

## Intervention: Project Northland

Finding: Mixed evidence

### Potential partners to undertake the intervention:

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|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions        | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities               | <input type="checkbox"/> Media                             |
| <input type="checkbox"/> Health care providers                            | <input type="checkbox"/> Local public health departments   |
| <input type="checkbox"/> State public health departments                  | <input type="checkbox"/> Policymakers                      |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                            |

### Background on the intervention:

Project Northland is a multilevel, multiyear program with stated goals of delaying the age at which young people begin drinking, reducing alcohol use among those who have already tried drinking, and limiting the number of alcohol-related problems of young drinkers. It is designed for sixth, seventh, and eighth grade students (10 to 14 years old).

### Findings from the systematic reviews:

Systematic reviews provide mixed evidence of Project Northland's effectiveness. Shepard and Carlson write that the program is probably effective. The National Institute on Alcohol Abuse and Alcoholism (NIAAA), the Office of Educational Research and Information (OERI), and the Substance Abuse and Mental Health Services Administration (SAMHSA) cite Project Northland as a model or exemplary program. See the link below for more information.

### Additional information:

[Project Northland - www.hazelden.org](http://www.hazelden.org)

### References:

Shepard J, Carlson JS. An empirical evaluation of school-based prevention programs that involve parents. *Psychology in the Schools* 2003; 40(6):641-656.

NIDA - [Preventing Drug Use Among Children and Adolescents: A Research-Based Guide - www.nida.nih.gov/Prevention/Prevopen.html](http://www.nida.nih.gov/Prevention/Prevopen.html)

OERI - [Exemplary and Promising: Safe, Disciplined, and Drug-Free Schools Programs - www.ed.gov/admins/lead/safety/exemplary01](http://www.ed.gov/admins/lead/safety/exemplary01)

SAMHSA - [National Registry of Effective Programs - www.modelprograms.samhsa.gov](http://www.modelprograms.samhsa.gov)