Introduction to SMART Leaders

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Interactive Activity

- Raise your hand utilizing the “Raise Hand” tool at the bottom left of the Attendees List to indicate if you are currently implementing SMART Moves in your Club.
Interactive Activity

• In the next 45 seconds share **one** expectation of this webinar with the group in your assigned chat pod

Divide into chat groups;
Chat “A” – Birthdays January – June
Chat “B” – Birthdays July – December

Course Introduction

**Course Outcomes**

- Identify the components of the SMART Leaders program
- Learn how to build upon the gains made in the implementation of the SMART Moves program
Course Introduction

Course Goal

To help Clubs build the capacity to implement the SMART Leaders program with fidelity

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History of the SMART Leaders Program

- Developed by Penn State University in collaboration with BGCA
- Scientifically based and evaluated
- Designated by the Center for Substance Abuse Prevention as an effective program model
What is the SMART Leaders Program?

- Booster to SMART Moves
- 2-year program - follows Stay SMART
- SMART Moves graduates serve as peer leaders
- Supervised by an adult program leader

Peer leaders typically 14 – 16 years of age

Goal - prevent the onset of alcohol, other drug use, and early sexual involvement
Research indicates that both the onset of alcohol use in childhood and escalating alcohol use in adolescence increase the likelihood of alcohol dependence in adulthood.

- Early drinking increases the likelihood of drug use in adolescence
- The World Health Organization report of 2011 states that alcohol is responsible for more deaths than AIDS, violence or tuberculosis
The American Cancer Society predicted in 2009 that 6 million people worldwide would die from smoking in 2010.

The Substance Abuse and Mental Health Administration estimates that each day 1,000 youth begin smoking on a daily basis.

Key Messages

- Teens should not be involved in Alcohol, Tobacco or Other Drug use
- Teens should postpone sexual involvement as long as possible
- Teens can be peer leaders and mentors
SMART Leaders

What SMART Leaders Provides

- A review of and practice using assertiveness skills to resist peer pressure
- Training to become positive role models and mentors

What SMART Leaders Provides

- A positive peer group that provides mutual reinforcement for healthy choices
- Opportunities for SMART Leaders to be peer leaders and mentors to their younger peers
SMART Leaders

Implementing with Fidelity

- Program compliance
- Follow design and structure

SMART Leaders

Benefits of Implementing with Fidelity

- Becomes an evidenced-based program
- Creates additional opportunities to leverage funding
SMART Leaders

Sequence of Implementation
- Start SMART (optional) 1st year
- Stay SMART 2nd year
- SMART Leaders I 3rd year
- SMART Leaders II 4th year

SMART Leaders

Start SMART 1st Year
- Designed for ages 10-12
- 11-session program focusing on identifying and resisting peer, social, and media pressures to use alcohol, tobacco, and other drugs and to become sexually involved.
- Includes sessions related to the onset of puberty and friendships
SMART Leaders

Stay SMART 2nd Year

- Designed for ages 13-15
- 12-session program that reinforces resistance skills training, assertiveness training, and life planning.
- Conveys important information about the consequences of alcohol, tobacco, other drug use, and early sexual activity.

SMART Leaders I

- Orientation to SMART Leaders I
- Improving Self-Image
- Coping with Stress
- Resisting Media Pressure
- Being Assertive in Pressure Situations
SMART Leaders Format - Implementing with Fidelity

- 10 to 15 members
- Small group discussion, games, role plays and rehearsal of facilitation skills
- Sessions are led by an adult facilitator

SMART Leaders II

- Orientation to SMART Leaders II
- Resisting Alcohol
- Resisting Other Drugs
- Resisting Early Sexual Activity
SMART Leaders

SMART Leaders II Format – Implementing with Fidelity

- Small group sessions
- SMART Leaders continue to serve as peer leaders for SMART moves and other activities within the Club

Summary of Significant Findings Over 27 Months

Participation in Stay SMART + SMART Leaders showed significant impact on:

- Alcohol behavior
- Marijuana behavior
- Cigarette behavior
- Overall drug use
- Drug Knowledge
- Perceived benefits of marijuana use
- Perceived benefits of alcohol use
Interactive Activity

- In chat, discuss the importance and benefits of implementing the SMART Leaders program with fidelity

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Interactive Activity

- Manual 3 of the three SMART Moves manuals contains the SMART Leaders curriculum.

  Quickly review the Table of Contents for Manual 3 which was emailed to you prior to this webinar.

  Please respond to the following four poll questions
Interactive Activity

• How would you use the information in the manual to help implement the SMART Leaders program?

• Divide into chat groups;
  Chat “A” – Birthdays January – June
  Chat “B” – Birthdays July – December
Congratulations!
You have completed the SMART Leaders Webinar