

**Service Inventory: Substance Use Prevention**

This inventory presents information about substance use prevention services available in Minnesota. The "Impact on outcomes" column indicates the extent to which rigorous research has been completed. Where available, this document shows which client outcomes are impacted. The inventory lists four categories of outcomes, but does not include all potential outcomes. The research includes outcomes verified by meta-analyses conducted by respected sources (Washington Institute of Public Policy (WSIPP), the National Registry of Evidence-Based Programs or Practices (NREPP), Cochrane Review, amongst other rigorous sources). More information on using the inventory can be found at our website: [mn.gov/mmb/result-first](http://mn.gov/mmb/result-first).

Number of services	Rating	Definitions
20	Proven effective	A proven effective service or practice offers a high level of research on effectiveness, determined through multiple qualifying evaluations outside of Minnesota or one or more qualifying local evaluation. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
16	Promising	A promising service or practice has some research demonstrating effectiveness, such as a single qualifying evaluation that is not contradicted by other such studies, but does not meet the full criteria for the proven effective designation. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
15	Theory-based	A theory-based service or practice has no research on effectiveness or less rigorous research designs that do not meet the above standards. These services and practices typically have a well-constructed logic model or theory of change. This ranking is neutral. Services may move up to promising or proven effective after research reveals their impact on measured outcomes.
2	Mixed evidence	Mixed evidence has been studied by multiple qualifying studies but have contradictory findings. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
6	No effect	A service or practice with no effects has no impact on the measured outcome. It does not include the service's potential effect on other outcomes. Qualifying evaluations use rigorously implemented experimental or quasi-experimental designs.
4	Category of services	These services represent a category of services that a client may receive, dependent on need. Some of these services may be evidenced-based, but the services have not been studied holistically. As services can vary from client to client, we cannot assess their effectiveness.

Other definitions	
Favorable impact on the outcome	
Neutral impact on the outcome	
Unfavorable impact on the outcome	
*	Adequate research is not available
Population in research study	as available, is specified by race/ethnicity, as well as other specific populations (women, co-occurring disorders, HIV+, and offenders).
Other evidence or expert opinion	provides additional context from experts in the field.
Culturally-informed intervention	Research shows that evidence-based policies are contextual and may not be equally effective for all communities. Moreover, many communities have built their own programs, imbued with culturally-specific context. These programs often have practice-based evidence on effectiveness, but that evidence does not yet use the required research design. We have attempted to note these programs and their own evidence.

Service	Description	Category	Duration/ intensity of service	Target population	Targeted substance	Delivery setting	Oversight agency/ funding source	Impact on outcomes	Underage Alcohol use	Illicit Drug Use	Tobacco Use/Second hand smoke	Substance misuse or harm	Source of evidence	Population in research study, as available	Other evidence or expert opinion
Alcohol compliance checks	Checking and providing feedback to outlets on compliance with minimum age laws for alcohol. Uses underage buyers to attempt to buy alcohol from establishments. Typically includes media coverage and retailer education. The checks can use penalties for violating the law and rewards (congratulatory notes) for compliance.	Prevention - Universal	Continuous	Establishment and retail store owners	Alcohol	Community-based	DPS, Local law enforcement, Federal - SABG block grants	Promising	Decrease	*	*	Decrease	<a href="#">WSIPP</a>		
Alcohol Tax	Under this strategy, a state or local government increases the tax on the sale of alcohol, thereby raising the cost of alcohol consumption and the affordability of excessive drinking.	Prevention - Universal	Continuous	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Alcohol	Community-based	State and local government	Proven effective	Decrease	*	*	Decrease	<a href="#">CDC meta-review</a>		
AlcoholEdu for College	A prevention course for college students. The course provides background information on alcohol and its impact on the brain and body. Students create a personal plan with academic, social, and health related goals, as well as a harm-reduction plan. A month after the first session, students are sent the second portion of the class, which reviews progress on the students plan. If a student violates university policies, they may receive a follow-up course. This is a multi-component education-focused program.	Prevention - Selective	Two sessions; two-three hours per session	18-25 (Young Adult)	Alcohol	University/college setting	DHS, federal SABG, universities/colleges	Proven effective	Decrease	*	*	Decrease	<a href="#">NREPP</a>	Asian or Pacific Islander, Black or African American, Hispanic or Latino, White	The Campbell Collaborative notes there is evidence these interventions reduce evidence for several months. They also note multi-dose assessment and feedback are more effective than single-dose.
Brief Alcohol Screening and Intervention for College Students (BASICS): A Harm Reduction Approach	College students recruited or referred to BASICS are screened for hazardous drinking. Those reporting high rates of consumption receive brief motivational sessions that discuss adverse impacts and compare consumption to their peers.	Prevention - Selective	One to sessions; 60-90 minutes per session	18-25 (Young Adult)	Alcohol	University/college setting, Community-based	DHS, federal SABG; Medicaid, universities/colleges	Proven effective	Decrease	*	*	Decrease	<a href="#">NREPP</a>	American Indian or Alaska Native, Asian, Hispanic or Latino, White	
Brief Cannabis Screening and Intervention for College Students (CASICS)	College students recruited or referred to CASICS are screened for marijuana use. Those reporting use receive brief motivational sessions that discuss adverse health impacts and compare consumption to their peers.	Prevention - Selective	One to sessions; 60-90 minutes per session	18-25 (Young adult)	Marijuana	University/college setting	DHS, federal SABG, universities/colleges	Theory-based	*	*	*	*			Applies evidence-based practices learned from BASICS.
Brief computerized interventions on risky alcohol use	Web-based tools that provide students with personalized feedback about their drinking patterns and how their alcohol use might affect their health and personal goals. The program has a special focus on two high-risk groups: first-year students and athletes. Includes modules for alcohol, marijuana, tobacco, and sexual assault. Examples include eCHECKUP TO GO, Marijuana-wise, Under the Influence, and AlcoholEdu.	Prevention - Selective	One-two sessions; one hour per session	18-25 (Young adults)	Alcohol, other drugs	University/college setting	DHS, federal SABG, Universities/colleges	Promising	Decrease	*	*	Decrease	<a href="#">Campbell Collaboration</a>		The Campbell Collaborative notes there is evidence these interventions reduce use for several months. They also note multi-dose assessment and feedback are more effective than single-dose.
Building Assets, Reducing Risks (BARR)	A social and emotional learning model that seeks to decrease educational disparities. The model combines teachers' analysis of data with student asset building and intensive teacher-to-teacher as well as teacher-to-student collaboration to prevent course failure as well as accelerate middle and high performers.	Prevention - Universal	Varies	13-17 (Adolescent)	Alcohol, tobacco, other drugs	School-based	School districts	Theory-based	*	*	*	*			While there is no research on the impact of BARR directly on substance use, it has demonstrated positive outcomes on increasing student connectedness and academic performance. Other research notes improvements in these areas can reduce early substance use and heavy alcohol use (Catalano et al., 2002).
Bystander Intervention	A program to increase a student's capacity to intervene when another student may be in danger of harming him/herself or another person due to alcohol use. Bystander intervention programs also are used to reduce consequences of drug use, sexual assault, and other problems. Examples include Step-UP and Green Dot.	Prevention - Selective	One to three sessions; 30-90 minutes per session	18-25 (Young adult)	Alcohol, other drugs	School-based, university/college setting	federal SABGs, school districts, universities/colleges, private funding	Theory-based	*	*	*	*			Non-experimental design studies have shown positive changes in self-reported bystander behaviors.
CASASTART	Targets youth age 11 to 13 in high-risk neighborhoods. The program attempts to decrease youth exposure to crime and drug activity by providing intensive case management, family services such as counseling and parent training, community-enhanced policing, after school activities, tutoring, mentoring and incentives including refreshments, vouchers, and special events.	Prevention - Selective	Two years	6-12 (Child) 13-17 (Adolescent)	Alcohol, other drugs	Community-based	Private funding	No effect	*	Neutral	*	*	<a href="#">Crime Solutions</a>	Black or African American, Hispanic or Latino, Asian, White, at risk children	
Celebrating Families! (CFI)	A parenting skills training program designed for families in which one or both parents are in early stages of recovery from substance addiction and in which there is a high risk for domestic violence and child abuse. The CFI program uses a cognitive behavioral theory (CBT) model.	Prevention - Selective	10-16 sessions; Two-three hours per session	6-12 (Childhood) 13-17 (Adolescent) 18-25 (Young adult)	Alcohol, other drugs	Community-based	DHS, federal SABG	Promising	*	Decrease	Decrease	Decrease	<a href="#">NREPP</a>	American Indian or Alaska Native, Black or African American, Hispanic or Latino	
Changing Course	Curriculum for women who drank alcohol or used drugs during pregnancy. Seeks to educate women on fetal alcohol spectrum disorder (FASD) and learn strategies for parenting a child affected by FASD.	Prevention - Indicated	8-12 sessions; two hours per session	18-25 (Young adult) 26-55 (Adult)	Alcohol	Community-based	DHS, federal SABG, private funding	Theory-based	*	*	*	*			

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Class Action	School-based alcohol-use prevention curriculum that seeks to delay the onset of alcohol use or reduce alcohol use. Curriculum consists of group sessions where student prepare mock civil cases involving persons harmed by underage drinking. Curriculum is often preceded by Project Northland.	Prevention - Universal	Eight-twelve sessions; one hour per session	13-17 (Adolescent)	Alcohol	School-based	DHS, federal SABG, school districts	Proven effective	Decrease	*	*	Decrease	<a href="#">NREPP</a>	American Indian or Alaska Native, White	
Culturally specific prevention practices	Culturally-specific smoking prevention and cessation programs. Federal and state funding is used to deploy culturally specific programs for populations including African Americans, American Indians, Asian Americans, East Africans, Hispanic/Latinos, LGBTQ, and West African populations. These programs were started in recognition that best practices suggest incorporating cultural context improves the impact of the services and that minority groups are disproportionately impacted by tobacco and substance use.	Prevention - Selective	Varies	13-17 (Adolescent) 18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	All	Delivered in community, school, and University/college settings	DHS, MDH, federal SABG, school districts, universities/colleges other	Category of services	*	*	*	*			See the Culturally-specific practices section in the Adult and Youth Substance Use report. More information is available at <a href="#">mn.gov/mmb/results-first/substance-use-disorder</a> .
Dram shop liability laws	Holds owners and servers of a retail alcohol establishment liable for alcohol related harm created by customers that were underage or overserved. This includes injury and damage from an alcohol-related accident.	Prevention - Universal	Continuous	Retail establishment owners & servers	Alcohol	Law/ordinance	Local law enforcement and units of government, local public health, coalition members	Promising	*	*	*	Decrease	<a href="#">CDC meta-review</a>		
Driving with Care	Offenders with DUIs receive cognitive behavioral therapy.	Prevention - Indicated	8-10 session; two hours per session	26-55 (Adult)	Alcohol	Community-based	Counties, Courts, DOC (Supervision), DHS, DPS	Promising	*	*	*	Decrease	<a href="#">Crime Solutions</a>	Offenders	
Drug Abuse Resistance Education (D.A.R.E) Legacy Curriculum	Drug Abuse Resistance Education (D.A.R.E.) is a school-based substance use, gang membership, and violent behavior prevention program. The class is taught by local police officers and aims to teach peer resistance skills.	Prevention - Universal	17 sessions; one hour per session	6-12 (Child) 13-17 (Adolescent)	Alcohol, tobacco, other drugs	School-based	Local law enforcement, school districts	No effect	Neutral	Neutral	*	*	<a href="#">Crime Solutions</a>	Black or African American, Asian/Pacific Islander, Hispanic or Latino, White	In 2009, Minnesota's DARE program switched to the Keepin it Real curriculum. Unlike the original, the new curriculum generates positive outcomes and is rated as promising.
Drug Abuse Resistance Education (D.A.R.E) with Keepin' it Real Curriculum	Drug Abuse Resistance Education (D.A.R.E.) is a school-based substance use, gang membership, and violent behavior prevention program. The class is taught by local police officers and aims to teach peer resistance skills.	Prevention - Universal	10 sessions; 45-60 minutes per session	6-12 (Child) 13-17 (Adolescent)	Alcohol, tobacco, other drugs	School-based	Local law enforcement, school districts	Promising	Decrease	Decrease	Decrease	*	<a href="#">NREPP</a>	Black or African American, Hispanic or Latino, White	In 2009, Minnesota's DARE program switched to the Keepin it Real curriculum. Unlike the original, the new curriculum generates positive outcomes and is rated as promising.
Familias Unidas Preventive Intervention	The Familias Unidas Preventive Intervention is a family-based program for Hispanic families with children ages 12-17. It is designed to prevent conduct disorders; use of illicit drugs, alcohol, and cigarettes; and risky sexual behaviors by improving family functioning.	Prevention - Selective	One two hour session a week; 3-5 months	6-12 (Childhood) 13-17 (Adolescent) 18-25 (Young adult)	Alcohol, tobacco, other drugs	Community-based	DHS	Promising (culturally-informed intervention)	Decrease	Decrease	*	Decrease	<a href="#">Crime Solutions</a>	Hispanic or Latino	
General prevention education or Knowledge-focused curricula alone	General category for awareness and education. Includes specific programs targeted at alcohol, opioids, synthetic drugs, marijuana, amphetamines, etc. This will commonly include fear arousal, one-time assemblies, drug fact sheets, or moralistic appeals. Research shows each of these methods is ineffective and can actually increase use.	Prevention - Universal	Varies	6-12 (Childhood) 13-17 (Adolescent) 18-25 (Young adult)	Alcohol, tobacco, other drugs	Varies	Various	No effect	Neutral	*	Neutral	*	<a href="#">Cochrane Review</a>	Black or African American, Hispanic or Latino, White, Asian/Pacific Islander, American Indian	From Regional Prevention Coordinators, "Information is effective when paired with skills development, including cultivating self-control, emotional awareness, problem solving, healthy peer relationship, and norms. Prevention should enhance protective factors and reduce risk."
Gifts from the sacred circle	Culturally-specific program to assist families impacted by Fetal Alcohol Spectrum Disorder (FASD). Identifies cultural strengths and resiliency factors that help caregivers to individuals impacted by FASD.	Prevention - Selective	12 weekly sessions; 150 minutes per session	13-17 (Adolescent) 18-25 (Young adult)	Alcohol	Community-based	DHS, federal SABG, private funding	Theory-based (culturally-informed intervention)	*	*	*	*			Culturally informed service. See the Culturally-specific practices section in the Adult and Youth Substance Use report. More information is available at <a href="#">mn.gov/mmb/results-first/substance-use-disorder</a> .
Ginew/Golden Eagle Program	Culturally-specific curriculum designed to help American Indian youth strengthen and develop life skills. Includes mentoring, homework sessions, and recreation. Alcohol and substance abuse prevention offerings include awareness, chemical free activities, and talking circles. Youth also engage in participatory research and advocacy on tobacco related issues.	Prevention - Selective	23 weekly sessions over one year; 2 - 3.5 hours per session	6-12 (Child) and 13-17 (Adolescent)	Alcohol, other drugs, tobacco (non-ceremonial use)	Community-based	Private funding	Theory-based (culturally-informed intervention)	*	*	*	*			Culturally informed service. See the Culturally-specific practices section in the Adult and Youth Substance Use report. More information is available at <a href="#">mn.gov/mmb/results-first/substance-use-disorder</a> .

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Group behavior therapy programming for smoking cessation	Group-based smoking cessation programs. The evidence shows impacts for services that offer personal quit plans, in-person sessions lead by a trained practitioners, motivational interviewing techniques, nicotine replacement drugs, and "quit kits." Examples include Freshstart, Freedom from smoking, and iQuits.	Prevention - Selective	Four to ten session; one to two hours per session	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Tobacco	Community based	MDH grants, medical assistance, private insurance	Proven effective	*	*	Decrease	*	<a href="#">Cochrane Review</a>		
Guía Project	Program that focuses on Latino youth who use or at risk of chemical consumption. Youth participate on a voluntary basis. Staff use motivational interviewing techniques to help youth promote responsible behavior and promote healthy relationships.	Prevention - Selective	Varies	13-17 (Adolescent) 18-25 (Young adult)	Alcohol, other drugs	Community-based	DHS, federal SABG	Theory-based (culturally-informed intervention)	*	*	*	*			Culturally informed service. See the Culturally-specific practices section in the Adult and Youth Substance Use report. More information is available at <a href="http://mn.gov/mmb/results-first/substance-use-disorder">mn.gov/mmb/results-first/substance-use-disorder</a> .
Ignition Interlock Devices	First-time DUI offenders install a device in their vehicle that connects the ignition system to a breath analyzer.	Prevention - Indicated	3-12 months of continuous use	Individuals with a DUI conviction	Alcohol	Community-based	DPS, local law enforcement	Proven effective	*	*	*	Decrease	<a href="#">WSIPP</a>		
Know the Dangers	A synthetic drugs awareness and education Initiative. The campaign seeks to identify and deter the use of synthetic drugs.	Prevention - Universal	Continuous	13-17 (Adolescent) 18-25 (Young adult) 26-55 (Adult)	Synthetic drugs	Media campaign	MDH, DHS, federal SABG	Theory-based	*	*	*	*			
LifeSkills Training (LST)	Program aims to prevent alcohol, tobacco, and marijuana use and violence by addressing major social and psychological factors behind substance use and other risky behaviors. LST is based on both the social influence and competence enhancement models of prevention.	Prevention - Universal	10 sessions; 45 minutes per session	13-17 (Adolescent)	All	School-based	School districts	Proven effective	Decrease	Decrease	Decrease	Decrease	<a href="#">NREPP</a>	American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, White	
Mandatory Random Drug Testing on students	This intervention conducts random drug testing on students. Generally, it is conducted only for students involved in extra-curricular activities when there is a reasonable suspicion of use. In some cases, a student that tests positive would receive counseling or treatment. This analysis considers testing alone.	Prevention - Indicated	Varies	13-17 (Adolescents)	Alcohol, other drugs	School-based	School districts	No effect	Neutral	Neutral	Neutral	*	<a href="#">Crime Solutions</a>	Black or African American, American Indian or Alaska Native, Asian/Pacific Islander, Hispanic or Latino, White	
Mass media anti-smoking campaigns amongst adults	Extended duration media campaign that use brief, recurring messages to inform and motivate individuals to be or remain tobacco free.	Prevention - Universal	Continuous	26-55 (Adult) 55+ (Older adult)	Tobacco	Media campaign	MDH grants, Clearway	Promising	*	*	Decrease	*	<a href="#">Cochrane Review</a>		
Mass media anti-smoking campaigns amongst youth	Extended duration media campaign that use brief, recurring messages to inform and motivate individuals to be or remain tobacco free. Campaigns seek to prevent youth initiation.	Prevention - Universal	Continuous	13-17 (Adolescent) 18-25 (Young adult)	Tobacco	Media campaign	MDH grants, Clearway	Mixed evidence	*	*	*	*	<a href="#">Cochrane Review</a>		The CDC and Cochrane meta-analysis find insufficient evidence to assess the effectiveness. WSIPP finds an impact for campaigns targeting youth. More information is available at <a href="http://bit.ly/2u4Szyt">http://bit.ly/2u4Szyt</a> .
Mass media campaigns to prevent illicit drug use amongst youth	Extended duration media campaign to inform youth about the dangers of illicit drugs and treatment options and strengthen erroneous normative beliefs.	Prevention - Universal	Continuous	6-12 (Child) 13-17 (Adolescent)	Other drugs	Media campaign	MDH, DHS, federal SABG, private funding	No effect	*	Neutral	*	*	<a href="#">Crime Solutions</a>	Asian/Pacific Islander, Black or African American, Hispanic or Latino, White	The Cochrane Review concluded, "Overall the available evidence does not allow conclusions about the effect of media campaigns on illicit drug use among young people. Further studies are needed." More information is available at <a href="http://bit.ly/2stBnBF">http://bit.ly/2stBnBF</a> .
Minnesota Prescription Monitoring Program (PMP)	Program to detect prescription drug abuse or misuse. The program compiles a database of patients that receive narcotics, and allows physicians to search the database prior offering prescriptions. Program participation is voluntary.	Prevention - Selective	Continuous	Minnesota medical practitioners	Opioids	Provider-based	Minnesota Board of Pharmacy	Promising	*	Decrease	*	Decrease	<a href="#">Pew-Charitable Trust</a>		PMP is promising in terms of ensuring the appropriate use of prescription-controlled substances, reducing drug abuse and diversion, and improving health outcomes (Pew Charitable Trusts, 2012).
Model Smoking Prevention Program (MSPP)	A school-based tobacco prevention program for adolescents. MSPP addresses tobacco use by influencing the social and psychological factors that encourage the onset of smoking.	Prevention - Universal	Six sessions; 45 minutes per session	6-12 (Child) 13-17 (Adolescent)	Tobacco	School-based	School districts, private funding	Promising	*	*	Decrease	*	<a href="#">Crime Solutions</a>	Black or African American, American Indian or Alaska Native, Asian/Pacific Islander, Hispanic or Latino, White	
Motivational Interviewing (MI)	Goal-directed counseling to encourage behavior change. MI is applied to range of problem behaviors related to alcohol and substance abuse as well as health promotion, medical treatment adherence, and mental health issues. Typically includes exploring client motivation, identifying gap between present and desired behavior, encouraging change, and developing an action plan.	Prevention - Indicated	One to two sessions; 15 to 60 minutes per session	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Alcohol, tobacco, other drugs	Delivered in community, school, and University/college settings	DHS, federal SABG, school districts, universities/colleges, public and private insurers	Proven effective	Decrease	Decrease	*	Decrease	<a href="#">NREPP</a>	Asian, Black or African American, Hispanic or Latino, White	

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Multicomponent prevention programs	Prevention efforts that are delivered across multiple settings (school, community, home) and typically include a parenting intervention.	Prevention - Universal	Varies	6-12 (Child) 13-17 (Adolescent)	Alcohol, tobacco	School-based, community-based, home-based		Promising	Decrease	*	Decrease	*	<a href="#">Cochrane Review</a>		For tobacco intervention, the evidence source is WSIPP.
Ninjanisag Prevention Program	Works with youth to decrease the harms of non-traditional tobacco use by engaging them in cultural teachings centered in the traditional use of tobacco, health education, leadership and advocacy development. Engaged groups in powwows, mentors, sweat lodges, drum circles, and harvesting activities.	Prevention - Selective		6-12 (Child) 13-17 (Adolescent)	Tobacco (non-ceremonial)	Community-based	MDH	Theory-based (culturally-informed intervention)	*	*	*	*			Culturally informed service. Incorporates best practices for American Indian smoking prevention and cessation. See the Culturally-specific practices section in the Adult and Youth Substance Use report. More information is available at <a href="http://mn.gov/mmb/results-first/substance-use-disorder">mn.gov/mmb/results-first/substance-use-disorder</a> .
Ordinance: Restricting density of retail alcohol sales	Using regulation to limit the density of retail alcohol outlets. This includes both bars/restaurants and liquor stores.	Prevention - Universal	Continuous	Retail establishment owners	Alcohol	Law/ordinance	Local law enforcement and units of government, local public health, coalition members	Promising	*	*	*	Decrease	<a href="#">CDC meta-review</a>		
Outdoor experiential education	This program involves outdoor pursuits that focus on personal growth, healthy relationships, and alternatives to substance use. Examples include: camping, challenge courses, canoeing, etc.	Prevention - Selective	Typically involves a 1-2 day trip	13-17 (Adolescent) 18-25 (Young adult)	Alcohol, tobacco, other drugs	Community-based	DHS, federal SABG	Theory-based	*	*	*	*			
Pharmacotherapy for smoking cessation: Bupropion	Medications that reduce the symptoms of nicotine withdrawal. Typically, these services are delivered with behavioral therapy.	Prevention - Indicated	Typically 7-12 weeks; dosage varies	18-25 (Young adult) 26-55 (Adult)	Tobacco	Community-based	Public and private insurance	Proven effective	*	*	Decrease	*	<a href="#">Cochrane Review</a>		
Pharmacotherapy for smoking cessation: Nicotine Replacement Therapy (NRT)	Medications that reduce the symptoms of nicotine withdrawal. Typically, these services are delivered with behavioral therapy. NRT is administered through patches, gum, tablets, sprays, and lozenges. Quitplan provides NRT and the treatment is Medicaid eligible.	Prevention - Indicated	Typically 7-12 weeks; dosage varies	18-25 (Young adult) 26-55 (Adult)	Tobacco	Community-based	Public and private insurance	Proven effective	*	*	Decrease	*	<a href="#">Cochrane Review</a>		
Pharmacotherapy for smoking cessation: Varenicline	Medications that reduce the symptoms of nicotine withdrawal. Typically, these services are delivered with behavioral therapy. The treatment is Medicaid eligible.	Prevention - Indicated	Typically 7-12 weeks; dosage varies	18-25 (Young adult) 26-55 (Adult)	Tobacco	Community-based	Public and private insurance	Proven effective	*	*	Decrease	*	<a href="#">Cochrane Review</a>		
Place of last drink	Police-led initiative to identify the place of last drink for alcohol-related incidents. Helps law-enforcement develop patterns and address problematic establishments.	Prevention - Universal	Continuous	Retail establishment owners and servers	Alcohol	Community enforcement	Local law enforcement	Theory-based	*	*	*	*			Non-experimental design studies show a relationship between increased enforcement of establishments identified by DUI arrestees can lead to decreased DUIs from that site. More information is available at <a href="http://bit.ly/2t3erXI">http://bit.ly/2t3erXI</a> .
Point-of-sale-restrictions	Attempts to reduce the community's exposure to licit drugs through local ordinance changes. Ordinances include reducing density of retail outlets, municipal alcohol sales, liability laws, restricting menthol or other flavored products, changing legal purchase ages, and regulating signage.	Prevention - Universal	Continuous	Retail establishment owners	Alcohol, Tobacco (non-ceremonial)	Law/ordinance	Local law enforcement and units of government, local public health, coalition members	Category of services	*	*	*	*			Evidence supports the use of many of these regulations to reduce substance use and harm, including reducing store density, requiring liability laws, regulating store marketing, and increasing licit drug prices.
Positive community norms framework (PCN)	A strategy used to promote community norms to change behaviors and attitudes with the goal of reducing youth substance abuse. Based on social norm research which holds that people tend to behave in a way that is accepted by peers. PCN includes work with students, teachers, parents, community members, a media-campaign and surveys.	Prevention - Universal	Varies	13-17 (Adolescent) 18-25 (Young adult)	Alcohol, other drugs	Community, school, and University/college settings	DHS, federal SABG, school districts, universities/colleges	Category of services	*	*	*	*			Best practices as recommended by the CDC. DHS report notes that the data correlates with reducing youth alcohol use. More information is available at <a href="http://bit.ly/2sjv2YX">http://bit.ly/2sjv2YX</a> .
Project Northland	School-based alcohol-use prevention curriculum that seeks to delay the onset or reduce alcohol use. The curriculum occurs in 6-8th grade with different parent, peer, and community components in each year. Curriculum is often followed by Class Action.	Prevention - Universal	15-18 sessions annually between 6th and 8th grade; sessions 45-60 minutes	6-12 (Child) 13-17 (Adolescent)	Alcohol	School-based	DHS, federal SABG, school districts	Proven effective	Decrease	*	*	*	<a href="#">NREPP</a>	American Indian or Alaska Native, White	
Project SUCCESS	Project SUCCESS is a school-based prevention program that focuses on high-risk adolescents. The program helps youth identify factors that influence their development and understand what healthy support systems are.	Prevention - Universal	Eight sessions; one hour per session and intermittent individual and group counseling	13-17 (Adolescent)	Alcohol, tobacco, other drugs	School-based	DHS, federal SABG, school districts	Proven effective	Decrease	Decrease	Decrease	*	<a href="#">NREPP</a>	American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, White	
Project Towards No Tobacco Use (Project TNT)	A school-based curriculum that aims to prevent and reduce tobacco use, primarily among 6th-8th grade students. Project TNT believes youth will be better able to resist tobacco if they are aware of misleading information that facilitates tobacco use, have skills that counteract social pressures, and understand the physical consequences of tobacco use.	Prevention - Universal	10 core sessions for 2-4 weeks; 2 booster sessions one year afterward over 2 consecutive days; 40-50 minutes per session	6-12 (Child) 13-17 (Adolescent)	Tobacco	School-based	DHS, federal SABG, school districts	Proven effective	*	*	Decrease	*	<a href="#">NREPP</a>	Black or African American, Hispanic or Latino, White	

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Project Venture	A classroom-based and outdoor experiential prevention program for American Indian youth that concentrates on cultural values to promote prosocial development and avoidance of alcohol, tobacco, and other drugs.	Prevention - Selective	20 sessions throughout school year; 60 minute sessions weekly. Afterschool; once per week, and weekend sessions; once per month.	6-12 (Child) 13-17 (Adolescent)	Alcohol, tobacco (non-ceremonial), other drugs	School-based Community-based	DHS, federal SABG, school districts	Promising	Decrease	Decrease	*	*	<a href="#">Crime Solutions</a>	American Indian or Alaska Native, Asian/Pacific Islander, Hispanic or Latino, White	
Protecting You/Protecting Me	Aims to reduce alcohol use and alcohol related injuries. Teaches children about the physiological impacts of alcohol and life skills. Children engage in role-playing, group discussion, and storytelling. It also includes take home materials for families to complete together.	Prevention - Universal	Eight sessions annually for five years; sessions are 25-45 minutes	6-12 (Child) 13-17 (Adolescent)	Alcohol	School-based	School districts	Proven effective	Decrease	*	*	Decrease	<a href="#">NREPP</a>	American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, White	
Red Cliff Wellness School Curriculum	A culturally specific curriculum that seeks to strengthen protective factors in youth to prevent the use of alcohol, tobacco, and other drugs. Includes a language camp, hunting camp, and sobriety run and camp.	Prevention - Selective	Six sessions; 25 minutes per session	6-12 (Child)	Alcohol, tobacco (non-ceremonial), other drugs	School-based Community-based	DHS, school districts, private funding	Promising (culturally-informed intervention)	Decrease	Decrease	*	*	<a href="#">NREPP</a>	American Indian or Alaska Native	
Responsible beverage server training (RBST)	Training for beverage servers that discusses the consequences of selling alcohol to an underage person, how detect a fake identification, and the need to check IDs of any person and prevent over service.	Prevention - Universal	One session; 2-4 hours per session	Retail establishment owners and servers	Alcohol	Community-based	Local law enforcement and units of government, federal funding, DPS, local public health departments	Theory-based	*	*	*	*			The CDC notes there is insufficient evidence to ascertain the impact of RBST. More information is available at <a href="http://bit.ly/2uakA7u">http://bit.ly/2uakA7u</a> .
Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Alcohol Use	Used to identify and address "hazardous" alcohol use, not dependence. After the screening, eligible patients receive the brief intervention, which includes feedback on patients' consumption compared to peers, a motivational interview, and appropriate referrals. Health care staff administer the intervention.	Prevention - Selective	1 session; 30-60 minutes per session followed by referral to treatment	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Alcohol, other drugs	Healthcare settings	CCDTF (federal, state, county shares), MA, private insurance	Proven effective	Decrease	Neutral	*	Decrease	<a href="#">WSIPP</a>		
Social host provision ordinances and campaigns	In Minnesota, social host ordinances are enacted by local city or county municipalities to hold adults accountable who knowingly allow and provide a place for underage alcohol consumption.	Prevention - Universal	Continuous	18-25 (Young adult) 26-55 (Adult)	Alcohol	Community enforcement	Local law enforcement and units of government	Theory-based	*	*	*	*			The National Institute on Alcohol Abuse and Alcoholism notes this as a moderately effective practice. MMB was unable to identify any experimental or quasi-experimental design studies. More information is available at <a href="http://bit.ly/2sxygK0">http://bit.ly/2sxygK0</a> .
Social norms interventions for college students	A strategy used to promote norms to change behaviors and attitudes with the goal of reducing alcohol misuse by college students. Based on social norm research which holds that people tend to behave in a way that is accepted by peers.	Prevention - Universal	Varies	18-25 (Young adult)	Alcohol, other drugs	University/college settings	DHS, federal SABG, school districts, universities/colleges	No effect	Neutral	*	*	Neutral	<a href="#">Cochrane Review</a>		Cochrane reports "Although some significant effects were found, we interpret the effect sizes as too small, given the measurement scales used in the studies included in this review, to be of relevance for policy or practice."
Sons, Daughters, and Families of tradition	A program that educates Native American youth and families on raising healthy kids. The curriculum includes learning on cultural healthy decision-making, expressing emotions, conflict management and recognizing healthy behavior. Incorporates traditional American Indian culture to help develop protective factors.	Prevention - Selective	Weekly session for 8-12 months; one to two hours per session	13-17 (Adolescent)	Alcohol, tobacco (non-ceremonial), other drugs	Community-based	DHS, federal SABG	Theory-based (culturally-informed intervention)	*	*	*	*			Culturally informed service. Incorporates best practices for American Indian smoking prevention and cessation. See the Culturally-specific practices section in the Adult and Youth Substance Use report. More information is available at <a href="http://mn.gov/mmb/results-first/substance-use-disorder">mn.gov/mmb/results-first/substance-use-disorder</a> .
Storytelling for empowerment	School-based bilingual (English and Spanish) intervention for teenagers. Program uses cognitive decision-making, positive cultural identity (cultural empowerment), and resiliency models of prevention to decrease alcohol, tobacco, and other drug use.	Prevention - Selective	Continuous	6-12 (Child) 13-17 (Adolescent)	Alcohol, tobacco, other drugs	School-based	DHS, federal SABG, school districts	Proven effective	Decrease	Neutral	*	*	<a href="#">NREPP</a>	Hispanic or Latino	
Strengthening Families	Aims to reduce substance abuse by teaching pre-teens social skills and their families parenting skills. It incorporates cultural components to strengthening protective factors. Sessions encourage families to improve communication and reinforce positive behavior. Practice adopted from Strengthening Families program.	Prevention - Universal	14 sessions; 90 minutes per session	Child (6-12)	Alcohol, tobacco, other drugs	All	DHS, federal SABG	Promising	*	*	*	Decrease	<a href="#">NREPP</a>	American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, White	Bii-Zin-Da-De-Dah (listening to one another) Program. This service is undergoing a randomized-control presently. Earlier process evaluations returned positive results.
Technical assistance for smoking cessation and substance use disorder prevention	Involves a range of services provided by multiple units of government, nonprofits, and coalitions to develop, train, implement, monitor, and evaluate substance use programs. Examples include MDH technical assistance grants for smoking cessation, DHS's regional prevention coordinators and planning and implementation grantees, the Minnesota Student Survey, and the Minnesota Prevention Resource Center.	Prevention - Universal	Varies	Varies	All	Varies	DHS, federal SABG, MDH, FDA, school districts, MDE, other public and private funding	Category of services	*	*	*	*			
Teen Intervene	Used to identify substance use and the related consequences in teenagers. The therapist assesses the individual's progress and discusses strategies for overcoming barriers. The program also includes an individual counseling session with the parent or guardian to address parent-child communication and discipline practices	Prevention - Selective	3 sessions; one hour per session	13-17 (Adolescent)	Alcohol, other drugs	School-based	School districts; private donations	Proven effective	Decrease	Decrease	*	Decrease	<a href="#">NREPP</a>	White	

Service	Description	Category	Duration/ intensity of service	Target population	Targeted substance	Delivery setting	Oversight agency/ funding source	Impact on outcomes	Underage Alcohol use	Illicit Drug Use	Tobacco Use/Second hand smoke	Substance misuse or harm	Source of evidence	Population in research study, as available	Other evidence or expert opinion
Text messaging for smoking cessation	Text message-based smoking cessation interventions use short messages to support smokers in quit attempts. Generally, the programs help participants set a quit date, send motivational text messages, and send supportive messages after the quit date. These lines are more effective when paired with other evidence-based interventions, such as nicotine replacement therapy, text messaging, web-based services, and client referrals.	Prevention - Indicated	Varies	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Tobacco	Community-based	Clearway, public and private insurance	Proven effective	*	*	Decrease	*	<a href="#">WSIPP</a>		The Cochrane Review found similarly positive outcomes ( <a href="http://bit.ly/2roCcg3">http://bit.ly/2roCcg3</a> ).
Tobacco compliance checks	Checking and providing feedback to outlets on compliance with minimum age laws for tobacco. Often uses underage buyers to attempt to buy tobacco products. Typically includes media coverage and retailer education. The checks can use penalties for violating the law and rewards (congratulatory notes) for compliance.	Prevention - Universal	Continuous	Retail establishment owners	Tobacco	Community-based	DHS, federal SABG, local law enforcement	Mixed evidence	*	*	Neutral	*	<a href="#">WSIPP</a>		Evidence shows significant reductions in tobacco sales to minors, but no impact on perception of the availability of tobacco or prevalence of smoking. This may be because "few communities studies achieved sustained levels of compliance" More information is available at <a href="http://bit.ly/2rwcNAK">http://bit.ly/2rwcNAK</a> .
Tobacco quitlines	Quitlines offer telephone counseling for smoking cessation. These lines are more effective when paired with other evidence-based interventions, such as nicotine replacement therapy, text messaging, web-based services, and client referrals.	Prevention - Universal	First call; design personalized quit plan, then up to four scheduled phone sessions	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Tobacco	Community-based	Clearway, public and private insurance	Proven effective	*	*	Decrease	*	<a href="#">WSIPP</a>		The Cochrane Review found similarly positive outcomes. More information is available at <a href="http://bit.ly/2t1HZbS">http://bit.ly/2t1HZbS</a> .
Tobacco tax	A state or local government increases the tax on the sale of tobacco, thereby raising the cost of tobacco consumption and the prevalence of use.	Prevention - Universal	Continuous	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Tobacco	Law/ordinance	State government	Proven effective	*	*	Decrease	*	<a href="#">WSIPP</a>		According to the CDC, a 10% increase in the cigarette price leads to a 3-5% reduction in prevalence. Higher prices from other strategies (taxes, minimum prices, or restrictions on promotions) may similarly reduce smoking. Other interventions to increase the cost of tobacco are found to be effective, as well. More information is available at <a href="http://bit.ly/2tEAYMN">http://bit.ly/2tEAYMN</a> .
Tobacco-free/clean air ordinances	Policies that restrict smoking indoors and public spaces. This includes establishments, workplaces, public housing, public transport, educational facilities, healthcare facilities, daycare premises, and public parks.	Prevention - Universal	Continuous	18-25 (Young adult) 26-55 (Adult) 55+ (Older adult)	Tobacco	Law/ordinance	Local law enforcement and units of government, local public health, coalition members, DHS, MDH	Promising	*	*	Decrease	Decrease	<a href="#">Cochrane Review</a>		Robust national and local research show smoke free places limit exposure to second hand smoke and reduces associated instances of disease and death.
Waybinagay Program	Culturally-specific smoking prevention and cessation program for Native American youth and young adults. Participants receive information, skills, cultural teachings, and ceremony. There are incentives to finish the course and do 3-month follow-up survey.	Prevention - Selective	8 sessions over two weeks; three hours per session. Intermittent boosters after program ends	13-17 (Adolescent)	Tobacco (non-ceremonial)	Community based	DHS, federal SABG	Theory-based (culturally-informed intervention)	*	*	*	*		American Indian	Culturally informed service. Incorporates best practices for American Indian smoking prevention and cessation. See the Culturally-specific practices section in the Adult and Youth Substance Use report. More information is available at <a href="http://mn.gov/mmb/results-first/substance-use-disorder">mn.gov/mmb/results-first/substance-use-disorder</a> .