

GIVES & GETS

FOR A HIGH SCHOOL SOCIAL EMOTIONAL LEARNING PROGRAM

The Center for the Study and Prevention of Violence (CSPV), University of Colorado Boulder, is seeking Colorado schools containing grade 9 to implement the [Botvin LifeSkills Training \(LST\) High School program](#). **This funding opportunity comes at a critical time when COVID-19 has impacted budgets and demanded social emotional competencies and healthy coping strategies.** With Colorado youth vaping at twice the national average, it is also an opportunity to address the recent nation-wide surge in the use of e-vapor products among youth.

Grant Value

- **Behavioral Health Value:** Skill building for students' health and well-being including skills to improve relationships with family and peers, self-management, and substance resistance skills.
- **Monetary Value:** Estimated at \$5,000 per 200 students, including in-kind services, with this amount varying depending on the number of teachers participating.

Summary of LifeSkills Training High School Program

The LifeSkills Training (LST) program is a social emotional learning (SEL)-based curriculum designed to reduce stress and anxiety and increase well-being. In prior evaluations of the middle school version, LST youth reported lower rates of anxiety, depression, substance use, and physical aggression than students who did not participate. The positive outcomes also persisted: six years after the program, students were up to 20% less likely to smoke and to misuse alcohol or illicit drugs. The LST Middle School program is recognized as having the highest evidence to improve youth behavioral health by various government and private agencies. The LST High School program is built upon the same theories, logic model, and methodologies as the Middle School program. It includes a 10-session curriculum (45 minutes per session) that seeks to build high school students' social and emotional skills to avoid substances and other risky behaviors.

More Information on LST

- LST Website: <https://www.lifeskillstraining.com/>
- Implementation Resources: <https://cspv.colorado.edu/what-we-do/initiatives/lst-grant/>
- Program Information, including LST and SEL alignment: https://cspv.colorado.edu/what-we-do/initiatives/lst-grant/program_information/
- LST Grant Information: <https://cspv.colorado.edu/what-we-do/initiatives/lst-grant/application-hs/>

Program Implementation and Evaluation

All grant-funded schools will receive the LST High School curriculum. **In order to conduct a rigorous evaluation of the program, half of selected schools will receive the curriculum in Fall 2021, and the other half in Fall 2023.**

CSPV will provide technical and financial support to all schools as they implement the curriculum. This includes:

- **Training and Materials:** CSPV will cover teacher training fees and reimburse for training time (stipend or sub reimbursement). CSPV also will provide teacher manuals, online resources, and consumable student guides for one year. To ensure strong implementation, in accordance with fidelity guidelines, CSPV will provide teachers and schools with technical assistance during implementation.
- **Roll-Out and Scheduling:** Because LST is a universal prevention curriculum, CSPV expects that all (or almost all) students in the 9th grade will receive LST. This means that LST should ideally be integrated into a non-elective class or combination of classes (e.g., health, physical education, advisory, social studies, language arts). CSPV will work with schools to determine how LST best fits into their existing schedule.
- **Site Coordinator:** Each district will be required to have at least one "site coordinator." This person will be the central point of contact between the schools and CSPV. The site coordinator will help coordinate trainings, ensure LST is deployed correctly in the schools, work with CSPV to troubleshoot any issues, recruit potential classroom observers and coordinate observations, and be a champion for the program at the schools. The site coordinator may be a current employee or a community-based provider. School

districts have reported this role *averages* one to two hours per month, with that time fluctuating through the course of implementation. Districts will contribute this time in-kind.

- **Fidelity Monitoring:** Each district will help to identify classroom observers to observe LST sessions. Classroom observers may include, but are not limited to, community members or retired teachers, administrators, social workers, or school health professionals. The observers will receive training, complete a fidelity checklist during each observation, and send the checklist to CSPV. Three (3) observations will be completed per teacher. CSPV will employ observers as independent contractors, and will compensate at \$50 per completed and submitted observation. CSPV also will provide teachers with a \$20 gift card to complete a survey upon completion of implementation, and site coordinators will be requested to participate in an end-of-year survey.

Summary table of the services (“gets”) schools will receive and their expected responsibilities (“gives”)

Domain	District/School (GETS)	District/School Agrees to (GIVES)
General	<ul style="list-style-type: none"> • Training and resources to implement the High School LST curriculum for one school year (either 2021-2022 or 2023-2024). • Support and technical assistance from LST trainer and CSPV staff. • In-person visit from CSPV. • Support for post-grant implementation sustainability planning. 	<ul style="list-style-type: none"> • Ensure appropriate leadership, teacher, staff, and parent support for the project. • Integrate the LST curriculum into fall class(es) provided to 9th-grade students. • Schools in the 2023 group will refrain from delivering LST prior to September 2023.
Training	<ul style="list-style-type: none"> • On-site or nearby training for all teachers implementing the LST curriculum (with option of online training). • Compensated time for training via teacher stipend or substitute reimbursement. 	<ul style="list-style-type: none"> • Ensure that all teachers implementing LST as well as site coordinators and observers participate in training.
Ongoing Supplies and Support	<ul style="list-style-type: none"> • Teacher manuals and consumable student guides for one school year. • Contracted classroom observer(s) to monitor fidelity to the curriculum. • Additional training and technical assistance for adapting the curriculum to local needs. 	<ul style="list-style-type: none"> • Assign a site coordinator to facilitate implementation of LST. • Participate in an annual site visit by CSPV staff.
Evaluation	<ul style="list-style-type: none"> • In-class (online) student surveys as follows: <ul style="list-style-type: none"> ❖ 9th graders in September & December 2021 ❖ 10th graders in September 2022 ❖ 11th graders in September 2023 • Gift cards (\$20) distributed to LST teachers who complete a survey at the end of implementation. • Feedback report, with process evaluation data aggregated across the site, detailing implementation fidelity, successes, and recommendations. • Access to aggregated results from the impact evaluation. 	<ul style="list-style-type: none"> • Participate in a lottery to select which schools implement LST in Fall 2021 and which schools implement LST in Fall 2023. • Identify class period for the online student survey to be administered in September 2021, December 2021, September 2022, and September 2023. • Assist with evaluation approvals, including research review and school board approvals. • Participate in a 10-minute online teacher survey after implementing LST (\$20 incentive). • Complete a 10-minute online Site Coordinator survey after implementation concludes.

Selection Process

- 1) **Application:** Districts or schools should fill out a short application through the online application portal. The application portal opened September 9, 2020: [LST High School Online Application](#). The application requires a signed letter of support from the school principal(s). The application will be open through December 20, 2020.
- 2) **Feasibility Visit:** In Spring 2021, CSPV staff will arrange a visit, to be conducted either in-person or virtually. During this visit, CSPV will provide an overview of the LST program as well as discuss the evaluation components and schools' plans to implement LST.
- 3) **Notification of Eligibility:** Shortly after the feasibility visit, CSPV will notify districts or schools if they are in the pool to receive the LST curriculum. Eligibility will be based on multiple criteria, including but not limited to the following: the level of buy-in for implementing the LST curriculum, capacity to implement the curriculum with fidelity, and willingness to be part of the evaluation activities.
- 4) **Sign Grant Contract:** Before the final selection, eligible districts or schools will sign an agreement to implement the LST curriculum and to be part of the evaluation. CSPV staff will provide templates and assistance to complete the contract. Some districts may require prior review by their institutional review board and/or their school board; CSPV will prepare research applications but may require assistance navigating the review process. The agreement must be signed in March 2021.
- 5) **Selection of Schools:** To ensure fairness and allow for a rigorous evaluation, CSPV's grant from Arnold Ventures requires the use of random assignment (a lottery) to select which eligible schools will receive the LST curriculum in Fall 2021 and which will receive it in Fall 2023. About 50% of schools from the eligible pool will be selected, at random, to implement the LST curriculum in Fall 2021. **We anticipate notifying selected schools in March 2021.**
 - a. **2021 Program Schools:** Selected schools ("2021 program schools") will start LST programming in Fall 2021. These schools will receive all the services in the "Gets" column and must meet the requirements in the "Gives" column (page 2).
 - b. **2023 Program Schools:** Schools selected to receive the LST program in Fall 2023 ("2023 program schools") cannot adopt LST on their own before Fall 2023. These schools will receive all the services in the "Gets" column beginning in Fall 2023, and must meet the requirements in the "Gives" column (page 2).
 - c. **Evaluation Requirement of All Schools:** All schools ("2021 program schools" and "2023 program schools") must agree to participate in the evaluation, which includes an online student survey administered by CSPV in September 2021, December 2021, September 2022, and September 2023.

Apply at: [LST High School Online Application](#)

Applications are due **December 20, 2020**. All sites will be selected by March 2021.

Funding Source

Funding for this initiative is provided to the University of Colorado by two funders: Arnold Ventures funds the research study activities, and Altria Client Services, on behalf of Philip Morris USA, John Middleton Co., and U.S. Smokeless Tobacco Company LLC, funds program implementation.

For questions, contact:

Diane Ballard | 303-735-4164 | diane.ballard@colorado.edu

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