A SYSTEM THAT WORKS

The PROSPER Delivery System for Evidence-Based Programs
THE SITUATION
What’s happening in communities?

Youth are failing to realize their full potential

– They may fail to learn the life skills necessary to positively contribute to their communities and society

Youth are engaging in risky behaviors and they are more likely to use substances along with:

– Getting suspended from school
– Dropping out of school
– Attacking or assaulting others
– Getting arrested
Communities are affected

Unprepared and/or unreliable future workforce

More residents becoming victims of crime

Substantial cost associated with treatment and adjudication

Depressed economic growth and development

Decreased community satisfaction and quality of life
What you can do

Implement programs that strengthen families and promote resilience in your community’s young people

The best programs are those that have been scientifically tested and shown to be effective

These programs are referred to as evidence-based programs or EBPs
Unfortunately...

Evidence-based programs are not commonly used in community settings

When they are used, they often are not implemented exactly as designed

Once the initial funding source runs out, many times programs end due to competing demands on staff time, staff turnover, and inability to sustain/engage team members

Organizational change adversely affects administrative and budgetary (and moral) support
THE SOLUTION
PROSPER can help

PROSPER IS...

The 3rd generation of a partnership model evolving over 20 years of NIH-funded research.

A scientifically-proven delivery system that facilitates sustained, quality delivery of evidence-based programs for youth and families, by creating partnerships among Cooperative Extension, local schools, community volunteers, and university-based researchers.
PROSPER Partnerships link existing systems

Extension Linked with the Public School System

Cooperative Extension System
  – Largest informal education system in the world
  – Science with practice orientation

Public School System
  – Universal system reaching nearly all children
  – States have networks for programming support
  – Increasing emphasis on accountability/empirical orientation
PROSPER’s Vision

A national network of state prevention systems and community partnerships that sustain the most effective programs for promoting positive youth development and strong families.
PROSPER Network Team
Prevention Scientists, Technical Assistance Providers, Research Data Managers/Analysts

PROSPER State Partnership

Community Teams
Extension, Public School, and Social Service Agency Representatives, Parent/Youth Representatives, other Community Stakeholders

Prevention Coordinator Team
Extension-Based Technical Assistance Providers

State Management Team
Extension-Based Project Director, Extension Administrator/Liaison, Evaluators, Advisory Team of State Department Representatives
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Who is involved at the community level?

**PROSPER Community Teams** start with between 8-10 members including:

Family and/or Youth Extension-Based Team Leader – about 10 hours/week

School-Based Co-Team Leader – about 1 hour/week

Community Volunteers – about 3 hours/ month

  – Local mental health agency representative
  – Local substance abuse agency representative
  – Parents
  – Youth
Goal 1: Sustain evidence-based programs with high quality

Community Teams:

Plan and coordinate family program, including recruitment and monitoring for quality

Work with the school to coordinate a school program, including monitoring for quality

Generate resources for ongoing programming
PROSPER’s menu of programs:

**Family-Focused Programs**
- Guiding Good Choices
- Strengthening Families Program: For Parents and Youth 10-14

**School-Based Programs**
- LifeSkills Training
- All Stars
- Lions Quest—Skills for Adolescence
Goal 2: Build and maintain a well-functioning, productive team

Internally, the team focuses on holding regular, effective meetings and maintaining an active membership.

Externally, the team focuses on:

- Building connections with the school and community organizations.
- Strategic communication throughout the community to promote awareness of its efforts.
- Recognizing and rewarding supporters and contributors.
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Prevention Coordinators

Attend team meetings in their assigned community

Call Team Leaders nearly every week to discuss PROSPER activities and goals

Hold quarterly “Learning Communities” to help build and strengthen Team Leader’s skills and knowledge

Plan an annual state-wide meeting for all PROSPER team members to learn more about the impact they’ve had on youth and families in their communities
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THE EVIDENCE
Evidence that PROSPER works as an evidence-based program delivery system

Typical recruitment rates for community programming are 1% to 6% of eligible population.

PROSPER Community Teams have recruited approximately 17% of all eligible families.

Evidence that PROSPER works as an evidence-based program delivery system

Typically, programs are implemented correctly between 42%-86% of the time. PROSPER teams implement family programs correctly about 91% of the time and school programs around 90% of the time.

PROSPER teams continue to implement their programs correctly year after year and achieve high ratings on quality indicators.

Increased team member knowledge about quality program implementation

Positive perceptions of school leaders by community stakeholders

PROSPER increases positive perception of school leadership and Extension, and strengthens social capital in the community.

Evidence that PROSPER works as an evidence-based program delivery system

Financial Sustainability

- 100% of PROSPER teams obtained external funding within a year
- Funds were obtained from a variety of sources – state, city, business, religious and service organizations, and private individuals
- PROSPER’s approach gives teams the tools they need to sustain the team and its programming in the community
Financial sustainability

Average Total Contributions Received Across All Project Communities by Academic Year

![Graph showing financial sustainability over academic years with two categories: In-Kind Contributions and Cash Raised. The graph displays an increasing trend from 2004-05 to 2010-11 with a peak in 2009-10.]
Programs have economic benefits

Researchers have estimated that for each dollar invested for brief family-focused intervention there is up to a $9.60 return.

EBPs implemented with more efficiency and lower costs

<table>
<thead>
<tr>
<th></th>
<th>PROSPER Low Estimate</th>
<th>PROSPER High Estimate</th>
<th>Program-Alone Estimate</th>
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</thead>
<tbody>
<tr>
<td><strong>Family Program</strong></td>
<td></td>
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<tr>
<td>Implementation Costs</td>
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<tr>
<td>(SFP 10-14)</td>
<td>$278.56*</td>
<td>$348.25*</td>
<td>$851.00</td>
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<td><strong>School Program</strong></td>
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<tr>
<td>Delivery Costs</td>
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<td>(included LifeSkills Training, Allstars, or Project Alert)</td>
<td>$8.94</td>
<td>$26.74</td>
<td>$27.00</td>
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</tbody>
</table>

* Represents a 59-67% reduction in “day of implementation costs” when implementing with PROSPER.

Evidence that PROSPER works to produce positive parenting outcomes

Parents who use more effective management strategies:

- More consistent discipline
- Less harsh discipline
- More warmth in the parent-child relationship
- More frequent parent-child activities
- Better family cohesion

Evidence that PROSPER works to produce positive youth outcomes

Better at problem solving
Less likely to hang out with classmates that get into trouble
More likely to refuse offers of alcohol and other drugs
Less likely to believe that substance use has positive effects

More likely to delay initiation of substance use, or to use less frequently
Less likely to engage in problem behaviors including conduct problems
Positive effects on peer networks

Substance use outcomes

Percent of students reporting *past year* marijuana use

Outcomes show delays in substance use

Significant intervention-control differences at 4½ years past baseline

**Lifetime/New User Rates**
- Alcohol
- Drunkenness
- Cigarettes
- Marijuana
- Inhalants
- Meth
- Ecstasy

**Initiation Indices**
- Gateway
- Illicit

**Past Year Rates**
- Drunkenness
- Marijuana
- Inhalants
- Meth
Long-term impact on illicit substance use

Reduced growth in use 6½ years past baseline

Sum of six lifetime illicit use measures including Ecstasy, Vicodin, inhalants, meth, prescription drugs and other illicit drug use.

Source: Spoth, Redmond, Shin, Greenberg, Feinberg, Schainker (2013). PROSPER community-university partnership delivery system effects on substance misuse through 6½ years past baseline from a cluster randomized controlled intervention trial. Preventive Medicine, 56, 190-196.
Substance use: high vs. lower risk subsets

PROSPER intervention effects are significantly stronger for the Higher-Risk subgroup.

Source: Spoth, Redmond, Shin, Greenberg, Feinberg, Schainker (2013). PROSPER community-university partnership delivery system effects on substance misuse through 6½ years past baseline from a cluster randomized controlled intervention trial. Preventive Medicine, 56, 190-196.
Long-term impact on conduct problems
Reduced growth in problem behaviors at 4½ years past baseline

Effects on negative peer influences

PROSPER shifts peer influence toward non-users

Black dot = substance user, White dot = non-user
Indicates that non-user nominated a substance user as a friend

More nonuser students choose users as friends

Peer network favors use

More substance users choose non-users as friends

Peer network opposes use

The PROSPER Partnership Network
Please visit our website...
www.helpingkidsprosper.org

PROSPER PARTNERSHIPS

We’ve Got Prevention Down To A Science

What Is PROSPER  How It Works  Proven Results  About Us  Support PROSPER

When Youth PROSPER, We All Do

We’ve got prevention down to a science.

Most prevention programs for youth promise to reduce problem behaviors. And they can look good. On paper. But do they work?

Prevention scientists are discovering that results often fall far short of expectations. For some programs, it’s because they were not tested. For others, it’s ineffective implementation. For still others, it’s the lack of continued financial and community support for long-term sustainability, even when the program has positive results.

Learning from this research, we have developed a model for implementing quality, evidence-based prevention programs. Our model has been tested with over 10,000 youth and their families since 2001.

It’s called the PROSPER Partnership Model.

The PROSPER Partnership model is an evidence-based delivery system that features a menu of tested and proven programs for sixth and seventh graders. Programs on the menu have a successful track record for preventing risky behaviors in youth, promoting positive youth development, and strengthening families.

Our Partnership model goes a step beyond just implementing evidence-based programs. It includes ongoing evaluation and technical assistance to ensure that programs are implemented as intended, teams continue to perform effectively, and partnership goals are being met.

Success is too important to leave to chance.