



**Project Here  
Curriculum Implementation Guidelines  
Substance Use Prevention Curriculum  
Continued Funding Opportunity FY2023-2024**

# Botvin LifeSkills Training: Curriculum Implementation Requirements

## Curriculum Overview

The Botvin LifeSkills Training (LST) Middle School program is a classroom-based substance use prevention program to promote positive youth development by teaching students self-management, social, and drug resistance skills.

For more information, including on pricing, training, and how to implement the curriculum with fidelity, please visit [www.lifeskillstraining.com/](http://www.lifeskillstraining.com/).

## LST Middle School Program Overview

LST Middle School Program is designed to be taught in sequence over 3 years. Level 1 should be implemented in 6<sup>th</sup> or 7<sup>th</sup> grade, followed by 2 booster levels.

- Level 1: 15 sessions + 3 optional violence prevention lessons
- Level 2: 10 sessions + 2 optional violence prevention lessons
- Level 3: 5 sessions + 4 additional optional lessons

Sessions are 45-50 minutes. Sessions can be taught on an intensive schedule (2 to 3 times a week) or on an extended schedule (once a week).

## Additional LifeSkills Resources (Optional)

- Prescription Drug Abuse Prevention Module (must be purchased separately)
- Botvin Health Connections: E-cigarettes and Vaping (free)

## Implementation Requirements

In addition to all requirements laid out in the RFP, award recipients shall:

1. At minimum, implement Level 1 in the 6<sup>th</sup> or 7<sup>th</sup> grade.
2. All educators must complete training from the curriculum developers. Past trainings will satisfy this requirement.
3. Integrate resources from the Project Here Online Toolkit and/or Project Here Games into their programming (see [www.projectherema.org](http://www.projectherema.org)).
4. Complete all reporting requirements, including a mid-grant report and a final budgetary and program report, by the deadlines established during the contract period.

## Funding Guidelines & Pricing Information

Substance Use Prevention Curriculum Grant funds may only be spent on the following materials. Please click on the provided links for pricing information when developing your budget.

1. LifeSkills Training Middle School Products: <https://www.lifeskillstraining.com/lifeskills-training-middle-school-products/>

2. Prescription Drug Abuse Prevention Module:  
<https://www.lifeskillstraining.com/prescription-drug-abuse-prevention-module-products/>
3. Training: <https://www.lifeskillstraining.com/training-schedule/>
  - Botvin LifeSkills is currently only offering online training workshops.
  - \$250/person
  - Sign up at the link above
  - 7 days to complete the 6-hour self-paced course
  - If you have 5+ people to train during the same time period, contact [training@nhpamail.com](mailto:training@nhpamail.com) or call 800-293-4969 ext. 213 to set this up (note that trainings are still asynchronous)

Funds may not be spent on e-LST Middle School Products.

To contact Botvin LifeSkills, or for information on their office hours, please visit <https://www.lifeskillstraining.com/contact-us/>.

# Michigan Model for Health: Curriculum Implementation Requirements

## Curriculum Overview

The Michigan Model for Health is a comprehensive, skills-based health education curriculum designed to motivate and empower students through building skills to maintain and improve health, prevent disease, reduce health-related risk behaviors.

For more information, including on pricing, training, and how to implement the curriculum with fidelity, please visit <https://www.michiganmodelforhealth.org>.

## Program Overview: Michigan Model for Health Elementary (K-6)

The grade 6 curriculum has 36 lessons, each 45 minutes. The curriculum covers 5 comprehensive health topics:

- Social & emotional health
- Nutrition & physical activity
- Safety
- Alcohol, tobacco & other drugs
- Personal health & wellness

## Program Overview: Michigan Model for Health Middle School (7-8)

The middle school (grades 7-8) curriculum is organized into 5 modules:

- Safe & Sound for Life: 15 lessons, 11.25 hours total
- Stay Drug Free Today for a Successful Tomorrow: 11 lessons, 8.25 hours total
- A Winning Team: Healthy Eating and Physical Activity: 11 lessons, 8.25 hours total
- The Power is Yours to Be Tobacco Free: 6 lessons, 4.5 hours total
- Growing Up and Staying Healthy: 10 lessons, 7.5 hours total

Modules can be taught in totality in either 7<sup>th</sup> or 8<sup>th</sup> grade or divided between the two grades. Each module should be implemented with fidelity before moving to the next module.

## Implementation Requirements

In addition to all requirements laid out in the RFP, award recipients shall:

1. At minimum, implement Michigan Model for Health in grade 6, 7, or 8
2. All educators must complete training from the curriculum developers. Past trainings will satisfy this requirement.
3. Integrate resources from the Project Here Online Toolkit and/or Project Here Games into their programming (see [www.projectherema.org](http://www.projectherema.org)).
4. Complete all reporting requirements, including a mid-grant report and a final budgetary and program report, by the deadlines established during the contract period.

## Funding Guidelines & Pricing Information

Substance Use Prevention Curriculum Grant funds may only be spent on training and materials for grades 6, 7, and 8, including support materials and kits.

Funds may not be spent on K-5 curriculum materials (including the Grade K-12 or Grade K-6 Digital Bundles).

### For curriculum pricing information, please go to:

- Grade 6 Curriculum:  
<https://www.mmhclearinghouse.org/default.aspx?p=viewcat&showpage=2&subcat=8>
- Grades 7-8 Curriculum:  
<https://www.mmhclearinghouse.org/default.aspx?p=viewcat&showpage=2&subcat=9>

### For trainings:

- Comprehensive Training
  - \$4,000 plus travel expenses, Trainer's travel time (\$50/hr), & lodging for any location more than 1.5-hour drive from Worcester
  - Up to 25 participants
  - 12 hours over 3+ sessions:
    - 6-hour introduction & orientation
    - 3-hour mid-project check in
    - 3-hour summary & follow up

For schools or teachers implementing the curriculum for the first time

- Follow Up Training
  - \$2,000 plus travel expenses, Trainer's travel time (\$50/hr), & lodging for any location more than 1.5-hour drive from Worcester
  - 6 hours
  - Up to 25 participants

For schools and teachers that have been previously trained on the curriculum and are looking to review digital access, content updates, new resources, and best practices

For additional information, please contact Patricia Degon, Out of State National Trainer for the Michigan Model for Health Curriculum, at [pdagon2014@gmail.com](mailto:pdagon2014@gmail.com) or 774-696-1714.

## Positive Action: Curriculum Implementation Requirements

### Curriculum Overview

Positive Action is a social and emotional learning curriculum based on the philosophy that we feel good about ourselves when we do positive actions. It uses the Thoughts-Actions-Feelings Circle to illustrate how this works in life.

For more information, including on pricing, training, and how to implement the curriculum with fidelity, please visit [www.positiveaction.net/](http://www.positiveaction.net/).

### Program Overview

Positive Action is organized into 7 units:

- Unit 1: Self Concept: Its Definition, Formation, and Importance
- Unit 2: Physical and Intellectual Positive Actions for a Healthy Self-Concept
- Unit 3: Managing Yourself Using Social and Emotional Positive Actions
- Unit 4: Getting Along with Others Using Social and Emotional Positive Actions
- Unit 5: Telling Yourself the Truth Using Social and Emotional Positive Actions
- Unit 6: Improving Yourself Continually Using Social and Emotional Positive Actions
- Unit 7: *Positive Action* Review: Units 1-6

The 6<sup>th</sup> grade curriculum covers all 7 units. It has 139 lessons that average 15 minutes each. Lessons are designed to be taught consecutively four times a week.

The 7<sup>th</sup> grade curriculum covers Units 1-3. It has 82 lessons that average 15-20 minutes each. Lessons are designed to be taught consecutively two or three times a week.

The 8<sup>th</sup> grade curriculum covers Units 4-6. It has 83 lessons that average 15-20 minutes each. Lessons are designed to be taught consecutively two or three times a week.

### Additional Positive Action Resources (Required)

- Secondary Drug Education Kit (must be purchased separately) – approximately 4 lessons from this kit are added at the end of each unit in the core curriculum

### Implementation Requirements

In addition to all requirements laid out in the RFP, award recipients shall:

1. At minimum, implement Positive Action in grade 6, 7, or 8 and the Secondary Drug Education kit.
2. All educators must complete training from the curriculum developers. Past trainings will satisfy this requirement.
3. Integrate resources from the Project Here Online Toolkit and/or Project Here Games into their programming (see [www.projectherema.org](http://www.projectherema.org)).

4. Complete all reporting requirements, including a mid-grant report and a final budgetary and program report, by the deadlines established during the contract period.

### Funding Guidelines & Pricing Information

Substance Use Prevention Curriculum Grant funds may only be spent on the following materials. Please click on the provided links for pricing information when developing your budget.

1. Middle School kits (either by grade or the 6-8 grade combo bundle):  
<https://www.positiveaction.net/curriculum/middle-school>
2. Secondary Drug Education Kit and Secondary Drug Education Kit:  
<https://www.positiveaction.net/curriculum/drug-prevention-program>
3. Training: <https://www.positiveaction.net/program-training>
  - Online Webinar: Classroom Kit Orientation
    - \$400/hour
    - Up to 20 participants
    - 2-4 hours
    - Additional components extend training
  - Online Webinar: Training-of-Trainers
    - \$500/hour
    - Up to 15 participants
    - Contact Positive Action to discuss length
  - On-Site: Classroom Kit Orientation
    - \$5,000 per day plus expenses (average 1-day is \$7000)
    - Up to 50 participants
  - One-Site: Training-of-Trainers
    - \$5,500 per day plus expenses (average 4-day is \$24,000)
    - Up to 15 participants

To contact Positive Action, please visit <https://www.positiveaction.net/contact-us>.