



# Blueprints

# FACT SHEET

FS-BP02

Updated 2012

## Blueprints Model Program Descriptions

### **BASICS (Brief Alcohol Screening and Intervention of College Students)**

BASICS is a selective or indicated alcohol abuse prevention program for college students who drink alcohol heavily and have experienced or are at risk for alcohol-related problems such as academic failure, social conflicts, accidents, sexual assault, or violence. It is conducted over the course of two structured interviews and is delivered using motivational interviewing, a counseling modality that is empathetic and accepting rather than confrontational or judgmental.

### **Functional Family Therapy**

Functional Family Therapy is a short term, easily trainable, and well-documented program. The program involves phases and techniques designed to engage and motivate youth and families; change youth and family communication, interaction, and problem solving; and help families better deal with and utilize outside system resources.

### **Life Skills Training**

Life Skills Training (LST) is a drug use prevention program that provides general life skills training and social resistance skills training to junior high/middle school students. The curriculum is taught in school by regular classroom teachers.

### **Midwestern Prevention Project**

This community-based program targets adolescent drug use. The program uses five intervention strategies designed to combat the community influences on drug use: mass media, school, parent, community organization, and health policy change. The primary intervention channel is the school.

### **Multidimensional Treatment Foster Care**

This program is an effective alternative to residential treatment for adolescents who have problems with chronic delinquency and anti-social behavior. Community families are trained to provide placement, treatment and supervision to participating adolescents.

### **Multisystemic Therapy**

This program targets chronic and violent juvenile offenders and specific factors in each youth's and family's environment (family, peer, school, neighborhood) that contribute to antisocial behavior. The goal of the intervention is to help parents deal effectively with their youth's behavior problems, including deviant peers and poor school performance.

### **Nurse-Family Partnership**

The Nurse-Family Partnership sends nurses to homes of pregnant women who are predisposed to infant health and developmental problems in order to improve parent and child outcomes. Home visiting also promotes the cognitive and social-emotional development of the children, and provides general support and parenting skills to the parents.

### **Project Towards No Drug Abuse**

Project TND is a drug abuse prevention program that targets high school age youth at traditional and alternative high schools. The curriculum, taught by teachers or health educators, contains twelve 40-minute interactive sessions, and focuses on motivations to use drugs, social skills, and cognitive processing skills.

### **Promoting Alternative Thinking Strategies**

Promoting Alternative Thinking Strategies (PATHS) is an elementary school-based intervention designed to promote emotional competence, including the expression, understanding and regulation of emotions.