

SIGNIFICANT REDUCTIONS IN BULLYING, DRUGS, & ALCOHOL USE

"In recent years a group of stakeholders evaluated several evidence-based prevention programs and it was clear from the research that one program stood out from the rest: Botvin Lifeskills Training." -Heath Rocha, Chief Student Services Officer, CUSD

DISTRICT PROFILE

Metro Status: Rural

Total Schools: 6

Grades: PreK - 12

Total Enrollment: 2,525



GOALS

Drug/Alcohol and Bullying prevention has been a priority of the Carmel Unified School District (CUSD) Board of Education since 2010 and has been the focus of an objective in the district's long-term goals.

CHALLENGES

- Find an evidence-based prevention program that works
- Create buy-in from all stakeholders including the board of education, schools, parents, and community

"With the enormous research supporting Botvin Lifeskills Training's efficacy, coupled with our experience, there is not a better program in existence that does a better job promoting social-emotional development, positive behaviors and relationships, and reduces the risk of alcohol and drug use/abuse." -Heath Rocha, Chief Student Services Officer, CUSD

SOLUTION

Select an evidence-based prevention curriculum

CUSD stakeholders looked to SAMHSA's NREPP website for an evidence-based prevention program that has been proven to reduce substance abuse and violent behavior. Botvin *LifeSkills Training* was their top choice due to an overwhelming body of evidence.

Implement a districtwide evidence-based prevention program

Since the 2011-12 school year, CUSD implemented the *LifeSkills Training* Elementary program in grades 3 - 5, the Middle School program in grades 6 - 8, and the high school program in grade 10.

Create a multi-pronged approach

In addition to implementing the Botvin *LifeSkills Training* program in grades 3 - 10, CUSD created a multi-pronged approach that included a social norms campaign, a parent committee, counseling, Not In Our School (a student-led anti-bullying initiative), AlcoholEdu in grades 9 and 11, and a voluntary random drug testing program.



SUCCESS!



50%

Risky Behavior Cut in Half

California Healthy Kids Survey results (2014-15)

- Alcohol/drug use and incidents often associated with bullying down 50%
- Students suspended down 50% over the last 3 years