

Approved Tier 1 Evidence Based Programs for WVESMH



This is a working document and is not inclusive of all available evidence based programs. Please email Crystal Criswell at schulte6@marshall.edu or Tiffany Pittman at pittman6@marshall.edu if you would like our team to review a program for inclusion.

Name	Delivery	Impacts	Grade	Sample cost	Includes Tier 2	Company	website	contact	Research Links
Building Assets Reducing Risks (BARR)	Weekly 30-minute classroom SEL activity, training & support for staff, whole school strategies	CASEL, evidence of effectiveness for grade 9, improved academic performance, improved school connectedness, improved teaching practices	K-12	\$160,000 per school for initial 3 year commitment	Yes	Hazelden	www.barrcenter.org	1-855-348-7021 info@barrcenter.org	https://barrcenter.org/studies-and-reports/ https://pg.casel.org/building-assets-reducing-risks-barr/ https://www.evidenceforessa.org/
Caring School Community	30 weeks of daily 30-minute lessons per grade plus classroom, schoolwide, and community strategies	CASEL, evidence of effectiveness for grades 3-6, improved academic performance, reduced problem behavior, improved school climate, improved teaching practices, improved other SEL skills and attitude	K-8	Kit per grade \$200. Principal kit (up to 3 persons can use) \$175 Both kits include print and digital.	Yes	Collaborative Classroom	https://www.collaborativeclassroom.org/	1-571-217-0501 eenglish@collaborativeclassroom.org	https://www.collaborativeclassroom.org/wp-content/uploads/2019/05/MKT-4288_Evidence_from_Field_Book_WEB_Final.pdf
Catch My Breath	Four 35-minute classroom lessons. Supplemental video and self-paced lessons available.	Vaping prevention	5-12	Digital materials are free.	No	CATCH Global Foundation	https://shop.catch.org/products/catch-my-breath-vaping-prevention-program	855-500-0050 x803 catchmybreath@catch.org	https://journals.sagepub.com/doi/full/10.1177/0033354919900887
Dinosaur School (Incredible Years)	60+ classroom lesson plans delivered twice per week. Notes indicate inclusive materials for neuro divergent students.	When paired with Teacher Classroom Management Program, CASEL, reduced problem behaviors, improved social behaviors	PreK - 3	\$1500 for set of books OR \$600 per person for one year subscription to program videos plus written materials	Links to a Tier 2 (Small Group Dinosaur School)	The Incredible Years, Inc.	https://incredibleyears.com	incredibleyears@incredibleyears.com	https://incredibleyears.com/for-researchers
Harmony SEL	100+ grade specific lessons available online	CASEL, improved academic performance, reduced problem behaviors, improved school connectedness	PreK-6	Free - fully donor funded		Harmony Social & Emotional Learning	www.harmonysel.org	(844) 480-4500 mgilbert2@nu.edu	https://www.harmonysel.org/research/
Hazelden Lifelines Prevention Program	Four sessions (Grades 5-10) or two sessions (Grades 11 & 12). Includes a facilitator guide, a DVD	Knowledge about suicide, attitudes about suicide, suicide intervention, seeking adult help, and attitudes about	5-12	\$265 prevention package	Links to Tier 2 and postvention	Hazelden	https://www.hazelden.org/store/item/503138?Hazelden-Lifelines-Prevention	https://www.hazelden.org/store/publicpage/contact-us	contact developer
I Can Problem Solve (ICPS)	Two or three lessons (games, activities) per week for three to five months.	CASEL, Reduced problem behaviors, Improved school connectedness	PreK-6	\$112 for set of 3 books plus training		Research Press	https://www.researchpress.com/product/icps-i-can-problem-solve-4/	717.763.1661 ext. 209 icps@icanproblemsolve.info	https://www.researchpress.com/wp-content/uploads/2012/04/ICPS-research_2.pdf
Incredible Years Teacher Classroom Management Program	Six full day workshops. Best when implemented with Dinosaur School.	CASEL, reduced problem behaviors, improved social behaviors, improved teaching practices	PreK-3	\$1500 for PK-2 classroom kit. Additional digital resources available.		The Incredible Years, Inc.	https://incredibleyears.com	incredibleyears@incredibleyears.com	https://incredibleyears.com/for-researchers
Keep a Clear Mind	Four take-home parent-child booklets	Substance use	4-6 + parents	\$4.35 per student		Center for Evidence Based Programming	https://www.keepaclearmind.com/	501-293-0265 evidence_based@yahoo.com	https://www.keepaclearmind.com/drug-alcohol-research-awards
Leader in Me	Whole School paradigm, 7 Habits training for staff and students, digital content, plus 38 classroom	CASEL, decreased disciplinary reports, improved sense of school safety, increased family involvement,	K-5	Requested quote		Franklin Covey	https://www.leaderinme.org/	1-800-459-1492 educate@franklincovey.com	https://www.leaderinme.org/wp-content/uploads/2018/08/Research-Research-Guide-2.0.pdf
Lifeskills Training (Botvin)	Eight class sessions delivered weekly or twice weekly. Additional digital addon materials available.	Substance use and violence prevention, risk reduction	K - 12	\$655 Elementary School Kit \$645 Middle School Kit \$265 High school. Plus addons & training		National Health Promotion Associates, Inc.	https://www.lifeskillstraining.com	800-293-4969	https://www.lifeskillstraining.com/evaluation-studies
Lion's Quest Skills for Adolescence (grades 5-8 only)	38 classroom lessons	CASEL, Reduced problem behaviors, Improved school connectedness, Improved other SEL skills and attitudes	5-8	Requested quote		Lions Clubs International Foundation	https://www.lions-quest.org/	844-567-8378 lionsquest@lionsclubs.org	https://pg.casel.org/lions-quest-skills-for-adolescence/
Love Notes	Thirteen 45-minute to 1.5 hour lessons.	decreases in sexual activity, increases in contraceptive use, and avoidance of pregnancy	6-12	\$675 Instructor's Kit, \$13.50 per workbook plus addons & training		Dibble Institute	https://bit.ly/3v9yp41	800-695-7975 relationships@lionsclubs.org	https://bit.ly/3v9yp41
Merrell's Strong Kids	12 sequenced classroom based lessons	CASEL - develop/improve cognitive, affective, and social functioning	PreK-12	\$43 per book (Pk-2, 3-5, 6-8, 9-12) plus addons & training		Merrell's Strong Kids	https://strongkidsresources.com/	https://strongkidsresources.com/contact	https://strongkidsresources.com/research/strong-kids
MindUP for Life	Digital lessons, videos, and printables for mindfulness practices and education about stress and anxiety.	CASEL, reduced emotional distress, improved identity development and agency, reduced problem behaviors, improved social behaviors	PreK-8	\$2,500 includes online training and 30 staff memberships with access to digital curriculum		MindUP - Goldie Hawn Foundation	https://mindup.org/	hello@mindup.org	https://mindup.org/research/
Monique Burr Child Safety Matters	Two (or four short) classroom lessons plus addons	Increased knowledge of safety practices and bullying recognition	K-5	\$1,275 for manuals and materials		Monique Burr Foundation for	https://www.mbfpreventioneducation.org/	904.642.0210 https://www.mbfpreventioneducation.org/	https://www.mbfpreventioneducation.org/why-use-our-programs/research/

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Olweus Bullying Prevention Program	Schoolwide model plus class meetings with a curriculum, parent and community involvement.	Reduce bullying, improve social climate of classrooms, reduce vandalism and truancy	K - 12	\$1,100-\$1,700 for 3-year online subscription plus addons and training ***Free for ESMH Schools in 2022 and 2023***	Yes	Clemson University & Hazelden	https://olweus.sites.clemson.edu/	864-656-6712 jurbans@clemson.edu	https://olweus.sites.clemson.edu/effectiveness.php
PAX Good Behavior Game	Short one-two minute games with rewards during an activity that challenges the students' ability to stay focused and positive.	Fewer problematic behaviors, symptoms of depression, school-related injuries and symptoms of aggression. Reduced rates of bullying. Decreased suicide ideation and fewer attempts. Decreased tobacco, alcohol, illicit drug and opioid use.	K-5	Virtual training is \$200 per person, plus a required kit for each attendee at \$340 for Teachers, \$168 for Administrators and \$60 for Support Staff.		PAXIS Institute	https://www.paxis.org/school-based-programming/	520.299.6770 https://www.paxis.org/contact-us	https://www.paxis.org/evidence-base/
Positive Action	K-6 - four 15-20-minute lessons per week. Grade 7 & 8 - two-three 20-30-minute lessons per week. Both over 36 weeks. Addons available.	Decreased problem behavior, improved academic achievement, reduce/prevent substance use, decreased depression and anxiety symptoms	PreK-12 Eval 1-8	School Kit: @ \$2000 per kit plus training. Whole school: Kits with addons and training: \$8250 - 14K	Yes	Positive Action	www.positiveaction.net	ashley@positiveaction.net info@positiveaction.net	https://www.positiveaction.net/research-outcomes https://www.positiveaction.net/research-articles
Positive Behavioral Intervention and Support	Whole school program	Teaching behavior expectation in the same manner as a core subject.	K-12	Training is free; materials/supplies vary	Yes	WVPBIS	https://wvpbis.org/	holt64@marshall.edu	https://assets-global.website-files.com/5d3725188825e071f1670246/60bf970915720b202ceafcd8_Evidence%20Base%20PBIS%20043020.pdf
Promoting Alternative Thinking Strategies (PATHS)	Five 30-minute sessions per week throughout the school year.	Reduced emotional distress, Reduced problem behaviors, Improved school climate, Improved school connectedness, Improved social behaviors	PreK - 8	about \$500 per grade plus supplements and training		PATHS Program	https://pathsprogram.com	info@pathsprogram.com	https://pathsprogram.com/paths-program-citations
Ripple Effects	Digital lessons with videos and suggested classroom activities/discussions.	Improved academic performance, decreased suspensions, increased empathy, decreased depressive symptoms	PreK-12	Price varies by option. PK-1 program is \$1,350 per classroom. Grade 2-12 programs are between \$6k-\$18k depending on school size and options. Small schools (under 450 students) are offered discounts.	Yes	Ripple Effects, Inc.	https://rippleeffects.com/	1-888-259-6618 info@rippleeffects.com	https://rippleeffects.com/impacts/
Second Step	Digital and print lessons with themed posters, cards, and take-home family activities.	Reduced emotional distress, Reduced problem behaviors, Improved social behaviors,	K - 8	Single School 1 year: \$2300-\$3200 not including extras and addons	Yes	Committee for Children	https://www.secondstep.org	*see website	https://www.secondstep.org/research
Signs of Suicide	Educational video, discussion guide, screening	Suicide prevention	6-12	\$300-\$500 per license for 1 school plus addons and training	Yes	Mind Wise Innovations	https://www.mindwise.org/suicide-prevention/	*see website	https://www.mindwise.org/evidence-behind-sos-program
Student Success Skills	PK-5 - 30-minute classroom lessons for 5 to 8 weekly lessons. Grades 6 -12 - Classroom sessions once per week for 5 weeks, with booster lessons available.	Improved academic performance, Reduced problem behaviors, Reduced bullying, Coping skills, Reduced anxiety, Improved impulse control, Improved motivation	PreK-12 Eval 1-8	\$95-\$195 per manual plus training	Yes	Atlantic Education Consultants	https://studentsuccessskills.com/	561-406-9860 studentsuccessskills.aec@gmail.com	https://studentsuccessskills.com/research/
Too Good for Drugs & Violence	Lesson plans and student workbooks plus digital content.	Substance use, violence, improved social behavior	K-12	\$300 per grade kit plus addons. High School has combined kit \$625. Both include print with digital.		Mendez Foundation	https://toogoodprograms.org	info@mendezfoundation.org	https://toogoodprograms.org/pages/evidence-base
Toolbox Project	12 tools with journal prompts, take home family activities, tangible toolbox, cards, administrator's guide, puppets (K-3)	SEL encourages social equity through empathy, understanding, and 12 skills to navigate life	K-6	Requested quote		Toolbox Project	https://toolboxproject.com/	707-200-3617 info@toolboxproject.com	https://toolboxproject.com/s/Toolbox_Research_Brief_WestEd-191118-ntsh.pdf