



# Utah State Board of Education

## Underage Drinking and Substance Abuse Prevention Program

Utah Code Annotated (UCA) § [53G-10-406](#)

(Botvin LifeSkills Training Program)

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**Why:** The use of alcohol, tobacco, illicit drugs, and the misuse of prescription drugs has been found to negatively affect youth brain development. Research has shown that youth who use alcohol, tobacco, and other drugs are at a higher risk for experiencing addiction later in life, and teen substance use has been linked to higher absenteeism and low or failing grades. Using alcohol, tobacco, and other illicit drugs in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control. [1, 2, 3, 4]

The good news is we now know more than ever what we can do to reduce the risk of substance use among students and its associated consequences. Students in Utah can be significantly less likely to use tobacco, drugs, or drink alcohol while underage through their participation in an evidence-based substance use prevention program. Utah teachers can be a part of reducing that risk as they deliver an evidence-based substance use prevention program which gives students skills they can use that can benefit them the rest of their lives.

**Background:** During the 2017 General Session, the Utah State Legislature approved a bill mandating that all 7<sup>th</sup> or 8<sup>th</sup> graders and 9<sup>th</sup> or 10<sup>th</sup> graders be offered an underage drinking and substance use prevention program beginning in the 2018-2019 school year. In the 2020 General Session, House Bill 58 was passed, adding the requirement for all 4<sup>th</sup> or 5<sup>th</sup> graders to be offered a prevention program.

**Funding:** Program materials and teacher training is funded through alcohol taxes distributed through the [Underage Drinking and Substance Abuse Prevention Program Restricted Account](#). (UCA § 53F-9-304)

**Program Selection:** Prior to the 2018-2019 program implementation, a request for proposals was sent to over 1,100 vendors. The proposals received were scored by a committee. The Botvin LifeSkills Training (LST) program was selected as the program that met the requirements as found in [UCA § 53G-10-406](#) and [R277-910](#).

**Botvin LifeSkills Training (LST) Program Effectiveness:** The LST program has more than 40 years of peer reviewed scientific research and is a [Blueprints certified Model Plus program](#).

Effectiveness:

- Cuts tobacco use by 87%
- Cuts alcohol use by 60%
- Cuts marijuana use by 75%
- Cuts methamphetamine use by 68%
- Cuts polydrug use by 66%
- Duration of Effects: Up to 12 years

Source: [LifeSkills Training Fact Sheet](#)

### **LST Program in Utah Classrooms:**

**[Grades 4 or 5: Elementary Level 2:](#)** Eight, 30–45-minute class sessions

LEAs may choose how to implement the program. E.g., Classroom teacher as part of the health curriculum or school counselor visits to the classroom.

**[Grades 7 or 8: Middle School Level 1:](#)** Fifteen, 30–45-minute class sessions, with an additional three optional violence prevention sessions.

**[Grades 9 or 10: High School:](#)** Ten, 40–45-minute class sessions. \*

\*LEAs may choose which secondary class to implement the program.

 [Health Standards-Botvin LifeSkills Sample Scope and Sequence](#)

## **LST Classroom Materials: (choose one option)**

**Option 1: Print + PDF Student Guide:** Each student should receive their own student guidebook. (Print is the only option for Elementary students.)

**Option 2: Middle School and High School e-LST:** The student guidebook and curriculum are built into an online platform. Teachers will still need to facilitate skills practice in the classroom/virtual classroom.

**Ordering materials:** LEAs are encouraged to have a designated person to obtain and submit an order form for the entire LEA at the start of each school year or semester. However, orders will be accepted at any time. To obtain and submit an order form, email [the USBE prevention team](#).

**Teacher's Manual:** Manuals will be shipped to teachers as they complete their training.

**Teacher Training:** All teachers/staff who will be implementing the LST program should complete the one-time, approximately seven-hour training. Teachers will receive seven relicensure hours for completing the training.

Teachers who need to be trained can be added to the training waitlist by emailing [the USBE prevention team](#) with the following:

1. Name
2. Email Address
3. Training needed (Elementary, Middle School or High School.)

## **LifeSkills Training (LST) Support Webpage for Teachers in Utah:**

- **Website:** [Botvin LifeSkills Training](#)
- **Password:** utah@lst

**Fidelity:** Because the LST program has been shown to be effective in preventing the use of tobacco, alcohol, and other illicit drugs, we want to be careful to implement the program as designed so that we can be confident that we will see a decline in youth underage drinking and substance use and its associated

consequences in Utah communities. The LST program does allow for some flexibility, but the following elements do need to be maintained for fidelity:

- Teach the full scope and sequence of the LST curriculum: Teach all lessons in the order given, making all the teaching points in the lesson.
- Teach at least one time per week for consecutive weeks until all lessons are taught: The curriculum may be taught as an intensive mini-series (multiple times a week), or it can be taught once a week.
- Use interactive teaching strategies: Students acquire skills when interactive teaching skills (coaching, facilitation, behavioral rehearsal, and feedback/assessment) are used.
- Skills practice is essential to the program.

Fidelity checklists are emailed out to teachers as they complete the training and can also be found on the [LST Support Webpage for Utah Teachers](#). (Password: utah@lst)

**For questions, concerns, or to receive a list of staff who have completed the training from your LEA, contact:**

- [The USBE prevention team email](#) or
- [Clarissa Stebbing](#), Prevention Specialist, 801-382-8114

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[1] Spear, L. Adolescent brain and the college drinker: Biological basis of propensity to use and misuse alcohol. *Journal of Studies on Alcohol (Suppl. 14)*:71–81, 2002.

[2] [CDC Quick Facts on E-Cigarette Risks](#)

[3] [Rise in Prescription Drug Misuse and Abuse Impacting Teens](#)

[4] [NIDA Marijuana Drug Facts](#)