



EXECUTIVE DIRECTOR
Geetha Arulmohan



Program Summary Sheet

Title Life Skills Training

CSAP Strategy Education

Risk Factors Addressed Family History of Alcoholism/Drug Abuse; Favorable Attitude Toward Drug Use, Early First Use, Greater Influence by and Reliance on Peers than Parents

Evidence-Based Program/Principles SAMHSA Model Program, CSAP, NIDA, OJJDP

Program	Audience	Lesson Length
Elementary	Grades 3-5	8 (1hour) lessons
Middle School Level 1	Grade 6	15 (1 hour) lessons
Level 2	Grade 7	10 (1 hour) lessons
Level 3	Grade 8	5 (1 hour) lessons

Program Services Include One pre-program consultation with administration;
5-15 classroom/group lessons for a maximum of 25 children;
Lessons tailored to age/grade level;
Pre/post surveys, educational materials, personalized certificates and evaluation summary.

Summary

The Life Skills Training (LST) program is a research-based prevention curriculum developed by Dr. Gilbert J. Botvin, Director of the Institute for Prevention Research at Cornell University Medical College. LST seeks to promote health and well-being among adolescents through the delivery of a combination of health information, general life skills and drug-resistance skills. LST is proven to reduce the use of alcohol, tobacco and other drugs among adolescents, making it the most extensively evaluated substance abuse program available.

Learning Objectives

1. Develop and increase social skills such as communication and assertiveness.
2. Develop and increase personal skills such as self-esteem and stress management.
3. Gain an increased awareness of the ATOD health risks.
4. Learn skills to help children make smart and health lifelong decisions.

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