

Eligible Program Activities and Expenses: LifeSkills Training (LST) Middle School Program

Please note that all program costs will need to be justified by the implementation plan and the proposed numbers served with your project.

FACILITATOR TRAINING

- Please refer to the LifeSkills training website and contact National Health Promotion Associates (NHPA) for current training options and costs: <https://www.lifeskillstraining.com/training-overview/>
- Please note that it is highly recommended that your site schedules/budgets for the in-person training option of 1-2 days. This is the preferred method of training delivery by PCCD and the EPISCenter.

CURRICULUM

- Teacher's Manuals (for Levels 1-3)
- Student Guides (for Levels 1-3); 1/student; consumable and will need replaced for each curriculum delivery over the life of the grant project
- Smoking & Biofeedback DVD
- Stress Management Techniques CD

****You can consider purchasing the LST Middle School Full Curriculum Set Levels 1-3, which includes 1 Teacher's Manual per Level, 30 Student Guides per Level, 1 Smoking & Biofeedback DVD, and 1 Stress Management Techniques CD.**

****Please refer to the website for up-to-dates costs of the curriculum: <https://www.lifeskillstraining.com/products/>**

FIDELITY VERIFICATION

- Please note that at this time, there is not a set expense or modality for the fidelity verification of LST. You should contact the EPISCenter Implementation Specialist to discuss the process and needs of your site/school, as this will vary between projects. Between your engagement with technical assistance from EPISCenter, consultations with NHPA, fidelity observations and data collection, and participation in the state-wide LST network learning communities, fidelity will be assessed.

ADDITIONAL ALLOWANCES

- Program facilitators salary and benefits
- Project administration/teacher pay (after-school hours)
- Costs for two (2) networking meetings and one PCCD Grantee Meeting per year (located in State College) should be included (up to \$1,200 per year). Costs for hotel (if necessary), mileage, and subsistence will need to be broken out in both the budget detail and narrative.
- LST Consultation with NHPA
- Optional LST curriculum (example: purchasing the Prescription Drug Abuse Module for delivery with the program curriculum). Justification for this should occur in the project design and implementation proposal.
- Scanning software (Please note that this should be sustainable after your grant project would end, and should be justified by the number of student data you would be collecting.) The EPISCenter LST Implementation Specialist will work with you to develop your plan around data collection.
- LST Training of Trainers (TOT) Workshop costs, for an eligible facilitator to become certified as an Agency trainer for your site.