

## New Prescription Drug Module to Help Shield Teens from Opioid Crisis

WHITE PLAINS, N.Y., Aug. 23, 2017 /PRNewswire/ -- Schools and communities are searching for new tools to combat the prescription drug and opioid crisis, now regarded as a national emergency. National Health Promotion Associates (NHPA), the researchers behind Botvin *LifeSkills Training*, have risen to the challenge of helping youth avoid the dangers of prescription drug or opioid misuse/abuse and are excited to announce the release of a **Prescription Drug Abuse Prevention Module**.



The new LST **Prescription Drug Abuse Prevention Module** gives teens the skills and knowledge necessary to help them avoid the misuse/abuse of opioids and prescription drugs. It will be available in a variety of formats that will allow for both online and classroom delivery. The new module is ideal for school districts, community-based organizations, and agencies serving students ages 11 - 14. The module is flexible enough to enhance the award-winning *Botvin LifeSkills Training* program or to be integrated into existing prevention programming.

The new module is designed to further enhance the effectiveness of the LST Middle School program, which has been proven to reduce opioid and prescription drug misuse. A recent study funded by National Institute on Drug Abuse (NIDA) showed that the LST Middle School program delivered in 7th grade classrooms helped students avoid misusing/abusing prescriptions opioids and other drugs throughout their teen years. NHPA researchers say that the addition of this new module will reinforce the already effective LST program.

"NHPA is a leader in quality, effective evidence-based prevention education. While our core Middle School program already has evidence demonstrating its effectiveness in reducing opioid and prescription drug misuse and abuse, the addition of this new module will help to specifically address the epidemic facing our nation. The LST program has been tested through more than 30 years of rigorous scientific [research](#) and has identified prevention approaches that are effective, produce lasting results, and can save taxpayers a good deal of money," said Dr. Gilbert J. Botvin, professor emeritus at Cornell University's Weill Medical College and developer of the LST program. "Let's stop prescription opioid abuse before it begins. Now is the time to unleash the power of prevention."

More than 35 federally funded studies have demonstrated that LST protects teens against tobacco, alcohol, substance use, and other problem behaviors such as delinquency and violence. According to a 2013 report on the economic benefit of evidence-based prevention



programs, LST produced a \$38 benefit for every \$1 invested in terms of reduced corrections costs, welfare and social services burden, drug and mental health treatment; and increased employment and tax revenue. LST had the highest return on investment of all substance abuse prevention curricula studied.

### **About Botvin *LifeSkills Training***

Botvin *LifeSkills Training* (LST) is a highly acclaimed, evidence-based substance abuse and violence prevention program used in schools and communities. LST has been extensively tested and proven to reduce 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. Visit [www.lifeskillstraining.com](http://www.lifeskillstraining.com) for more information.