



Brief Description of the Program

RY is a school-based indicated prevention program for young people in middle and high school who are at risk for school dropout, drug involvement, anger/aggression, depression and/or suicidal behavior. Key features of the program include:

Program Goals

1. Increased (↑) school achievement
 2. Decreased (↓) drug involvement
 3. Decreased (↓) suicide risk
- **Skills training**, with a focus on building self-esteem, setting/monitoring goals, decision making, personal control, and interpersonal communication.
 - A small-group context of **adult and peer support**, to enhance the personal and social protective factors of high risk youth.
 - A **school system crisis response plan** that includes both school and community-based strategies and resources.
 - **Parent involvement**, including active parental consent, support of RY goals, and awareness of school/community support resources for teens & families.
 - **Social activities and school bonding** to foster healthy choices in friends and an increased repertoire of fun, safe, drug-free activities.

Youth participating in RY evidenced the following:

RY Outcomes:

- ↑ Mood Management
- ↑ Drug Use Control
- ↑ School Achievement
- ↑ Protective Factors

- Reductions in depression & hopelessness
- Declines in anger-control problems
- Reductions in hard drug use
- Reductions in drug-use control problems & adverse drug-use consequences
- Increases in GPA in all classes
- Decreases in dropout rates
- Increases in credits earned per semester
- Increases in positive connections with teachers, friends & family
- Increases in personal control

RY is a school-based, semester-long class

Critical Elements to Successful Implementation and Program Fidelity

- Offered for *credit and a grade*;
- Delivered as part of the students' regular school schedule;
- Essential is the *small group format* with a 1:10-12 teacher-to-student ratio;
- Students *are invited* to participate; they must choose to participate; and
- Random assignment leads to diverse representation: different grade levels, ages, genders, risk factors, and levels of school connectedness.

RY Program Honors and Awards

- "First Annual Report on School Safety" by the White House as top-tier
- A+ on "Safe Schools, Safe Students: A Guide to Violence Prevention Strategies"
- Selected as a Model Program by SAMSHA and a Promising Program by SPRC
- Acclaimed by NIDA, the US Department of Education, and Office of Juvenile Justice and Delinquency Prevention as an evidence-based indicated prevention program.

For program information and training/curriculum ordering arrangements contact:

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