



## Road Map for Future Soldiers: GPS for SUCCESS

**Program:** GPS FOR SUCCESS is a Free Social Emotional (SEL) prevention program that uses an innovative approach, designed to shift the focus from at-risk behaviors/drugs and focus on building youth purpose, self-awareness, resiliency, and direction in life. Through GPS FOR SUCCESS, we strive to motivate and inspire youth on what to do in their lives without focusing on drugs as a talking point. To keep youth from having a desire or interest in participating in risky behaviors, one does not need to talk about the “problem”, but instead determine the root cause of WHY they are making their choices. We aim to shift the focus to create a more proactive belief system which tells them that risky actions are short lived and that they will be more positively fulfilled through other things in their life. Our evidence based approach takes place over the course of five weeks in which facilitators are provided with age-appropriate materials, handouts, videos and activities to do with their students (customizable). The program delivery is a hybrid of self-paced online learning and synchronous discussion of the 5 core principles: Vision, Purpose, Mission, Team and Commitment.

Overall, utilizing the GPS for SUCCESS approach, youth are empowered to be more intrinsically driven, focused in life, equipped to work through life’s challenges, and committed to staying drug free. The concepts and content materials in this program are easily globalized to include conversations about academic performance and healthy lifestyles.

**Training:** The overall concept for the program is that any community member, teacher, counselor, School Resource Officer, etc. have the ability to facilitate. The facilitators receive 6 hours total of training both virtual and in person to learn and demonstrate competency and fidelity of the program. The core concepts of the training are focused on self-awareness, communication techniques, motivational interviewing skills, and strategic planning. Facilitators are also given comprehensive digital resources and access to intervention specialists for follow-up questions and support to continually address the needs of the participants.

**Outcomes:** Programmatic outcomes demonstrate a variety of constructs across platforms, as the program is evaluated and further honed to support prosocial change in students and communities. Below are abstracts from three articles published that review GPS for SUCCESS.

**Study 1:** We describe the conceptual framework and practitioner-based study outcomes of a school-based substance use prevention intervention focused on strengthening student commitment to their personal vision. This study found increases related to goal clarity and identification of a mentor following the intervention.

**Study 2:** We employed a quasi-experimental study that included a nonrandom assignment to a treatment and comparison group. Findings indicated that the treatment group had statistically significant higher posttest scores on measures of meaning in life and personal growth initiative when compared to the comparison group and while controlling for their pretest scores.

**Study 3:** We examine the relationship between Personal Growth (PGI), Hope, and Abstinence Self-Efficacy (ASE) with the goal of identifying pathways for mitigating problematic substance use. Consistent with our hypothesis, these data reveal a significant relationship between PGI and ASE. The findings indicate that the association between these constructs is statistically significant with a medium to large effect size. Further analysis reveals that hope fully mediates this relationship. When individuals increased in PGI they also increased in hope; it was through that indirect relationship that PGI ultimately influenced ASE.

### **Published Articles:**

<https://www.tandfonline.com/doi/full/10.1080/10826084.2021.2002899>

<https://journals.sagepub.com/doi/10.1177/2156759X211050414>