



**Botvin *LifeSkills Training* Middle School Program
LST TEACHER FACT SHEET**

The University of Colorado Boulder is offering a three-year grant to replicate the Botvin *LifeSkills Training* (LST) Middle School Program, a three-year curriculum implemented in either grades 6-8 or 7-9 that has been shown to reduce students' drug, tobacco, and alcohol use.

The grant includes curriculum materials (teacher manuals and student guides), training workshops, and technical assistance for three years of program implementation. Please carefully consider your school's ability to comply with the specifications detailed below, and inform your school principal if you have any questions or concerns.

Timeline

In Year 1, the first cohort of students (grade 6 or grade 7) receives 15 LST core sessions (Level 1). In Year 2, this first cohort receives 10 booster sessions (Level 2), and a second incoming cohort receives the 15 core Level 1 sessions. In Year 3, the first cohort receives 5 booster sessions (Level 3), the second cohort receives 10 booster sessions (Level 2), and the incoming third cohort receives the 15 core sessions (Level 1). Optional violence prevention lessons are included in each level. LST is designed to be implemented with all or nearly all students in the participating grades.

Teacher Training and Technical Assistance

A successful replication of LST in your school is contingent on following the LST model and teaching all lessons in their entirety. Instructors attend a one or two-day initial training workshop prior to implementation, which describes the LST program in detail and fosters familiarity with the curriculum. Additionally, a certified LST trainer will be available for technical assistance/consulting throughout the three-year project via phone, video, email, or site visits.

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.

Classroom Observations

CU Boulder monitors the replication process to assess the degree that implementation is occurring with fidelity and integrity to the LST model through hiring local individuals to observe LST classroom sessions and use curriculum-specific checklists. Observers are a neutral presence in the classroom and do not provide feedback to instructors. Because observers make unannounced visits, LST instructors should follow the implementation schedule provided to CU Boulder and/or notify observers when changes have been made to the schedule.

Observers conduct four observations of teachers implementing Level 1 of the curriculum, three observations for teachers implementing Level 2, and two observations of teachers implementing Level 3. A total of four observations are completed each year of teachers who provide more than one level of the curriculum. In sites that consist of a large number of schools and/or teachers, a reduced number of classroom observations may be conducted. We appreciate you providing your LST implementation schedule and allowing the observer to attend these sessions.

Process Visits and Surveys

A CU Boulder representative visits annually during program implementation and meets with school principals and LST instructors, as well as attends LST classroom sessions, to gain a better understanding of the site's experiences with the program. The visit allows CU Boulder to obtain feedback regarding the implementation of the program, identify obstacles faced and overcome during implementation, and assess needs for further training and technical assistance.

Teacher Feedback Surveys are completed annually after the first full cycle of LST has been taught (e.g., after the 15 core sessions), and teachers will receive a \$100 gift card upon survey completion in recognition of time and effort implementing this program. These online surveys further enhance CU Boulder's ability to assess experiences with the implementation process, and we appreciate your feedback.

Thank you for considering these grant components. If you have any questions about the program or the initiative, please contact lstgrant@colorado.edu