

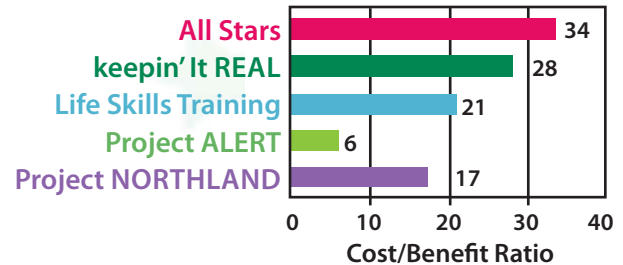
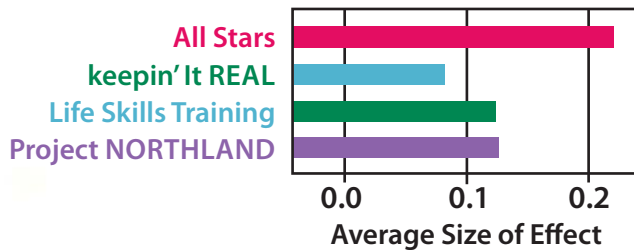
# We Do It Better!

There are many excellent companies and non-profit organizations that provide prevention programs, professional development tools, and evaluation services. Why pick Tanglewood Research products and services over our competitors?

## We think it's simple. We do it better.

Consider this: Twenty years of research went into developing All Stars before it was presented to the public and it has been improved every year since. When compared head-to-head with other school-based prevention programs, All Stars has achieved stronger effects.<sup>1</sup>

All Stars has greater cost-benefit than any prevention program in its class, returning an estimated \$34 in benefit for every dollar expended on the program.<sup>2</sup> Whether it is our programs, our training, or evaluation services, we provide our clients with the best available products and services.



<sup>1</sup> Shamblen, S.R., & Derzon, J.H. (2009). A preliminary study of the population-adjusted effectiveness of substance abuse prevention programming: Towards making IOM program types comparable. *Journal of Primary Prevention*, 30, 89-107.

<sup>2</sup> Miller, T. and Hendrie, D. (2009). Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis. DHHHS Pub. No. (SMA) 07-4298. Rockville, MD: Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration, 2009.

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# Key Elements of Success

## The Key Elements That Make All Stars Successful

### All Stars is universal.

Prevention needs to reach as many young people as possible. Involving low-risk students ensures that at-risk students will understand that drug use and other risky behaviors are not normal or acceptable to the peer group.

### All Stars is sustained.

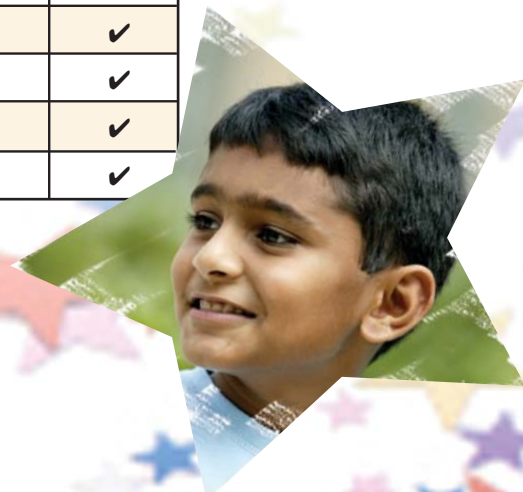
Without an effective deterrent, risky behaviors such as drunkenness, drug use, and premature sexual activity increase as young people pass from elementary to middle to high school. For prevention to have its effect, it must be delivered over a sustained period. All Stars provides sustained intervention throughout this period of risk.

### All Stars changes what matters.

All Stars works because it changes the factors research has shown to matter most. All Stars programs are developmentally appropriate, student-centered, highly engaging, and span the at-risk years from fourth grade through high school.



Factors impacted by All Stars	4th – 5th	6th/7th	7th/8th	8th/9th	9th – 12th
		Core	Booster	Plus	Senior
Improving Social Interaction with Peers	✓	✓	✓	✓	
Positive Parental Attentiveness	✓	✓	✓	✓	
Bonding to School & Family	✓	✓	✓	✓	✓
Idealism & Pro-social Values	✓	✓	✓	✓	✓
Positive Norms	✓	✓	✓	✓	✓
Positive Commitments		✓	✓	✓	✓
Goal Setting & Habit Monitoring		✓	✓	✓	✓
Decision Making & Impulse Control				✓	✓
Resistance Skills & Assertiveness				✓	✓
Stress Management					✓



# Getting started with All Stars

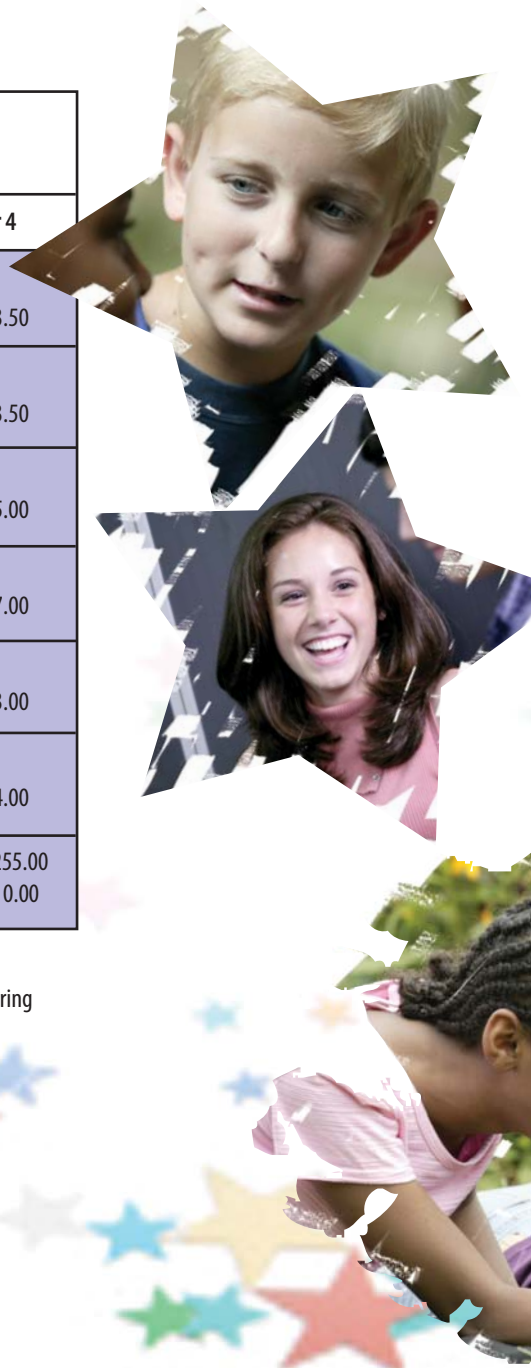
**W**ant to get started using All Stars? First time customers often ask what they should order. Many who are writing All Stars into their grant proposals need to know what they should include in their budget.

Most first time customers start with All Stars Core. If you start with Core, make sure to include a plan to expand to include Booster and Plus as students who receive Core grow older.

<b>A Four-Year Plan for All Stars Program Adoption</b> with per Teacher (T:) and per Student (S:) Minimum Estimated Costs*				
	Year 1	Year 2	Year 3	Year 4
All Stars Elementary 4th	T: \$190.00 S: \$3.50	S: \$3.50	S: \$3.50	S: \$3.50
All Stars Elementary 5th	T: \$190.00 S: \$3.50	S: \$3.50	S: \$3.50	S: \$3.50
All Stars Character Education (4th or 5th grade or after school)	T: \$190.00 S: \$5.00	S: \$5.00	S: \$5.00	S: \$5.00
All Stars Core	T: \$480.00** S: \$7.00	S: \$7.00	S: \$7.00	S: \$7.00
All Stars Booster		T: \$230.00 S: \$3.00	S: \$3.00	S: \$3.00
All Stars Plus			T: \$230.00 S: \$4.00	S: \$4.00
All Stars Senior (All 3 Programs)				T: \$255.00 S: \$10.00

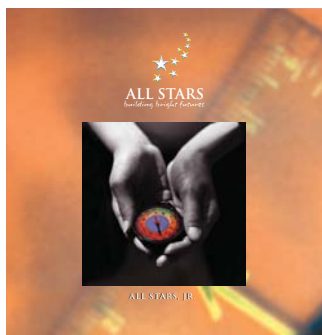
\* Teacher start-up costs include one-time materials and training. Student materials are estimated for recurring standard student packages which includes worksheets, inserts, gift cards for purchasing extra materials, pretest-posttest surveys, and fidelity assessment forms. Costs exclude taxes, shipping, and handling.

\*\* Core manual, kit, and training.



# All Stars for Elementary School

There are three All Stars programs designed specifically for upper elementary students. Each uses a sequence of 20-30 minute activities.



## All Stars for Elementary 4th Grade

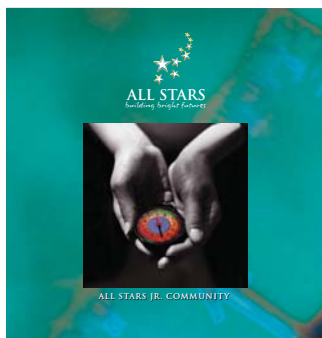
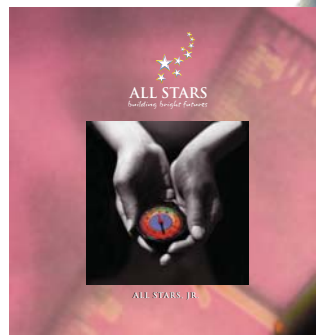
Designed to supplement and integrate with fourth grade instruction in language arts, science, and math, this program includes:

- 18 All Stars Challenge activities that improve social interaction with peers
- 9 activities that establish positive norms through science and math education
- 6 activities that build idealism and pro-social values through language arts

## All Stars for Elementary 5th Grade

Designed to supplement and integrate with fifth grade instruction in language arts, science, and math, this program includes:

- 17 All Stars Challenge activities that improve social interaction with peers
- 22 activities that establish positive norms through science and math education
- 9 activities that build idealism and pro-social values through language arts



## All Stars Character Education

Designed for delivery in upper elementary grades either during school hours or as a supplement to after-school and community-based education programs, All Stars Character Education includes 15 activities that build six pro-social values: being caring, forgiving, helpful, honest, respectful, and responsible. Includes take home activities to be completed with parents.



<b>Teacher Manuals</b> 4th Grade, 5th Grade & Character Education (each; one time costs)		\$40.00		
<b>Student Materials</b> (per student; recurring cost),		4th Grade	5th Grade	Character Education
Basic	Required worksheets	\$2.50	\$2.50	\$4.00
Standard	Required worksheets, gift cards (for extra supplies), pretest-posttest & fidelity surveys	\$3.50	\$3.50	\$5.00

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# All Stars for Middle School

All Stars Core, Booster, and Plus are highly engaging, effective prevention programs. All Stars middle school programs can be delivered in schools or in community settings. Lessons are designed around 45-minute blocks. Middle school programs are available in both English and Spanish.



## All Stars Core

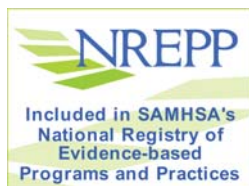
All Stars Core is the first middle school program, designed for student ages 11 through 13 (6th or 7th grades). The program includes 13 lessons, a class celebration, 8 supplemental lessons, parent meeting lessons, and lessons to integrate concepts throughout your school or community group. Core includes paper worksheets with optional online worksheets for some activities.

## All Stars Booster

All Stars Booster is designed to be delivered the year following All Stars Core. The program includes 9 lessons, 6 supplemental lessons, parent meeting lessons, and lessons to integrate concepts throughout your school or community group. Follow-up is important in prevention. Booster lessons reinforce the concepts taught in Core.

## All Stars Plus

All Stars Plus reinforces concepts taught in Core and Booster and expands concepts to build skills needed for the transition to middle adolescence. The program includes 12 lessons, a class celebration, 5 supplemental lessons, parent meeting lessons, and lessons to integrate concepts throughout your school or community group. Plus can be taught the year following Booster or in conjunction with it.



Teacher Materials (each; one time costs)				
	Core Teacher's Manual			\$100.00
	Booster Teacher's Manual			\$80.00
	Plus Teacher's Manual			\$80.00
	Teacher's Kit – All Stars banner, All Stars movie slate, parenting guide (1), parenting CD (1), <i>Lights! Camera! Action!</i> DVD			\$80.00
Student Materials (per student; recurring cost)		Core	Booster	Plus
Basic	Required worksheets	\$4.00	\$1.00	\$2.00
Standard	Required worksheets, name cards, parent invitations, commitment certificates, photo mounts, gift cards (for extra supplies), pretest-posttest & fidelity surveys	\$7.00	\$3.00	\$4.00
Complete	Required worksheets, name cards, parent invitations, commitment certificates, photo mounts, gift cards (for extra supplies), pretest-posttest & fidelity surveys, parenting guides and CDs	\$10.00	\$6.00	\$7.00

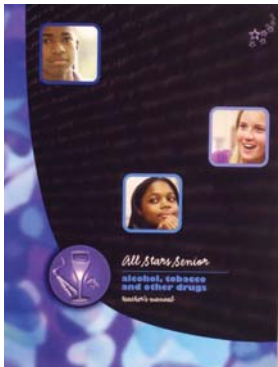


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# All Stars for High School

You can choose from among three All Stars programs for high school students. Programs are designed to be delivered in high school health classes and supplement standard textbook topics with highly engaging and interactive activities. All Stars Senior programs can also be taught in a variety of non-school settings. Activities require 15-30 minutes to complete.

Each teacher manual includes a CD with lesson-specific worksheets that can be printed on demand. Student Wellness Journals contain worksheets that can be repeatedly used and apply to many areas of health. Wellness Journals include the following worksheets: All Stars SMART Decisions, Personal Commitments, Personal Reminders & Schedules, Habit Management, Behavior Tracking, Calorie Inventory, Nutrition Diary.

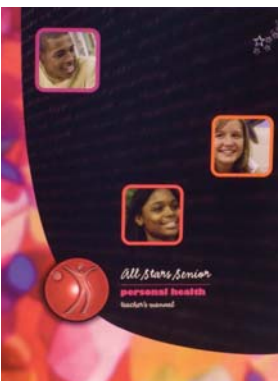


## All Stars Senior: Alcohol, Tobacco & Other Drugs

Activities to develop positive norms (4), build idealism and pro-social values (5), develop resistance skills (2), develop decision making skills (4) reinforce appropriate beliefs about consequences of alcohol, tobacco, & other drug (ATOD) use (4), practice goal setting (2), and stress management (3).

## All Stars Senior: Nutrition

Activities to develop positive norms (3), build idealism and pro-social values (4), develop resistance skills (3), develop decision making skills (3) reinforce appropriate beliefs about consequences of nutritional practices (3), practice goal setting (4), and stress management (1).



## All Stars Senior: Personal Health

Activities to develop positive norms (4), build idealism and pro-social values (1), develop resistance skills (1), develop decision making skills (2) reinforce appropriate beliefs about consequences of health practices (3), and practice goal setting (7).

Teacher Manuals for ATOD, Nutrition, Personal Health	
Teacher's Manuals (each; one time cost)	\$35.00
Student Materials (per student; recurring cost)	
Student Wellness Journal	\$10.00

Order online at [www.tanglewoodresearch.com](http://www.tanglewoodresearch.com)



# All Stars Training

**E**ach All Stars program is a highly refined tool that, in the hands of a skilled teacher, can have an amazing influence on the lives of young people. Like any tool, it is more effective if used properly. Our goal in training is to help you achieve optimal effectiveness when implementing All Stars.

All Stars is unique in the quality and extent of training we provide. Teachers are not only introduced to All Stars, they are invited to receive additional training until they become certified master teachers. We offer three options for training.



- **Live online training** is our most popular option. You complete training in the convenience of your home or office and requires only a computer with Internet access and a phone or computer audio headset. All Stars Core training is completed in 4 two-hour sessions (\$300 per participant). All Stars Elementary, Booster, Plus, and Senior training is completed in 2 two-hour sessions (\$150 per participant).
- **Hosted onsite meetings** bring a trainer to you. This is ideal for groups wishing to train between 10 and 20 people. All Stars Core training is completed in 12 hours over the course of two days (\$3,000 plus trainer's travel expenses). All Stars Elementary, Booster, Plus, and Senior training is completed in one full-day session (\$1,500 plus trainer's travel expenses).
- You may also **join an onsite meeting** if a hosted training has room for additional attendees. When space is available, joining a hosted All Stars Core training is \$250 per person; Elementary, Booster, Plus, and Senior training meetings are \$150 per person. Participants are responsible for their own travel and expenses. Training fees do not include the cost of teacher manuals and other materials.

*View our training schedule at [allstarsprevention.com](http://allstarsprevention.com).*



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# All Stars Certification of Mastery

**T**anglewood Research recognizes All Stars teachers who have demonstrated mastery of understanding and skill. Mastery of any topic is developed step-by-step. There are nine steps to achieving certification as a master All Stars teacher. You gain recognition with each step you complete. You receive personalized assistance throughout the process. Registration is \$45 and includes a cloisonne pin for each step of completion.



## Certification Steps

1. **Basic Training** — Completed training for the All Stars program you teach.
2. **Initial Implementation** — Implemented All Stars once with pretest-posttest surveys and fidelity assessments.
3. **Parent Intervention** — Documented parent participation in homework and parent training.
4. **Strategies for Success** — Documented efforts to infuse All Stars in your school or community group.
5. **Prevention ABCs** — Completed any three Prevention ABCs online courses (\$44 each).
6. **Coaching to Improve Delivery** — Coached based on an assessment of video recorded teaching (\$250).
7. **Coaching to Improve Interactivity** — Coached based on an assessment of video recorded teaching (\$250).
8. **Mastery of Implementation** — Video recorded teaching to document mastery of skill (\$250).
9. **Evidence of Effectiveness** — Demonstrated changes in students' attitudes and behavior in three classes.



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# Comments About Our Programs

“All Stars has helped students in our program understand how their classmates really think. Negative peer pressure has dropped significantly in just a year’s time. All Stars is a safe place for students to think, learn, and speak without judgment. All Stars training is convenient, effective, and fun! I get immediate answers to all my questions. That support has really made all the difference in the effectiveness of our program.”

**Mia Hulslander**

Prevention Specialist, ACCESS, Winchester, NH



“For the past 12 years, All Stars Core, Booster, and Plus have been an integral part of our middle school curriculum. All Stars is a high-quality, research-based program that effectively addresses key youth health risk behaviors. Students and parents appreciate the interactive nature of All Stars. Teachers benefit greatly from the professional development training provided. As an administrator, I value the ongoing assistance and excellent customer service that we receive from the staff at Tanglewood Research.”

**Marybell Avery, Ph.D.**

Curriculum Specialist, Lincoln Public Schools, NE



“I have found All Stars Core is full of innovative ways to address prevention. All Stars engages students so they students discover and learn for themselves the things that are truly important. When the light comes on in the student’s eyes the instructor knows they understand and will remember the objective being taught.”

**Allen Grunig**

Health Educator, Bear River Health Department, UT

