

Alcohol and Drug Abuse

community and school training programs that improve communication, problem-solving, self-esteem, and family bonding. Results: Dramatic improvements in parents' sense of competence, satisfaction with and positive attitude about being parents; substantial decreases in parents' use of harsh punishment; and significant increases in children's development levels.

- **Family Advocacy Network.** The Family Advocacy Network (FAN) Club Program directly involves parents and youth participating in Boys and Girls Clubs of America's SMART Moves program. The SMART Moves program reinforces substance abuse prevention skills and knowledge, with sessions on self-concept, coping with stress, and resisting media pressures. Results: Strengthens families and promotes family bonding; enhanced adolescents' ability to refuse alcohol, marijuana, and cigarettes; and increased their knowledge of and negative attitudes toward substance use.
- **Residential Student Assistance Program.** The Residential Student Assistance Program was originally adopted from a highly successful Westchester County, NY, Student Assistance Program, similar to the popular Employee Assistance Programs. This prevention effort reaches youth in juvenile detention facilities and other residential-based settings. Results: Alcohol use fell 72.2 percent, marijuana use fell 58.8 percent, and tobacco use fell 26.9 percent.
- **Smart Leaders.** This is a two-year, sequential booster program for youth who have completed Stay SMART, a component of Boys and Girls Clubs of America's SMART Moves Program. Results: decreased rates of alcohol, tobacco, marijuana, and illicit drug use and increased knowledge of the health consequences and prevalence of these substances (SAMHSA, 1999).

Prevention programs that impact youth at an early age appear to be the solution. However, the Tennessee ATOD survey suggests that current programs offered in Tennessee are not effective. Sixty-three percent of the students surveyed had seen films or had lectures or discussions related to ATOD education, 32 percent had taken special courses about ATOD in school, 27 percent had seen films or had lectures outside of their regular classes, and 28 percent had participated in discussions but had not had classes.

However, when assessing the drug education experience only 15 percent identified the experience as having been "of great value," for 23 percent it was "of considerable value," for more than a third it was of "some value," and for 26 percent it was of "little or no value."

In general almost half of the students reported that it did not change their interest in trying ATOD (44 percent); 4 percent of the students reported that the ATOD information made them more interested in trying ATOD, while 5 percent said they had had no educational courses.

Adopting nationally accepted programs that bridge community services and use collaborative efforts to impact teen substance abuse appears to be the answer to changing teen patterns of substance use.

Comparison of State YRBS, Davidson County YRBS, and ATOD Study

Cigarette Use, Grades 7 to 12

