



**Rainbow Days creates meaningful connections with children in high-risk situations to help develop the social and emotional skills they need to build positive futures.**

### Our Program

Rainbow Days developed and trademarked curriculum that incorporates social and emotional learning principles and practices to be delivered in a peer-to-peer setting.

The Rainbow Days Curriculum-Based Support Group (CBSG®) Program offers:

- ◆ Evidence-based preventive intervention programs recognized nationally and based on resiliency, social-emotional learning and protective factor research.
- ◆ A safe environment where children and youth will master skills including self-awareness, social-awareness and competence, relationship skills, responsible decision making and gaining a sense of purpose and future.

### Addressing the Issue

Focused on resiliency – the program helps participants learn how to cope with adversity and adapt to challenges, especially when faced with toxic stress and Adverse Childhood Experiences (ACEs), such as:

- Physical and/or emotional abuse or neglect
- Witnessing domestic violence
- Mental illness in the household
- Addiction in the household
- Divorce or separation of a parent
- Incarceration of a household member



When children and youth are exposed to chronic, stressful events such as these, their neurodevelopment can be disrupted. As a result, their cognitive functioning or ability to cope with negative or disruptive emotions may be impaired and can lead to:

- ⚠ Substance misuse/addiction
- ⚠ Academic failure
- ⚠ Disruptive behaviors
- ⚠ Delinquency
- ⚠ Teen pregnancy
- ⚠ Depression

Research indicates that unchecked adverse experiences in childhood can contribute to disease, disability, suicide, premature mortality and other physical, mental, emotional and social problems.

### Why is the CBSG® Program Different?

Our model is based on a data-driven curriculum that is interactive and culturally inclusive:



Our support groups offer peer-to-peer learning and implement protective measures such as group rules and confidentiality, time for discussion and skills practice, social interaction and bonding, and the emotional support of a caring adult/trained Group Facilitator.



While the core curriculum remains the same, lessons, discussions and activities are targeted to specific ages/developmental levels and adapted to address the unique needs for different settings (schools, shelters, communities, faith-based, etc.):

- ◆ Kids' Connection
- ◆ Youth Connection
- ◆ Kids' Connection, Too
- ◆ Faith Connection



## CBSG® Snapshot

The CBSG® Program incorporates social-emotional learning (SEL) principles and practices. SEL is “the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.”

Source: CASEL

- ✓ Small groups of 6-12 children and youth meet weekly in schools, shelters and other settings
- ✓ Led by trained, experienced and caring adult mentors
- ✓ Group sessions teach how to set and achieve goals, make healthy decisions, resist negative peer pressure, cope with challenges and more
- ✓ Gives children and youth a safe place to share their feelings
- ✓ Offers peer support
- ✓ Evidence-based curricula
- ✓ Includes guided discussion and interactive learning activities
- ✓ Recognized by the Center for Substance Abuse Prevention (CSAP), U. S. Department of Housing and Urban Development (HUD) and the National Registry of Evidence Based Programs and Practices (NREPP).

### CBSG® Core Messages:

Self-Awareness

Social Awareness & Competence

Relationship Skills

Responsible Decision Making

Sense of Purpose & Future

The CBSG® Program also incorporates proven protective factors into participants’ lives, including:



**Caring Relationships:** “Safe” people who reduce feelings of isolation

**Opportunities for Participation & Contribution:** A place to belong

**High-Expectation Messengers:** Belief in their potential and expectations to “be the best they can be” (including being alcohol, tobacco and drug-free)

### Implementation

The Facilitator guides participants through a series of activities and guided discussions designed to help participants learn and apply the knowledge, attitudes and skills needed to help them cope with difficult family situations, resist negative peer pressure, set and achieve goals, and make healthy life choices, including positive behaviors and a non-use attitude regarding the use of alcohol, tobacco and other drugs.

9 out of 10 children experienced positive results from the CBSG® Program:

Significant decreases in:

- Substance use disorders
- Rebellious behavior
- Anti-social attitudes
- Conduct problems

Significant increases in:

- Self-control
- Assertiveness
- Cooperation
- Empathy
- Positive cognitive/developmental behaviors\*
- Attitudes/beliefs that reduce general substance abuse

\*Behaviors promoted by the CBSG® Program can help mitigate ACEs.



Since 1982, Rainbow Days has served 220,000+ children in the Dallas community and trained 21,000+ individuals globally to implement Rainbow Days’ CBSG® Program in their own communities.