



# *Blueprints* FACT SHEET

FS-BP02

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## Blueprints Model Program Descriptions

### **Big Brothers Big Sisters of America**

Big Brothers Big Sisters of America is the oldest and best known mentoring program in the United States. The program serves 6-18 year old disadvantaged youth from single-parent households. The goal is to develop a caring relationship between a matched youth and an adult mentor.

### **Functional Family Therapy**

Functional Family Therapy is a short term, easily trainable, and well-documented program. The program involves phases and techniques designed to engage and motivate youth and families; change youth and family communication, interaction, and problem solving; and help families better deal with and utilize outside system resources.

### **The Incredible Years**

A set of three comprehensive, multi-faceted, and developmentally-based curriculums for parents, teachers, and children designed to promote child emotional and social competence for children ages 2-8.

### **Life Skills Training**

Life Skills Training (LST) is a drug use prevention program that provides general life skills training and social resistance skills training to junior high/middle school students. The curriculum is taught in school by regular classroom teachers.

### **Midwestern Prevention Project**

This community-based program targets adolescent drug use. The program uses five intervention strategies designed to combat the community influences on drug use: mass media, school, parent, community organization, and health policy change. The primary intervention channel is the school.

### **Multidimensional Treatment Foster Care**

This program is an effective alternative to residential treatment for adolescents who have problems with chronic delinquency and anti-social behavior. Community families are trained to provide placement, treatment and supervision to participating adolescents.

### **Multisystemic Therapy**

This program targets chronic and violent juvenile offenders and specific factors in each youth's and family's environment (family, peer, school, neighborhood) that contribute to antisocial behavior. The goal of the intervention is to help parents deal effectively with their youth's behavior problems, including deviant peers and poor school performance.

### **Nurse-Family Partnership**

The Nurse-Family Partnership sends nurses to homes of pregnant women who are predisposed to infant health and developmental problems in order to improve parent and child outcomes. Home visiting also promotes the cognitive and social-emotional development of the children, and provides general support and parenting skills to the parents.

### **Olweus Bullying Prevention Program**

The Olweus Bullying Prevention Program has as its major goal the reduction of victim-bully problems among primary and secondary school children. It aims to increase awareness of the problem, to achieve active involvement on the part of teachers and parents, to develop clear rules against bullying behavior, and to provide support and protection for the victims of bullying.

### **Project Towards No Drug Abuse**

Project TND is a drug abuse prevention program that targets high school age youth at traditional and alternative high schools. The curriculum, taught by teachers or health educators, contains twelve 40-minute interactive sessions, and focuses on motivations to use drugs, social skills, and cognitive processing skills.

### **Promoting Alternative Thinking Strategies**

Promoting Alternative THinking Strategies (PATHS) is an elementary school-based intervention designed to promote emotional competence, including the expression, understanding and regulation of emotions.