



# IMPACT SUMMARY

## Phase II

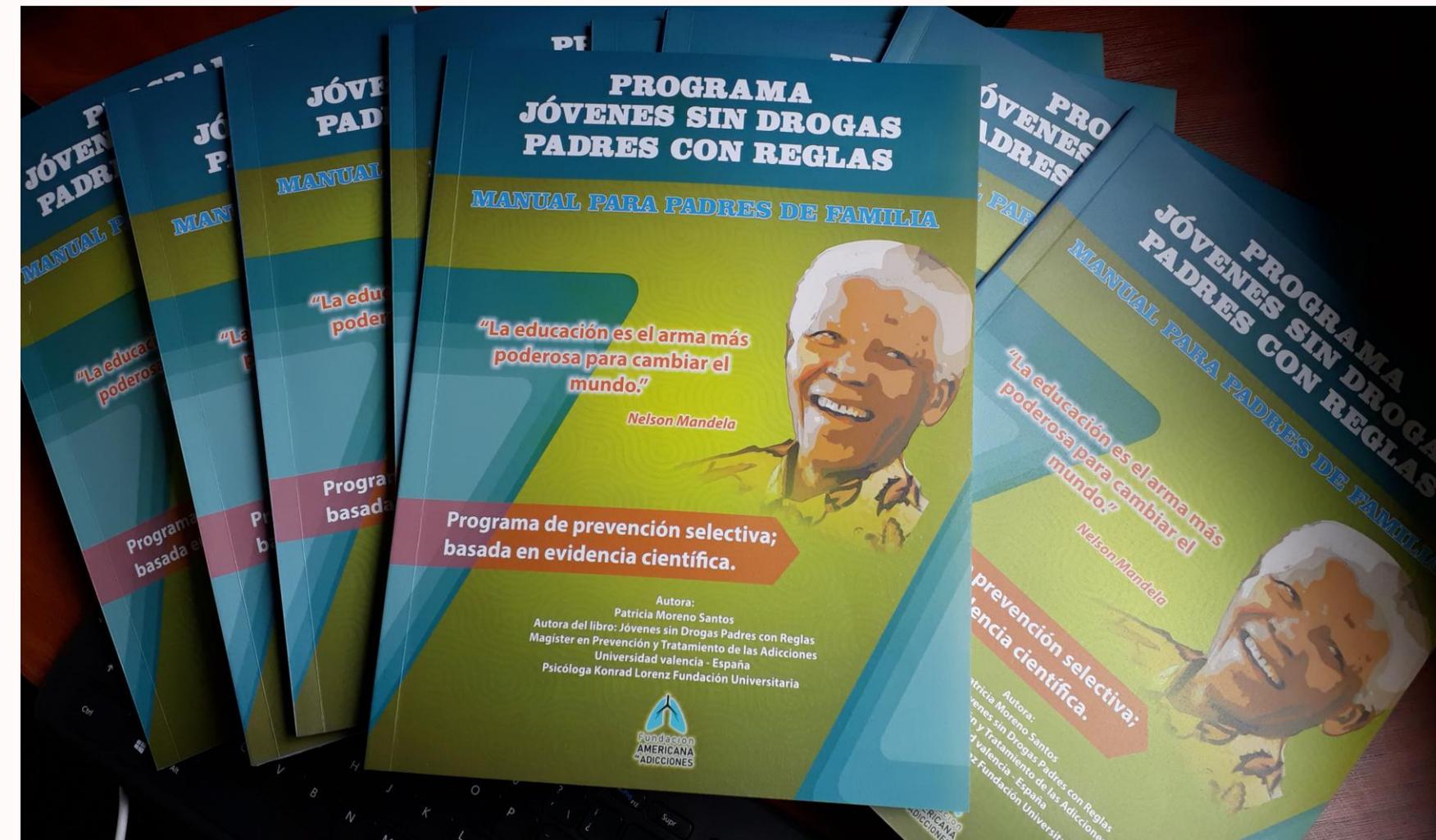
Emotional Shielding and Strengthening of Volitional Processes.

Phase II: Selective Prevention and Evidence-Based Deep Intervention.



# Drug-Free Youth, Parents with Rules

Drug-Free Youth, Parents with Rules, is an evidence-based prevention program that strengthens psychological resilience, emotional regulation, and the development of adaptive personality skills in children and adolescents through structured training of parents, caregivers, and educators (Phase I and Phase II). The program integrates principles from developmental psychology, attachment theory, and the cognitive-behavioral model, and was implemented at the request of governmental entities in Colombia.



# 1. STRATEGIC CONTEXT



Following the success of Phase I, the 2022 intervention moved beyond awareness toward transformation. This phase focused on strengthening character, emotional intelligence, and volitional capacity.

The objective was to create an internal “shield” that would enable adolescents to say NO, even under intense peer pressure.

# 2. POPULATION AND SCOPE

## Quantitative Metrics



### Direct Beneficiaries:

325 new families, plus follow-up with Phase I youth leaders.

### Record Retention Rate:

93% program completion, demonstrating strong engagement and commitment.

### Geographic Reach:

Expansion to rural areas of Carmen, Transito Miña and Ticha, overcoming access barriers.

### Advanced Sessions:

20 high-impact psychological intervention sessions.



# 3. HIGH-COMPLEXITY PILLARS (2022 Differentiators)

1

## Strengthening Volitional Processes

The program directly targeted self-control and decision-making capacity. Rather than relying on prohibition, adolescents developed a strong internal will aligned with their personal goals.

2

## Resilience and Frustration Management

Recognizing that many adolescents turn to substances to escape emotional distress, the program taught minors and parents advanced emotional regulation techniques to manage stress without chemical avoidance.

3

## Assertive Communication and Emotional Bonding

The traditional “policing parent” model was replaced with a “guiding parent” approach. Fathers—traditionally emotionally reserved in rural contexts—were trained to express affection as a protective factor, significantly reducing addiction risk.



## 4. INNOVATIVE IMPACT (Phase II Outcomes)

- Youth\_Empowerment:**  
Adolescents demonstrated increased assertiveness in experiential workshops, successfully rejecting offers of marihuana and alcohol.
- Family System Transformation:**  
95% of parents reported implementing clear, respectful household rules based on mutual respect rather than fear.
- Institutional Validation:**  
Municipal authorities and school leadership (IED El Carmen and Nuestra Señora del Tránsito) formally recognized this model as the most effective prevention strategy in the municipality's history due to its scientific rigor.



# ➔ IMPACT LEVEL



High-impact, evidence-based, and scalable selective prevention model.