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Martha Payne named CSAP's Prevention Fellow



Martha Payne from the IPRC was selected as the Indiana recipient of the Substance Abuse and Mental Health Services Administration (SAMHSA)/Center for Substance Abuse Prevention's (CSAP) Prevention Fellowship Program. Her fellowship began on March 1, 2006. Congratulations, Martha!

The Indiana Prevention Resource Center is funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction, financially supported through HHS/Substance Abuse Mental Health Services Administration, Center for Substance Abuse Prevention, Substance Abuse Prevention and Treatment 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. © Copyright, 2006 by the Trustees of Indiana University.



ACROSS OUR DESKS TO YOURS

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 has a system in place to evaluate programs for their effectiveness. The result is a list of programs called the National Registry of Effective Programs and Practices (NREPP). In order to make the list a program must be (1) well implemented, (2) thoroughly evaluated, (3) produce consistent positive and replicable results, and (4) provide assistance in dissemination and training efforts.

Programs eligible for inclusion in

Afternoons R.O.C.K. in Indiana programs were selected from NREPP and include All Stars, Positive Action, Too Good for Drugs and Violence, and Project Alert.

The first year of state-wide implementation of evidence-based Afternoons R.O.C.K. in Indiana programs is coming to a close. The feedback from survey data, program providers and parents suggests that the transition from a menu of activities to evidence-based programs has been positive. Mary Lay, staff member of the Indiana Prevention Resource Center, credited Afternoons R.O.C.K. in Indiana programs for contributing to decreases in drug use rates among youth. "The IPRC's latest survey shows some improvement in overall drug usage among adolescents," said Lay and she notes "Afternoons R.O.C.K. (in Indiana) might well be part of it." [Excerpt taken from the winter 2005 edition of *The Alert Educator* published by The Best Foundation – developer of Project Alert.] Of course, making the transition to evidence-based programs has its challenges. However, program providers are pleased with the results. "Evidence-based programs have revitalized the program and given Program Supervisors a new way to deliver the drug-free message," said Lizzi Preddie, Afternoons R.O.C.K. in Indiana Program Director in Marion County.

Parents of participating youth are also pleased with Afternoons R.O.C.K. in Indiana. Nearly 97% of parents reported that they would recommend the program to other families with youth.

Acknowledgement: The Indiana Prevention Resource Center would like to thank Martha Payne for her contributions to Afternoons R.O.C.K. in Indiana during her fall internship.

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