



Reality Tour® is a parent/child evidence-based (NREPP) prevention program, replicated in the US and Canada under the guidance of the nonprofit CANDLE, Inc. with offices at 100 Brugh Ave., Butler, PA Ph: 724-679-1788 www.RealityTour.org
Email:NormaNorris@candleinc.org

CANDLE, Inc. is currently seeking a university partner to conduct a control study. Study design developed with the aid of federal researchers via Service to Science grant.

Reality Tour® Outcomes

Slippery Rock University Campaigns Course 90 Day Follow-Up Reality Tour Participants Spring 2015

2015 Participants (25): motivated families surveyed after attending Reality Tour voluntarily.

Parent Results

94% reference with frequency something learned at Reality Tour in talks with their child
100% said Reality Tour showed that all families are at risk
98% stated it was important to attend the program with their child
75% indicated they had followed instructions from Reality Tour to develop a family code word
97% are striving to have 5 sit-down meals weekly as recommended at Reality Tour
81% stated Reality Tour was one of the most important programs they ever attended
93% shared with others what they learned at Reality Tour
96% stated it was important that Reality Tour continue to reach families in the community
96% would consider attending a follow-up program on how the teen brain develops

Youth Results

Median age 12

91% think about the dangers of drugs/alcohol on a continuing basis (27% daily, 64% weekly)
100% talked about what they learned at Reality Tour with peers
100% will remember their Reality Tour experience (91% saying they will never forget it)
82% worked with parents to choose an emergency code word, as suggested at Reality Tour
100% have recommended Reality Tour to their friends
91% indicate increased discussion at home regarding drugs/alcohol after Reality Tour
91% reported Reality Tour made it easier to talk about drugs/alcohol with their parent/guardian
100% reported Reality Tour made it easier to say no to drugs and alcohol
55% could recall the 'See beyond the next 10 minutes' phrase from Reality Tour



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6th Grade Orientation Pre-Reality Tour Parent Survey May 27, 2015 - Hempfield Middle Schools

Total surveys collected: **122**

- 82% Parents agreed to attend Reality Tour and signed up that night (293 persons were registered for Reality Tour that evening [parents w/children])
- 80% of Parents enrolled in our Home Drug Testing Program
- 19% of parents stored their Rx meds in a secure place
- 84% of parents have never attended a drug prevention program with their child
- 16% Can't remember last time they talked with their child on this topic. *Uniquely no one checked off that their 'child is too young' to attend Reality Tour!*
- 53% Parents rated themselves as "fair" in their knowledge about current drug trends

When asked what length of prevention program they would most likely attend, 1 time program or 6 week program, only 1 parent answered they would attend both.

Parent comments added for the School District:

- When is this going to become mandatory and not just voluntary?
- Incredible program. We should drug test in high school (athletic programs)
- Thanks! (lots of these)
- Thank you for the attention on this matter. More education for both parents and students is critical.
- I think prevention is a great idea



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Reality Tour®: Pre/Post/90 Day Follow-up 2010 Survey conducted by Slippery Rock University students

2010 Participants (25): motivated families surveyed 90 days after attending Reality Tour

Parent Results

Parents Post Test on impact of Reality Tour:

100% said it was not a repeat of what they already knew 100% of parents and youth attending would recommend 100% felt it was age appropriate

100% agree with the parental monitoring taught 70% said RT provided info they hadn't heard of 60% did not know of the prevalence of drugs in the community before Reality Tour 90% said it provided them with info essential to have dialogue with their child

90% said it made them feel closer to their child

80 % felt 6th grade was the perfect grade to introduce Reality Tour

Parents Follow-Up: 90 Days after the Reality Tour:

70% have used resource book *Navigating the Teen Years* as recommended at Reality Tour

40% used the Talk Cards provided to stimulate conversation in the home

100% have used the Reality Tour as a way to start a conversation with child

100% thought it was necessary to have their child present at Reality Tour

100% have shared program information with a family member AND non-family members

100% responded that now recognize indicators that could be first signs of drug involvement

100% state the Reality Tour experience has had a direct and positive impact on their family

90% are certain they can locate community resources if a problem with drug & alcohol arose

90% are confident they can make time to talk daily about what is going on in their child's life

50% had helped their child choose an emergency code word, as suggested at Reality Tour

90 Day Parent Goals/Changes comments:

"I talk more with my child"

"I know I need to be more open with my child."

"It opened my eyes to something I didn't want to face. "

"Made my family more connected on this issue."



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Reality Tour®: Pre/Post/90 Day Follow-up 2010 cont. Survey conducted by Slippery Rock University students cont'd

2010 Participants (25): motivated families surveyed 90 days after attending Reality Tour

Youth Results

Median Age 12

100% of youth said attending Reality Tour made them feel safer for knowing the information

100% agree their friends will be less likely to use if they attended Reality Tour

100% said it is now easier to talk to parents 100% said they would recommend Reality Tour

Youth Follow-Up: 90 Days after the Reality Tour

80% have worked on goals they set at the Reality Tour (*Some shared their goals: Not smoking, Not succumbing to Peer Pressure, Living a healthy lifestyle, Not trying drugs or alcohol, Better behavior, Working harder to get better grades*)

90% of youth stated the Reality Tour impacted their family in a positive way

Child Comments:

“I think it will make my parents quiz me more, and I’m glad because I will feel safe.” “It helped me understand things I didn’t before.”

“You changed my life forever! I didn’t think drugs were that bad.”



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University of Pittsburgh School of Pharmacy Evaluation 2008

2008 Participants (122): youth from motivated families attending Reality Tour voluntarily.

Full Evaluation: [Reality Tour Evaluation Final 2008](#)

- 42% of youth surveyed (122) report an increase in discussion within the home regarding substance abuse
- 46% of youth reported that discussion in the home was made easier by the Reality Tour experience.
- 92% of youth reported they used the information provided within 30 days (39% used the info 'A lot.')
- Perception of harm for gateway drugs, tobacco, alcohol, marijuana as well as illicit drugs increased overall
- Knowledge of emerging drug 'meth' increased from pre-test 44% to posttest 73%

Note: University of Pittsburgh evaluation findings noted the positive outcomes were particularly noteworthy because these were children of highly motivated parents. Their parents sought out Reality Tour as a prevention measure. The study was accepted by the National Registry of Evidence-based Programs & Practices in 2008.

It should also be noted halfway through our study, NREPP introduced a control study requirement. Reality Tour was not held to this standard because we were already collecting data.

In seeking the higher standard, CANDLE, Inc. received a Service to Science award in 2009 and worked with federal researchers to design a new study instrument in the hopes of attracting the funds and a university partner to conduct a control study. In 2015, CANDLE, Inc. started devoting funds to working with an evaluation consultant, Dr. Jessica Snell-Johns, to build CANDLE, Inc. and Reality Tour's evaluation capacity.



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Butler County Survey 2003

Slippery Rock University Undergraduates conducted a survey on the drug prevention needs of Butler County, impacting design of Reality Tour

After calling over 200 households in the Butler area, Slippery Rock University students successfully reached 100 willing participants. All households surveyed had children between the ages of 10-15

- 45% of parents did not know if their children had been exposed to drugs
- 27% of parents were aware that their child or child's friend had seen drugs
- 70% of parents wanted prevention that showed the consequences of substance abuse and felt that would be the most effective strategy to reach their child