



RECOVERY & PREVENTION
RESOURCES
of Delaware and Morrow Counties

GIRL'S ACHIEVING POWER

Girl's Achieving Power (GAP): A group for adolescent girls

Girls Achieving Power is a prevention program for adolescent girls who possess at least two risk factors for substance use including: low self-esteem, school failure, lack of school bonding, and heightened family stress. They must also possess at least one protective factor show to decrease the likelihood of using substances including: cooperative attitude, low levels of defensiveness, and an emotionally supportive family or other adults.

The participants are recommended for this program by school teachers or guidance counselors. This program is designed for this selected population to provide them with the added education and skill development they need.

The goals of the program are to decrease the impact of school and family risk factors including low self-esteem, school failure, lack of school bonding, and heightened family stress. Additionally, we expect to increase protective factors of middle school females by strengthening positive personal characteristics and bonding to societal institutions and values.

This is a 15 session program that occurs during the school day. Each session addresses different topics and life skills. Staff facilitated this program as a pilot project during the 2004-2005 school year at Willis Intermediate School in Delaware Ohio.



Eight girls participated in the program during its first year.

Delaware Prevention Programs
2005 Summary Report

PROGRAM HIGHLIGHTS

- 8 girls participated the in GAP program in the 2004– 2005 school year.
- 75% of participants reported improved self-esteem and decision making skills.
- 50% of participants reported improved communication skills.
- 100% of participants reported no intention of using substances over the next 30 days.
- 100% of participants reported that it was not okay for people their age to use substances.

Girls reported improvement in key assets

The program was designed to improve participants' self-esteem, communication, and decision making skills.

- 75% of program participants reported improved

self-esteem by the end of the program.

- 75% of participants reported improved decision making skills by the end of the program.

- 50% of program participants reported improved communication skills by the end of the program.

Substance Use and Perception of Harm

Participants in the program were asked to report if they have used substances over the previous 30 days.

- 75% of participants reported no use of substances over the previous 30 days.
- 100% of participants reported no intention of using substances over the next 30 days.

- 100% of participants thought that it was not okay for people their age to use substances.

The participants were also asked to report their perception of harm associated with using substances. At the end of the program:

- 75% of participants thought that smoking cigarettes, drinking alcohol, and using

Marijuana cause "A LOT" of harm

- 50% of participants thought that using smokeless tobacco or inhaling something to get high would cause "A LOT" of harm.

For Additional Information Please Contact:

Julie Krupp, Prevention /Education Coordinator
740-369-6811, julie.krupp@rprdm.org

Report Prepared By:

Lindsey Waggle, Quality Outcomes Coordinator

Funded in part by:

Ohio Department of Alcohol and Drug Addiction Services

