

# Penn State Extension program reduces opioid use in youth and adults



PennState Extension

Even in the middle of a national epidemic, adults who participated in LifeSkills Training and Strengthening Families Program 10-14 while they were in middle school are significantly less likely to misuse prescription opioids.



## PROSPER (PROmoting School-community-university Partnerships to Enhance Resilience) Research Outcomes: Prescription Drug Misuse

Young people who participated in these programs were much less likely to misuse Rx opioids. The data at the right show that PROSPER programs were effective at preventing opioid misuse, and that students who received both the family-focused and school-based programs were particularly likely to benefit.

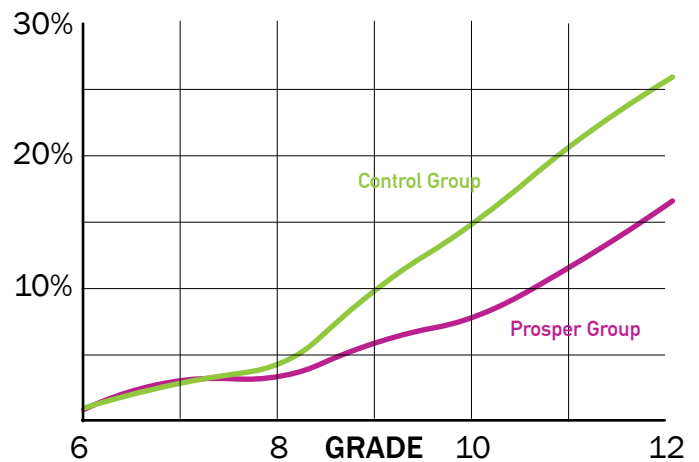
**9.6% Decrease**  
97 kids kept off RX opioids for every 1000 who receive LifeSkills Training & SFP 10-14

**\$7500 savings in one instance of prevented misuse.** <sup>[1]</sup>

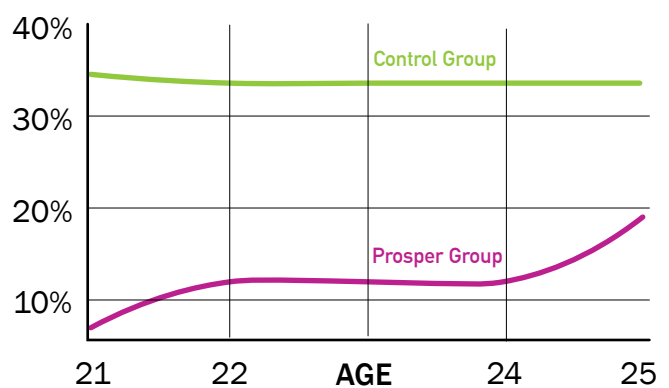
**15.1% Decrease**  
151 young adults kept off RX opioids for every 1000 who receive LifeSkills Training & SFP

**PA has the highest overdose death rate of males ages 19-25.** <sup>[2]</sup>

Percentage of Community Youth Misusing RX Opioids



Percentage of High Risk Young Adults Misusing RX Opioids



[www.extension.psu.edu](http://www.extension.psu.edu)

References:

- Crowley, D. M., Jones, D. E., Coffman, D. L., & Greenberg, M. T. (2014). Can we build an efficient response to the prescription drug abuse epidemic? Assessing the cost effectiveness of universal prevention in the PROSPER trial. *Preventive medicine, 62*, 71-77.
- <http://healthamericans.org/reports/youthsubstanceuse2015>

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