

Spider Web Analysis Tool for Prevention Programs

Definitions of Foundational Elements of an Effective Prevention Program

Comprehensive: The prevention program provides multiple interventions and is conducted in multiple settings that address all of the factors involved in the target problem.

Varied Teaching Methods: The prevention program focuses on increasing awareness, understanding of the problem behaviors, and on acquiring or increasing skills through different teaching methods. The program includes interactive instruction that increases the participants' skills through active, hands-on experiences.

Sufficient Dosage: Participants are exposed to the prevention program for enough time to show desired effects. The prevention program provides follow-up as necessary to maintain effects. This can be measured by the quantity or quality of the intervention.

Theory Driven: The prevention program has a theoretical justification, is based on accurate information, and is supported by empirical evidence.

Positive Relationships: The prevention program provides exposure to adults and peers in order to promote strong positive relationships that result in positive outcomes. Incorporated into the program are meaningful relationships that the participants can use to help them develop desired behaviors.

Appropriately Timed: The prevention program is implemented early enough to have the best effect on the target behavior, but not so early that the prevention program is not developmentally appropriate for the participants.

Socio-Culturally Relevant: The prevention program is developed with the local community norms and the cultural practices of the participants in mind. There is an effort to include the target population in the planning and implementation of the prevention program. The program addresses the individual needs of the participants.

Outcome Evaluation: The prevention program has clear and objective goals with a systematic way of documenting program effectiveness. The program continuously evaluates outcomes to make decisions based on program effectiveness.

Well-Trained Staff: The prevention program has staff that supports the program and has received sufficient training to implement the interventions. Program staff is supported by continual training and supervision.