Evidence-Based Programs
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Evidence-Based Programs (EBP) are programs which have been evaluated for their effectiveness to reduce substance abuse and other high-risk behaviors. Schools are implementing more EBPs to prevent youth and adolescent drug use. The Center for Substance Abuse and Prevention (CSAP), via its National Registry of Effective Prevention Programs (NREPP), uses a set of 19 criteria to distinguish between and classify these programs into effective, promising, and model programs.

EBPs must have:
- Evidence of the desired outcome
- Adaptable to all populations
- Long-lasting effects
- Technical support
- Cost effectiveness
- Minimal negative outcomes
- Strong research design

The accountability requirements placed by federal, state, and other funding agencies upon administrators and planners of evidence-based programs reveal the rationale for their use. Selection of the right program is critical in order to achieve the desired outcomes. The selected program should be evaluated for its effectiveness among the target population. Affordability is also an important consideration when selecting a program. Other factors that may influence program selection are gender, ethnicity, language, and whether the program is delivered in school or after school. The EBPs listed on the NREPP website provide information relating to all these factors. See http://prevention.samhsa.gov/capacity/prevedutools.aspx.

The success of evidence-based programs depends on how well the program is administered, the level of staff preparation, data collection, and intervention fidelity (the exactness with which a program can be replicated). The program is usually adapted according to the population and setting. Programs are most effective when delivered with integrity, integrated into the organization, and reinforced by multiple people.

Many evidence-based programs focus on adolescent risk taking behaviors. One of the most widely used evidence-based programs is All Stars. All Stars is a school or community-based program designed to delay or prevent high-risk behaviors in middle school-age adolescents by fostering development of positive personal characteristics.
Because of their proven reliability to decrease substance abuse among youth, evidence-based programs should be implemented wherever possible. Program planners and policy makers should continue to support and advocate the use of evidence-based programs for the success of their prevention programs.

Evidence-Based Program Providers in Indiana:

- **All Stars** [www.tanglewood.net](http://www.tanglewood.net)
- **Too Good for Drugs and Violence After School Activities** [www.mendezfoundation.org](http://www.mendezfoundation.org)
- **Project ALERT** [www.projectalert.best.org](http://www.projectalert.best.org)
- **Positive Action** [www.positiveaction.net](http://www.positiveaction.net)

**TRAININGS AND EVENTS**

**July 25-26** Many Voices~ One Vision Conference. Indianapolis, IN. [http://www.drugs.indiana.edu/calendar/pdfs/Many_Voices_Lite_Flyer.pdf](http://www.drugs.indiana.edu/calendar/pdfs/Many_Voices_Lite_Flyer.pdf)

**August 7-11** Responsible Gaming Education Week. Nationwide Observance. [http://www.americangaming.org](http://www.americangaming.org)


For additional events visit: [www.drugs.indiana.edu](http://www.drugs.indiana.edu)

**ADDITIONAL RESOURCES**

**CURRICULA:**

- Human Relations Media: Don’t Drain Your Brain: How Alcohol Damages the Brain
- Sunburst Visual Media: Sometimes Friends Mean Trouble
- Sunburst Visual Media: Why I Won’t Do Drugs

**PRACTITIONER GUIDES:**

- From the Ground Up: A Workbook on Coalition Building and Community Development
- Connecting Generations, Strengthening Communities: A Toolkit for Intergenerational Program Planners
- A Fork in the Road: The Path to Reducing Underage Drinking in Your Community

**FILM:**

- Heroin: The Road of Addiction

**TEXT:**

- Problem Gambling and its Treatment: An Introduction
- Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy

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