



# Is CAST For You? Check it Out!

A Guide for Exploring the CAST Web site

**c a s t**

*Road Map for Teen Groups*

*If you are interested in learning more about Coping and Support Training (CAST), use this checklist to guide your exploration of the CAST Web site.*

- A high school-based prevention program (selected or indicated):** Go to [Getting Started—For CAST Coordinators](#) and then click on [Identification & Recruitment](#).
- The intended students:** Go to [Getting Started—For CAST Coordinators](#) and then click on [Identification & Recruitment](#) to download the [CAST Selection and Recruitment Model](#) worksheet.
  - potential high school dropouts who may evidence risk factors for depression and suicide
- CAST prevention model:** Go to [Getting Started—For CAST Administrators](#) and then download the [Stakeholder Brochure](#).
  - Life skills training combined with CAST Leader and peer group support
  - Students gain enhanced personal competencies and social support resources
  - Expected program outcomes: Improved Mood Management, School Performance and Drug Use Control
- CAST Curriculum overview:** Go to [Getting Started—For CAST Administrators](#) and then download the [CAST Fact Sheet](#). Also look in [What Is CAST?](#) and then click on [Program Overview](#) and then [Program Features](#).
  - Twelve sessions focused on helping teens improve their moods, increase their drug use control and reduce stress related to school performance.
  - Structure and organization of program
- Previous to CAST beginning:**
  - Establishing community partners: Go to [Getting Started—For CAST Coordinators](#) and then [Creating a Team](#).
  - Identifying and recruiting personnel: Go to [Getting Started—For CAST Administrators](#) and then [Selecting Your Coordinator](#) and [Selecting Your Leader](#).
  - Training: Go to [CAST Training](#).
  - Identifying and recruiting students: Go to [Implementing CAST](#) and then [For CAST Coordinators](#) to download the [CAST Invitation Protocol](#) and the [Sample CAST Recruitment Brochure](#).
- Research evidence on program efficacy and demonstrated successes from NIH-funded studies:** Go to [What Is CAST?](#) and then [A Science-Based Program](#) to see [CAST Publications and Studies](#).
- Endorsements:** from Substance Abuse & Mental Health Services Administration <http://modelprograms.samhsa.gov> and the American Foundation for Suicide Prevention and suicide Prevention Resource Center at <http://www.sprc.org/whatweoffer/ebp.asp>

*If you think you might want to be a CAST Leader or CAST Coordinator at your school, be sure to click on the visit CAST Training and then click on Leader Training or Coordinator Advanced Training!*

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