Exciting Transitions in Afternoons R.O.C.K. in Indiana Programs

By Jeanie Alter, PhD(c), MA, CHES, CPP

Bloomington—Nearly two-thirds of all new drug use in Indiana begins between the 6th grade and the end of 9th grade. This experimentation often occurs in the after-school hours when youth are more likely to be unsupervised. Afternoons R.O.C.K. in Indiana is an after-school drug prevention program for youth aged 10 – 14 years. The aim of Afternoons R.O.C.K. in Indiana is to increase perceptions of harm and decrease perceptions of peer approval associated with drug use, which is intended to reduce prevalence of use among Indiana youth.

The State of Indiana has utilized federal prevention funding for the implementation of Afternoons R.O.C.K. in Indiana for the past 10 years. Like many funding sources, an increased focus has been placed upon implementing effective strategies to achieve positive outcomes. In previous years, Afternoons R.O.C.K. in Indiana programs consisted of a menu of activities that directly and indirectly address youth substance use. Recently, the State has made programmatic changes allowing only evidence-based programs to be implemented as part of Afternoons R.O.C.K. in Indiana programs.

Evidence-based programs boast greater likelihood of positive outcomes related to youth substance use because these programs have been evaluated for their effectiveness in reducing substance use and related high-risk behaviors. The Substance Abuse and Mental Health Services Administration’s Center for Substance Abuse Prevention, Treatment and Block Grant. The IPRC is operated by the Indiana University Department of Applied Health Science and School of Health, Physical Education and Recreation. It is affiliated with the Department’s Institute of Drug Abuse Prevention. The opinions expressed herein are those of the authors and not necessarily those of the Trustees of Indiana University or the Indiana Family and Social Services Administration. Indiana University accepts full responsibility for the content of this publication.

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