

## 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 University of Colorado Boulder is seeking schools in select states to implement the [Botvin \*LifeSkills Training\* \(LST\) High School program](#) with grade 9 or 10.

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

- 10 45-minute sessions grade 9 or 10.
- Evidence of effectiveness.
- 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.

### 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, as requested (telephone, video call, email, or in-person).
- Training-of-Trainers (TOT) workshops to build local capacity to train new teachers.
- 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 and champion the LST effort.
- Allow CU Boulder 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 [online application](#) 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 Form* 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.
- [Letter of Commitment](#) signed by the [principal](#) of each participating school and the district [superintendent](#). All signed letters must be received in order for the application to be reviewed.

### Selection Process

- Participation in a [2-hour feasibility meeting](#) to receive an overview of LST and evaluation components, and discuss implementation plans. Attendees must include the designated Site Coordinator and Co-Site Coordinator as well as an administrator and lead teacher from each participating school.
- Notification of eligibility based on multiple factors (e.g., commitment to fidelity and monitoring activities) as identified in the application and feasibility meeting.
- Receive notification in Spring 2024 pertaining to your district grant award status.

[Botvin \*LifeSkills Training\* Grant Information](#)

**Deadline: February 13, 2024**

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

[Click Here to Request Assistance with the Application](#)

University of Colorado Boulder | 483 UCB, Boulder, CO 80309



**UNIVERSITY OF COLORADO BOULDER**  
**BOTVIN LIFESKILLS TRAINING (LST) HIGH SCHOOL GRANT APPLICATION**  
*(Must submit using online application: [LST High School Online Application](#))*

[Click Here to Request Assistance with the Application](#)

Full Name of Contact: \_\_\_\_\_ Title/Role: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_ District/Organization: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ County: \_\_\_\_\_

How did you/your team hear about this grant opportunity? Select all that apply.

- Email from the University of Colorado Boulder project staff
- Phone call from University of Colorado Boulder project staff
- E-blast-style newsletter
- Physical mailing of grant announcement
- Through a local organization or agency
- Other (please describe): \_\_\_\_\_

In general, your school district community is classified as:

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

**ASSESSMENT & SYSTEM PLANNING**

[Click Here to Request Assistance with the Application](#)

- Describe your district's or organization's experience, if any, implementing Botvin *LifeSkills Training* (LST).
- Are there any violence and/or drug prevention programs in the school(s) that will implement the LST program?     Yes     No  
 If yes, please list the names of the school(s), the program(s), the targeted behaviors (e.g., tobacco use, violence), the grades in which each program is taught, and how you will ensure that they will not overlap with LST.
- Describe the successes and challenges that your school/district/organization has experienced in implementing classroom-based prevention programs in the past.
- How will the LST program help meet the needs and goals of your school/district/organization?
- Describe the current administrator and teacher turnover rate in your district.
- When is your 2023-2024 spring break?
- What is your district's last day of school before summer break?

**LST HIGH SCHOOL IMPLEMENTATION PLANS**

[Click Here to Request Assistance with the Application](#)

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 (10 total sessions).
- Students should receive LST at least once per week, up to five times per week, for consecutive weeks.

- How many schools in your district intend to teach the **LST High School** program?
- In most schools, LST High School will be implemented in:  
**Note: If your site is already implementing LST Middle School in grades 7-9, LST High School must be delivered in grade 10.**  
 grade 9 (10 sessions)  
 grade 10 (10 sessions)
- Will all students in the chosen grade level receive the LST High School program (with the exception of special populations)?  
 Yes     No (Please explain)

### COORDINATION & TEACHER INVOLVEMENT

[Click Here to Request Assistance with the Application](#)

It is beneficial for implementation to be fully supported at the organizational level and 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.

- Who are the people in your organization who support the proposed program (names and positions), and how have they demonstrated their support?
- Who have you identified as the Site Coordinator to oversee the LST High School implementation in your school(s)?  
 Full Name \_\_\_\_\_ Position/Role \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_ Year-Round Employee (Y/N) \_\_\_\_\_
- Who have you identified as the Co-Coordinator (or assistant to the Site Coordinator) who we may contact when the Site Coordinator is unavailable?  
 Full Name \_\_\_\_\_ Position/Role \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_ Year-Round Employee (Y/N) \_\_\_\_\_
- Describe opportunities for staff collaboration and time allocated for staff planning and problem-solving.
- 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
- 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.* The grant offers reimbursement for substitute costs or offers a stipend for training completed during non-contracted time.  
  
 Do you foresee any problems in ensuring that these teachers can be released to attend the training workshop?  
 No     Yes (Please explain)

5. Your district will be asked to recommend community members who can be hired by the University of Colorado Boulder to observe LST classroom sessions. Observers assist in monitoring implementation fidelity by recording coverage of key lesson points during LST sessions (see [LST High School Classroom Observer Fact Sheet](#)). These unannounced fidelity checks will be conducted based on each teacher-provided implementation schedules. District-level feedback will be provided by your CU Boulder grant representative in the annual site report.

Do you foresee these observations as a problem for your teachers or schools?

No  Yes (Please explain)

6. Do you foresee any problems identifying community members to serve as the classroom observer?

No  Yes (Please explain)

### SUSTAINABILITY PLANNING

[Click Here to Request Assistance with the Application](#)

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?

No  Yes (Please explain)

2. Describe the plans 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.**

- [CLICK TO PROCEED TO PARTICIPATING SCHOOLS FORM\(S\) FOR THE LST HIGH SCHOOL PROGRAM](#)



Boulder

## LST HIGH SCHOOL PARTICIPATING SCHOOLS FORM

[Click Here to Request Assistance with the Application](#)

There are a total of 10 LST Participating Schools Forms within this application. Please complete one form for each school that will participate in this 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.**

Please consider the following implementation fidelity guidelines and grant requirements as your team completes the below *Participating Schools Form*:

- A minimum of 10 class sessions are needed to cover the full program scope.
- LST lessons are designed to be delivered in approximately 45-minute sessions.
- All units must be delivered to all or nearly all students in the eligible grade.
- Students receive LST at least once per week, up to 5 times per week, for consecutive weeks, until all units are complete.
- Units are taught in the order presented in the teacher's manual.
- LST classes are not comprised of mixed grades.
- LST instruction is best suited for class sizes of 30 or fewer students.
- LST lessons are best suited for delivery in a traditional classroom setting.

### School Address and Contact Information

School Name: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ School Telephone: \_\_\_\_\_ School Fax: \_\_\_\_\_

Total # Students in School: \_\_\_\_\_ School Structure (e.g, 7-12, 9-12): \_\_\_\_\_

School Principal (Must sign a [Principal Letter of Commitment](#)): \_\_\_\_\_

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 Locale:  Urban/Suburban (> 30,000)  Rural (< 30,000)

### IMPLEMENTATION PLAN for SCHOOL:

<i>LST-HS is designed for either grade 9 or 10. If your site is implementing LST Middle School in grades 7-9, LST High School must be delivered in grade 10.</i>	<b>LST High School</b> 2024-2025 & 2025-2026
Grade in which LST-HS 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 enrollment for entire chose grade level	
Will all students in the chosen grade receive LST-HS each year? (Y/N)	
# of instructors who will deliver LST-HS	

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 these prepared letters, please [click here for the Superintendent Letter](#) and [click here for the Principal Letter](#). **All signed letters must be sent to [lstgrant@colorado.edu](mailto:lstgrant@colorado.edu) in order for the application to be reviewed and to schedule the 2-hour feasibility meeting.**

- 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) and will submit to [lstgrant@colorado.edu](mailto:lstgrant@colorado.edu) within 5 days.

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. **Please email the signed letter(s) to [lstgrant@colorado.edu](mailto:lstgrant@colorado.edu). Applications will not be reviewed and the feasibility meeting will not be scheduled until all letters signed by the Superintendent and Principal(s) are received.**

**Project Director:**

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



**Boulder**

**Thank you for applying for Botvin LifeSkills Training program grant through the University of Colorado Boulder!**

Your application will be reviewed after the signed [Superintendent Letter](#) and [Principal Letter\(s\)](#) have been received. If you have not already submitted these to [lstgrant@colorado.edu](mailto:lstgrant@colorado.edu), please do so within 5 business days.