

Programs That Have Been Awarded an Evidence-Based Status by the Utah Evidence-Based Workgroup

Program Name	Key Contact	Program Description	Target Population	Level	Risk/Protective Factors Addressed
Communities Empowering Parents	Project Reality- Maureen Collins (maureen.collins@projectreality.net) , Rita Mangum (rita.mangum8@gmail.com) , Joel Millard (jmillard@projectreality.net)	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.	Parents and caretakers or children ages 5-17	4	<ol style="list-style-type: none"> 1. Family Conflict 2. Family Management 3. Increase Family Bonding 4. Increase Family Management Skills 5. Increase anger management and stress coping skills.
Strengthening Families 7-17	Karol Kumpher (kkumpfer@xmission.com) and Jaynie Brown (jayniebrown@gmail.com)	The Strengthening Families Program is a 14-session, parenting skills, children's social skills, and family life skills training program specifically designed for high-risk families.	Utah families with high risk children and teens 7-17	4	<ol style="list-style-type: none"> 1. Parenting Skills 2. Family Management
HealthInsight - Provider Training	Kye Nordfelt, knordfelt@swuhealth.org	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.	Prescribers, physicians, dentists	3	

NAMI's Hope for Tomorrow	Kim Gardner, kimg@namiut.org	Hope for Tomorrow is a Mental Health Education Program which brings together the combined efforts and insights of mental health professionals, educators, consumers, family members, and other experts to help parents, teachers, students and communities understand mental illness—a crucial step to improving the lives of those affected by it.	High School Students	3	
Love and Logic	Debi Todd - debit@dbh.utah.gov	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.	This program targets all parents in Davis County who may need to improve family management and parenting skills.	3	<ol style="list-style-type: none"> 1. Poor Family Management. 2. Family Conflict
Parents Empowered	Doug Murakami, dmurakami@utah.gov	Underage Drinking Program: Incorporates media, community collaboration and policy change.	Parents of youth 10-16	3	<ol style="list-style-type: none"> 1. Parental Attitudes 2. Bonding 3. Clear Standards 4. Monitoring
Personal Empowerment Program	Allen Sain, asain@sbhcutah.org	Provide assistance to 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	Middle School, High School Students, selective	3	<ol style="list-style-type: none"> 1. Academic Failure 2. Low Commitment to School 3. Family Conflict
Prevention Dimensions	Mike Cottam, jmikecottam@gmail.com	A school based curriculum that teachers can incorporate into core lessons. Training of teachers is required.	Kindergarten-6th	3	<ol style="list-style-type: none"> 1. Social Skills/Life Skills 2. Opportunities for Pro Social Inv. 3. Perception of Harm

RealVictory	Bruce Bennett, bruce@realvictory.org	accepted based on peer-reviewed journal articles		3	
Strengthening Families DVD	Karol Kumpher (kkumpfer@xmission.com) and Jaynie Brown (jayniebrown@gmail.com)	Teaches the SFP parent and youth skills in English or Spanish for parents and youth ages 7-17 to watch together. With 11 lessons, it can also be used as a review for SFP7-17 Group Classes, or can be presented to groups of families in schools, churches or clinics by a trained facilitator using a SFP-DVD Discussion Guide.	Utah families with high risk children and teens	3	1. Parenting Skills 2. Family Management
Strong Families Plus	Craig Anderson	Accepted based on peer-reviewed journal articles			
Teaching Family Model	Utah Youth Village	Accepted based on an already evidence-based program and modifications made with the approval of the program creators.			
Truancy Program	Cathy Bledsoe, cathyb4hope@gmail.com	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. The different strategies will be deployed at different times and based upon the number of trancies of the student. The outcome will be more attachment to the school and long term is decreased drug use.	Students - any truant student	3	1. Low Commitment to School 2. Early Initiation of ASB

<p>Hope for Utah "Hope Squads"</p>	<p>Cathy Bledsoe, cathyb4hope@gmail.com</p>	<p>Hope for Utah 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>	<p>Youth Ages 12-18</p>	<p>3</p>	<ol style="list-style-type: none"> 1. Depressive Symptoms, 2. Parental Attitudes Favorable to ASB 3. Early Initiation to ASB in All Grades 4. Knowledge of Risks to suicide.
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