

Programs that have been awarded an Evidence-Based Status by the Utah Evidence-Based Workgroup

Program Name	Risk/Protective Factors addressed	Target Audience	Description	Level	Contact person/info
Prevention Dimensions		K-12	A school based curriculum that teachers can incorporate into core lessons. Training of teachers is required.	3	Verne Larsen, larsen.verne@schools.utah.gov
Parents Empowered	1. Parental Attitudes 2. Bonding 3. Clear standards 4. Monitoring	Parents of youth 10-16	Underage Drinking Program: Incorporates media, community collaboration and policy change. Target audience is parents of 10-16 year olds.	3	Doug Murakami, dmurakami@utah.gov
HealthInsight - Provider Training		Prescribers, physicians, dentists	Training for prescribers of opiates/narcotics as well as other controlled substances. Prescribers receive Continuing Medical Education credits. Educates providers on how to recognize abuse, misuse, dependency in patients. Also reviews some alternatives prior to prescribing opioids. Uses State prescribing guidelines. The training is provided by physicians to prescribers. There is a webinar version as well.	3	Kye Nordfelt, knordfelt@swuhealth.org

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<p>Personal Empowerment Program</p>	<p>1. Academic Failure 2. Low commitment to School 3. Family Conflict</p>	<p>Middle School, High School Students</p>	<p>The purpose of the Personal Empowerment Program (PEP) is to provide assistance to Middle and High school students who may be experiencing difficulties with daily adolescent living. This program targets selective populations but is available to every student in their respective schools. Support is provided by prevention specialists through activities that enhance coping strategies, problem-solving, and relationship and anger management skills</p>	<p>3</p>	<p>Allen Sain, asain@sbhcutah.org</p>
<p>Truancy Program</p>	<p>1. Low commitment to school 2. Early initiation of ASB</p>	<p>Truant students</p>	<p>The purpose of the Truancy Program is to educate students and their families that have truant charges on the Truancy policy. The program utilizes notification of truant behavior to parents, attending a 2 hour class, learning how to track attendance on the school system, and finally using the court system to access needed services.</p>	<p>3</p>	<p>Cathy Bledsoe, cathyb@provo.edu</p>

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Hope Squad	<p>1. Depressive Symptoms 2. Parental Attitudes Favorable to ASB 3. Early Initiation to ASB in All grades 4. Knowledge of Risks to suicide</p>	Youth ages 12-18	<p>Hope Squad is a peer to peer prevention program designed to prevent suicide amongst middle school and high school aged youth. High school and middle school students help peers in their school who may be suffering from depression, other risk factors or who are contemplating suicide get the necessary resources that will decrease the exposure to risk and lessen the likelihood of suicide attempts and completions.</p>	3	Cathy Bledsoe, cathyb@provo.edu
Love and Logic	<p>(1) Poor Family Management (2) Family Conflict</p>	Parents	<p>Love and Logic is a parenting program that builds around the science of caring, respectful relationships. It provides positive, loving tools for raising happy and well-behaved kids and addressing challenges of risk with a variety of simple and effective strategies for parenting children birth to adulthood.</p>	3	Debi Todd, debit@dbhutih.org

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Communities Empowering Parents	Risk: Family Conflict, family management problems. Protective: Increase family bonding, increase family management skills. Increase anger management and stress coping skills	Parents and caretakers or children ages 5-17	Communities Empowering Parents (CEP) is a community-based intervention for parents of selective and indicated risk elementary and adolescent aged children. The primary goal of the program is to increase risk and protective factors and change knowledge, attitudes and behaviors that prevent and reduce or delay the onset of alcohol, tobacco, and other drug use.	4	Project Reality- Maureen Collins, maureen.collins@projectreality.net; Rita Mangum, rita.mangum8@gmail.com; Joel Millard, jmillard@projectreality.net
Strengthening Families 7-17	Parenting skills, Family Management	Utah families with high risk children and teens 7-17	The original Strengthening Families program modified to target families with children age 7-17.	4	Karol Kumpher, kkumpfer@xmission.com and Jaynie Brown, jayniebrown@gmail.com