

Curriculum-Based Support Group Program

- Our Mission and Purpose:** The mission of Rainbow Days, Inc. (RDI) is *providing children living in high-risk situations with the skills and support they need to overcome adversity and stay drug free.* This is not only our mission; it is the purpose of our Curriculum-Based Support Group (CBSG®) Program, our unique, evidence-based preventive intervention.
- “Providing...”** It is through the evaluation, enhancement, expansion, direct implementation, and training for replication of our CBSG® Program that we fulfill our mission.
- “children...”** Males and females, developmental ages 4-15, whose high-risk situations, attitudes and behaviors place them at elevated risk for future behavioral health problems.
- “living in high-risk situations...”** High-risk situations are adverse childhood experiences that include: substance abusing/addicted parents/siblings; parents/siblings engaged in crime or violence; family/domestic violence; homelessness or living in severe poverty; and living/going to school in decaying, disorganized and/or crime/drug affected neighborhoods. High-risk situations do not provide the essential “protective factors” known to inoculate children against negative influences and psychosocial risks. High-risk situations “overwhelm children’s coping abilities” (the definition of “traumatic stress”.) Without intervention, traumatic stress can lead to diagnosable behavioral health disorders.
- “with the skills and support they need to overcome adversity...”** Children living in high-risk situations are the least likely to possess essential coping and social skills or the emotional and social support necessary to overcome traumatic stress and “succeed in spite of adversity” (the definition of “resiliency.”) Children with deficits in skills and support are less resilient and are at elevated risk for future behavioral health problems. The CBSG® Program teaches coping and social skills and provides the emotional support needed to reduce anti-social attitudes and rebellious behavior.
- “and stay drug free.”** Substance use is one of the most powerful predictors for future behavioral health problems, including delinquency and interpersonal violence. The earlier the substance use/experimentation begins, the higher the risks for future problems. Children whose adverse childhood experiences overwhelm their ability to cope are more likely to use substances as a coping substitute. The CBSG® Program provides substance abuse prevention information and skills that prevent the onset of use/experimentation and interrupt use/experimentation before it escalates to abuse.
- CB = “Curriculum-Based”** The CBSG® Program provides a research-based, interactive, multi-cultural curriculum. Lesson content and intent are essentially the same across all age groupings, but discussions and experiential activities - which are the foundation for each lesson - are targeted to specific ages/developmental levels, and adapted to address the unique needs of different implementation settings. There are different versions for different settings.
- SG = “Support Groups”** The *support group* sets the CBSG® Program apart from other preventive interventions and provides several unique advantages, including: small group numbers; additional time for discussion and skills practice; the emotional and social safety of a structured support group process, including group rules and confidentiality; opportunities for bonding; less stress; and the emotional support of a caring, trained group facilitator.
- Outcomes:** Empirical studies show that the CBSG® Program reduces anti-social attitudes and rebellious behavior, increases anti-drug-use attitudes and intentions, reduces early substance use/experimentation and increases coping and social skills.

Curriculum-Based Support Group (CBSG®) Program

continued

The Curriculum-Based Support Group (CBSG®) Program is a multi-cultural preventive intervention for selective and indicated populations of children and youth, developmental ages 4-15 , whose high-risk situations, attitudes and behaviors place them at elevated risk for substance abuse, delinquency and violence. The (CBSG®) Program provides a research-based curriculum of coping, social and substance abuse prevention skills delivered in a highly-structured support group process by a trained, caring group facilitator.

CBSG® Program Facilitator Manual: The same age groupings, topics, format and activities are used in all CBSG® Program implementation settings. Spanish translations of program materials are available.

Because different settings have unique needs, there is a separate CBSG® Program Facilitator Manual for use in:

- ***Schools & Community-Based Settings***
- ***Shelters, Group Homes & Transitional Settings***
- ***Christian Faith-Based Settings***

NOTE: To accommodate grant and contract requirements, the age groupings for schools and community-based settings are also available in separate volumes under the names *Kids' Connection* (For Developmental Ages 4-12) and *Youth Connection* (For Developmental Ages 10-15.)

The Curriculum-Based Support Group (CBSG®) Program includes the following features:

- Participants are grouped by age and developmental level, with group size being limited to 6 to 12 members, depending on age and development.
- The CBSG® Program versions for schools and community-based sites and Christian faith-based settings do not allow new members after the second session. The version for shelters, group homes and transitional settings allows an exception to this rule.
- Typically, there are 10 sessions for selective populations and 12 sessions for indicated populations, plus optional pre/post evaluation survey sessions. Session duration is the same period of time as one regular school class period. Sessions are conducted either weekly or bi-weekly depending on the setting.
- All group sessions are held in private, child-appropriate settings.
- Group rules provide for member confidentiality.

Implementation Training: Rainbow Days' Training Services Division conducts a required, comprehensive, two-day Curriculum-Based Support Group Facilitator Training, which prepares participants to implement the program and includes a CBSG® Facilitator's Manual.

HISTORY:

Cathey Brown, M. Ed., a teacher and counselor in Dallas, Texas, developed the Curriculum-Based Support Group (CBSG®) Program in 1981, personally conducting the program throughout Dallas. By 1982, the demand for the program moved her to found the non-profit organization, Rainbow Days, Inc., (RDI) to develop, expand and disseminate the (CBSG®) Program.

Additional information about Rainbow Days and the Curriculum-Based Support Group Program is available at www.rdikids.org

Awards/Recognition:

In 1999, Rainbow Days' Curriculum-Based Support Group Program was selected as an "**Exemplary Substance Abuse Prevention Program**" by the Center for Substance Abuse Prevention (CSAP)

...and as a

"**Top 100 Best Practices Program**" by the U. S. Department of Housing and Urban Development (HUD.)

Application of Protective Factors in CBSG® Program

The CBSG® Program has created a set of “Major Messages,” based on protective factor research, which are repeated aloud by participants at the close of each support group session. These Messages provide a verbal reinforcement of the spirit of each protective factor, which is also incorporated into several session topics for reinforcement.

Below is a chart illustrating the reinforcing relationships between each protective factor, Major Message, and curriculum sessions:

PROTECTIVE FACTORS & MAJOR MESSAGES	<i>Reinforced in CBSG® Program Sessions:</i>
Autonomy Major Message: "I Am"	Session 1: Getting To Know You Session 2: A Celebration of Me Session 3: Feelings Session 5: Dreams & Goals Setting Session 10: Celebration & Commitment
Social Competence Major Message: "I Can"	Session 1: Getting To Know You Session 2: A Celebration of Me Session 3: Feelings Session 4: Handling Anger Session 5: Dreams & Goal Setting Session 6: Making Healthy Choices Session 7: Friends Session 8: Resisting Negative Peer Pressure Session 10: Celebration & Commitment Added Session: Chemical Dependency Added Session: Changes & Challenges
Interdependence Major Message: "I Have"	Session 1: Getting To Know You Session 2: A Celebration of Me Session 7: Friends Session 9: Putting It All together Session 10: Celebration & Commitment Added Session: Chemical Dependency Added Session: Changes & Challenge
Problem Solving Major Message: "I Will"	Session 3: Feelings Session 4: Handling Anger Session 5: Dreams & Goal Setting Session 6: Making Healthy Choices Session 8: Resisting Negative Peer Pressure Session 10: Celebration & Commitment Added Session: Chemical Dependency Added Session: Changes & Challenges
Sense of Purpose and Future: Major Message: "I Believe"	Session 1: Getting To Know You Session 2: A Celebration of Me Session 3: Feelings Session 5: Dreams & Goal Setting Session 6: Making Healthy Choices Session 10: Celebration & Commitment

Added Session: These two sessions are added to the 10-session course for selective populations to create a 12-session course for use with indicated populations or a mix of selective and indicated populations. See the CBSG® Program Scope and Sequence for additional information on the use of these sessions.