

Your National Guard Counter-Drug Office Presents:

Stay on Track
Frequently Asked Questions

- Can you describe the “gist” of *Stay on Track* in a nutshell?

The *Stay on Track* middle-school-targeted program combines sound prevention science principles with the popular appeal of motorsports. *Stay on Track* uses motorsport analogies throughout the program to introduce and reinforce important concepts. Topics covered include: effective strategies for teamwork, the value of keeping both the human body and engine running at optimal levels of performance, knowing how to cope with stressful situations appropriately, making correct split-second and other decisions, and how to set and achieve future goals. Special emphasis throughout the program is given to alcohol, tobacco, marijuana, and inhalant use, due to their prevalence among middle school students.

- How does *Stay on Track* measure-up to school requirements to meet student learning standards? Has it been developed with that in mind?

Yes. *Stay on Track* looked to student learning standards as an essential measure throughout its development. Your National Guard representative can provide you with a map of the intersections between your state learning standards and *Stay on Track*.

- What about the *Stay on Track* connection to parents/caregivers?

Stay on Track contains take-home activities in every lesson designed for students and parents/caregivers to do together. It actively reaches out to involve parents/caregivers in this way without being perceived as over-taxing of adult time.

- What about quality of the National Guard personnel associated with *Stay on Track*? Are they “guaranteed” in terms of safety and security with students? Do they have classroom presentation skills appropriate to middle school students?
- How flexible is the *Stay on Track* program?

Stay on Track is designed with real schools, real kids, real teachers and real life in mind. It has both flexible and not-so-flexible aspects. Some examples:

Not-So-Flexible

Flexible

12 / 45-minute lessons Can be used in classroom, after-school and other settings.

Can be used one at a time or in multiples as may be necessary for block schedules.

Teacher (facilitator) must Can be taught by teachers, counselors and even high school students as well as NG personnel.

Prevention research based Can to focused to address the specific factors on the Risk/Protective Factor Model provides the theoretical underpinnings to its relevance to barriers to learning.

➤ **I understand training is cost free, but can teachers earn CEU's through *Stay on Track* training?**

Yes. ***Stay on Track*** training will be accompanied by the opportunity to earn CEU's.

➤ **What about evaluation? How will students be involved in an evaluation of *Stay on Track*?**

Stay on Track has undergone extensive evaluation at every stage of its development and implementation and this effort with the National Guard will also be evaluated. No personally identifying student information will be gathered through this program -- only aggregate student information. The role of the school in all steps of the evaluation will be thoroughly explained. The requirements for involvement of any school personnel will be minimal.

➤ **Who are the developers of *Stay on Track*?**

Stay on Track was developed by the National Center for Prevention and Research Solutions (NCPRS) located in Daytona, FL. NCPRS was also the developers of the *Race Against Drugs* implemented by K-Mart and Community Anti-Drug Coalitions of America (CADCA). NCPRS and its programs are well known to officials of the US Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention.