

## Project SUCCESS: Educational Support Services

### Recommended Intervention Goals for Groups and Intervention Services

The Washington State Project SUCCESS program includes five types of services for selected and indicated students needing support. Once students are screened and needs identified, staff are required to define the targeted objective for the student(s). As a rule, service outcomes should address three areas: 1) improvement in personal and interpersonal functioning; 2) improvement in academic performance (grades, attendance, and classroom conduct); and 3) improvements in specific ATOD-related indicators (perception of risk, reduction/abstinence, coping skills, etc.). The following list defines the Intervention Services and the recommended intervention goals for each type of service.

#### 1. ATOD Education (Alcohol Tobacco and Other Drug Education)

***Target:** students who are engaging in high-risk behaviors that have a misperception of the risk of harm associated with ATOD use and who have attitudes favorable toward ATOD use. AES (selective) is a prevention focused group; the students have not yet begun to use substances. AEI (indicated) is an intervention focused group; the students admit to AOD use, do not see their use as a problem and do not identify any other problem but are willing to learn more about AOD.*

***Description:** These groups are for students who exhibit attitudes, behaviors and feelings, which clearly put them at risk for becoming abusers. The purpose of this group is to provide information on the risk factors and consequences of alcohol and other drugs and to elicit changes in high-risk behavior by teaching skills to resist pressures. These groups, also a tool for additional assessment, meet for 8 sessions and **cannot be re-contracted**. After participation in this group, a student may participate in another group such as the Intervention or COSAP group.*

- Targeted Intervention Goals – Strengthen Skills and Attitudes
  - Perceived risk of use
  - Awareness of social influences
  - Refusal skills
  - Assertiveness skills
  - Decision making
  - School bonding
- Targeted Intervention Goals – Reduce or Eliminate Problem Behavior
  - Reduction of identified substance(s) (if applicable, i.e., screened for use and student is using)
  - Reduction of other high-risk behaviors, as appropriate, such as Aggressive behavior and Anger, uncontrolled behavior
  - Truancy (as appropriate)

#### 2. Intervention/Abusers

***Target:** students who are abusing alcohol and other drugs and are experiencing negative consequences.*

***Description:** These educational and motivational groups are for students who know they have a problem with alcohol or other drugs and want to deal with the problem and improve their functioning. Refusal skills and discussions on identifying pressures to use drugs are emphasized. The goal is to reduce alcohol or other drug consumption and to promote abstinence. For adolescents who are not able to accomplish this, a referral for ATOD treatment is necessary. Meets up to 12 weeks and can be re-contracted.*

- Targeted Intervention Goals – Strengthen Skills and Attitudes
  - Perceived risk of use
  - Awareness of social influences
  - Refusal skills
  - Assertiveness skills
  - School bonding

- Targeted Intervention Goals – Reduce or Eliminate Problem Behavior
  - Reduction of identified substance(s)
  - Reduction of other high-risk behaviors, as appropriate, such as Aggressive behavior and Anger, uncontrolled behavior
  - Truancy (as appropriate)
  - Association with inappropriate peers

### 3. Affected Others/COSAPs (Children of Substance Abusing Parents)

*Target:* students who have alcoholic or other drug abusing parent(s) or are living with an abusing adult in a parental role and who do not use themselves

*Description:* These educational groups attempt to help students increase their understanding of chemical dependency; how it affects the family, how to cope with drinking/substance using parents and the resulting stressors on their own lives. They also examine the strengths the students have developed and why these strengths are so important. In order to decrease the risk that the student will use alcohol or other drugs, emphasis is placed on developing skills, which will enhance protective factors. Meets up to 12 weeks and can be re-contracted.

- Targeted Intervention Goals – Strengthen Skills and Attitudes
  - Perceived risk of use
  - Refusal skills
  - Assertiveness skills
  - Decision-making
  - School bonding
  - Family Bonding
- Targeted Intervention Goals – Reduce or Eliminate Problem Behavior
  - Truancy (as appropriate)
  - Association with inappropriate peers

### 4. Social skills/Non-Users

*Target:* students who are themselves not using alcohol or other drugs but find themselves feeling pressured by peers and the social norms of the school to use ATOD. The students may report experiencing “social isolation” as a result of their abstinence.

*Description:* This group will provide a support system for these students to reduce isolation, provide socialization, and encourage an alcohol and drug-free lifestyle. Students learn resistance and other social skills. Meets up to 12 weeks and can be re-contracted.

- Targeted Intervention Goals – Strengthen Skills and Attitudes
  - Perceived risk of use
  - Awareness of social influences
  - Refusal skills
  - Assertiveness
  - Social skills
  - Decision making
- Targeted Intervention Goals – Reduce or Eliminate Problem Behavior
  - Truancy (as appropriate)

### 5. Recovery

*Target:* students who have already been in treatment, a self-help group, rehabilitation, or stopped using on their own.

*Description:* These groups are for students who need in school support for their recovery. Frequently, these students need to be in a 12-step program or outpatient treatment and the Recovery group should not be their sole source of support. For the Project AWARE model, this group may also be a follow up group for students

*completing Abusers, or COSAP groups to help maintain their abstinence – or to “challenge” them to continue with no use behaviors.*

- Targeted Intervention Goals – Strengthen Skills and Attitudes
  - Awareness of social influences
  - Refusal skills
  - Assertiveness skills
  - Social skills
  - Communication skills
  - Decision making
  - Social bonding
  - School bonding
- Targeted Intervention Goals – Reduce or Eliminate Problem Behavior
  - Association with inappropriate peer (if applicable)