

# 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](mailto:schulte6@marshall.edu) or Tiffany Pittman at [pittman6@marshall.edu](mailto:pittman6@marshall.edu) if you would like our team to review a program for inclusion. Developed by Marshall University School Health TA Center, School of Medicine.

Name	Level of Support by WVEBP Clearinghouse	Delivery	Impacts	Grade	website	Research Links
Building Assets Reducing Risks (BARR)	Supported	Weekly 30-minute classroom SEL activity, training & support for staff, whole school strategies	Improved academic performance, improved school connectedness, improved teaching practices	K-12	<a href="http://www.barrcenter.org">www.barrcenter.org</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/building-assets-reducing-risks/">https://clearinghouse.helpandhopev.wv.gov/program/building-assets-reducing-risks/</a>
Caring School Community	Supported	30 weeks of daily 30-minute lessons per grade plus classroom, schoolwide, and community strategies	Improved academic performance, reduced problem behavior, improved school climate, improved teaching practices, improved other SEL skills and attitude	K-8	<a href="https://www.collaborativeclassroom.org/">https://www.collaborativeclassroom.org/</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/caring-school-community/">https://clearinghouse.helpandhopev.wv.gov/program/caring-school-community/</a>
Catch My Breath	Promising	Four 35-minute classroom lessons. Supplemental video and self-paced lessons available.	Vaping prevention	5-12	<a href="https://shop.catch.org/products/catch-my-breath-vaping-prevention-program">https://shop.catch.org/products/catch-my-breath-vaping-prevention-program</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/catch-my-breath/">https://clearinghouse.helpandhopev.wv.gov/program/catch-my-breath/</a>
Dinosaur School (Incredible Years)	Promising	60+ classroom lesson plans delivered twice per week. Notes indicate inclusive materials for neuro divergent students.	When paired with Teacher Classroom Management Program, reduced problem behaviors, improved social behaviors	PreK - 3	<a href="https://incredibleyears.com">https://incredibleyears.com</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/incredible-years-child-training-programs/">https://clearinghouse.helpandhopev.wv.gov/program/incredible-years-child-training-programs/</a>
Harmony SEL	Promising	100+ grade specific lessons available online	Improved academic performance, reduced problem behaviors, improved school connectedness	PreK-6	<a href="http://www.harmonysel.org">www.harmonysel.org</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/harmonysel/">https://clearinghouse.helpandhopev.wv.gov/program/harmonysel/</a>
Hazelden Lifelines Prevention Program (Legacy approval)	Unable to be Rated *See Note #1	Four sessions (Grades 5-10) or two sessions (Grades 11 & 12). Includes a facilitator guide, a DVD for staff training, and USB flash drive containing reproducible	Knowledge about suicide, attitudes about suicide, suicide intervention, seeking adult help, and attitudes about keeping a friend's suicide thoughts secret.	5-12	<a href="https://www.hazelden.org/store/item/503138?Hazelden-Lifelines-Prevention">https://www.hazelden.org/store/item/503138?Hazelden-Lifelines-Prevention</a>	contact developer
I Can Problem Solve (ICPS)	Well-Supported	Two or three lessons (games, activities) per week for three to five months.	Reduced problem behaviors, Improved school connectedness	PreK-6	<a href="https://www.researchpress.com/product/icps-i-can-problem-solve-4/">https://www.researchpress.com/product/icps-i-can-problem-solve-4/</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/i-can-problem-solve-icps/">https://clearinghouse.helpandhopev.wv.gov/program/i-can-problem-solve-icps/</a>
Incredible Years Teacher Classroom Management Program	Promising	Six full day workshops. Best when implemented with Dinosaur School.	Reduced problem behaviors, improved social behaviors, improved teaching practices	PreK-3	<a href="https://incredibleyears.com">https://incredibleyears.com</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/incredible-years-child-training-programs/">https://clearinghouse.helpandhopev.wv.gov/program/incredible-years-child-training-programs/</a>
Keep a Clear Mind	Promising	Four take-home parent-child booklets	Substance use	4-6 + parents	<a href="https://www.keepaclearandmind.com/">https://www.keepaclearandmind.com/</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/keep-a-clear-mind-kacm/">https://clearinghouse.helpandhopev.wv.gov/program/keep-a-clear-mind-kacm/</a>
Leader in Me	Promising	Whole School paradigm, 7 Habits training for staff and students, digital content,	Decreased disciplinary reports, improved sense of school safety, increased family	K-5	<a href="https://www.leaderinme.org/">https://www.leaderinme.org/</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/leader-in-me/">https://clearinghouse.helpandhopev.wv.gov/program/leader-in-me/</a>
LifeSkills Training (Botvin)	Well-Supported (MS/HS only)	Eight class sessions delivered weekly or twice weekly. Additional digital addon materials available.	Substance use and violence prevention, risk reduction	K - 12	<a href="https://www.lifeskillstraining.com">https://www.lifeskillstraining.com</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/lifeskills-training-botvin/">https://clearinghouse.helpandhopev.wv.gov/program/lifeskills-training-botvin/</a>
Lion's Quest Skills for Adolescence (grades 5-8 only)	Supported	38 classroom lessons	Reduced problem behaviors, Improved school connectedness, Improved other SEL skills and attitudes	5-8	<a href="https://www.lionsquest.org/">https://www.lionsquest.org/</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/lions-quest-skills-for-adolescence-sfa/">https://clearinghouse.helpandhopev.wv.gov/program/lions-quest-skills-for-adolescence-sfa/</a>
Love Notes	Promising	Thirteen 45-minute to 1.5 hour lessons.	Decreases in sexual activity, increases in contraceptive use, and avoidance of pregnancy	6-12	<a href="https://bit.ly/3v9yp41">https://bit.ly/3v9yp41</a>	<a href="https://clearinghouse.helpandhopev.wv.gov/program/love-notes/">https://clearinghouse.helpandhopev.wv.gov/program/love-notes/</a>

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Merrell's Strong Kids	Promising	12 sequenced classroom based lessons	Develop/improve cognitive, affective, and social functioning	PreK-12	<a href="https://strongkidsresources.com/">https://strongkidsresources.com/</a>	<a href="https://clearinghouse.helpandhopev.org/program/merrells-strong-kids/">https://clearinghouse.helpandhopev.org/program/merrells-strong-kids/</a>
MindUP for Life	Supported	Digital lessons, videos, and printables for mindfulness practices and education about stress and anxiety.	Reduced emotional distress, improved identity development and agency, reduced problem behaviors, improved social behaviors	PreK-8	<a href="https://mindup.org/">https://mindup.org/</a>	<a href="https://clearinghouse.helpandhopev.org/program/mindup-for-life/">https://clearinghouse.helpandhopev.org/program/mindup-for-life/</a>
Monique Burr Child Safety Matters	Promising	Two (or four short) classroom lessons plus addons	Increased knowledge of safety practices and bullying recognition	K-5	<a href="https://www.mbfpreventioneducation.org/">https://www.mbfpreventioneducation.org/</a>	<a href="https://clearinghouse.helpandhopev.org/program/monique-burr-child-safety-matters/">https://clearinghouse.helpandhopev.org/program/monique-burr-child-safety-matters/</a>
Olweus Bullying Prevention Program	Promising	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	<a href="https://olweus.sites.clemson.edu/">https://olweus.sites.clemson.edu/</a>	<a href="https://clearinghouse.helpandhopev.org/program/olweus-bullying-prevention-program/">https://clearinghouse.helpandhopev.org/program/olweus-bullying-prevention-program/</a>
PAX Good Behavior Game	Well Supported	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	<a href="https://www.paxis.org/school-based-programming/">https://www.paxis.org/school-based-programming/</a>	<a href="https://clearinghouse.helpandhopev.org/program/pax-good-behavior-game/">https://clearinghouse.helpandhopev.org/program/pax-good-behavior-game/</a>
Positive Action	Supported	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	<a href="http://www.positiveaction.net">www.positiveaction.net</a>	<a href="https://clearinghouse.helpandhopev.org/program/positive-action/">https://clearinghouse.helpandhopev.org/program/positive-action/</a>
Positive Behavioral Intervention and Support	Not listed *See Note #2	Whole school program	Teaching behavior expectation in the same manner as a core subject.	K-12	<a href="https://wvpbis.org/">https://wvpbis.org/</a>	<a href="https://assets-global.website-files.com/5d3725188825e071f1670246/60bf970915720b202ceafcd8_Evidence%20Base%20PBIS%20043020.pdf">https://assets-global.website-files.com/5d3725188825e071f1670246/60bf970915720b202ceafcd8_Evidence%20Base%20PBIS%20043020.pdf</a>
Promoting Alternative Thinking Strategies (PATHS)	Promising	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	<a href="https://pathsprogram.com">https://pathsprogram.com</a>	<a href="https://clearinghouse.helpandhopev.org/program/promoting-alternative-thinking-strategies-">https://clearinghouse.helpandhopev.org/program/promoting-alternative-thinking-strategies-</a>
Ripple Effects	Supported	Digital lessons with videos and suggested classroom activities/discussions.	Improved academic performance, decreased suspensions, increased empathy, decreased depressive	PreK-12	<a href="https://rippleeffects.com/">https://rippleeffects.com/</a>	<a href="https://clearinghouse.helpandhopev.org/program/ripple-effects/">https://clearinghouse.helpandhopev.org/program/ripple-effects/</a>
Second Step	Supported	Elementary - 20 lessons delivered in 15-30 minutes each. Middle - 26 lessons delivered in 25 minutes each. Digital subscription or classroom materials kit.	Reduced emotional distress, Reduced problem behaviors, Improved social behaviors,	K - 8	<a href="https://www.secondstep.org">https://www.secondstep.org</a>	<a href="https://clearinghouse.helpandhopev.org/program/second-step/">https://clearinghouse.helpandhopev.org/program/second-step/</a>
Signs of Suicide (SOS)	Supported	Educational video, discussion guide, screening	Suicide prevention	6-12	<a href="https://www.mindwise.org/suicide-prevention/">https://www.mindwise.org/suicide-prevention/</a>	<a href="https://clearinghouse.helpandhopev.org/program/signs-of-suicide/">https://clearinghouse.helpandhopev.org/program/signs-of-suicide/</a>

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Student Success Skills	Promising	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	<a href="https://studentsuccessskills.com/">https://studentsuccessskills.com/</a>	<a href="https://clearinghouse.helpandhopewv.org/program/student-success-skills-2/">https://clearinghouse.helpandhopewv.org/program/student-success-skills-2/</a>
Too Good for Drugs & Violence	Currently under review	Lesson plans and student workbooks plus digital content.	Substance use, violence, improved social behavior	K-12	<a href="https://toogoodprograms.org">https://toogoodprograms.org</a>	<a href="https://toogoodprograms.org/pages/evidence-base">https://toogoodprograms.org/pages/evidence-base</a>
Toolbox Project (Legacy approval, no longer recommended for use in ESMH)	Unable to be Rated *See Note #3	12 tools with journal prompts, take home family activities, tangible toolbox, cards, administrator's guide, puppets (K-3)	Encourages social equity through empathy, understanding, and 12 skills to navigate life	K-6	<a href="https://toolboxproject.com/">https://toolboxproject.com/</a>	<a href="https://toolboxproject.com/s/Toolbox_Research_Brief_West_Ed-191118-ntsh.pdf">https://toolboxproject.com/s/Toolbox_Research_Brief_West_Ed-191118-ntsh.pdf</a>

**NOTES:**

1. Based on ratings more than a decade ago, Lifelines was approved by SAMHSA for use in their grant programs & WV approved for use in ESMH. Due to a lack of current research and an absence of access to the prior research, the WVEBPC was unable to rate. Lifelines remains approved for use in ESMH.
2. PBIS is considered an environmental approach, not a program and as such, was not reviewed by the WVEBPC.
3. Prior ESMH approval was based on research outcomes from 2010 (current at the time). We recommend this program remain approved for sites where Toolbox is currently in use but not approved for new implementation.