

This research uses Implementation Science to improve a universal prevention curriculum to better meet student needs. The project will use multiple strategies to deliver an effective, holistic health curriculum to Michigan students.

## The Impact

This project will result in **community**, **economic**, and **policy** benefits.

Dr. Andria Eisman at Wayne State University put together a team of researchers, health department partners, and other community partners to design strategies to help teachers and schools meet student needs in preventing drug use.

By using existing school health coordinators, the project is both effective and sustainable. This project will reduce the cost of prevention education and help schools and teachers with limited resources implement similar strategies. The results of this project will be shared with key partners at school, health, and state levels to inform allocation of staff time and resources.

## The Challenge

There are many effective evidence-based programs to improve adolescent health in school settings. For a variety of reasons, teachers may have difficulty implementing these programs. Dr. Eisman and her team set out to find the most useful resources to help support teachers.

## The Approach

To address at-risk adolescent mental health and drug use, the team will use multiple strategies:

- Adapting an evidence-based prevention curriculum to better meet teacher needs
- Trauma-skilled training to help teachers recognize and respond to trauma
- Hands-on implementation support from health coordinators to help teachers overcome barriers to engaging and supporting students

## RESEARCH HIGHLIGHTS

### This project will potentially result in:

- Improved student wellbeing.
- Cost savings of **\$18** for every **\$1** invested.
- Increased implementation support for teachers.
- Data-informed decision making for school resource planning and staffing.
- Reduced onset and escalation of drug use in students.

## Key Benefits



COMMUNITY

The project will effectively implement the Michigan state health curriculum, optimizing student wellbeing.



COMMUNITY

The combined interventions could improve the quality of prevention programming, enhancing student health and wellbeing.



COMMUNITY

Teacher implementation support may promote positive mental health and substance use outcomes in students.



ECONOMIC

Initial investment in effective prevention should be much cheaper than the costs of treatment, school failure, and unemployment.



POLICY

Project results will help allocate resources and plan additional school implementation interventions.

**The team:** Andria Eisman, PhD; Christine Koffkey, MPH; David Hutton, PhD; Lawrence Palinkas, PhD; Amy Kilbourne, PhD, MPH

Find out more:

[Read the full case study](#)

Contact:

Andria Eisman, PhD, [aeisman@wayne.edu](mailto:aeisman@wayne.edu)  
College of Education  
Wayne State University