STATE OF MARYLAND
Community Health Resources Commission
45 Calvert Street, Room 336 • Annapolis, Maryland 21401

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HEALTH RESOURCES
COMMISSION

UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

NCSMH
NATIONAL CENTER FOR
SCHOOL MENTAL HEALTH

Botvin LifeSkills

—Tier 1—

Overview: Botvin LifeSkills is a classroom intervention to help adolescents develop confidence and skills to effectively handle challenging situations.

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
8-18, 45-minute lessons taught in the classroom at least 1x per week (total number of lessons varies based on grade level curriculum)	3rd to 12th grade	One Botvin trained teacher/provider per class lesson	No additional materials needed. *The National Center for School Mental Health will provide training manuals to all trainees.*

Target Outcomes

- Reduce Substance Use among children and adolescents
- Enhance Social and Personal Competence and build self-esteem, assertiveness, and social skills
- Promote Healthy life Choices and Responsible Decision-Making
- Reduce risky behaviors, such as early sexual activity, unsafe practices, violence and aggression

Training Requirements and Important Considerations

Type of Training: One-day virtual training (6 hours)

Continuing Education Units: Participants can receive up to 5 credits

Expectations for full participation and certificate of attendance: To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

Important Considerations: While formal licensure is not required, Botvin instructors should have relevant experience with youth, and ideally have a background in mental health or education to effectively facilitate the program.

Ongoing Engagement and Expectations

POC/Supervisor Expectations:

- **Attend Kick-off Meeting:** Meet with the EBP team to discuss the training and implementation plan at the beginning of the grant period. We recommend inviting trainees to this meeting.

- **Attend M&D Meeting:** Meet with the Evaluation and EBP team to discuss metrics and deliverables for the grant including reach and target demographics, service offerings, and outcome expectations. Please see the Outcome Measure Menu included in the RFA documents for sample tools/measures to be used with each EBP.

- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly newsletter containing training and evaluation updates for your organization, and action items.

- **Provide administrative and supervisory support** to staff, including, but not limited to:
  - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
  - Ensure that providers in your organization attend the selected EBPs for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
  - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
  - Ensure staff completion of all training, evaluation, and implementation tasks.

Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation** survey for each selected EBP
- **Attend quarterly implementation support** meetings offered over the year for each EBP you are implementing

*For more information on this evidence-based practice, please visit the [Botvin LifeSkills](#) website. For questions pertaining to the RFA or to expectations and requirements, please contact: Lorianne Moss, the CHRC Program Manager at Lorianne.moss@maryland.gov.