

## Botvin *LifeSkills Training* High School Program GRANT APPLICATION



**This grant application must be submitted using the online platform:** [LST High School Online Application](#)

*Progress is automatically saved as long as all entries are made using the same device, and the cache is not cleared.*

The Center for the Study and Prevention of Violence (CSPV) is seeking schools containing grade 9 or 10 in select states to implement the [Botvin \*LifeSkills Training\* \(LST\) High School program](#). **This opportunity comes at a critical time when COVID-19 has impacted budgets and demanded the social-emotional competencies and healthy coping strategies taught within the LST program.**

### Botvin *LifeSkills Training* High School Program Highlights

- Evidence-informed.
- Skills to reduce stress and anxiety and increase well-being.
- Substance abuse and violence prevention.
- Guidance to integrate vaping prevention topics into relevant lessons.
- Aligns with standards for health education.
- 10 45-minute class sessions for 9<sup>th</sup> or 10<sup>th</sup> grade.

### Schools Receive (at no cost)

- Two years of LST curriculum materials, including teacher manuals and student guides.
- Teacher training workshops for all personnel delivering the program.
- Stipends or substitute pay reimbursement for teachers attending training workshops.
- Ongoing technical assistance, if requested (telephone, video call, email, or in-person).
- Training-of-Trainers (TOT) workshops for interested persons.
- Regional workshops to help sites design and implement effective financing and sustainability strategies.
- Feedback reports detailing implementation fidelity, successes, and recommendations.

### Requirements

- School, district, or educational agency serving grade 9 or 10.
- Support by schools and teachers, with commitment to program integrity.
- Assign a “Site Coordinator” in the district to oversee the LST effort.
- Allow CSPV to monitor fidelity through lesson observations, feedback surveys, and site visits.
- Provide aggregate demographics (gender and ethnicity) of students receiving program.

***No other reporting is required of grantees.***

### Application Materials

- This short [online application](#) (~30 minutes) describing plans for implementation and coordination. If multiple schools within your district plan to apply, please submit one application for the entire system. The participating schools forms toward the end of the application will request school-level details.
- [Participating Schools Form](#) with contact information and the proposed implementation plan for each school.
- [Letters of Commitment](#) signed by the principal of each participating school and the district superintendent.

### Selection Process

- Feasibility visit to provide an overview of LST, discuss evaluation components, and implementation plans.
- Notification of eligibility based on multiple factors (e.g., commitment to fidelity and monitoring activities) as identified in the application and feasibility visit.
- Receive notification in Spring 2022 pertaining to your district grant award status.

[High School Grant Opportunity](#)

**Deadline: February 9, 2022**

**For questions, contact:** [lstgrant@colorado.edu](mailto:lstgrant@colorado.edu)

Center for the Study & Prevention of Violence (CSPV)  
University of Colorado Boulder | 483 UCB, Boulder, CO 80309



**Center for the Study and Prevention of Violence (CSPV)  
LIFESKILLS TRAINING (LST) HIGH SCHOOL GRANT APPLICATION**

*(Must submit using online application: [LST High School Online Application](#))*

Contact Person:  Title:   
Telephone:  Email:   
District/Organization:   
Street Address:   
City:  State:  Zip:

In general, your school district community is classified as:

- Urban/Suburban (population center over 30,000)  Rural (population center less than 30,000)

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### ASSESSMENT & IMPLEMENTATION PLANNING

1. Describe your district's experience, if any, implementing Botvin *LifeSkills Training* (LST).
2. Are violence and/or drug prevention programs being implemented in the targeted school(s)?  
 Yes  No

If yes, please list the names of the school(s), the program(s), targeted behaviors (e.g., tobacco use, violence), and the grades in which each program is taught.

If tobacco and other drug programs are currently being implemented, how will you ensure that they will not overlap with LST? How will LST be incorporated into the larger vision of drug prevention strategies in the school/district?

3. Describe the successes and challenges that your school/district/organization has experienced in implementing prevention strategies in the past.
4. What is typically your district's last day of school before summer break?

### IMPLEMENTATION PLANS

Consider the implementation guidelines and answer the questions below for your *district's general plan* for implementation. (*School-level plans will be reported on the "LST Participating Schools Form" at the end of this application.*)

- LST must be delivered to all or nearly all students in the eligible grade.
- LST instruction is best suited for class sizes of 30 or fewer students.
- LST lessons are designed to be delivered in approximately 45-minute sessions.
- Students should receive LST at least once per week, up to five times per week, for consecutive weeks.

1. How many schools in your district intend to teach the LST High School program?
2. In most schools, LST High School will be implemented in:

**Note: If your site plans to implement LST Middle School in grades 7-9, LST High School must be delivered in grade 10.**

- grade 9 (10 sessions)  
 grade 10 (10 sessions)

3. Will all students in the chosen grade level receive the LST High School program (with the exception of special populations)?

Yes  No (If no, please explain)

### COORDINATION & TEACHER INVOLVEMENT

It is beneficial for implementation to be coordinated through a single point of contact. Please review the [LST High School Site Coordinator Fact Sheet](#), describing the Site Coordinator's role in program implementation.

1. Have you identified a Site Coordinator to oversee the LST High School implementation in your school(s)?  Yes  No  
If yes, please provide the Site Coordinator's name, title, phone number, email address, and whether this person is a year-round employee.
2. If you have identified an LST High School Co-Coordinator (or assistant to the Site Coordinator) who we may contact when the Site Coordinator is unavailable, please provide their name, title, phone number, email address, and whether this person is a year-round employee.
3. Please provide the [LST High School Teacher Fact Sheet](#) to potential LST instructors, describing the program and their responsibilities in teaching the curriculum.  
Are the classroom teachers aware that the LST High School program is being considered by their school?  
 Yes  No
4. *LST High School Teacher Training is one full day; teachers must attend this training and cannot train others in their schools without additional trainer certification. Online training will be an option if in-person training is not possible.* The grant offers reimbursement for substitute costs and offers a stipend for training completed during personal time.  
Do you foresee any problems in ensuring that these teachers can be released to attend the training workshop?  
 Yes  No  
If yes, please explain.
5. *CSPV will hire local consultants to observe LST classroom sessions to monitor implementation fidelity (see [LST High School Classroom Observer Fact Sheet](#)). Observers, who are recommended by the district, record coverage of key lesson points in the LST session. These unannounced fidelity checks will be conducted based on each LST teacher's implementation schedule.* District-level feedback will be provided by CSPV in the annual site report.  
Do you foresee these observations as a problem for your teachers or schools?  
 Yes  No  
If yes, please explain.

### SUSTAINABILITY PLANNING

Small teams from each district will be asked to participate in a hands-on sustainability training, held regionally and lasting approximately 6 hours. Trainings will be interactive in nature and provide participants the opportunity to begin critical planning work in connection with a larger sustainability planning process.

1. Do you foresee any problems in attending the training?  Yes  No

If yes, please explain:

2. Describe the plans, if any, your district is exploring to sustain the LST program beyond the life of the grant. Please identify:
- How program leaders have analyzed and articulated how LST fits within the school's vision of student achievement and school improvement, etc..
  - The range of financing strategies and funding sources (both monetary and in-kind) program leaders envision supporting this work.
  - The various stakeholders program leaders will enlist, engage, and develop to champion this work.

3. Is there anything else you would like to share with us?

*The final page of this application is the **LST High School Participating Schools Form**. Each school intending to implement the LST High School program needs a completed "LST High School Participating Schools Form" that provides contact information and the proposed implementation plan.*

**Note: It will not be possible to return to previously entered fields in this application after clicking to proceed below.**



## LST HIGH SCHOOL PARTICIPATING SCHOOLS FORM

There are a total of 10 LST Participating Schools Forms within this application. Please complete one form for each school that will participate in the **High School** Program grant, detailing school contact information, the proposed implementation plan, and the number of participants. *If more than 10 schools will be participating, complete the 10 forms within this application and [click this hyperlink](#) for additional forms.*

**Note: It is not possible to return to this page after submission.**

### School Address and Contact Information

School Name: \_\_\_\_\_ School Structure (e.g, 7-12, 9-12): \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 School Telephone: \_\_\_\_\_ School Fax: \_\_\_\_\_ Total # Students in School: \_\_\_\_\_  
 School Principal: \_\_\_\_\_ Principal Phone: \_\_\_\_\_ Principal Email: \_\_\_\_\_  
 Name of School Contact (if not principal): \_\_\_\_\_ Phone of Contact (if not principal): \_\_\_\_\_  
 Email of Contact (if not principal): \_\_\_\_\_ School's Designation:  Urban/Suburban (> 30,000)  Rural (< 30,000)

### IMPLEMENTATION PLAN for School Years 2022-2023 & 2023-2024:

<i>LST-HS is designed for either grade 9 or 10.</i>	<b>LST High School</b> 2022-2023 & 2023-2024
Grade in which the program will be taught (Grade 9 or 10)	
Subject area in which LST-HS will be taught	
Scheduling rotation for chosen subject area (e.g, year-long, semesters, quarterly)	
Frequency of LST-HS lessons (e.g., once per week, A/B-day, daily)	
Typical class size for this subject area	
Class length (in minutes)	
Are there mixed grades? (Y/N)	
Is a classroom available for LST-HS? (Y/N)	
Estimated # of students who will receive LST-HS each year	
Will all students in the chosen grade receive LST-HS each year? (Y/N)	
# of instructors who will deliver LST-HS	
Projected LST-HS start date	

Would you like to add more schools to this application for the LST High School program?

*Note: If no is selected, you will be taken to the end of the application and will be unable to return to add additional schools.*

**YES**, I would like to add another participating school to this High School application.

**NO**, there are no more schools to add to the LST High School application.

**Thank you for completing the grant application for the Botvin *LifeSkills Training* High School Program!**

We require a letter of commitment to be signed by the superintendent and school principal from each participating school to signify support for the program and intent to implement LST High School with fidelity and integrity to the model. Please checkmark the box(es) below to indicate the status of the letters of commitment. If you need a copy of this prepared letter, please [click this hyperlink](#) for LST High School Letters.

- I have obtained a signed Superintendent Letter.
- I have obtained a signed Principal Letter for each participating school.
- I am still in the process of obtaining the signed letter(s).

Application Submission Date: [mm/dd/yyyy]: \_\_\_\_\_

Upon submission, your responses to this application will be displayed and automatically sent to the grant manager. Our grant manager will be in contact to confirm receipt, assess initial eligibility, and schedule a feasibility meeting. If you have any questions, please contact the grant manager. **After submitting this application, please email the signed letter(s) to [lstgrant@colorado.edu](mailto:lstgrant@colorado.edu).**

**Grant Manager:**

M. Amanda Lain | 303-492-2134 | [lstgrant@colorado.edu](mailto:lstgrant@colorado.edu)