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Blueprints Model Programs FACT SHEET

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Midwestern Prevention Project

The Midwestern Prevention Project (MPP) is a comprehensive, community-based, multi-faceted program for adolescent drug abuse prevention. The MPP involves an extended period of programming. Although initiated in a school setting, it goes beyond this setting into the family and community contexts.

Program Targets:

The MPP bridges the transition from early adolescence to middle through late adolescence. Since early adolescence is the first risk period for gateway drug use (i.e., alcohol, cigarettes, and marijuana), programming is initiated with whole populations of middle school (sixth or seventh grade) students.

Program Content:

The MPP strives to help youth recognize the tremendous social pressures to use drugs and provides training skills in how to avoid drug use and drug use situations. These skills are initially learned in the school program and reinforced through the parent, media, and community organization components.

The MPP disseminates its message through a system of well-coordinated, community-wide strategies: mass media programming, a school program and continuing school boosters, a parent education and organization program, community organization and training, and local policy change regarding tobacco, alcohol, and other drugs. These components are introduced to the community in sequence at a rate of one per year, with the mass media component occurring throughout all the years. The central component for drug prevention programming, however, is the school.

Active social learning techniques (i.e., modeling, role playing, and discussion, with student peer leaders assisting teachers) are used in the school program, along with homework assignments designed to involve family members. The parental program involves a parent-principal committee that meets to review school drug policy, and parent-child communications training. A consistent message supporting a nondrug use norm is delivered via the other three components: mass media coverage and programming, community organization, and the local health policy change component. All components involve regular meetings of respective deliverers (e.g., community leaders for organization) to review and refine programs.

Program Outcomes:

Evaluations of the MPP have demonstrated for program youth, compared to control youth:

- reductions of up to 40 percent in daily smoking;
- similar reduction in marijuana use, and smaller reductions in alcohol use maintained through grade 12;
- effects on daily smoking, heavy marijuana use, and some hard drug use have been shown through early adulthood (age 23); and
- increased parent-child communications about drug use.

Further, these evaluations have demonstrated that the MPP:

- facilitated development of prevention programs, activities, and services among community leaders.

Program Costs:

$175,000 minimal cost over a three year period (includes costs of teacher, parent, and community leader training and curriculum materials for school-based program). Costs are based on up to 20 teachers trained in one group for the school program, 20 parent group members trained in one group for the parent program (about 3-4 principals, 4 student peer leader, 12 parents), and 1,000 participating middle school students. Costs increase beyond this minimum approximately as follows: $4,000 per additional group trained on the same day or trip, $100-$125 per additional trainer manual, and $7 per additional student workbook.

The information for this fact sheet was excerpted from:

Pentz, M.A., Mihalic, S.F., & Grotpeter, J.K. (1998). *The Midwestern Prevention Project: Blueprints for Violence Prevention, Book One*. Blueprints for Violence Prevention Series (D.S. Elliott, Series Editor). Boulder, CO: Center for the Study and Prevention of Violence, Institute of Behavioral Science, University of Colorado.

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