

Kernel's in Adventure



Research & Evaluation in Adventure
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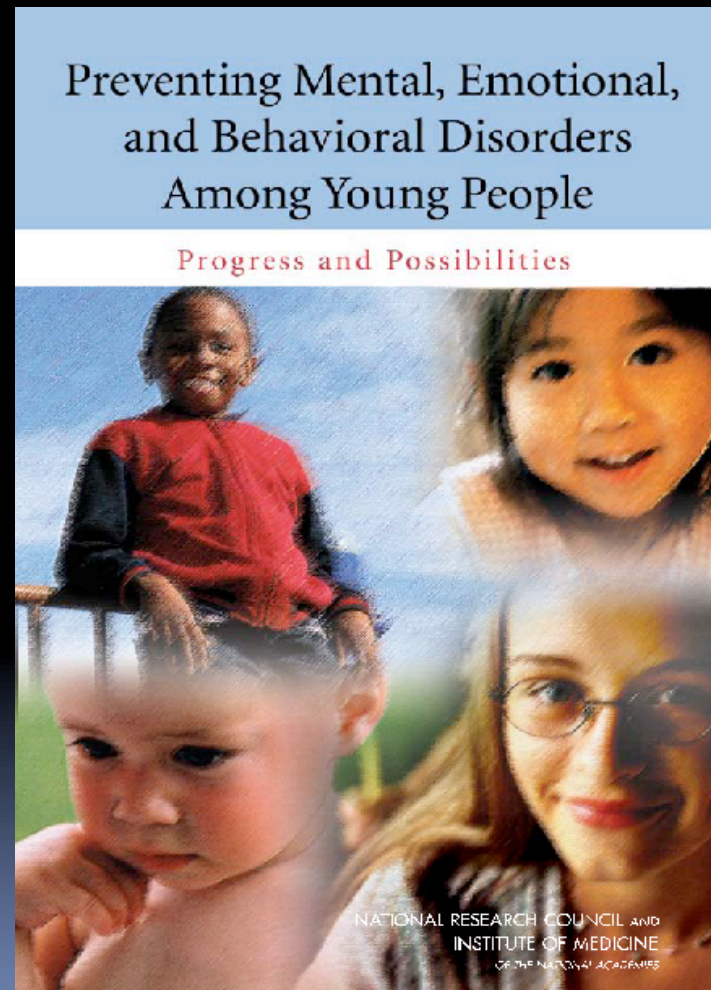
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Why should you care?

The Contribution of Prevention Science

The scientific foundation has been created for the nation to begin to create a society in which young people arrive at adulthood with the skills, interests, assets, and health habits needed to live healthy, happy, and productive lives in caring relationships with others.

THE NATIONAL ACADEMIES
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Why should you care?

Disorders are common and costly

- Around one in five young people (14-20%) have a current disorder
- Estimated \$247 billion in annual costs
 - Costs to multiple sectors – education, justice, health care, social welfare
 - Doesn't account for enormous personal and family costs—insufficient data

Why should you care?

Preventive Opportunities Early In Life

- Early onset (75% of adult disorders had onset by age 24; half by age 14)
- First symptoms occur two to four years prior to diagnosable disorder
- Problems co-occur
- We can avoid the costs of treatment and incarceration.

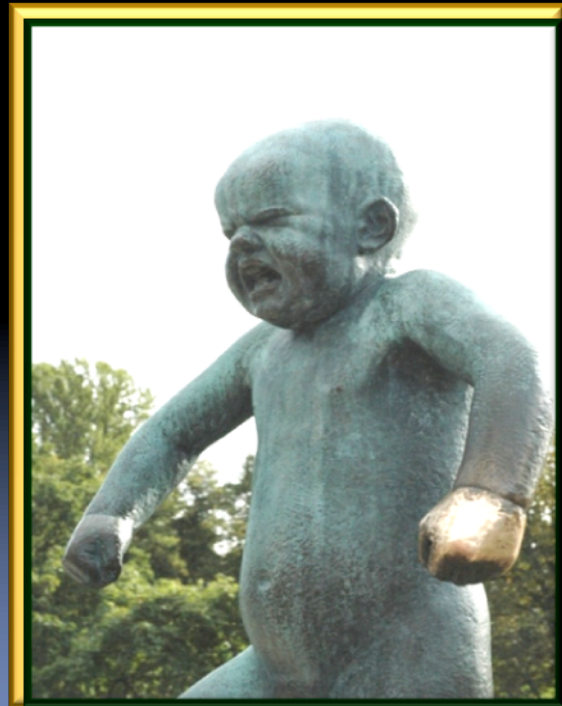
Why should you care?

Common Risk Factors in Multiple Problems

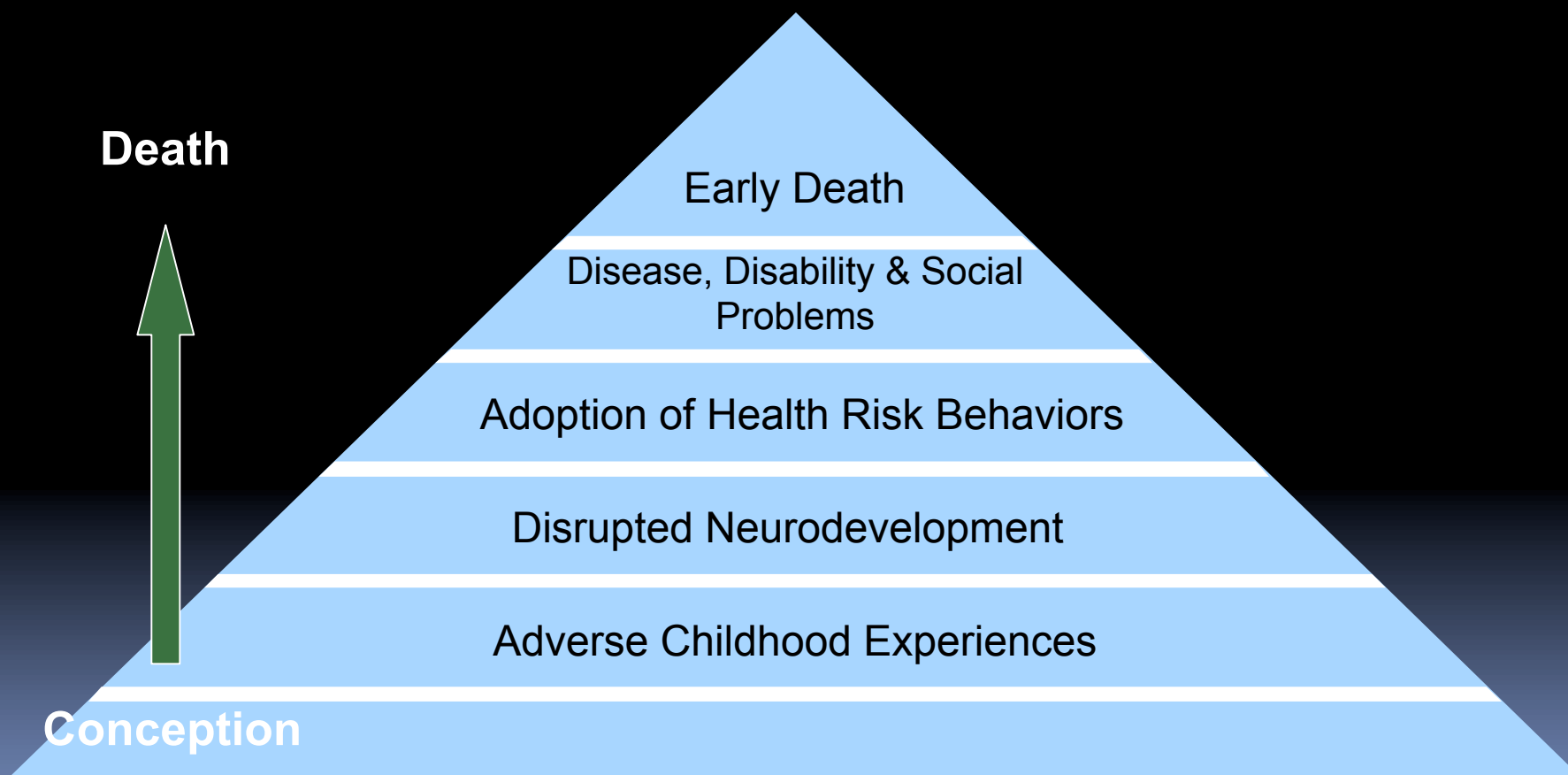
- Poverty
- Coercive processes in families
- Lack of self-regulation
- Aggressive social behavior

Why should you care? The Critical Role of Self Regulation

- Children who do not develop the capacity to inhibit impulsive behavior, to plan, and to regulate their emotion are at high risk for behavioral and emotional difficulties.



Why should you care? Adverse Childhood Experience Study



<http://www.acestudy.org/index.html>

Planting prevention kernels everywhere

- There are over 50, low-cost evidenced-based kernels
- Developed by Dennis Embry & Anthony Biglan



This research concept would provide a controlled study in the field of AT. This project could begin to demonstrate the increased effect of AT over general group work with adolescents and children.

