

## SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS

### KEEP A CLEAR MIND (KACM)

Keep a Clear Mind (KACM) is a take-home drug education program for elementary school students in grades 4-6 (ages 9-11) and their parents. KACM is designed to help children develop specific skills to refuse and avoid use of "gateway" drugs. The program consists of four weekly lessons based on a social skills training model: Alcohol, Tobacco, Marijuana, and Tools To Avoid Drug Use. Each lesson introduces the topic for the week and is followed by a sequence of five activities to be completed at home with a parent. The activities include answering a simple question about drugs, listing reasons not to use specific drugs, writing "No" statements to resist social pressure to use drugs, selecting from a list of alternatives the best ways to refuse and avoid drugs, and completing contracts to refuse and avoid drugs. Small incentives such as folders, stickers, and bookmarks are provided to students who return their completed lessons within the indicated period. Parent newsletters prompt parents to reinforce their children for practicing saying no to drugs and provide specific behavior tips for communicating with children about how to avoid drug use. KACM can be facilitated by schools, private practice counselors, community-based youth organizations, and recreation centers.

#### PROGRAM REQUIREMENTS

- Universal, selective, and/or indicated prevention program
- Targets one or more alcohol, tobacco, drug, disruptive behavior, and/or violence outcomes
- Targets students in one or more grades K-12

#### **Does this program meet the minimum program requirements for inclusion on the Science-Based Programs List?**

- YES** This universal substance use prevention program targets elementary school students and their parents.
- NO**

#### RESEARCH RATINGS FOR BEHAVIORAL OUTCOMES

Quality of Research Ratings by Criteria (0.0-4.0 scale)

Outcome	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Overall Rating
Outcome 1: Parent-child communication about resisting alcohol, tobacco, and other drugs	0.0	1.0	1.0	2.0	3.0	1.0	<b>1.3</b>
Outcome 2: Perceptions about the extent of young people's use of alcohol, tobacco, and other drugs	0.0	1.0	0.5	1.5	2.5	0.5	<b>1.0</b>
Outcome 3: Peer pressure susceptibility to experiment with alcohol, tobacco, and other drugs	0.0	1.0	0.5	2.0	2.5	0.5	<b>1.1</b>
Outcome 4: Perceptions about parental attitudes toward alcohol, tobacco, and other drug use	0.0	1.0	0.0	1.0	2.0	0.0	<b>0.7</b>
Outcome 5: Expectations of using/trying alcohol, tobacco, and other drugs in the future	0.0	1.0	0.0	1.5	2.0	0.0	<b>0.8</b>
Outcome 6: Realization of general harmful effects of alcohol, tobacco, and other drugs on young people	0.0	1.0	0.0	1.5	2.0	0.0	<b>0.8</b>

#### **Do this program's NREPP ratings meet the minimum research ratings for inclusion on the Science-Based Programs List?**

- YES**
- NO** NREPP does not report any behavioral outcomes related to tobacco use, alcohol and other drug use, disruptive behavior, and/or violence for Keep A Clear Mind.