Diagram 1. THE SIGNALS© PRESERVATION AWARENESS DEVELOPMENT LOGIC MODEL

C O N T E X T

TARGET POPULATION:

ADOLESCENTS

- ❑ ***Selected high risk youth**
- ❑ ****Indicated non-chronic user**
- ❑ ****Indicated chronic user**

VARIABLES

- ❑ **Age**
- ❑ **Gender**
- ❑ **Education status**
- ❑ **Vocational status**
- ❑ **Delinquency issues**
- ❑ **Mental health status**

*Selected Youth: Are youth that have yet to begin using drugs or alcohol but their environment places them at higher risk for developing a substance abuse problem, the children of alcoholics would be an example.

**Indicated Youth: Are youth that have already initiated drug or alcohol usage but have not been diagnosed with chemical dependence.

RESISTANCE TO THE PREVENTION MESSAGE*:

Pre-contemplation

1. **Inaccurate understanding of substance abuse risk level**
2. **Low-functioning preservation awareness**

- ❑ **Risk perception deficit**
- ➢ **Invincibility myths**
- ➢ **Typology myths**
- ➢ **Pseudo-autonomy**
- ➢ **Rites of passage**
- ❑ **Defensive postures**
- ❑ **Environmental myths**
- ❑ **Inadequate knowledge base regarding the harm of ATOD use**
- ❑ **Negative attitude towards refusal skills development**

* Definition of the prevention message: ATOD (Alcohol, Tobacco and Other Drug) use is neither normal nor safe behavior and is brain poisoning.

PROGRAM GOALS:

1. **Accurate understanding of substance abuse risk level**
2. **Adequate functioning preservation awareness to lower resistance to the prevention message**
3. **Sustain non-use of ATOD or begin movement towards an action of abstinence**

INPUT

- ❑ **The Signals Curriculum (12) Lesson plans**
- ❑ **Clinical assessments: POSIT / Follow-up and The SASSI**
- ❑ **Agency: The Kentucky United Methodist Children's Home**
- ❑ **Staff: (2) Full Time positions**
- ❑ **Financial resources**
- ❑ **Youth participants**
- ❑ **Time frame of service delivery: 2 hours / 3x weekly for 2 weeks**
- ❑ **Equipment: A/V equipment, copy work**
- ❑ **Research**
- ❑ **Public Relations / Communications**
- ❑ **Networking for continuing care**

PROCESS

THE SIGNALS CURRICULUM:

CONTENT:

- ❑ **Clinical pre-intervention assessments, tasks, techniques, and lesson plans designed for reflection, self-assessment, and behavior change regarding ATOD use, clinical post-intervention assessments**

STRATEGIES AND MEASUREMENTS:

- ❑ **Stages of change, motivational interviewing, structured storytelling, pre and post clinical assessments and academic testing, self-assessments, practicing refusal skills**

TIMEFRAME:

- ❑ **(12) One-hour lesson plans and (2) additional pre-post Interviews for testing / assessments**

OUTCOMES

IMMEDIATE:

After completing SIGNALS the youth will be able to…

- ❑ **Accurately appraise his/her ATOD risk level**
- ❑ **Recognize the need for preservation awareness by lowering resistance to the prevention message**
- ❑ **Utilize healthy risk perception**
- ❑ **Identify defensive postures**
- ❑ **Detect environmental myths**
- ❑ **Demonstrate an accurate knowledge base regarding ATOD dangers**
- ❑ **Employ refusal-skills**

INTERMEDIATE / LONG-TERM:

- ❑ **Non-users will not start using**
- ❑ **Users will stop**
- ❑ **Chronic users will accept treatment suggestions.**
- ❑ **Enhanced receptivity to mentoring**