

Botvin *LifeSkills Training* Middle School Program GRANT APPLICATION

This grant application must be submitted using the online platform: [LST Middle 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 containing grades 6-8 or 7-9 in select states to implement the [Botvin *LifeSkills Training* \(LST\) Middle School program](#). This grant provides everything you need to enhance your students' self-management, social, and refusal skills through a proven curriculum—all at no cost to your district.

What is the LST Middle School Program?

The Botvin *LifeSkills Training* Middle School Program is a comprehensive, evidence-based curriculum designed to promote healthy behaviors in students by building personal self-management skills, social skills, and refusal skills to prevent drug use, violence, and other risky behaviors.

Program Highlights

- **Length of Lessons:** Each lesson is designed to be approximately 45-minutes.
- **Grade Levels:** The program is implemented across three grade levels: Grades 6 through 8 or 7 through 9.
- **Total Sessions:** The curriculum includes a total of 30 sessions:
 - Grade 6/7: 15 core sessions
 - Grade 7/8: 10 booster sessions
 - Grade 8/9: 5 booster sessions

What Does the Grant Provide?

This grant covers the full cost of the following:

- **Curriculum Materials:** Three years of LST materials, including student guides and teacher manuals.
- **Teacher Training:** Workshops for all educators who will deliver the program. Teacher stipends of \$200 per 6-hour training day will be paid for LST workshops held during non-contracted time, and reimbursements will be paid to districts utilizing substitute teachers for LST workshops held during the school year.
- **Ongoing Support:** Access to technical assistance and capacity-building workshops to help sustain and finance the program long-term.
- **Teacher Appreciation:** \$100 gift card to LST teachers after implementation and survey completion.
- **Site Coordinator Appreciation:** Up to \$100 gift card for LST site coordination, dependent on size of site.

What We Need from You

- **District Support:** Ensure your district and school(s) are committed to implementing LST as outlined.
- **Program Coordination:** Assign a Site Coordinator and Co-Coordinator to manage implementation.
- **Participation in Feasibility Meeting:** Attend a 60-90 minute meeting for an overview of LST and evaluation components and discuss implementation plans.

How to Apply

1. **Complete the [Online Application](#):** Fill out a brief online application for your district. If multiple schools within your district are applying, submit one comprehensive application.
2. **Submit Commitment Letters:** Collect signed Letters of Commitment from the district [superintendent](#) and [principals](#) of all participating schools to demonstrate support for the program.

Application Checklist

Before you submit, ensure you have:

- **Support Documentation:** Letters of Commitment from the [superintendent](#) and [principals](#).
- **Program Coordinators:** Identified and confirmed your Site Coordinator and Co-Coordinator.
- **Program Placement:** Identified the subject area in which LST will be taught, and the corresponding instructors.

Key Dates

- **Priority Deadline: December 3, 2024** – Submissions by this date are guaranteed award if guidelines are met.

- **Final Deadline:** February 3, 2025 – Submissions between Dec. 4 and Feb. 3 are reviewed competitively.
- **Feasibility Meeting:** Completed by March 14, 2025
- **Awards Announced:** April 2025

Upon receipt and review of your application and all required documentation, we will contact you to schedule a feasibility meeting. Our goal is to ensure you are fully prepared to successfully implement the LST program.

Contact Information

For questions or assistance with your application:

- Email: lstgrant@colorado.edu
- Phone: 303-492-2134
- [Google Form](#)

We are here to support you through every step of the process and look forward to helping you bring the Botvin LifeSkills Training Middle School program to your students!

[Botvin LifeSkills Training Grant Information](#)

Deadlines: **December 3, 2024 (non-competitive); February 3, 2025 (final)**

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



**UNIVERSITY OF COLORADO BOULDER
BOTVIN LIFESKILLS TRAINING (LST) MIDDLE SCHOOL GRANT APPLICATION CHECKLIST**

Review this checklist to complete a successful application.

	YES	NO
Received support for this initiative in your district/school? Letters of Commitment signed by the principal of each participating school and the district superintendent are required.		
Identified a Site Coordinator and Co-Coordinator to oversee and champion the LST effort?		
Identified the subject area in which LST will be taught, and the corresponding instructors?		
Does this subject area allow for compliance with fidelity guidelines? These include reaching all or nearly all students in the participating grades; lessons at least once per week; single-grade classes; and, sufficient number of class periods for the full curriculum.		
Do your Site Coordinator, Co-Coordinator, and an administrator agree to attend a 60-90 minute feasibility meeting in spring semester 2025? This is the final step of the application process and all feasibility meetings must be completed by March 14, 2025.		

Continue to Next Page for Application.

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

Full Name of Contact: _____ Title/Role: _____ Phone: _____
Email: _____ District/Organization: _____ Title I Eligible (Yes/No/Unsure): _____
Street Address: _____ City: _____ State: _____ Zip: _____ County (e.g., Boulder): _____ Time Zone: _____

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](#)

1. Describe your district's or organization's experience, if any, implementing Botvin *LifeSkills Training* (LST).
2. 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.
3. Describe the successes and challenges that your school/district/organization has experienced in implementing classroom-based prevention programs in the past.
4. How will the LST program help meet the needs and goals of your school/district/organization?
5. Describe the current administrator and teacher turnover rate in your district.
6. When is your 2024-2025 spring break?
7. What is your district's last day of school for teachers before summer break?

LST MIDDLE 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 eligible grades.
- LST should be taught in single-grade classes.
- 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 Middle School program?
2. In most schools, LST Middle School will be implemented in:
Note: If your site is already implementing LST High School in grade 9, LST Middle School must be delivered in grades 6-8.
 grade 6 (15 sessions), with booster sessions in grades 7 (10 sessions) and 8 (5 sessions)
 grade 7 (15 sessions), with booster sessions in grades 8 (10 sessions) and 9 (5 sessions)
3. Will all students in the chosen grade levels receive the LST Middle 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 Middle School Site Coordinator Fact Sheet](#), describing the Site Coordinator's role in program implementation.

1. Who are the people in your organization who support the proposed program (names and positions), and how have they demonstrated their support?
2. Who have you identified as the Site Coordinator to oversee the LST Middle School implementation in your school(s)?
 Full Name _____ Position/Role _____
 Phone _____ Email _____ Year-Round Employee or School-Year Employee _____
3. 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 or School-Year Employee _____
4. Describe opportunities for staff collaboration and time allocated for staff planning and problem-solving.
5. Please provide the [LST Middle School Teacher Fact Sheet](#) to potential LST instructors, describing the program and their responsibilities in teaching the curriculum.
 Are the selected instructors aware that the LST Middle School program is being considered by their school?
 Yes No
4. *LST Middle School Teacher Training is two full days; instructors 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 the instructors 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 Middle 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 instructors 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](#)

Districts will be invited to send 2-3 program champions/stakeholders to participate in a strategic sustainability workshop, which is interactive and provides participants the opportunity to begin critical planning work in connection with a larger sustainability planning process. The workshop is one full day, and the grant covers standard travel expenses (e.g., transportation, lodging, meals) and substitute teacher reimbursement if needed.

1. Do you foresee any problems in attending the sustainability workshop?

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 that 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 Middle School Participating Schools Form**. Each school intending to implement the LST Middle School program needs a completed "LST Middle School Participating Schools Form" detailing school contact information, the proposed implementation plan, and the number of participants. 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 Middle School Program grant. *If more than 10 schools will be participating, complete the 10 forms within this application and [click this hyperlink](#) for additional forms.**

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 MIDDLE SCHOOL PROGRAM



LST MIDDLE SCHOOL PARTICIPATING SCHOOLS FORM

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

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

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.

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

- LST lessons are designed to be delivered in approximately 45-minute sessions. Lesson carryover is acceptable.
- 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.
- Implement the booster levels (Levels 2 and 3) in progression, in subsequent grades/years.
- 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.

Across the three years of this grant, the implementation rollout will be as follows:

	School Year 2025-2026	School Year 2026-2027	School Year 2027-2028
Grade 6 or 7	Level 1 (15-19 sessions)	Level 1 (15-19 sessions)	Level 1 (15-19 sessions)
Grade 7 or 8	None	Level 2 (10-13 sessions)	Level 2 (10-13 sessions)
Grade 8 or 9	None	None	Level 3 (5-10 sessions)

Continue to Next Page for Participating Schools Form.

School Address and Contact Information

School Name: _____ Mailing Address: _____
 City: _____ State: _____ Zip: _____ School Telephone: _____ School Fax: _____
 Total # Students in School: _____ School Structure (e.g, K-8, 7-9): _____
 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 Years 2025-2026, 2026-2027, & 2027-2028:

<i>LST is designed for either grades 6-8 or 7-9:</i> Level 1: Grade 6 Level 2: Grade 7 Level 3: Grade 8 OR Level 1: Grade 7 Level 2: Grade 8 Level 3: Grade 9	Level 1 Grade 6 or 7 Implementation Years: 2025-2026 2026-2027 2027-2028	Level 2* Grade 7 or 8 Implementation Years: 2026-2027 2027-2028	Level 3* Grade 8 or 9 Implementation Year: 2027-2028
Grade in which LST Middle School level will be taught			
Subject area in which LST-MS will be taught			
Role of instructor(s) (classroom teacher, counselor, etc.)			
Scheduling rotation for chosen subject area (e.g, year-long, semesters, quarterly)			
Frequency of LST-MS 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-MS? (Y/N)			
Estimated enrollment for entire chosen grade level			
Will all students in the chosen grade receive LST-MS each year? (Y/N)			
# of instructors who will deliver LST-MS			

**If LST is being implemented prior to 2025-2026, materials will be provided for up to and including all three grade levels throughout the project if implementation continues in those levels. If applicable, specify level(s) currently being taught: _____*

Would you like to add more schools to this application for the LST Middle 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 Middle School application.
 NO, there are no more schools to add to the LST Middle School application.

Thank you for completing the grant application for the Botvin *LifeSkills Training* Middle 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 Middle 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 for the application to be reviewed and to schedule the 60-90 minute 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 within 5 business days.

Application Submission Date: [mm/dd/yyyy]: _____

Upon submission, your responses to this application will be displayed and automatically sent to a grant manager. **Please email the signed letter(s) to lstgrant@colorado.edu. Until all letters signed by the Superintendent and Principal(s) are received, applications are not considered complete and will not be reviewed, and the feasibility meeting will not be scheduled.**

Once the letters are received, a grant manager will be in contact to confirm your application is complete. Starting in December, we will review applications and reach out with next steps, including scheduling the 60-90-minute feasibility meeting to be held no later than March 14, 2025. If you have any questions, please contact the grant manager.

Project Director:

M. Amanda Lain | 303-492-2134 | lstgrant@colorado.edu



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, please do so within 5 business days.