

## Evaluations Summary: Courage to Speak<sup>®</sup> Drug Prevention Education Programs

In 2008, the Courage to Speak<sup>®</sup> Foundation received the Substance Abuse and Mental Health Services Administration's (SAMHSA) Service to Science Award to enhance the evaluation capacity of the innovative and promising programs.

In the same year, The Courage to Speak<sup>®</sup> Foundation also received 1.95 million dollars from the Office of Juvenile Justice and Delinquency Prevention for a period of 3 consecutive years to evaluate and expand the Courage to Speak<sup>®</sup> Program's capacity.

The following are some of the results from Yale University School of Medicine and Dubay Horton Associates (a private CT based public health consulting firm):

### **Yale University: Courage to Speak Drug Prevention Program Grades 4-6**

- Effective at increasing knowledge and perceptions of harm regarding alcohol, tobacco, and other drugs (ATOD)
- Had a significant effect on parental communication about the dangers of drugs.
- Had a positive effect on refusal skills learned
- Had beneficial effects on increasing intent to avoid alcohol, tobacco, or other drugs.

### **Dubay Horton: Courage to Speak Drug Prevention Program Grades 4-6**

Statistically significant findings in each of the following areas:

- Increased student understanding of the risk of use of Alcohol, Tobacco, and Other Drugs (ATOD)
- Increased ability to personalize the risk of ATOD
- Increased coping strategies and assets to avoid use of ATOD

### **Yale University: Courage to Speak Drug Prevention Program Middle School**

Statistically significant increases in youth's communication with parents about substance use.

Increases in the number of times students spoke to their parent(s):

- About drugs
- Family rules and expectations about drug use
- Things they could do to stay away from drugs
- Drug use in movies
- People they know who got into trouble because of drug use

### **Yale University: Courage to Speak<sup>®</sup>-Courageous Parenting 101**

Statistically significant increases in parent's:

- General communication with their child
- Communication with their child about drugs
- Knowledge about their children's lives.
- Knowledge and ability to recognize warning signs
- Confidence in their knowledge of alcohol, tobacco and other drugs
- Confidence that they could intervene and prevent their children from trying alcohol, tobacco, and other drugs



Yale University  
School of Medicine

