

Fall 2009

kiR investigators

Dr. Michael Hecht
Dr. Michelle Miller-Day
Dr. Janice Krieger
Dr. John Graham
Brian Bumbarger

*From kids,
To kids,
Through kids*

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Drug Resistance Strategies Project

Welcome to the *keepin' it REAL* curriculum for rural middle schools. We are pleased to collaborate with you on developing a new substance-abuse prevention program for our rural youth. It is particularly important that we do this now since *none* of the current drug prevention programs have proven effective in our rural middle schools.

We know that with resources so tight, it is getting harder and harder for schools to address these needs. Using the federally recognized *keepin' it REAL* program as a model, we will be working with you to develop a drug prevention program for our rural youth that teaches them to assess risk, make healthy decisions, and communicate effectively with their peers to resist drug offers. We believe this is the perfect time for this collaboration – together we can find a way to address the needs of rural students by supplementing school resources.

This newsletter gives the details of the project and talks about what we need from you and your school. As you know, there are *no financial costs* to participate – the Penn State and Ohio State team provides all the training, materials, and support you will need. Your school liaison, and our project coordinator, Magi Colby, will be working with you to make this a successful experience. If you have any questions, please do not hesitate to call one of our team members. We look forward to working with you to help our rural youth lead healthy and productive lives.

Michael Hecht

mhecht@psu.edu

814 863 3545



refuse · explain · avoid · leave

Timeline

Drug Resistance Strategies Project
 501 Kessler Building
 University Park PA 16802
 Phone: 814-863-6280
 E-mail: mac408@psu.edu

September 2009

Teacher Training

All teachers who are delivering the curriculum are required to attend a one day training session. Trainings will be held in three locations: Ohio, Central PA and Northeastern PA. Your liaison will contact you to schedule your teachers' training time. During training, the teachers will receive the curriculum manual, DVD of curriculum videos, DVD of curriculum PowerPoint/Overheads and student materials. They will be shown how to use their video camera in order to record lesson delivery. We appreciate your cooperation during scheduling. KiR can provide funds for a substitute teacher if necessary.

September 2009

Survey

The Survey Research Center of Penn State University will administer a student survey to all seventh grade students prior to curriculum delivery. This survey will help us understand what kind of substance abuse prevention messages are effective for our rural youth. The SRC will contact you to schedule a time to administer the survey. Parent consent forms must be mailed out three weeks prior to survey administration. Students whose parents give their consent will be assented prior to receiving the survey.

October-December 2009

Curriculum Delivery

All participating schools have been randomly assigned to deliver the original KiR curriculum, the adapted version of the curriculum or to a control condition. Those schools delivering one of the KiR curricula should begin in October so that the ten-week program is completed prior to Winter Break. Attendance records will be collected from each class in order to track student participation. Teachers will be video-taping their delivery of the curriculum to aid us in our evaluation of the program. Incentive materials will be given to the students throughout the course of the curriculum delivery.

October-December 2009

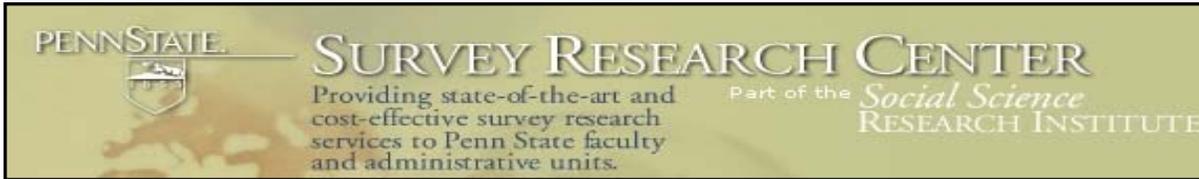
Teacher Online Survey

During curriculum delivery all teachers are asked to provide information about the lesson through an on-line survey form. The online survey form should be completed at the end of each lesson in order to obtain the most accurate information. Project personnel will provide teachers with a link to the online survey after each lesson. In addition, some teachers will be selected for follow-up interviews based on their responses to the survey.

Spring 2010

Post-delivery Survey

The Survey Research Center of Penn State University will administer a student survey to all seventh grade students after the curriculum delivery. This survey will help us understand what kind of substance abuse prevention messages are effective for our rural youth. Your liaison will contact you to schedule a time to administer the survey. Parent consent forms must be mailed out three weeks prior to survey administration. Students whose parents give their consent will be assented prior to receiving the survey.



The Penn State Survey Research Center (SRC) is currently working with the *keepin' it REAL (kiR)* project to help coordinate and administer surveys to 6300 7th grade students at 41 schools in Pennsylvania and Ohio.

The SRC works with each school to schedule a time when the survey can be administered. SRC staff will visit each participating school to explain the survey process to students and distribute the survey. The surveys are then collected and returned to the SRC offices where they are scanned and a final data file is compiled.

The staff at the SRC also handles sending out information to parents regarding the survey process so

parents are fully informed of their child's participation.

Kari Whitehead will be your point of contact at the SRC. She will assist your school in making the necessary preparations to administer the survey, including obtaining parental consent and student assents. If you have any questions regarding the SRC or their role in this project please don't hesitate to contact Keri at the SRC .

Kari Whitehead
Project Manager
Survey Research Center
The Pennsylvania State University
330 Building, Suite 105
University Park, PA 16802
email: klh196@psu.edu

Incentives For Your School's Participation

We are so glad that you have agreed to participate in the research study. As you prepare to implement the curriculum we want you to be aware of all the benefits that yours school is entitled to as participants in this study:

1. A free copy of the 7th grade kiR curriculum and boosters for your school (approximate value \$750.00)
2. Free Teacher training (approximate value \$3000)
3. A stipend to cover the cost of a substitute teacher during kiR training if needed
4. On-going curriculum support
5. Video camera and tripod
6. \$100/ year for the school for three years
7. kiR merchandise materials for students and teachers
8. Act 48 for teachers in PA who complete training
9. Opportunity for teachers to earn \$10/lesson (\$100 total)
10. Final report on substance use in rural schools by state

EXTRA! EXTRA!

Do you want to let the community know that your school will be working with Penn State and Ohio State to develop and evaluate the only drug prevention for rural youth? Following is a sample press release that you can send to your local newspaper to increase parent and community support!

NEW DRUG PREVENTION PROGRAM FOR RURAL YOUTH

The [insert district name] school district is now working with researchers at the Pennsylvania State and Ohio State Universities to develop and test a substance abuse prevention program specifically for rural middle school students.



The new program, funded by the National Institutes of Health and featuring the "keepin' it REAL" (kiR) curriculum, will utilize stories, feedback, and advice from local youth and teachers to customize prevention curricula for adolescents in our district.

The acronym REAL stands for the four ways the adolescents resist drug offers (Refuse, Explain, Avoid, Leave) and the kiR curriculum teaches youth how to confidently live substance-free, drawing on their strengths and the strengths of their families and communities. Several Pennsylvania high schools were instrumental in developing five short films that are integrated into the curriculum and illustrate rural experiences.

Current plans for the district include implementation of the curriculum in 7th grade classrooms during the 2009—2010 school year.

For more information about the Drug Resistance Strategies Project featuring the kiR curriculum go to : www.kir.psu.edu/rural/

Liaison Contacts

Northeastern PA:
Ms. Susan Mizenko
smizenko@epix.net

Ohio:
Mr. Tim Tanner
tanner.128@cfaes.osu.edu

Central PA:
Mr. Kris Glunt
ktglunt@yahoo.com

We're moving our offices! Here's our new contact information:

Drug Resistance
 Strategies Project
 501 A-D Keller Building
 University Park, PA 16802
 Phone: 814-863-6260
 Email: mac466@psu.edu

Check out the new kiR website:
www.kir.psu.edu/rural/