



Rainbow Days' Curriculum-Based Support Group (CBSG®) Program for Children and Youth Developmental Ages 4-15 Living in Shelter, Group Homes & Transitional Settings

Scope and Sequence for Selective and Indicated Populations

Overview: The CBSG® Program Scope and Sequence consists a series of support group sessions, each devoted to a different research-based topic. The sessions provide for the delivery of the mediating variables targeted by the CBSG® Program. Each of the Session Topics has developmentally matched, interactive, and experiential activities for different age groupings, which are designed to explore, explain and reinforce the topic and major message for that Session. The same age groupings, topics, and format are used in all CBSG® Program implementation settings; Only the guided discussions and activities change to meet the needs of different developmental age groupings.

Frequency and Duration: Sessions are conducted weekly or bi-weekly, depending on the developmental age of the group participants. For pre-school and early elementary ages, bi-weekly sessions are found to be more effective than weekly sessions, inasmuch as the retention and recall of younger participants is usually less than that of older participants. For middle elementary ages and older, weekly sessions are found to effective with regard to retention and recall. The duration of each session is approximately the same length as a regular school classroom period for the same developmental level. Such durations are found to be developmentally appropriate with regard to expectations for participants' attention, concentration, retention and recall, and when the CBSG® Program is delivered in school settings, consistency with classroom period durations are an important consideration in meeting school implementation needs.

Number of Sessions: The CBSG® Program for Children and Youth in Shelters, Group Homes and Transitional Settings is divided into five units which correspond with the five Major Messages: I AM, I Can, I Have, I Will and I Believe. Each unit has several activities which reinforce the major message of that unit. Group "cycles" are conducted on a five session rotation beginning with Unit I – I Am, then Unit II – I Can, etc. Activities are not in any particular order and do not need to be implemented sequentially. Facilitators select the activity/activities based on the needs and developmental ages of the participants. When a provider conducts the CBSG® Program with multiple age groups over time, the repetitions of topic content serve as "boosters." *For an explanation of selective and indicated populations, please see the matrix entitled "CBSG® Program: Target Group in Relationship to Different Prevention System Definitions."*

CBSG® Program Matrix- Shelters, Group Homes & Transitional Settings

The following CBSG® Program matrix lists the unit titles, major messages, goals and key knowledge and skills.

Unit	Goal	Key Knowledge & Skills
<p>I: I AM -</p> <p>Major Message:</p> <p>I AM likeable, capable, unique and valued.</p>	<p>To enhance each group participant's autonomy.</p>	<ul style="list-style-type: none"> • identify positive traits about themselves • identify unique, special qualities they have • recognize and celebrate one another's individual differences • identify reasons their families are special • understand that all families have problems • identify their feelings and recognize that all feelings are okay • identify ways to express feelings in healthy ways
<p>II: I CAN -</p> <p>Major Message:</p> <p>I CAN treat others like I want to be treated.</p>	<p>To enhance each group member's social competence.</p>	<ul style="list-style-type: none"> • identify things that can and cannot be changed • identify qualities they want in a friend • identify qualities they have that make them a friend • give and receive a compliment • identify ways to adjust/adapt to change in positive ways • understand the importance of treating others like they want to be treated

Unit	Goal	Key Knowledge & Skills
<p>III: I HAVE</p> <p>Major Message:</p> <p>I HAVE strengths, capabilities, and people who care about me.</p>	<p>To enhance each group member's interdependence</p>	<ul style="list-style-type: none"> • identify special qualities they have • identify people in their life who can help them • identify people in their lives who care about them • identify ways to ask for help
<p>IV – I WILL</p> <p>Major Message:</p> <p>I WILL make healthy choices and be alcohol, tobacco and drug free.</p>	<p>To enhance each group member's problem solving skills.</p>	<ul style="list-style-type: none"> • learn how to make healthy choices • learn how to make responsible decisions that have positive consequences • identify ways of take care of oneself • recognize ways to overcome obstacles • identify ways to say no to alcohol, tobacco and other drugs
<p>IV – I BELIEVE</p> <p>Major Message:</p> <p>I BELIEVE I have a purpose.</p>	<p>To enhance each group member's sense of purpose.</p>	<ul style="list-style-type: none"> • identify dreams for themselves • learn how to make plans so that dreams and goals can be fulfilled • identify resources to help them realize dreams • experience validation of their dreams • identify ways to overcome obstacles

