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CULTURALLY SENSITIVE SUBSTANCE USE PREVENTION PROGRAMS BENEFIT YOUTH

Findings from a meta-analysis show that culturally sensitive prevention programs are effective in preventing or reducing substance use among Black, Hispanic, and Native American adolescents.

Ai Bo and Colleagues, 2022

This report summarizes findings from:

"Culturally sensitive prevention programs for substance use among adolescents of color: A systematic review and meta-analysis of randomized controlled trials"

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SUBSTANCE USE IS RELATED TO NEGATIVE OUTCOMES FOR STUDENTS

Youth substance use has a range of negative outcomes, including impaired decision-making,¹ risky sexual practices,² and poor psychosocial outcomes.³ Twelfth grade youth who reported using alcohol, marijuana, or tobacco before age 12 also reported feeling less connected to school and more likely to skip classes.⁴

Likelihood of skipping class in 12th grade compared to non-users:

84% More likely to skip class when first using **alcohol** at age 11

60% More likely to skip class when first using **cigarettes** at age 11

88% More likely to skip class when first using **marijuana** at age 11

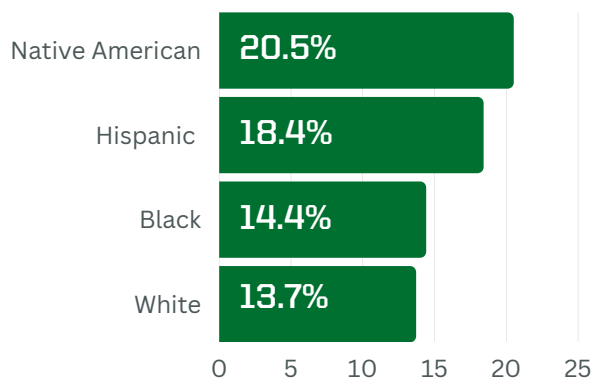
RACIAL/ETHNIC DISPARITIES EXIST IN ADOLESCENT SUBSTANCE USE PREVALENCE AND CONSEQUENCES.

PREVALENCE

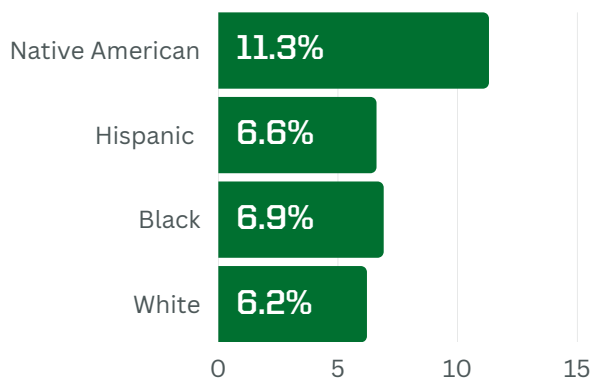
Black, Hispanic, and Native American adolescents reported higher rates of initiating cigarette smoking, alcohol use, and marijuana use before age 13 than white adolescents.⁵

Percentage of youth who reported substance use before 13 years old:

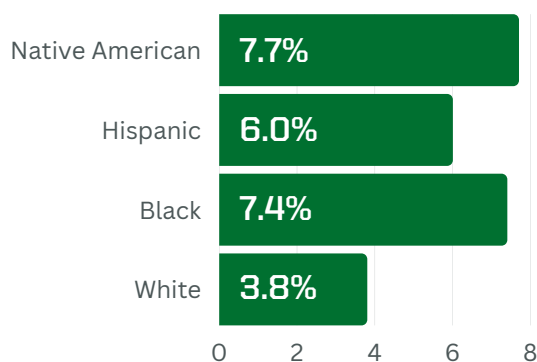
Alcohol



Cigarettes



Marijuana



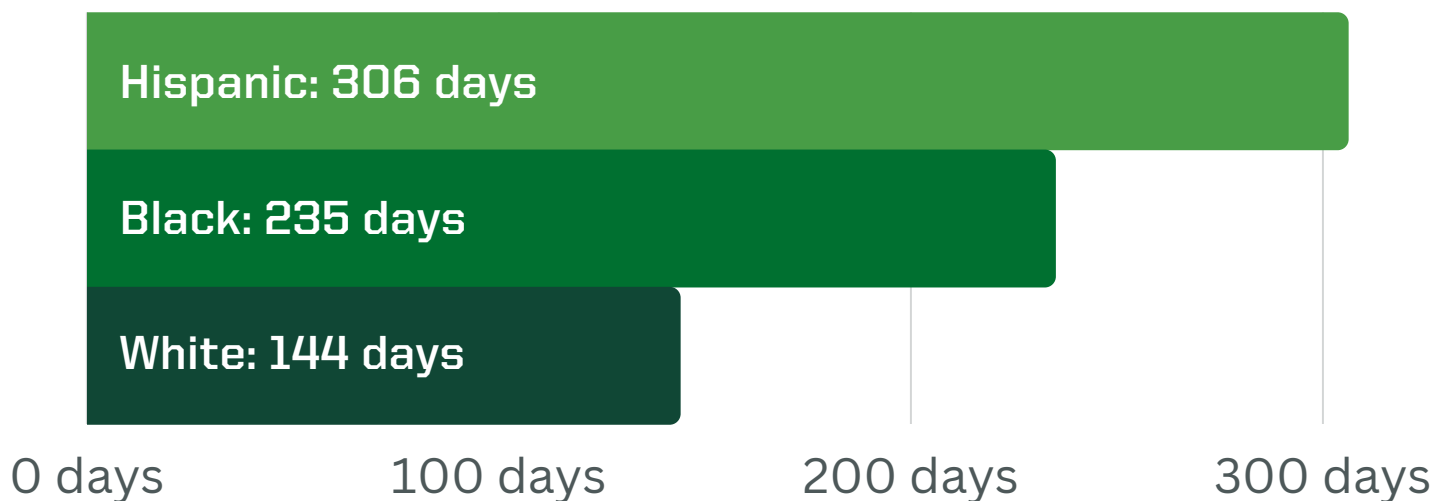


CONSEQUENCES OUTSIDE OF SCHOOL

Police disproportionately arrest Black youth for substance use compared to white youth. Throughout the court process, authorities give more severe sentences to Black youth compared to white youth.⁶

Hispanic adolescents adjudicated for drug offenses receive longer custody in state facilities than Black and white youth (306 days, 235 days, and 144 days, respectively).⁷

Days spent in custody at state facilities:

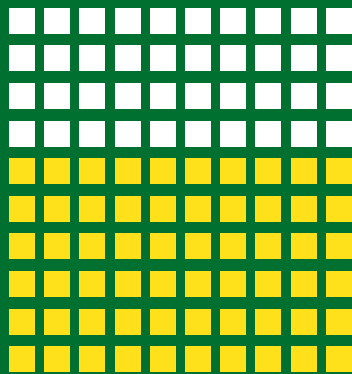


THE RESULTS

Culturally sensitive substance use prevention programs are a promising approach to reducing adolescent substance misuse.

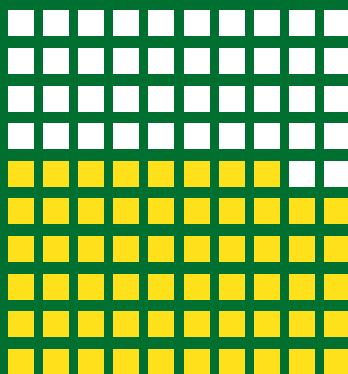
Across all racial/ethnic groups, 58% of participants in the substance use prevention programs reported less substance use than participants who did not participate in the programs.

Percent of students in the prevention group reporting less substance use than the average control group student:



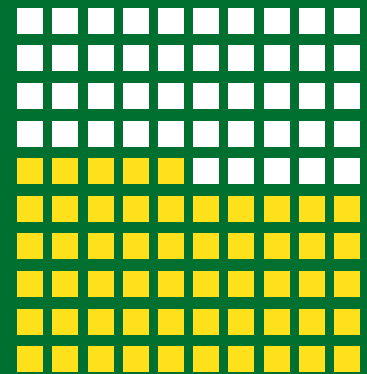
60%

Black students
(7 studies)



58%

Hispanic/Latine students
(16 studies)



55%

Native American students
(7 studies)

THE DETAILS

Black students (7 studies)

Standardized mean difference (SMD) = -0.24, 95% CI = [-0.37, -0.11]

Cohen's U3 = 59.5%

Hispanic/Latine students (16 studies)

SMD = -0.21, 95% CI = [-0.26, -0.16], Cohen's U3 = 58.3%

Native American students (7 studies)

SMD = -0.13, 95% CI = [-0.23, -0.02], Cohen's U3 = 55.2%

META-ANALYSIS DETAILS

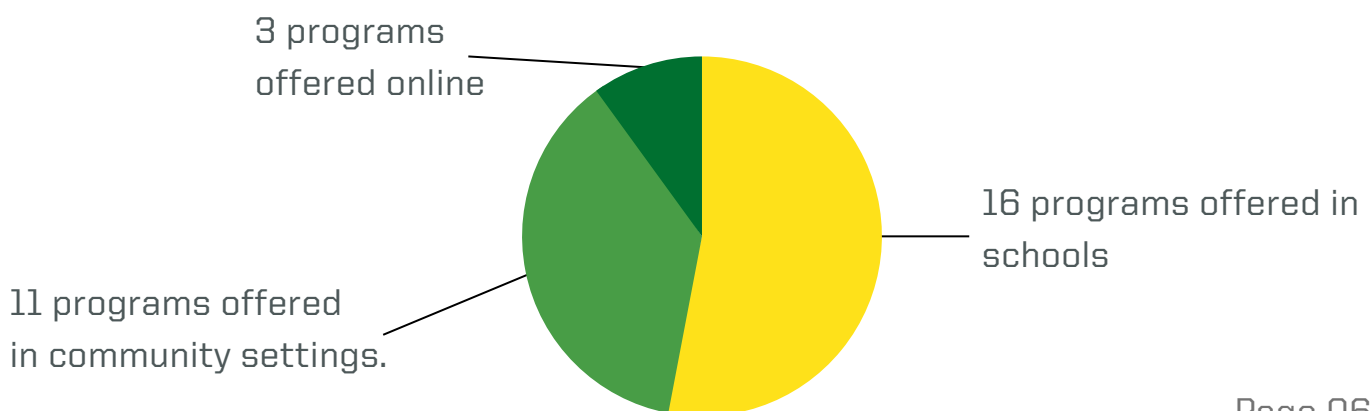
1,711 articles screened

152 full-text articles assessed for eligibility

30 studies included in meta-analysis

DESCRIPTIVES

- The average percentage of female participants was 51% (SD = 7%).
- The average age of participants was 13.6 years (SD = 1.6).
- Sixteen studies focused on Hispanic adolescents (mainly from urban settings), 7 focused on Black adolescents (4 rural, 3 urban), and 7 focused on Native American adolescents (5 reservations, 2 urban).
- Most studies (27 out of 30) targeted the general adolescent population while three targeted adolescents at higher risk for substance use.



PROGRAM PROFILES

The following is a list of the culturally sensitive programs included in this review, with details on the specific cultural adaptations and the delivery methods of each program.

Several of these programs can be offered in schools, as noted in the profiles.

Our profiles also show the number of studies in this review that examined each program, as well as the risk of bias for those studies. We use [Cochrane's RoB2 tool](#) to help us understand whether there is any risk of bias in the included studies' results that could distort the review's results.

Learn more:

[Hispanic/Latine adolescents programs](#)

[Black adolescents programs](#)

[Native American adolescents programs](#)

PROGRAM PROFILES

Hispanic/Latine Adolescents

FAMILIAS UNIDAS

Culturally sensitive components:

Acculturation: increase parental knowledge with respect to U.S. cultural norms.

Delivery details:

Includes families;

Delivered by a mental health professional;


Delivery can be in-person (ranging from five to fifteen sessions) or online (eight sessions);

Delivery can be at school

Risk of Bias*: Six studies used in the review

Low Concern: None

Some Concern: 

High Concern: 

Learn more: familias-unidas.org

PROGRAM PROFILES

Hispanic/Latine Adolescents

KEEPIN' IT REAL*

Culturally sensitive components:

Acculturation, Latino cultural values such as familismo (family orientation), respeto (respect), personalismo (personal treatment), and simpatía (sympathy)

Delivery details:

Includes families;
Delivered by teachers;
Delivery is in-person (ten sessions)

Delivery can be at school

Risk of Bias*: Three studies used in the review

Low Concern: None

Some Concern: None

High Concern: 

Learn more: real-prevention.com/keepin-it-real/

PROGRAM PROFILES

Hispanic/Latine Adolescents

NUESTRAS FAMILIAS

Culturally sensitive components:

Acculturation, discrimination, familismo (family cohesion), respeto (respect), gender/spousal roles

Delivery details:

Includes families;

Delivered by a mental health professional;

Delivery is in-person (twelve sessions)

Risk of Bias: Two studies used in the review

Low Concern: None

Some Concern: 

High Concern: 

Learn more:

continuum.militaryfamilies.psu.edu/program/fact_sheet_917

PROGRAM PROFILES

Hispanic/Latine Adolescents

PROJECT FLAVOR (FUN LEARNING ABOUT VITALITY, ORIGINS, AND RESPECT)

Culturally sensitive components:

Hispanic value of familism, simpatia;

Asian value of filial piety, saving face, stress reduction technique based on Tai Chi

Delivery details:

Includes families;

Delivered by a mental health professional;

Delivery is in-person (eight sessions)

Delivery can be at school

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: 

PROGRAM PROFILES

Hispanic/Latine Adolescents

PUENTES A LA SECUNDARIA (BRIDGES TO HIGH SCHOOL)

Culturally sensitive components:

Bicultural understanding, immigration, acculturation, familismo

Delivery details:

Includes families;
Delivered by a mental health professional;
Delivery is in-person (nine sessions)

Delivery can be at school

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: ✘

Learn more:

continuum.militaryfamilies.psu.edu/program/fact_sheet_1848

PROGRAM PROFILES

Hispanic/Latine Adolescents

SEMBRANDO SALUD

Culturally sensitive components:

Issues of familismo and respecto

Delivery details:

Includes families;

Delivery by a mental health professional;

Delivery is in-person (eight sessions)

Delivery can be at school

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: 

Learn more:

[ebccp.cancercontrol.cancer.gov/programDetails.do?
programId=107138](https://ebccp.cancercontrol.cancer.gov/programDetails.do?programId=107138)

PROGRAM PROFILES

Hispanic/Latine Adolescents

TOWARDS NO TOBACCO (CULTURALLY MODIFIED)

Culturally sensitive components:

Tailoring of intervention content to the ethnicities of parents and adolescents in inner-city settings

Delivery details:

Includes families;
Delivered by a mental health professional;
Delivery is in-person;
(two session and two boosters)

Delivery can be at school

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: 

High Concern: None

Learn more: etr.org/store/curricula/project-tnt/

PROGRAM PROFILES

Hispanic/Latine Adolescents

VAMOS

Culturally sensitive components:

Acculturation, Hispanic cultural values, bicultural competency

Delivery details:

Adolescents only;
Delivered via smartphone application

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: 

High Concern: None

PROGRAM PROFILES

Black Adolescents

ADULTS IN THE MAKING

Culturally sensitive components:

Racial socialization, strategies for dealing with discrimination

Delivery details:

Includes families;
Delivered by a mental health professional;
Delivery is in-person (six sessions)

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: 

High Concern: None

Learn more: crimesolutions.ojp.gov/ratedprograms/365#pd

PROGRAM PROFILES

Black Adolescents

FOCUS ON KIDS + IMPACT

Culturally sensitive components:

Culturally appropriate vignette and content

Delivery details:

Includes families;

Delivered by a mental health professional;

Delivery is in-person (eight sessions)

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: ⊗

Learn more: [cdc.gov](https://www.cdc.gov)

PROGRAM PROFILES

Black Adolescents

PROJECT SOCIALIZATION AND ACTIVATION OF FEEDBACK EXCHANGE

Culturally sensitive components:

Racial socialization, racial pride, culturally appropriate coping styles, local cultural support resources

Delivery details:

Adolescents only;
Delivered by a mental health professional;
One session at school

Delivery can be at school

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: 

PROGRAM PROFILES

Black Adolescents

PROMOTING HEALTH AMONG TEENS

Culturally sensitive components:

Cultural pride

Delivery details:

Adolescents only;

Delivered by a mental health professional;

Delivery is in-person (two sessions)

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: ⊗

Learn more: etr.org/ebi/programs/promoting-health-among-teens-comprehensive/

PROGRAM PROFILES

Black Adolescents

STRONG AFRICAN AMERICAN FAMILIES

Culturally sensitive components:

Racial socialization, handling discrimination, building positive ethnic/racial pride

Delivery details:

Includes families;

Delivered by a mental health professional;

Delivery is in-person (seven sessions)

Risk of Bias: Three study used in the review

Low Concern: None

Some Concern:  

High Concern: 

Learn more: cfr.uga.edu/saaf-programs/saaf/

PROGRAM PROFILES

Native American Adolescents

ARROWHEAD BUSINESS GROUP INTERVENTION

Culturally sensitive components:

Apache historical survival and cultural values

Delivery details:

Adolescents only;

Delivered by Native paraprofessionals;

Delivery is in-person (ten lessons at summer camp)

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: ⊗

High Concern: None

Learn more: cih.jhu.edu/programs/youth-entrepreneurship-education-program-arrowhead-business-group/

PROGRAM PROFILES

Native American Adolescents

BE UNDER YOUR OWN INFLUENCE - AMERICAN INDIAN

Culturally sensitive components:

Finding strength in one's tribal history, culture, and identity; images reflective of American Indian youth

Delivery details:

Adolescents only;

Delivered via visual media in schools and a presentation from older peers

Delivery can be at school

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: 

High Concern: None

Learn more: tec.colostate.edu/buyoi/

PROGRAM PROFILES

Native American Adolescents

CIRCLE OF LIFE

Culturally sensitive components:

American Indian/Alaska Native cultural symbol of the medicine wheel; cultural knowledge, values, stories, illustrations, historical figures, practices, and teachings

Delivery details:

Adolescents only;
Delivered via visual media in schools and a presentation from older peers

Delivery can be at school

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: 

Learn more: <https://www.etr.org/rci>

PROGRAM PROFILES

Native American Adolescents

LIVING IN 2 WORLDS

Culturally sensitive components:

Ethnic and culture identity, culturally appropriate language and content

Delivery details:

Adolescents only;
Delivered by a teacher;
Delivery is in-person (two sessions)

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: ✘

Learn more: sirc.asu.edu/content/living-2-worlds

PROGRAM PROFILES

Native American Adolescents

MOTIVATIONAL INTERVIEWING AND CULTURE FOR URBAN NATIVE AMERICAN YOUTH (MICUNAY)


Culturally sensitive components:

Ethnic and culture identity, empowering youth to learn about their own tribal-specific roots, discussion of medicine wheel

Delivery details:

Adolescents only;
Delivered by a mental health professional;
Delivery is in-person (three sessions)

Risk of Bias: One study used in the review

Low Concern: None
Some Concern: None
High Concern: 

Learn more: groupmiforteens.org/programs/micunay/

PROGRAM PROFILES

Native American Adolescents

RESPECTING THE CIRCLE OF LIFE

Culturally sensitive components:

Native cultural knowledge, traditional practices, family- and individual values, beliefs, and illustrations reflecting the local context

Delivery details:

Adolescents only;

Delivered by Native paraprofessionals;

Delivery is in-person (eight lessons at summer camp)

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: None

High Concern: ⊗

Learn more: etr.org/ebi/programs/respecting-the-circle-of-life/

PROGRAM PROFILES

Native American Adolescents

SMOKINGZONE

Culturally sensitive components:

Culturally relevant contexts and images relevant to Native youth

Delivery details:

Adolescents only;

Delivered online via self-paced modules (six lessons)

Risk of Bias: One study used in the review

Low Concern: None

Some Concern: 

High Concern: None

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