

# Matrix of Programs

	A	B	C	D	E	F
1	Matrix of Programs (Updated 4/17/17)	<a href="#">Coalition for Evidence-Based Policy</a>	<a href="#">Blueprints for Healthy Youth Develop.</a>	<a href="#">NREPP-SAMHSA</a>	<a href="#">OJJDP Model Programs Guide</a>	<a href="#">Office of Justice Programs Crimesolutions.gov</a>
2	A Stop Smoking in Schools Trial (ASSIST)		Promising			
3	Aban Aya Youth Project				Promising	Promising
4	Accelerated Resolution Therapy			Ineffective - Effective		
5	Acceptance and Commitment Therapy (ACT)			2.6-3.7		
6	Acceptance-Based Behavioral Therapy for Generalized Anxiety Disorder			2.1-2.8		
7	Achievement Mentoring Program (AMP)				Promising	Promising
8	Achievement Mentoring - Middle School (Formerly Behavioral Monitoring and Reinforcement )		Promising			
9	Across Ages			2.4-3.1	Promising	Promising
10	Active Parenting Now			2.2-3.3		
11	Active Parenting of Teens: Families in Action			2.2-2.7	Promising	Promising
12	Ada County (Idaho) Drug Court					Promising
13	Adaptive Stepped Care			Effective		
14	Addiction Comprehensive Health Enhancement Support System (ACHESS)			Effective		
15	Adlerian Play Therapy			Promising-Effective		
16	Adolescent Community Reinforcement Approach			Promising-Effective	Effective	Effective
17	Adolescent Coping with Depression (CWD-A)		Promising	Ineffective-Effective		
18	Adolescent Diversion Program (New York State)				Promising	Promising
19	Adolescent Diversion Project (Michigan State University)				Effective	Effective
20	Adolescent Smoking Cessation: Escaping Nicotine and Tobacco Program (ASCENT)			Promising - Effective		
21	Adult-Focused Family Behavior Therapy			Ineffective - Promising		
22	Adults and Children Together (ACT) Raising Safe Kids Program				Promising	Promising
23	Adventures in a Caring Community			Ineffective - Promising		
24	Aggression Replacement Training (ART)				Effective	Effective
25	Aggression Replacement Training (ART) for Adolescents in a Runaway Shelter				Promising	Promising
26	Aggressors, Victims & Bystanders: Thinking & Acting to Prevent Violence			Ineffective-Promising		
27	Alcohol Behavioral Couple Therapy			3.0-3.3		
28	Alcohol Literacy Challenge			3.3		
29	Alcohol Misuse Prevention Study				Promising	Promising
30	Alcohol: True Stories Hosted by Matt Damon			2.2		

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31	AlcoholEdu for College			Promising - Effective		
32	AlcoholEdu for High School			1.8-2.1		
33	Al's Pals: Kids Making Healthy Choices			2.9-3.0	Promising	Promising
34	All Babies Cry			Promising		
35	All Stars			Promising		
36	Alley-Gating in Liverpool (England)					Effective
37	Alternatives for Families: Cognitive Behavioral Therapy				Promising	Promising
38	American Indian (Zuni) Life Skills Development			2.3-2.8	Promising	Promising
39	AMIkids Community-Based Day Treatment Services				Promising	Promising
40	AMIkids Personal Growth Model			3.1-3.3		
41	Amity In-Prison Therapeutic Community					Promising
42	An Apple A Day			1.3-1.4		
43	An E-mentoring Program for Secondary Students with Learning Disabilities				Promising	Promising
44	Annual Book Fairs in High-Poverty Elementary Schools	Near Top Tier				
45	Anti-Defamation League (ADL) Peer Training Program			2.5-2.6		
46	Applied Suicide Intervention Skills Training			Promising		
47	Assertive Community Treatment-St. Louis			Ineffective-Effective		
48	Assisted Outpatient Treatment (AOT)			2.0-2.8		Effective
49	ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives)			2.5-2.9	Promising	Promising
50	Athletes Training and Learning to Avoid Steroids (ATLAS)		Promising	2.9-3.0	Promising	Promising
51	Attachment and Biobehavioral Catch-up (ABC)			Promising-Effective		
52	Attached-Based Family Therapy (ABFT)			3.1-3.6		
53	Auglaize County (Ohio) Transition (ACT) Program					Promising
54	Baby TALK Home Visiting			Ineffective-Promising		
55	Baltimore City (MD) Drug Treatment Court			Ineffective-Effective		Promising
56	Baltimore City (MD) Family Recovery Program				Promising	Promising
57	Baltimore County (MD) Juvenile Drug Court				Promising	Promising
58	Be Proud! Be Responsible!		Promising			
59	Behavior Management through Adventure			2.2-3.0		
60	Behavioral Couples Therapy for Alcoholism and Drug Abuse			Ineffective-Promising	Effective	Effective

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61	Behavioral Day Treatment and Contingency Managed Housing and Work Therapy			2.8-2.9		
62	Better Futures Program				Effective	Effective
63	Beyond Violence: A Prevention Program for Criminal Justice-Involved Women			Ineffective-Promising		
64	Bicultural Competence Skills Approach				Promising	Promising
65	Big Brothers Big Sisters of America (Community-Based Mentoring)		Promising	3.0-3.1	Effective	Effective
66	Blues Program (Cognitive Behavioral Group Depression Prevention)		Model			
67	Body Project (Dissonance Intervention)		Model			
68	Border Binge Drinking Reduction Program			2.1-3.4		
69	Boston Consortium Model: Trauma-Informed Substance Abuse Treatment for Women			2.1-2.8		
70	Boston (MA) Reentry Initiative (BRI)					Promising
71	Boys and Girls Club - Project Learn				Promising	Promising
72	Boys Town Family Home Program				Promising	Promising
73	BrainTrain4Kids			1.5-1.7		
74	Breath Alcohol Ignition Interlock Device Program (Illinois)					Promising
75	Brief Alcohol Screening and Intervention for College Students (BASICS)		Model	3.1-3.3	Effective	Effective
76	Brief Marijuana Dependence Counseling			Promising-Effective		
77	Brief Self-Directed Gambling Treatment			2.5-2.9		
78	Brief Strategic Family Therapy (BSFT)			3.0-3.4	Promising	Promising
79	Brief Strengths-Based Case Management for Substance Abuse			3.3		
80	Bright Bodies Weight Management Program		Promising			
81	Bringing Baby Home			2.5-2.8		
82	Bringing in the Bystander					Promising
83	Broad Spectrum Treatment (BST) and Naltrexone for Alcohol Dependence			2.7		
84	Building Assets - Reducing Risks (BARR)			1.0-1.3		
85	Building Skills			3.1-3.3		
86	Bully-Proofing Your School				Promising	Promising
87	Buprenorphine Maintenance Treatment					Effective
88	Burglary Reduction (Hartlepool, England)					Promising

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89	Canberra Reintegrative Shaming Experiments				Promising	Promising
90	CAPSLE: Creating a Peaceful School Learning Environment			3.0-3.2		
91	Capturing Kids' Hearts Teen Leadership Program			1.6-1.9		
92	Cardiff (Wales) Violence Prevention Programme (CVPP)					Promising
93	Care, Assess, Respond, Empower (CARE)				Promising	Promising
94	Career Academies	Top Tier	Promising		Effective	Effective
95	Caring School Community (Formerly the Child Development Project)			Ineffective-Promising	Promising	Promising
96	Carrera Adolescent Pregnancy Prevention	Top Tier				
97	Cass County/Leech Lake Band of Ojibwe Wellness Court (Walker, MN)					Promising
98	CAST (Coping and Support Training)			3.4-3.7		
99	Celebrating Families			2.1-2.6		
100	Challenging College Alcohol Abuse			1.9-2.5		
101	Challenging Horizons Program (CHP)			3.0-3.3		
102	Changing Course					Promising
103	Charlotte-Mecklenburg (N.C.) Police Department Domestic Violence Unit				Promising	Promising
104	Cherokee Talking Circle				Promising	Promising
105	Chestnut Health Systems - Bloomington Adolescent Outpatient (OP) & Intensive Outpatient (IOP) TX Model			3.5-3.9		
106	Chicago Alternative Policing Strategy (CAPS)					Promising
107	Chicago Parent Program			3.4-3.5		
108	Child Advancement Project			2.1-2.5		
109	Child and Family Traumatic Stress Intervention (CFTSI)			3.0	Promising	Promising
110	Child FIRST	Near Top Tier	Promising	Ineffective-Effective		
111	Child Immunization Campaign with Incentives	Near Top Tier				
112	Child-Parent Center Program (Chicago, IL)				Promising	Promising
113	Child-Parent Psychotherapy			3.3-3.9	Promising	Promising
114	Children in Between			Ineffective-Promising		
115	Children of Divorce Intervention Program			2.5-2.7		
116	Children with Problematic Sexual Behavior-Cognitive Behavioral Therapy (PSB-CBT)				Effective	Effective
117	Children's Friendship Training			Promising - Effective		

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118	Children's Summer Treatment Program (STP)			3.0-3.3		
119	CHOICES: A Program for Women About Choosing Healthy Behaviors			3.5		
120	Choosing Life: Empowerment! Action! Results! Program for Young People Living with HIV			2.7-2.8		
121	Clarke County (Ga.) Victim Impact Panels					Promising
122	Class Action			3.1-3.2		
123	Click-It-or-Ticket Campaign (MA)				Promising	Promising
124	Climate Schools: Alcohol and Cannabis Course			2.8-3.0		
125	Clinician-Based Cognitive Psychoeducational Intervention for Families (Family Talk)			Ineffective-Effective		
126	Cocaine-Specific Coping Skills Training			Ineffective		
127	Cognitive-Behavioral Intervention for Trauma in Schools (CBITS)		Promising	3.0-3.4	Effective	Effective
128	Cognitive Behavioral Social Skills Training			2.3-3.8		
129	Cognitive Behavioral Therapy for Adolescent Depression			3.4-3.7		
130	Cognitive Enhancement Therapy			2.7-3.0		
131	Cognitive-Processing Therapy for Female Victims of Sexual Assault				Effective	Effective
132	Cognitive Processing Therapy for Posttraumatic Stress Disorder			3.6-3.7		
133	Cognitive Therapy for Suicide Prevention			Promising-Effective		
134	Collaborative Assessment and Management of Suicidality (CAMS)			Ineffective-Promising		
135	Collaborative HIV Prevention and Adolescent Mental Health Project (CHAMP) Family Program			2.7-3.1		
136	College Drinker's Check-up			3.1		
137	Color It Real: An HIV and Substance Abuse Program for Young Adults			Ineffective - Promising		
138	Combined Parent-Child Cognitive Behavioral Therapy (CPC-CBT): Empowering Families Who Are at Risk for Physical Abuse			3.2		
139	Common Sense Parenting (CSP)				Promising	Promising
140	Communities Mobilizing for Change on Alcohol			2.7-2.9		
141	Communities That Care		Promising	3.2-3.6	Promising	Promising
142	Community Advocacy Project (CAP)			2.8-3.3	Promising	Promising
143	Community and Law Enforcement Resources Together (ComALERT)					Promising

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144	Community Reinforcement and Family Training (CRAFT)			2.5-3.4		
145	Community Trials Intervention to Reduce High-Risk Drinking (RHRD)			3.3-3.4	Promising	Promising
146	Community-based Residential Programs (OH)					Promising
147	Community-friendly Health Recovery Program (CHRP)			Effective		
148	Compeer Model			1.7-1.8		
149	Comprehensive Anti-Gang Initiative (CAGI)					Promising
150	Computer-Assisted System for Patient Assessment and Referral			3.0-3.3		
151	Computer-Based Cognitive Behavioral Therapy, Beating the Blues			3.0		
152	Conflict Resolution Unlimited for Middle School Peer Mediators (CMSPM)			Ineffective - Promising		
153	Connect			Ineffective-Effective		
154	Connections				Promising	Promising
155	Conscious Discipline			Promising - Effective		
156	Consistency Management & Cooperative Discipline				Promising	Promising
157	Constant and Never Ending Improvement (CANEI)			Promising		
158	Contracts, Prompts and Reinforcement of Substance Use Disorder Continuing Care (CPR)			3.4-3.6		
159	Cool Kids Child and Adolescent Anxiety Management Program			3.0-3.4		
160	Coordinated Anxiety Learning and Management (CALM) Tools for Living Program			3.6-3.7		
161	COPE: Collaborative Opioid Prescribing Education			2.2		
162	Coping Cat			3.3-3.7		
163	Coping Power Program		Promising		Promising	Promising
164	Coping with Work and Family Stress			2.5-3.0		
165	Correctional Therapeutic Community for Substance Abusers			1.7-2.6		
166	Court Date Reminder Notices (Nebraska)					Promising
167	Creating Lasting Family Connections			Ineffective-Effective		
168	Creating Lasting Family Connections Fatherhood Program: Family Reintegration			2.9-3.2		
169	Creating Lasting Family Connections Marriage Enhancement Program			3.0		

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170	Critical Time Intervention	Top Tier		2.5-3.3		
171	Cross-Age Peer Mentoring Program			3.0-3.2	Promising	Promising
172	Cultural Adaptation of Cognitive Behavioral Therapy (CBT) for Puerto Rican Youth			3.6-3.9		
173	Culturally Informed and Flexible Family Based Treatment for Adolescents (CIFFTA)			Ineffective-Effective		
174	Cure Violence (Chicago, IL) (formerly CeaseFire-Chicago)				Promising	Promising
175	Curriculum-Based Support Group (CBSG)			3.7		
176	Customized Employment Supports			Promising		
177	Dallas (Texas) Anti-Gang Initiative				Promising	Promising
178	Dare to Be You (DTBY)			2.7-2.8	Promising	Promising
179	Dare to Be You (DTBY) Bridges Program			2.5-2.9		
180	Data-Driven Approaches to Crime and Traffic Safety in Kansas					Promising
181	D.C. Mental Health Community Court			Promising		
182	Delaware KEY/Crest Substance Abuse Programs					Promising
183	Depression Prevention (Managing Your Mood)			3.6-3.7		
184	Dialectical Behavior Therapy			3.2-3.7		
185	Double Trouble in Recovery			Ineffective-Promising		
186	Drinker's Check-Up			Promising		
187	Drug Abuse Resistance Education + Play and Learn Under Supervision (DARE + PLUS)				Promising	Promising
188	Drug Treatment Court (Brooklyn, Bronx, Queens and Suffolk County, NY)					Effective
189	Drug Treatment Alternative to Prison (DTAP)					Promising
190	Drugs: True Stories			2.3		
191	DUII Intensive Supervision Program (DISP)					Promising
192	Dynamic Deconstructive Psychotherapy			3.0-3.5		
193	EAAA (Enhanced Assess, Acknowledge, Act) Sexual Assault Resistance Education		Promising			
194	Early HeartSmarts Program for Preschool Children			2.4		
195	Early Literacy and Learning Model (ELLM)		Promising			
196	Early Pathways			Promising - Effective		
197	Early Risers <i>Skills for Success</i> Program			3.0-3.5	Promising	Promising

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198	Ecologically Based Family Therapy (EBFT) for Substance-Abusing Runaway Adolescents				Promising	Promising
199	ED-BNI + Buprenorphine for Opioid Dependence			Promising - Effective		
200	Effective Practices in Community Supervision (EPICS)					Promising
201	EFFEKT (formerly Orebro Prevention Program)		Promising		Promising	Promising
202	Eisenhower Quantum Opportunities		Promising		Effective	Effective
203	Electronic Monitoring (Florida)				Promising	Promising
204	Emergency Department Means Restriction Education			2.5-2.7		
205	Emergency Room Intervention for Adolescent Females			2.1-3.0		
206	EMPLOY (Minnesota)					Promising
207	Engaging Moms Program				Promising	Promising
208	Enough Snuff			2.7-3.1		
209	Equipping Youth to Help One Another (EQUIP)				Promising	Promising
210	Experience Corps				Promising	Promising
211	Eye Movement Desensitization and Reprocessing			3.0-3.2		Promising
212	Familias Unidas		Promising	3.8-3.9	Promising	Promising
213	Families and Schools Together (FAST)			3.7	Effective	Effective
214	Family Behavior Therapy			2.7-3.2		
215	Family Centered Treatment (FCT)			2.2		
216	Family Check-up (Toddler Version)		Promising	3.0-3.1	Promising	Promising
217	Family Expectations			3.7-3.8		
218	Family Foundations		Promising	3.6-3.7	Promising	Promising
219	Family Intervention for Suicide Prevention			3.1		
220	Family Matters			Promising-Effective	Effective	Effective
221	Family Solutions Program (FSP)				Promising	Promising
222	Family Spirit			2.7-3.4		
223	Family Support Network (FSN)			3.5-3.7		
224	Family Wellness: Survival Skills for Healthy Families			2.0		
225	Fast Track				Promising	Promising
226	FearFighter Cognitive Behavioral Therapy (CBT) Online			Ineffective-Promising		
227	Filial Family Therapy			Ineffective-Effective		
228	First Grade Classroom Prevention Project	Near Top Tier				
229	First Step to Success				Effective	Effective
230	Footprints for Life			2.5		
231	Forensic Assertive Community Treatment-San Jose			Promising		
232	Forever Free			2.8-3.2		Promising
233	Fostering Healthy Futures Program			Ineffective - Effective	Promising	Promising



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234	Fourth R: Skills for Youth Relationships			2.6-3.0	Promising	Promising
235	Fraction Face-off!		Promising			
236	Friends Care			Ineffective-Promising		
237	FRIENDS Program			2.7-2.8		
238	Front-End Diversion Initiative				Promising	Promising
239	Functional Adaptation Skills Training (FAST)			3.2-3.4		
240	Functional Family Therapy (FFT)		Model	3.2-3.4	Effective	Effective
241	Gang Reduction Program (Los Angeles, CA)				Promising	Promising
242	Gang Resistance Education and Training (G.R.E.A.T.)				Promising	Promising
243	Global Positioning System for High-Risk Gang Offenders (CA)					Promising
244	Good Behavior Game		Promising	3.1-3.2	Effective	Effective
245	Green Dot Intervention Program				Promising	Promising
246	Grief and Trauma Intervention (GTI) for Children			3.0-3.1		
247	Group Violence Reduction Strategy (New Orleans, LA)				Effective	Effective
248	Guam Adult Drug Court					Promising
249	Guiding Good Choices (Formerly Preparing for the Drug Free Years)		Promising	2.4-3.5	Effective	Effective
250	H&R Block College Financial Aid Application Assistance	Top Tier				
251	Hamilton County (Ohio) Ignition Interlock Device Program					Promising
252	Harlem (N.Y.) Children's Zone – Promise Academy Charter Middle School				Effective	Effective
253	Hawaii Opportunity Probation with Enforcement (HOPE)					Promising
254	Head Start REDI		Promising			
255	Healer Women Fighting Disease Integrated Substance Abuse and HIV Prevention Program for African American Women			2.5		
256	Healing Our Women (HOW)			3.0-3.5		
257	Healing Species Violence Intervention and Compassion Education Program			2.2-2.8		
258	Healthy Alternatives for Little Ones (HALO)			1.5		
259	Healthy Families America				Promising	Promising
260	Healthy Living Partnerships to Prevent Diabetes (HELP PD)	Near Top Tier				
261	Healthy Living Project for People with HIV			3.6-3.8		
262	Healthy Workplace			2.1-2.4		
263	HeartMath: Coherence Training in Children With ADHD			2.8-3.0		
264	Helping Women Recover and Beyond Trauma			2.3-2.5		

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265	High Point Drug Market Intervention					Effective
266	HighScope Preschool		Promising	3.1-3.8	Effective	Effective
267	Hip-Hop 2 Prevent Substance Abuse and HIV (H2P)			2.3-2.7		
268	HOMEBUILDERS			2.9-3.2	Effective	Effective
269	Honest, Open, Proud			Promising-Effective		
270	Hot Spots Policing (Lowell, MA)					Effective
271	HUD's HOPE VI Initiative (Milwaukee, WI)					Promising
272	I Can Problem Solve (ICPS)			2.5-2.6	Promising	Promising
273	I Feel Better Now! Program			2.6-2.8		
274	ICCD Clubhouse Model			1.6-2.5		
275	Idaho DUI Courts and Misdemeanor/DUI Courts					Promising
276	IMPACT (Improving Mood-Promoting Access to Collaborative Treatment)			3.7-3.8		
277	Incredible Years-Child Treatment		Promising	3.7	Effective	Effective
278	Incredible Years-Parent		Promising	3.6-3.7	Effective	Effective
279	Incredible Years-Teacher Classroom Management		Promising	3.6-3.7	Effective	Effective
280	Independence Youth Court				Promising	Promising
281	Indianapolis (IN) Directed Patrol					Promising
282	Indianapolis (IN) Family Group Conferencing Experiment				Promising	Promising
283	Indianapolis (IN) Violence Reduction Partnership (IVRP)					Promising
284	Indigent Defense for Homicide Cases (Philadelphia, PA)					Promising
285	Infant-Parent Psychotherapy				Promising	Promising
286	InnerChange Freedom Initiative (MN)					Promising
287	In-Prison Visitation (Florida)					Promising
288	InShape		Promising	2.4-2.7		
289	InsideOut Dad			1.9-2.4		
290	INSIGHTS into Children's Temperament			Ineffective-Effective	Effective	Effective
291	Integrated Group Therapy (IGT) for Co-occurring Bipolar and Substance Use Disorders			Ineffective-Promising		
292	Interactive Journaling			2.5		
293	Interim Methadone Maintenance			3.3-3.7		Promising
294	Internal Family Systems Therapy			Promising - Effective		
295	Interpersonal Psychotherapy for Depressed Adolescents (IPT-A)			3.9-4.0		
296	Intervention to Increase African-American and Latino Participation in AIDS Clinical Trials: The ACT2 Program			3.5		
297	It's Your Game...Keep It Real				Promising	Promising
298	Jackson County (Ore.) Community Family Court				Effective	Effective

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299	Jefferson County Community Partnership (Birmingham, AL)				Promising	Promising
300	Job Corps				Promising	Promising
301	Job-Loss Recovery Program			2.0-2.4		
302	JOBS Program			3.0-3.4		
303	Journey of Hope Coping with and Normalizing Emotions			Ineffective - Promising		
304	Joven Noble			2.5-2.6		
305	Juvenile Drug Courts With Contingency Management and Multisystemic Therapy				Promising	Promising
306	Juvenile Justice Assessment Planning Referral Placement (JARPP)				Promising	Promising
307	Kansas City (MO) Gun Experiment				Promising	Promising
308	Kansas City (MO) Police Department Street Narcotics Unit					Promising
309	Keep A Clear Mind			Effective		
310	KEEP SAFE (Middle School)		Promising		Promising	Promising
311	Keepin' it REAL (Refuse, Explain, Avoid, Leave)			1.7-2.7	Promising	Promising
312	Kids Club				Promising	Promising
313	Kids in Transition to School (KITS)			Ineffective - Promising	Promising	Promising
314	KiVa Antibullying Program		Promising		Promising	Promising
315	Kognito At-Risk for College Students			2.4-2.5		
316	Kognito At-Risk for High School Educators			2.8		
317	Kognito Family of Heroes			2.4-2.5		
318	Law Enforcement Assisted Diversion (LEAD) Program (Seattle, WA)					Promising
319	Lead & Seed			1.3-2.3		
320	Leadership Program's Violence Prevention Project (VPP)			3.4	Promising	Promising
321	LEADS: For Youth (Linking Education and Awareness of Depression and Suicide)			1.8		
322	Legacy for Children			2.9		
323	Lesson One			2.4		
324	Lethality Assessment Program (OK)					Promising
325	Life Goals Collaborative Care (LGCC)			3.1-3.7		
326	Lifelines Curriculum			2.9		
327	LifeSkills Training (LST)	Top Tier	Model Plus	3.9-4.0	Effective	Effective
328	Lifestyle Change Program					Promising
329	Linking the Interests of Families and Teachers (LIFT)				Effective	Effective
330	Lions Quest Skills for Action			Promising		
331	Lions Quest Skills for Adolescence			Ineffective-Promising		
332	Living in Balance			2.7-3.3		

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333	Living in the Face of Trauma (LIFT): An Intervention for Coping With HIV and Trauma			3.2-3.3		
334	Maine Juvenile Drug Treatment Court				Promising	Promising
335	Maintaining Independence and Sobriety through Systems Integration, Outreach, and Networking (MISSION)			Ineffective - Effective		
336	Maryland Ignition Interlock License Restriction		Model			Effective
337	Master Mind			Ineffective - Promising		
338	Matrix Model			Promising		
339	Media Aware			Promising		
340	Media Detective			2.4-2.7	Promising	Promising
341	Media Detective Family			Ineffective-Promising		
342	Media Literacy for Safe and Healthy Choices			Promising		
343	Media Ready			2.3-2.6	Promising	Promising
344	Mendota Juvenile Treatment Center			Promising	Promising	Promising
345	Mental Health Courts (Multisite)					Promising
346	Mental Health First Aid			2.3-3.3		
347	Mental Health Services Continuum Program (CA)					Promising
348	Methodist Home for Children's Value-Based Therapeutic Environment (VBTE) Model				Promising	Promising
349	Methadone Maintenance Treatment					Effective
350	Metropolitan Family Services (formerly Parenting Fundamentals)			3.0-3.3		
351	Michigan Model for Health			2.6-3.2	Promising	Promising
352	Milwaukee (Wis.) Homicide Review Commission (MHRC)					Effective
353	Mind-Body Bridging Sleep Program			Ineffective-Effective		
354	Mind-Body Bridging Substance Abuse Program (MBBSAP)			Ineffective-Effective		
355	Mindfulness-Based Cognitive Therapy (MBCT)			3.1-3.6		
356	Mindfulness-Based Stress Reduction (MBSR)			3.0-3.2		
357	Mindfulness-Based Substance Abuse Treatment (MBSAT) for Adolescents			Ineffective-Promising		
358	MindUp				Promising	Promising
359	Minneapolis Center for Victim-Offender Mediation				Promising	Promising
360	Minnesota Prison-based Chemical Dependency Treatment					Promising
361	Minnesota Prison-based Sex Offender Treatment Program					Promising
362	Mississippi Alcohol Safety Education Program (MASEP)			Promising		

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363	Model Adolescent Suicide Prevention Program (MASPP)			2.0		
364	Model Smoking Prevention Program				Promising	Promising
365	Modelo de Intervencion Psicomedica (MIP) (Psycho-Medical Intervention Model)			2.6-2.7		
366	ModerateDrinking.com and Moderation Management			3.0		
367	Modified Therapeutic Community for Offenders with Mental Illness and Chemical Abuse (MICA) Disorders					Promising
368	Modified Therapeutic Community for Persons with CoOccurring Disorders			2.4-3.0		
369	Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)			Promising-Effective		
370	Moment Program			Promising		
371	MoodGYM			3.4		
372	Moral Reconciliation Therapy			1.9-2.2		
373	Mothers and Babies Course			Ineffective - Promising		
374	Motivational Enhancement Therapy			2.6-3.5		
375	Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Adolescent Cannabis Users and Other Substance Users (MET/CBT)			3.1-3.7		
376	Motivational Interviewing			3.5-4.0		
377	Movimiento Ascendencia (Pueblo, CO)				Promising	Promising
378	Moving On (Minnesota)					Promising
379	Multidimensional Family Therapy (MDFT)			2.9-3.8	Effective	Effective
380	Multi-Family Psychoeducational Psychotherapy (MF-PEP)			2.0-3.6		
381	Multi-site Adult Drug Court Evaluation (MADCE)					Promising
382	Multisystemic Therapy (MST)		Model Plus	2.9-3.3	Effective	Effective
383	Multisystemic Therapy for Child Abuse and Neglect (MST-CAN)				Promising	Promising
384	Multisystemic Therapy-Family Integrated Transitions (MST-FIT)				Promising	Promising
385	Multisystemic Therapy with Psychiatric Supports (MST-Psychiatric)			3.0-3.5	Promising	Promising
386	Multisystemic Therapy - Substance Abuse				Effective	Effective
387	Multisystemic Therapy for Youth With Problem Sexual Behaviors (MST-PSB)		Model	3.6-3.9	Promising	Promising

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388	Multnomah County (Ore.) Sanction Treatment Opportunity Progress (STOP) Drug Diversion Program					Effective
389	MyStudentBody.com			1.7-2.1		
390	Naltrexone for Federal Probationers					Promising
391	Narrative Exposure Therapy					Promising
392	Narrative Exposure Therapy for Traumatized Children and Adolescents (KidNET)				Promising	Promising
393	Nashville (TN) Drug Market Intervention					Promising
394	National Alliance on Mental Illness (NAMI) Family-to-Family Education Program			2.1-3.3		
395	NAVIGATE for First Episode Psychosis			Promising		
396	Network Support Treatment (NST) for Alcohol Dependence			3.2		
397	Network Therapy			1.3-2.1		
398	Nevada's Reemployment and Eligibility Assessment Program	Near Top Tier				
399	New Beginnings Program		Model	Ineffective-Promising		
400	New Jersey Adult Diagnostic Treatment Center					Promising
401	New Jersey Community Resource Centers					Promising
402	New Jersey Halfway Back Program					Promising
403	New Moves			2.9-3.4		
404	New York City's Small Schools of Choice	Near Top Tier				
405	New York University Caregiver Intervention			3.4-3.7		
406	NICHD Investigative Interview Protocol				Promising	Promising
407	Not On Tobacco (N-O-T)			3.5-3.6		
408	Nuffield Early Language Intervention		Promising			
409	Number Rockets		Promising			
410	Nurse-Family Partnership	Top Tier	Model	3.2-3.5	Effective	Effective
411	Nurturing Parenting Program			2.9-3.2		
412	Nutritional Supplements for Young Adult Prisoners					Promising
413	Offender Reentry Community Safety Program					Promising
414	Olweus Bullying Prevention Program (BPP)		Promising			
415	Open Circle Curriculum			2.0-2.7		
416	Open Court Reading		Promising			
417	Open Dialogue			Promising		
418	Operation Burglary Countdown					Promising
419	Operation Ceasefire: Hollenbeck Initiative				Promising	Promising
420	Operation Cul-de-Sac					Effective

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421	Operation Hardcore (Los Angeles, CA)				Promising	Promising
422	Operation New Hope				Promising	Promising
423	Operation Peacekeeper				Effective	Effective
424	Operation Safe Streets (Philadelphia, PA)					Promising
425	OQ - Analyst			3.3		
426	Oregon Drug Courts					Promising
427	Ottawa County (MI) Sobriety Court Program					Promising
428	Oxford House Model			2.3-2.4		
429	PALS: Prevention through Alternative Learning Styles			2.4		
430	Panic Control Treatment (PCT)			2.5-2.9		
431	Parent Child Interaction Therapy (PCIT)		Promising	3.1-3.9	Effective	Effective
432	Parent Connectors			Ineffective - Promising		
433	Parent Management Training - Oregon Model (PMTO)	Near Top Tier	Model	3.4-3.8		
434	ParentCorps			3.2-3.6		
435	Parenting From Prison			Promising - Effective		
436	Parenting Inside Out			2.6-3.3		
437	Parenting Wisely			2.7-2.8		
438	Parenting With Love and Limits			Promising	Promising	Promising
439	Parents as Teachers			3.0-3.4		
440	Partners for Change Outcome Management System (PCOMS): International Center for Clinical Excellence			3.0-3.1		
441	Partners for Change Outcome Management System (PCOMS): The Heart and Soul of Change Project			3.0-3.1		
442	Partners in Care			3.4-3.6		
443	Partners in Parenting			Promising		
444	Partners with Families & Children: Spokane			Ineffective-Effective		
445	Pathways Housing First Program			2.4-3.7		
446	PAX Good Behavior Game (PAX GBG)			3.3-3.5		
447	PeaceBuilders			3.0-3.2	Promising	Promising
448	Peaceful Alternatives to Tough Situations (PATS)			Promising		
449	Peacemaking Skills for Little Kids/ Creating Caring Children (PeaceWorks)			Promising		
450	Peer Assistance and Leadership (PAL)			2.0-2.3		
451	Peer Assisted Learning Strategies (PALS)		Promising			
452	Peers Making Peace			1.5-2.0	Promising	Promising
453	Penn Resilience Training for College Students			3.3-3.5		
454	Personalized Nursing LIGHT Model			Ineffective-Promising		
455	Philadelphia Foot Patrol					Effective

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456	Philadelphia (PA) Low-Intensity Community Supervision Experiment					Promising
457	Phoenix House Academy			3.3		
458	Phoenix (AZ) Repeat Offender Program					Promising
459	Planet Health		Promising			
460	Point Break			2.1-2.4		
461	Portland (OR) Burglary Prevention Project					Effective
462	Positive Action		Model	2.2-2.8	Effective	Effective
463	Positive Action Pre-K Program			1.6		
464	Positive Family Support-Family Check- Up (formerly Adolescent Transitions Program)		Promising	3.0-3.5	Effective	Effective
465	Postsecondary Correctional Education (New Mexico)					Promising
466	Pre-K RECAP				Promising	Promising
467	Preschool PTSD Treatment (PPT)			2.8		
468	Preventing Parolee Crime Program (PPCP)					Promising
469	Prevention & Relationship Enhancement Program			1.8-2.6		
470	Primary Project (Formerly the Primary Mental Health Project)			Ineffective- Effective		
471	PRIME for Life			3.2-3.3		
472	Prison Industry Enhancement Certificate Program					Promising
473	Prison-Initiated Methadone Maintenance Treatment					Promising
474	Prize-Based Incentives Contingency Management for Substance Abuse			3.6-3.9		Effective
475	Problem-Oriented Policing in Violent Crime Places (Jersey City, NJ)					Promising
476	Problem Solving Therapy			Ineffective- Effective		
477	Project ACHIEVE			2.1-2.9		
478	Project ALERT			Ineffective- Promising		
479	Project ASSERT			3.2-3.8		
480	Project BUILD				Effective	Effective
481	Project EX			3.0-3.3	Promising	Promising
482	Project KIND			1.5		
483	Project Link				Promising	Promising
484	Project MAGIC (Making a Group and Individual Commitment)			2.2-2.6		
485	Project Northland		Promising	2.9-3.4	Promising	Promising
486	Project Safe Neighborhoods (Chicago)					Promising
487	Project Safe Neighborhoods (National Evaluation)					Promising
488	Project SUCCESS			3.2		
489	Project Support				Promising	Promising



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490	Project TALC (Teens and Adults Learning to Communicate)			2.2-3.2		
491	Project Toward No Drug Abuse (Project TND)		Model	2.9-3.4	Promising	Promising
492	Project Towards No Tobacco Use (TNT)			3.3-3.4	Promising	Promising
493	Project Venture			Ineffective-Promising	Promising	Promising
494	Prolonged Exposure Therapy			2.9-3.7	Effective	Effective
495	Promise Academy Charter Middle School	Near Top Tier				
496	Promoting Alternative Thinking Strategies (PATHS)		Model	2.5-3.2	Effective	Effective
497	Promoting Health Among Teens-12 Hour Comprehensive Intervention		Promising			
498	Promoting Health Among Teens-Abstinence-Only Intervention		Promising			
499	PROSPER (Promoting School-community-university Partnerships to Enhance Resilience)	Near Top Tier	Promising		Promising	Promising
500	Protecting You/Protecting Me			2.8-3.3		
501	Psychiatric Rehabilitation Process Model			3.0-3.4		
502	Psychoeducational Multifamily Group Treatment			Ineffective-Effective		
503	QPR Gatekeeper Training for Suicide Prevention			2.5-2.9		
504	Quick Reads		Promising			
505	Raising Healthy Children		Promising		Promising	Promising
506	Reading for Life				Promising	Promising
507	Reading Recovery		Promising			
508	Real Life Heroes			2.6-2.7		
509	Reality Tour			2.0		
510	Reconnecting Youth			3.2-3.3		
511	Recovery Training and Self-Help			1.7-1.9		
512	Red Cliff Wellness School Curriculum			2.4		
513	Red Hook Community Justice Center: Criminal Court for Adults					Promising
514	Reduced Probation Caseload in Evidence-Based Setting (Iowa, Oklahoma City)					Effective
515	Refuse, Remove, Reasons High School Education Program			2.1		
516	Reinforcement-Based Therapeutic Workplace			2.3-3.5		
517	Reinforcement-Based Treatment			Ineffective-Effective		
518	Relapse-Prevention Cognitive-Behavioral Therapy			Ineffective-Promising		
519	Relapse Prevention Therapy (RPT)			2.4-3.5		
520	Relationship Smarts PLUS (RS+)			2.7-2.8		
521	Relationship-Based Care			2.2		

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522	Residential Student Assistance Program			3.0	Promising	Promising
523	Resolving Conflict Creatively Program			2.8-2.9	Promising	Promising
524	Resources for Enhancing Alzheimer's Caregiver Health II (REACH II)			3.8-4.0		
525	Responding in Peaceful and Positive Ways (RiPP)			Ineffective-Promising	Promising	Promising
526	RESTORE			Effective		
527	Reward & Reminder			3.2-3.3		
528	Richmond (CA) Comprehensive Homicide Initiative				Promising	Promising
529	Ripple Effects Whole Spectrum Intervention System (Ripple Effects)			3.3-3.4		
530	Rock in Prevention, Rock PLUS			2.8-2.9		
531	Rockford Pulling Levers Drug Market Intervention					Promising
532	RULER - Yale Center for Emotional Intelligence			Ineffective-Promising		
533	Safe & Civil Schools Positive Behavioral Interventions and Supports Model			2.0-3.6		
534	Safe Dates		Promising	Promising	Effective	Effective
535	Safe School Ambassadors			1.8-2.0		
536	Safe Street Teams (Boston, MA)					Promising
537	SafeCare			Promising		
538	Safer California Universities Study			Promising		
539	San Diego (Calif.) Drug Abatement Response Team (DART)					Effective
540	San Francisco (CA) Behavioral Health Court			Promising		Promising
541	San Juan County (NM) DWI First Offenders Program					Promising
542	SANKOFA Youth Violence Prevention Program			2.0-2.3		
543	Say It Straight (SIS)			2.6-3.5		
544	School Transitional Environmental Program (STEP)				Promising	Promising
545	School-Connect: Optimizing the High School Experience			Promising		
546	School-wide Positive Behavioral Interventions and Supports (SWPBIS)				Effective	Effective
547	Schools and Families Educating Children (SAFE Children)			3.6		
548	Second Step			Promising	Effective	Effective
549	Seeking Safety			2.1-2.3		Promising
550	Self-Help in Eliminating Life-Threatening Diseases (SHIELD)			3.0-3.1		
551	Sensory Motor Arousal Regulation Treatment			Ineffective-Promising		
552	Service Outreach and Recovery (SOAR)			2.3-2.5		
553	The Seven Challenges			2.3-2.8		

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554	Sexual Abuse: Family Education and Treatment Program (SAFE-T)				Promising	Promising
555	SHADE Computer-Delivered Treatment			Promising		
556	Shifting Boundaries				Promising	Promising
557	Short Term Acute Residential Treatment (START)			Ineffective-Promising		
558	Short-Term Interpretive Group Therapy for Complicated Grief			2.5-3.3		
559	SITCAP-ART			2.3-2.5		
560	Six Core Strategies To Prevent Conflict and Violence: Reducing the Use of Seclusion and Restraint			2.4-3.5		
561	Skills Training in Affective and Interpersonal Regulation for Adolescents (STAIR-A)			Ineffective-Promising		
562	SMART Leaders (Booster-program for Boys and Girls Clubs of America's Stay SMART & SMART Moves)				Promising	Promising
563	SMARTeam (Students Managing Anger and Resolution Together)			Promising		
564	SNAP Girls				Promising	Promising
565	SNAP Under 12 Outreach Project				Effective	Effective
566	Sobriety Treatment and Recovery Teams (START)			Ineffective-Promising		
567	Social Decision Making/Problem Solving Program				Promising	Promising
568	Social Skills Group Intervention (S.S.GRIN) 3-5			2.8-3.0		
569	Social Skills Group Intervention--High Functioning Autism (S.S.GRIN-HFA)			3.0		
570	SODAS City			3.1		
571	Solution-Focused Group Therapy			2.0		
572	SOS: Signs of Suicide Program			Ineffective-Promising		
573	Sources of Strength			2.8-3.1		Promising
574	South Dakota's 24/7 Sobriety Project					Promising
575	Special Needs Diversionary Program				Promising	Promising
576	Specialized Multi Agency Response Team (SMART)					Effective
577	Spit Tobacco Intervention for High School Athletes				Promising	Promising
578	SPORT Prevention Plus Wellness		Promising	2.8-3.0		
579	SRA Early Interventions in Reading		Promising			
580	Stacked Deck: A Program To Prevent Problem Gambling			2.4-2.7		
581	Staff Training Aimed at Reducing Rearrest (STARR)					Promising
582	Start Taking Alcohol Risks Seriously (STARS) for Families			2.9-3.3		

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583	Stay on Track			2.4-2.5		
584	Staying Connected with Your Teen				Promising	Promising
585	Staying Free	Top Tier				
586	STEP UP (Strategies and Tools Embrace Prevention with Upstream Programs)			Effective		
587	STEPS Comprehensive Alcohol Screening and Brief Intervention			2.5-2.7		
588	Steps to Respect		Promising	2.9-3.0	Effective	Effective
589	Stewards of Children				Promising	Promising
590	Stop School Bullying (Greece)				Effective	Effective
591	Story Talk		Promising			
592	Storytelling for Empowerment			3.1-3.4		
593	Strategic Training Initiative in Community Supervision (STICS)					Promising
594	Strengthening Families Program			3.1	Effective	Effective
595	Strengthening Families Program for Parents and Youth 10-14		Promising	2.8-3.3	Effective	Effective
596	Strong African American Families (SAAF) Program		Promising	3.6-3.8	Effective	Effective
597	Structured Decision Making (SDM)				Promising	Promising
598	Student Success Skills			Promising-Effective		
599	Students Leading Students			Promising		
600	Students Taking A Right Stand (STARS) Nashville Student Assistance Program			2.6		
601	Success for All	Top Tier	Promising		Effective	Effective
602	Success for Kids				Promising	Promising
603	Support for Students Exposed to Trauma (SSET)			Promising		
604	Supportive-Expressive Psychotherapy			2.7-3.0		
605	Surviving Cancer Competently Intervention Program			Ineffective-Promising		
606	Syracuse Family Development Research Program				Promising	Promising
607	Systematic Training for Effective Parenting (STEP)			2.1-3.2		
608	Systems Training for Emotional Predictability and Problem Solving (STEPPS)			2.1-2.7		
609	Taking Charge				Promising	Promising
610	Targeted Gun Law Messaging					Promising
611	Targeted Reading Intervention		Promising			
612	TCU (Texas Christian University) Mapping-Enhanced Counseling			2.8-3.1		Promising
613	Teacher Performance Pay in India	Near Top Tier				
614	Teacher-Child Interaction Training			Ineffective-Promising		
615	Teaching Family Model			Promising		
616	Teaching Kids to Cope (TKC)		Promising	3.7		
617	Teaching Students to be Peacemakers			3.3-3.7	Promising	Promising

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618	Team Awareness			2.4-3.4		
619	Team Resilience			2.3-2.8		
620	Team Solutions (TS) and Solutions for Wellness (SFW)			2.3-3.0		
621	Teams-Games-Tournaments Alcohol Prevention				Effective	Effective
622	Teen Intervene			3.3-3.4		
623	Teen Marijuana Check-Up			Promising		
624	Telemedicine-Based Collaborative Care			3.2-3.6		
625	Telephone Monitoring and Adaptive Counseling (TMAC)			3.3-3.4		
626	TestEdge Program			2.9-3.0		
627	The 4 Rs and 2 Ss for Strengthening Families			Promising - Effective		
628	The 4Rs (Reading, Writing, Respect & Resolution)			3.0-3.3		
629	The Abuse Assessment				Promising	Promising
630	The Brief Negotiation Interview for Harmful and Hazardous Drinkers			3.5-3.9		
631	The CHARACTERplus Way			2.1-2.9		
632	The Hero Project: Cultural/Adventure Rites of Passage			3.1-3.7		
633	The Narconon® Truth About Drugs Video Program			Promising		
634	The Newborn Behavioral Observations			Promising		
635	The PreVenture Programme: Personality-Targeted Interventions for Adolescent Substance Misuse			2.4-2.8		
636	The Research-Based Developmentally Informed Parent Program (REDI-P)			Promising		
637	The RULER Approach				Promising	Promising
638	The Urban Debate League for High School Students				Promising	Promising
639	The Women's Program				Promising	Promising
640	Theater Troupe/Peer Education Project			2.2		
641	Theraplay			Promising-Effective		
642	Thinking for a Change					Promising
643	Thought Field Therapy for the Treatment of Post-Traumatic Stress Symptoms			Promising-Effective		
644	Too Good For Drugs			2.8-2.9	Promising	Promising
645	Too Good For Violence			2.9	Promising	Promising
646	Tools for Getting Along: Teaching Students to Problem Solve			2.9-3.5		
647	Training for Intervention Procedures (TIPS) for the University			3.2		

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648	Transtheoretical Model (TTM)-Based Stress Management Program			2.9-3.5		
649	Trauma Affect Regulation: Guide for Education and Therapy (TARGET)			2.8-3.3	Effective	Effective
650	Trauma Focused Coping (Multimodality Trauma Treatment)			2.9-3.0		
651	Trauma Recovery and Empowerment Model (TREM)			Promising		
652	Trauma Sensitive Yoga			Ineffective-Promising		
653	Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)			Promising-Effective	Effective	Effective
654	Traumatic Incident Reduction			2.6-2.8		
655	Treatment Foster Care Oregon (formerly Multidimensional Treatment Foster Care)	Top Tier	Model	2.8-3.1	Effective	Effective
656	Triple P--Positive Parenting Program			2.9-3.0		
657	Triple P System	Near Top Tier	Promising		Effective	Effective
658	Truth Campaign				Promising	Promising
659	Tulsa (OK) Family Drug Court				Effective	Effective
660	Twelve Step Facilitation Therapy			3.4-3.7		
661	Two Families Now: Effective Parenting Through Separation and Divorce			1.8-2.3		
662	unique YOU (formerly I'm Special)			2.5-2.6		
663	United States Air Force Suicide Prevention Program			2.8		
664	Utah Juvenile Drug Courts				Promising	Promising
665	Victim Offender Restitution Services			2.4		
666	Virginia Student Threat Assessment Guidelines			2.5-3.1		
667	Virtual Reality Job Interview Training			Promising		
668	Washington State's Residential Drug Offender Sentencing Alternative				Promising	Promising
669	Wellness Outreach at Work			2.8-3.3		
670	Wellness Recovery Action Plan (WRAP)			3.3-3.9		
671	WITS Primary Program				Promising	Promising
672	A Woman's Path to Recovery			1.8-2.6		
673	Women's Health CoOp (Pretoria, South Africa)				Promising	Promising
674	Wyman's Teen Outreach		Promising	2.2-2.3	Promising	Promising
675	YES! For Schools			Promising		
676	Youth Partners in Care--Depression Treatment Quality Improvement (YPIC/DTQI)			3.3-3.4		
677	Youth Villages YVLifeset		Promising			
678	Zippy's Friends			2.3-2.8		

# Matrix of Programs

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679	<b>References and Resources</b>					
680	<b>Coalition for Evidence-Based Policy</b> <b>Ratings System:</b> Top Tier, Near Top Tier <a href="http://www.toptierevidence.org">www.toptierevidence.org</a>					
681	<b>Blueprints for Healthy Youth Development</b> <b>Ratings System:</b> Model Plus Programs, Model Programs, Promising Programs <a href="http://www.blueprintsprograms.com">www.blueprintsprograms.com</a>					
682	<b>NREPP-SAMHSA</b> <b>Ratings System:</b> For each outcome: Effective, Promising, Ineffective, Inconclusive. 0-4 for programs reviewed prior to November 23, 2015. <a href="http://www.nrepp.samhsa.gov">www.nrepp.samhsa.gov</a>					
683	<b>OJJDP Model Programs Guide</b> <b>Ratings System:</b> Effective, Promising, No Effects <a href="http://www.ojjdp.gov/mpg">www.ojjdp.gov/mpg</a>					
684	<b>Office of Justice Programs</b> <b>Ratings System:</b> Effective, Promising, No Effects <a href="http://www.crimesolutions.gov">www.crimesolutions.gov</a>					