Choices	<ul style="list-style-type: none"> ● Promoting healthy, protective parent-child interactions ● address children's risk for early substance use ● Positive interactions between caregivers and children 	Ages 9-14	<p>Conducted 1997-2009, randomly assigned intervention groups</p> <p>Evidence rating: Effective</p>	<p>Program materials: \$1079 (Core program kit, 25 family guides) option to buy additional kits \$839/13.99 per family guide. Additional optional training (3 day) for 12 participants \$4200</p>	<ul style="list-style-type: none"> ● 5 weekly sessions ● Can be taught anywhere by certified workshop leader 	<ul style="list-style-type: none"> ● Available in English and Spanish ● Cost effective ● Easy to follow program ● Easy to certify and implement 	<ul style="list-style-type: none"> ● None noted at this time

<p>Positive Action</p>	<ul style="list-style-type: none"> ● Improve youth academics ● Reduction in substance use, problem behaviors, violent behaviors, and bullying 	<p>Ages 0-18</p>	<p>Conducted 2009-2011 Matched pair randomized control design randomized treatment groups Evidence Rating: Effective</p>	<p>\$390-\$460 for the instructor kit; Refresher kits are 24% of the original price; climate development kits \$460 each; \$200 per subsequent year; counselor kits \$150/\$30 per refresher kit; Conflict resolution kits \$75/\$25 refresher kit; \$85 family kits; family classes kits \$1450; Parenting class kit \$980; Family Classes \$990;</p>	<ul style="list-style-type: none"> ● Can be used by schools, families, and communities ● Can be used nationally or internationally and in mainstream settings ● 15-20 minute lessons in ready to use kits 	<ul style="list-style-type: none"> ● Covers a variety of populations and statuses ● Addresses diverse problems ● Covers diverse life/social skills topics ● Short lessons 	<ul style="list-style-type: none"> ● Cost
<p>Good Behavior Game</p>	<ul style="list-style-type: none"> ● Improve aggressive and disruptive behavior and prevent later criminality 	<p>Ages 6-10</p>	<p>Conducted 1994-2009; randomized control trial</p>	<p>Need to contact directly for cost (202) 403-5869</p>	<ul style="list-style-type: none"> ● Implemented in classrooms ● 3 phases ● short timeframes 	<ul style="list-style-type: none"> ● Presented as a game ● Rules learned in game used inside and outside or classroom ● Universal ● can be applied to general populations 	<ul style="list-style-type: none"> ● Cost not listed
<p>First Step to Success</p>	<ul style="list-style-type: none"> ● Early intervention program for anti-social behaviors 	<p>Ages 5-8</p>	<p>Conducted 1998-2009; Cohort design, quasi experimental with randomized control trials</p>	<p>\$203 per kit with \$35 each consumable packets</p>	<ul style="list-style-type: none"> ● 3 modules utilizing teachers in classrooms ● Coach works both teachers and parents ● parents give feedback each night 	<ul style="list-style-type: none"> ● Low cost ● Student rewards for positive behaviors ● Training, monitoring, and supervision to build fidelity ● Structured ● Involves parents 	<ul style="list-style-type: none"> ● Limited age range