

The National Adolescent and Young Adult Health Information Center presents

A Guide to Evidence-Based Programs for Adolescent Health: Programs, Tools, and More

August 2014

Introduction

The past decade has witnessed a tremendous expansion of research and resources on “what works” to improve adolescent health. First, there are greater numbers of programs that focus on changing the contexts in which adolescents live, such as families, schools and communities as well as changing the individual behavior of adolescents, a more traditional focus.¹ In addition, the past decade has witnessed an increase in the creation of “implementing tools” – tools that help program managers and communities with critical program implementation tasks. Despite the greater selection of programs and tools, this valuable

implementation information is difficult to locate in one place. This brief has two purposes. First, by providing an annotated list of resources with links to evidence-based practices, it serves as a guide to communities and practitioners for locating effective behavioral/social interventions in adolescent health. Second, this brief also identifies “implementing tools”

that are available from the listed resources for evidence-based practices. These tools serve as a useful starting point to help communities implement evidence-based programs, but are not intended to be an exhaustive list of all such tools.

What are Evidence-Based Programs?

As evaluation research has grown more sophisticated, the criteria for labeling a program as “effective” or “impactful” have become more rigorous. As shown in the listings on pages 7-13, numerous researchers and organizations have developed criteria for what qualifies as an evidence-based program. While a comprehensive review of these definitions is beyond the scope of this brief, methodological criteria have generally

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become stricter in areas such as study design (e.g., more randomized designs), sample size, effect size, statistical significance and replication of findings.

Evidence-based programs represent the “gold standard” along a continuum of what research supports as effective. Many organizations also offer resources on “best practices” or “promising practices.” These terms are generally applied to programs and strategies that have been evaluated with promising findings that do not meet more rigorous standards (e.g., programs that have some quantitative data from non-experimental studies showing positive outcomes in behavior or from a

single experimental study that has not been replicated). Sometimes these terms refer to consensus recommendations based on wisdom from professionals in the field, who consider available data and information when they make recommendations or develop guidelines for areas of a field without an adequate evidence base. Many of the resources reviewed in this brief also contain

best practices or promising practices. Other useful resources, not reviewed in this document, offer best practices only and/or helpful implementing tools.

The resources on evidence-based programs use presented use different criteria for defining program effectiveness. We do not endorse any particular definition of program effectiveness in this resource. Where possible, descriptions of resources listing evidence-based programs direct the user to each organization’s definition and/or criteria for these terms.

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Using Evidence-Based Programs

Not all evidence-based programs are appropriate for all communities. Therefore, it is important to balance research about what works with knowledge about what is feasible in specific communities.² Most of the resources of evidence-based programs described in this brief also provide or refer users to “implementing tools.” These include comprehensive guidebooks and manuals (most of which are free). These implementing resources are noted in the resource descriptions, which usually contain links to downloadable documents. Although not a comprehensive review of all implementing resources, this brief provides a useful “starter set” for communities and program managers to consider. These tools address many issues that practitioners working with communities face as they design and implement evidence-based programs. These issues include:

- Identification of risk and protective factors that should be addressed (as determined by a needs-and-assets assessment);
- Selection of strategies that operate at multiple levels of intervention and have been shown to be effective with a community’s socio-demographic profile;
- Adaptation of an evidence-based program, while maintaining sufficient fidelity to the original program;
- Identification of programs that are feasible given existing resources – financial as well as local capacity and skills (e.g., communities need to consider training and capacity building that may be necessary to replicate an evidence-based program).

This brief recognizes that the identification of effective programs alone is not sufficient to ensure that programs are effectively replicated and appropriate for a given community or setting.

Reviewing evidence-based programs prior to designing an initiative gives immediate direction to program planning and can help prevent communities from wasting precious time and resources on ineffective strategies. For this reason, funders increasingly place priority on using evidence-based programs. Replicating and evaluating evidence-based programs contributes to further testing of effective strategies. For example, knowledge is gained from implementation and evaluation of a program with a different population, under different conditions, or with culturally appropriate modifications.

Limitations of Existing Evidence-Based Programs

Despite the greater range of evidence-based programs available compared to a decade ago, limitations remain. For example, a large and growing body of research indicates that contextual influences, such as policies, families, schools and local communities, have a tremendous influence on adolescent health outcomes.³ While the body of research on “what works” at community and policy levels has grown, gaps remain. Due to the greater challenges inherent in measuring the impact of environmental change and policy-based interventions, there is a greater number of evidence-based programs focused on the individual level of change, particularly on behavior change by adolescents. Despite the more limited research on interventions beyond the individual level, communities may decide to pursue multi-level approaches.

A community may also find that existing evidence-based programs have been demonstrated to be effective with a limited profile of socio-demographic groups and may not reflect the adolescent population it serves. For example, there has been an increase in the number of programs that have demonstrated effectiveness with Latino

and African American youth, but less research has involved Asian/Pacific Islanders, a population with several distinct sub-populations. There are also few evidence-based programs for adolescents in rural settings.

In cases where no evidence-based programs meet the needs of a community, program managers still have options that are supported by research. By reviewing best practices and promising practices, communities can consider what adaptations are necessary to make an evidence-based program more relevant to its intended audience. For example, a community coalition aiming to reduce injury among Latino youth might decide to tailor an existing program for that population. It may help to research the types of interventions that have been effective in reaching Latino communities in general, and Latino youth in particular. It is also advisable for a community coalition to work with parents, youth and teachers to consider what, if any, cultural adaptations are needed. When tailoring interventions that have been shown to be effective, it is important to maintain a critical core from the original program by staying as true as possible to the evaluated model with respect to such key factors as learning objectives, the number of classroom hours, and types of activities⁴ – this is called maintaining fidelity.

In addition to limitations of scope and socio-demographic groups, there is a greater number of evidence-based programs in certain adolescent health areas than in other areas. More evidence-based programs exist to prevent teen pregnancy or substance use, for example, than to increase exercise or reduce injury. For emerging issues, such as adolescent sleep patterns or hearing loss, there is little evidence about “what works.”⁵ In such cases, communities need to examine best practices and evidence-based research in other health areas to review whether parallel findings in other <http://nahic.ucsf.edu/>

content areas have implications for their own efforts. No matter what health issue is being addressed, adolescents need: specific knowledge regarding the issue; a specific set of skills that enables them to adapt and apply that knowledge to their own behavior; motivation to use those skills; a family, school and community environment that supports use of the requisite knowledge and skills; and a policy environment that provides sufficient resources and political commitment for improving adolescent health and changing social norms.

Organization of this Brief

This brief presents evidence-based program resources in two formats. First, on the following two pages, a matrix provides an overview of the resources and includes links to each resource and indicates whether it includes implementing tools. The health topics listed are adapted from the Focus Areas of the Healthy People 2020 Core Indicators for Adolescent and Young Adult Health.

Pages 7-13 of this brief present an annotated listing of each evidence-based program resource. Each listing begins with a description of the topics addressed, how the resource is organized, criteria for inclusion as an evidence-based program and what search functions are available. The listing also describes implementing tools (e.g., guidelines and manuals for needs assessment and program selection, working with communities) and other resources (e.g., fact sheets, “stories from the field”). Given the variation across these resources, not all descriptions will include each of these features. Links to the webpages are provided to the extent possible.

Implementing evidence-based programs is a complex undertaking. In addition to familiarity with evaluation research, it requires the capacity to

collaborate with community partners and other stakeholders such as funders and supporting public agencies. We hope this tool helps guide practitioners to the tools they need to successfully use evidence-based programs to improve adolescent health.

¹ Catalano RF, Fagan AA, Gavin LE, Greenberg MT, Irwin CE Jr., Ross DA, Shek DTL. Worldwide application of prevention science in adolescent health. *Lancet*. 2012; 379: 1653-1664.

² Ozer EJ. Contextual effects in school-based violence prevention programs: a conceptual framework and empirical review. *J Prim Prev*. 2006; 27(3): 315-340.

<http://dx.doi.org/10.1007/s10935-006-0036-x>

³ World Health Organization (ND). Health Impact Assessment: The Determinants of Health. Available from:

<http://www.who.int/hia/evidence/doh/en/>; Viner RM, Ozer EM, Denny S, Marmot M, Resnick M, Fatusi A, Currie A. Adolescence and the social determinants of health. *Lancet*.














2012;379(9826):1641-1652


[http://dx.doi.org/10.1016/S01406736\(12\)60149-4](http://dx.doi.org/10.1016/S01406736(12)60149-4); Resnick MD, Bearman PS, Blum RW, et al. Protecting adolescents from harm: findings from the National Longitudinal Study on Adolescent Health. *JAMA* 1997; 278:823–32.; Aufseeser D, Jekielek S, Brown BV. The Family Environment and Adolescent Well-Being: Exposure to Positive and Negative Family Influences. Washington, DC: Child Trends; San Francisco, CA: National Adolescent Health Information Center, University of California, San Francisco, 2006. Available at: <http://nahic.ucsf.edu/wp-content/uploads/2011/02/2006-FamEnvironBrief.pdf>

⁴ Green LW. Public Health Asks of Systems Science: To Advance Our Evidence-Based Practice, Can You Help Us Get More Practice-Based Evidence? *Am J Public Health*. 2006; 96(3): 406-409.

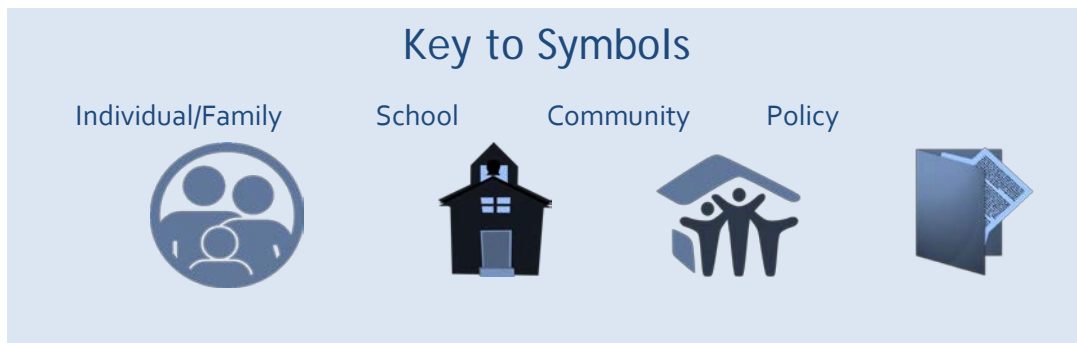
⁵ Please see NAHIC's companion briefs summarizing research and promising practices related to adolescent sleep (<http://nahic.ucsf.edu/wp-content/uploads/2014/08/Sleep-Brief-FINAL.pdf>) and hearing loss (<http://nahic.ucsf.edu/wp-content/uploads/2014/08/Hearing-Brief-FINAL.pdf>)

Resources for Evidence-Based Programs by Indicator Area

Resource	Injury/Violence Prevention			Mental Health	Substance Use	Sexual Health	Preventing Chronic Disease		
	Healthy Development	Unintentional Injury	Violence				Obesity	Physical Activity	Tobacco
Advocates for Youth 						•			
Center for the Study and Prevention of Violence 	•		•	•	•	•	•	•	•
CDC, The Community Guide and Other Divisions 		•	•			•	•	•	•
CDC Division of Adolescent and School Health 	•	•			•	•	•	•	•
CDC Center for Chronic Disease Prevention and Health Promotion						•	•	•	•
CDC National Center for Injury Prevention and Control National			•						
Child Trends LINKS	•	•	•	•	•	•	•	•	•
Coalition for Evidence-Based Policy 	•		•	•	•	•	•		•
ETR Associates, Resource Center for Adolescent Pregnancy Prevention						•			
Find Youth Info 	•		•	•	•	•		•	•
National Campaign to Prevent Teen Pregnancy 						•			
National Cancer Institute: Research-Tested Intervention Programs (RTIPs)							•	•	•
Office of Adolescent Health 						•			
The Office of Juvenile Justice and Delinquency Prevention's Model Programs Guide (MPG) 	•		•	•	•				
Promising Practices Network 	•		•	•	•	•			•
Sociometrics				•	•	•			
SAMHSA (NREPP; SAMHSA store CAPT) 	•	•	•	•	•				•
Suicide Prevention Resource Center 				•					
Surgeon General's Home Page 									
UCLA School Mental Health Project: Center for Mental Health in Schools	•		•	•	•				
What Works Clearinghouse	•								

 = Site also features implementing tools

Annotated Descriptions of Evidence-Based Program Directories



ADVOCATES FOR YOUTH

www.advocatesforyouth.org/



Advocates for Youth is dedicated to advocacy and the creation of programs and policies that help young people make informed and responsible decisions about their reproductive and sexual health. The "[Programs that Work](#)" section of the website features the report, [Science and Success: Sex Education and Other Programs That Work to Prevent Teen Pregnancy, HIV, and Sexually Transmitted Infections](#). Updated in 2012, the report outlines 36 programs that have been proven to reduce teen pregnancies and the contraction of sexually transmitted infections. After reviewing the criteria for inclusion and the outcomes achieved by the programs (e.g., "Delayed Initiation of Sex," "Increased Monogamy"), the report provides detailed descriptions of each program and contact information. The "Programs that Work" section also includes similar reports in additional areas (e.g., clinical services and contraceptive access, preventing repeat pregnancies, and programs for Latinos), and provides links to collections of evidence-based programs. The organization offers resources, technical assistance, and training to promote use of evidence-based programs to improve adolescent sexual health.

CENTER FOR THE STUDY AND PREVENTION OF VIOLENCE (CSPV), UNIVERSITY OF COLORADO BOULDER

<http://www.colorado.edu/cspv/blueprints/>



Previously known as *Blueprints for Violence Prevention*, this site has been expanded to include evidence-based programs for problem behavior, education, emotional well-being, physical health, and positive relationships, and is now known as [Blueprints for Healthy Youth Development](#). The site provides information about programs that were identified through an extensive and [rigorous review process](#). Successful evidence-based programs are identified as *Model Programs*. Each program description contains information about program components, targeted outcomes, results, costs, and contact information for those who would like to obtain program materials. The site allows users to [search](#) by program outcomes, target population, program specifics, risk and protective factors, and key words. It also contains [resources](#) including publications, a program database, and program information to assist with the development and evaluation of programs to improve developmental outcomes for adolescents and young adults.

CENTERS FOR DISEASE CONTROL

The [Centers for Disease Control and Prevention](#) (CDC) offers numerous resources for evidence-based programs out of its different centers. Below is a list of the different tools available, organized by center within CDC.

GUIDE TO COMMUNITY PREVENTIVE SERVICES

<http://www.thecommunityguide.org/>

The Community Guide is the official collection of all findings from the reviews of the Community Preventive Services Task Force, an independent team of experts appointed by the director of the Centers for Disease Control and Prevention to identify successful population health interventions. The group provides leadership in the evaluation of community, population, and health care system strategies to address a variety of public health and health promotion topics, including [Adolescent Health](#). Each topic contains a list of interventions with their corresponding task force ratings and a summary of the research conducted to evaluate their effectiveness. The website provides additional information about the Task Force and its [review process](#).



DIVISION OF ADOLESCENT AND SCHOOL HEALTH (DASH)

<http://www.cdc.gov/healthyyouth/>

This website contains the [Registries of Programs that are Effective in Reducing Youth Risk Behaviors](#), including federal and non-federal listings of effective programs. The site also contains implementation tools from DASH and other CDC agencies for health professionals and school personnel related to school health policies and [programs](#), as well as school health education profiles, data, Best Practices, Promising Practices, “[Success Stories](#),” guidelines, tools for program planning and evaluation, and funding sources on a variety of health topics. The site also contains data on relevant youth behaviors monitored by the [Youth Risk Behavior Surveillance System \(YRBSS\)](#).



The following guidelines are available on the DASH web site:

- [School Health Guidelines to Prevent Unintentional Injuries and Violence](#)
- [Guidelines for School Health Programs to Promote Lifelong Healthy Eating](#)
- [Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People](#)
- [Guidelines for School Health Programs to Prevent Tobacco Use and Addiction](#)
- [Guidelines for Effective School Health Education To Prevent the Spread of AIDS](#)

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

<http://www.cdc.gov/chronicdisease/index.htm>

This Center takes the public health approach to addressing preventing and controlling chronic diseases. Its website includes a [Recommendations](#) page that lists several tools and resources addressing physical activity and nutrition, tobacco use, oral health and other areas.

Two agencies within NCCDPHP—the Division of Nutrition, Physical Activity, Nutrition and Obesity and the Office on Smoking and Health—offer additional evidence-based resources for adolescents:



DIVISION OF NUTRITION, PHYSICAL ACTIVITY, NUTRITION AND OBESITY

<http://www.cdc.gov/nccdphp/dnpao/>

DNPAO aims to lead strategic public health efforts to prevent and control obesity, chronic disease, and other health conditions through regular physical activity and good nutrition. Resources include:

- [Promoting Physical Activity: A Guide for Community Action](#), a step-by-step guide for promoting behavior change using individual/family, school, community and policy level interventions.
- [State and Community Tools for Obesity Prevention](#): Tools and resources for states to implement strategies to combat obesity.
- [Strategies to Prevent Childhood Obesity](#): Tools for states, communities, and parents to assist children in making healthy choices.



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OFFICE ON SMOKING AND HEALTH

<http://www.cdc.gov/tobacco/>



The Office on Smoking and Health houses Tobacco Intervention and Prevention Source (TIPS), which offers many resources including, [Best Practices for Comprehensive Tobacco Control Programs](#), an evidence-based guide to help states plan and establish effective tobacco control programs. This report is not specific to adolescents but does address prevention programs, school and community programs, and policy interventions targeting young people. The guide lists examples of strategies and activities in each program category and provides examples of evidence-based programs being implemented by selected states. It also offers recommended state funding levels for each program category.

NATIONAL CENTER FOR INJURY PREVENTION AND CONTROL

<http://www.cdc.gov/ncipc/>



NCIPC works to reduce morbidity, disability, mortality, and costs associated with injuries, including both unintentional and violence related injuries. The NCIPC web site includes information on unintentional injury and prevention including bike safety, home and recreation injury, and motor vehicle related injuries. The site includes data, publications and research, program information, and federal agency grant information. The Center developed [Best Practices of Youth Violence Prevention: A Sourcebook for Community Action](#), which provides a comprehensive overview of evidence-based programs for youth violence prevention. Contact information is provided for those who would like more information on highlighted programs or to obtain implementation tools such as curricula or training guides.

Other CDC resources include:

- [Community Health Online Resource Center](#): An online database featuring webinars, model policies, toolkits, databases, fact sheets, and other tools to support environmental changes that address obesity and tobacco use.
- [VERB](#): A social marketing campaign aimed at increasing and maintaining physical among tweens (youth age 9-13).

CHILD TRENDS

<http://www.childtrends.org/>



Child Trends is a non-profit, nonpartisan children's research organization that collects and analyzes data; conducts, synthesizes, and disseminates research; designs and evaluates programs; and develops and tests promising approaches to research in the field. The website offers [Lifecourse Interventions to Successfully Nurture Kids \(LINKS\)](#), a compendium of out-of school evidence-based programs. Users have the option to view the entire list, or select programs by specific criteria. There are several [syntheses](#) of LINKS programs organized by Program Population, Program Outcome, and Program Approach. The Child Trends website also includes efforts to define measures of positive youth development, and a series of briefs about "what works" in program approaches to support adolescent health and development.

With NAHIC, Child Trends published a 2012 brief entitled [Improving the Lives of Adolescents and Young Adults: Out-of-School Time Programs that have Significant Positive Impacts](#). This fact sheet identifies 43 rigorously evaluated out-of-school time programs for adolescents or young adults that have somewhat to very sizeable and statistically significant positive impacts on select outcome categories, which include behavior problems, substance use, reproductive health, social-emotional health, life skills, education, and physical health.

COALITION FOR EVIDENCE-BASED POLICY

<http://evidencebasedprograms.org/>



The Coalition for Evidence-Based Policy is a non-profit, nonpartisan organization, whose mission is to increase government effectiveness through rigorous evidence about “what works.” The organization uses the criteria identified through the “[Congressional Top Tier Evidence Standard](#)” to identify effective programs. The website [lists](#) different interventions by topic area, addressing social issues ranging from prenatal/early childhood to international development. It highlights several interventions relevant to the adolescent and young adult age groups including teen pregnancy prevention, substance abuse prevention/treatment, and mental health. The website also provides related information including [resources](#) for selecting and implementing evidence-based programs.

ETR ASSOCIATES, RESOURCE CENTER FOR ADOLESCENT PREGNANCY PREVENTION (RECAPP)

<http://www.etr.org/recapp/>



ETR provides leadership, educational resources, training, and research on health promotion with an emphasis on sexuality and health education. The Resource Center for Adolescent Pregnancy Prevention (ReCAPP) provides information, evaluated program materials, and tools for teachers and health educators aiming to reduce sexual risk-taking behaviors among adolescents. The website’s “[Evidence-Based Programs](#)” section contains descriptions of over 20 Evidence-Based Programs, their theoretical frameworks and training information (including contact information), and evaluation fact sheets. The web site also contains guidelines for [adapting](#) evidence-based programs, as well as an online [catalogue](#) of health education resources, including brochures and curricula, as well as professional skill-building tools.

FIND YOUTH INFO

<http://www.findyouthinfo.gov/>



FindYouthInfo.gov was created by the federal [Interagency Working Group on Youth Programs](#), a group composed of representatives from 18 federal departments and agencies. It provides a fairly comprehensive set of interactive tools and resources to help youth-serving organizations and community partnerships create effective programs for youth. The main website features a [program directory](#), which allows users to search for programs based on risk or protective factors, and also provides a list of programs with impact ratings and appropriate age ranges. There is also a separate [Guide to Evidence and Innovation](#), which consists of various tools that can be used by program planners to design, implement, monitor, and evaluate programs.

NATIONAL CAMPAIGN TO PREVENT TEEN PREGNANCY

<http://www.thenationalcampaign.org/>



The National Campaign to Prevent Teen and Unplanned Pregnancy is a nonprofit, nonpartisan campaign to improve the well-being of children, youth, and families by reducing teen and unplanned pregnancy. The web site offers fact sheets, data, research, polling data, public education materials, news, and an [effective programs database](#). The website also includes the 2012 report, [Curriculum-Based Programs that Help Prevent Teen Pregnancy](#). This document lists evidence-based programs by evaluation design.

NATIONAL INSTITUTE OF HEALTH, Research-tested Intervention Programs (RTIPs)

<http://rtips.cancer.gov/rtips/index.do>



Sponsored by the National Cancer Institute, RTIPs is a searchable database designed to provide program planners and public health practitioners with easy and immediate access to research-tested materials. The database allows the user to search from over 100 programs by health topic, setting of the program, materials available, location of program, and characteristics of the target population including age, race/ethnicity, and gender. It includes programs addressing topics like cancer screening, diet and nutrition, physical activity, smoking, and more. The programs are reviewed by a panel of experts in the field, sponsored by the National Registry of Evidence-based Programs and Practices. RTIPs provides detailed descriptions of each program and its evaluation, as well as key findings and outcomes of the interventions. It also provides links to related materials and associated downloads when applicable.

In addition to RTIPs, hosted by the National Cancer Institute, other Institutes within NIH provide several resources such as research papers, conference reports and program descriptions, related to prevention. These include: the [National Institute of Child Health and Human Development](#) (NIHCD); the [National Institute of Mental Health](#) (NIMH); and the [National Institute on Drug Abuse](#) (NIDA).

OFFICE OF ADOLESCENT HEALTH

<http://www.hhs.gov/ash/oah/>

<http://www.hhs.gov/ash/oah/resources-and-publications/info/parents/just-facts/physical-health.html>
(Fact sheet for parents)



The U.S. Department of Health and Human Services, Office of Adolescent Health website provides information for parents and teens on teen mental, physical, and reproductive health, as well as substance use and relationships. In addition to a [resource center](#) with information about different adolescent health topics, it offers [a list of evidence-based programs](#) related to teen pregnancy prevention that is organized by name and evaluation setting.

OFFICE OF JUVENILE JUSTICE AND DELINQUENCY PREVENTION Model Program Guide

<http://www.ojjdp.gov/mpg/>



OJJDP, a component of the Office of Justice Programs within the U.S. Department of Justice, supports states, local communities, and tribal jurisdictions in their efforts to develop and implement effective programs for juveniles. It focuses on preventing and responding to juvenile delinquency and victimization. OJJDP strives to strengthen the juvenile justice system's efforts to protect public safety, hold offenders accountable, and provide treatment and rehabilitative services tailored to the needs of juveniles and their families. The Model Program Guide Site organizes programs by topic and allows users to [search](#) by selected characteristics of the community's target population, including age, gender, ethnicity, program type, and special populations. It also indicates whether programs are "effective," "promising," or have "no effects."

PROMISING PRACTICES NETWORK, RAND CORPORATION

<http://www.promisingpractices.net/>



The Promising Practices Network website, operated by the RAND Corporation, highlights programs that have been rigorously evaluated and found to be effective in improving outcomes for children, youth and families. Its [Programs that Work database](#) includes programs aimed at improving outcomes related to adolescent use of alcohol, tobacco and other drugs, sexual activity, and youth violence. Other outcomes addressed include high school graduation and family-related outcomes. The website allows users to search by general outcome area, or by a specific indicator within an outcome area. Each program is assigned either a Proven or a Promising rating, based on PPN's [evidence criteria](#). A program overview, evaluation findings, implementation considerations, contact information and resources are provided for each program.

SOCIOMETRICS

<http://www.socio.com/>



Sociometrics is a for-profit research and development firm specializing in social science research applications that produces research-based products and services for a variety of different audiences. There are several different [resources](#) available for users to identify evidence-based programs of interest. Sociometrics' [Program Archives on Sexuality, Health, and Adolescence](#) (PASHA) contains replication kits for programs aimed at preventing teen pregnancy and STD/HIV/AIDS. PASHA identifies programs that have been evaluated and demonstrated success as Promising Programs. Programs whose evaluations have not consistently shown success but meet certain criteria are identified as Best Practices. A [table](#) organized by program goal and setting with descriptions of each program allows users to select the appropriate program. Users can also define their own search criteria in the following categories: setting, population, program goal and program approach. Once selected, users can purchase an implementation kit for a single program or the complete collection of PASHA Program Packages. In addition to PASHA, Sociometrics offers several subscription-based evidence-based program resources on [HIV](#) and substance abuse ([YSAPPA](#)). The website also offers guidance for [adapting](#) evidence-based programs.

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

<http://www.samhsa.gov/>



This web site features a comprehensive clearinghouse on mental health and substance abuse related data and publications, and some reports specific to adolescents. It also includes a list of funding opportunities and features updated news items and legislation.

SAMHSA hosts the SAMHSA [National Registry of Evidence Based Programs and Practices](#) (NREPP) which offers a searchable clearinghouse of promising, effective, and model programs that are reviewed by experts in the field. The programs address substance use and mental health, and include clinical interventions as well as social interventions. Each program listing includes a description of the program focus, targeted outcomes, target population, costs, evaluation design and outcomes, replications of the program, and ordering information. There is a simple [keyword search](#) feature, as well as an [advanced search](#) feature that allows users to identify programs based on specific aspects of the program.

In addition to NREPP, [SAMHSA](#) store allows users to search all publications for [evidence-based programs](#) by issue, condition, disorder, substance, treatment, prevention, recovery, and professional and research topics. It consists of different publications that can be ordered or purchased for electronic use. There are also free implementing resources such as [Identifying and Selecting Evidence-Based Interventions for Substance Abuse Prevention](#), which promotes implementation of evidence-based programs for prevention, and [Preventing School Violence: A Sustainable Approach](#), which highlights a program that engages communities to prevent substance abuse and promote safe school environments.

SAMSHA also offers support for professional implementing effective programs through its [Collaborative for the Application of Preventive Technologies](#), a national substance abuse prevention training and technical assistance system dedicated to strengthening prevention systems and the nation's behavioral health workforce.

<http://nahic.ucsf.edu/>

SUICIDE PREVENTION RESOURCE CENTER

<http://www.sprc.org/bpr/section-i-evidence-based-programs>



The Suicide Prevention Resource Center is devoted to advancing the National Strategy for Suicide Prevention. The website contains a [Best Practices Registry](#) that lists [evidence-based programs](#) that are specifically related to suicide prevention. The site links to the SAMHSA's NREPP listing of each program, which allows users to view a description of its components, targeted outcomes, target population, costs, research conclusions, and contact information for those who would like to obtain program materials. It provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals service people at risk for suicide.

SURGEON GENERAL'S HOME PAGE

<http://www.surgeongeneral.gov/>

The web site for the Office of the Surgeon General makes available a variety of [Reports of the Surgeon General](#), [Calls to Action](#), and [conference proceedings](#) on topics such as mental health, violence, tobacco use prevention, physical activity, nutrition, and sexual behavior. Although only a few reports are specific to youth, most include youth as part of a lifespan perspective. Reports include reviews of what research tells us about effective prevention and highlights effective programs. Calls to Action lay out national guidelines and strategies for addressing health issues. All publications can be downloaded from the web site.

UCLA SCHOOL MENTAL HEALTH PROJECT: CENTER FOR MENTAL HEALTH IN SCHOOLS

<http://smhp.psych.ucla.edu/>



This web site hosts a clearinghouse of articles and materials designed to assist service providers in delivering mental health services in schools. By clicking on "Quickfind Clearinghouse" users can select "[Model Programs Information](#)" for a list of technical assistance packets on various types of programs. Packets address topics such as violence prevention programs and school based health centers. The website also features an [information resource](#) with several annotated lists of evidence-based interventions for school aged children and adolescents.

WHAT WORKS CLEARINGHOUSE, INSTITUTE OF EDUCATION SCIENCES

<http://ies.ed.gov/ncee/wwc/>

The *What Works Clearinghouse*, an initiative within the Department of Education, reviews research on the different programs, products, practices, and policies in education. Topic and outcome domains cover children and youth with disabilities, dropout prevention, student behavior, and more. Users can [search](#) interventions by topic/outcome, subcategories, age of target population, effectiveness rating, extent of evidence, and delivery method. Descriptions provide report summaries as well as full reports describing the research evaluating the interventions. Contact information is provided so that interested users can get more information from the developers.

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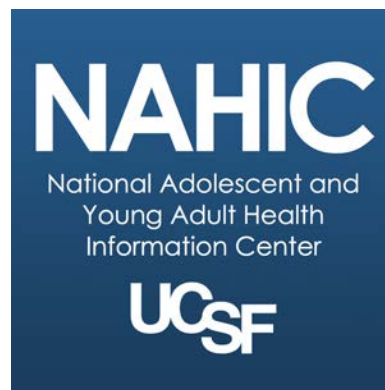
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The National Adolescent and Young Adult Health Information Center (NAHIC) was first established as the National Adolescent Health Information Center in 1993 with funding from the Maternal and Child Health Bureau. The overall goal of NAHIC is to improve the health of adolescents and young adults by serving as a national resource for adolescent and young adult health information and research, and to assure the integration, synthesis, coordination and dissemination of adolescent and young adult health-related information. Throughout its activities, NAHIC emphasizes the needs of special populations who are more adversely affected by the current changes in the social environment of young people and their families.

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