Rainbow Days Training

The *Curriculum-Based Support Group (CBSG®) Program*
Virtual Implementation Tips

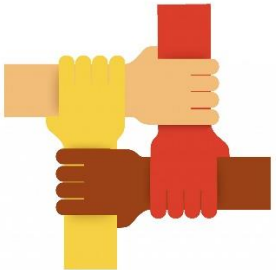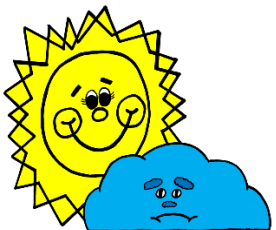|	**PRIOR to IMPLEMENTATION OF *CBSGs®***
	Be Familiar With Technology: Virtual technology isn't ideal, but it is better than no contact. - Practice using technology and platforms. - Utilize built-in features (chat box, white board, raising hands, thumbs up/down, breakout rooms, etc.). - Be aware of "Zoom Gloom" and use free videos to reinforce topics, laugh, take a stretch break, breathe, etc.
	Communicate: Develop a communication plan both internally and with partner schools, organizations and funding sources. - Identify the primary point-of-contact within your organization and each partner school and organization. - Jointly agree upon the message and methods for communicating with parents/caregivers. - Provide information, resources, and support information on your website. - Communicate anticipated and planned changes with funding sources and agree upon requirements. (i.e. measures tracked and reported; reporting methods; relaxation in contract requirements; etc.)
	Review & Update Program Policies, Procedures & Referrals: Everyone is in unchartered territory with virtual learning. Determine what is still applicable and what needs to be modified. - Adapt your organization's current policies and procedures for virtual implementation. - Review and update referral references and procedures. - Familiarize yourself with partner school and organization's virtual policies and procedures. - Identify clear procedures for crisis protocols and making referrals. - Ensure staff are familiar and comfortable with all protocols, policies, and procedures.
	Cultivate/Enhance Community Networks: *"It takes a village to raise a child"* **may have become a trite statement, but it is true.** - Engage/partner with schools, parents, businesses, community-based nonprofit organizations, faith communities, government officials, foundations, etc. - Help participants identify local or community resources (neighborhood playgrounds; youth serving organizations such as Boys and Girls Clubs, YMCA/YWCA; etc.).

| IMPLEMENTATION OF *CBSGS®* |
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| **Plan & Prepare: No matter how experienced a facilitator you are, planning and preparation are needed now more than ever!**
 • Review and practice to be comfortable with virtual activity modifications.
 • Engage participants quickly and often. Limit your talking. Open with icebreakers, including mindfulness activities.
 • Make sure participants know what to expect while they are in group.
 • Move quickly through the 3 phases:
    --**Guided Discussion** (Expository): Introduce the topic and give a brief teaching;
    --**Activity** (Engage): Select an activity which involves participants in the topic;
    --**Interactive** (Process: Led by the facilitator, participants discuss new knowledge & skills to gain a deeper understanding.
 • Be enthusiastic and have fun—tell jokes, use videos for laughter, to breathe, provide physical activity breaks.
 For Alternative Implementation Strategies, Support Services and Resources go to: <br> http://rainbowdaystraining.org/wp-content/uploads/2020/08/CBSG-Alternative-Implementation-Guidelines-8.pdf |
| **Be Sensitive and Aware: This is not a time for "business as usual."**
 • Do a personal inventory regarding your attitude. Acknowledge your personal stressors and identify positive outlets and healthy personal practices.
 • The workload of many educators has increased, and previous "tried and true" methodologies may have changed.
 • Parents/caregivers have new demands which remote learning requires.
 • Some families are struggling to meet basic needs. Assess, as best you can, if children have enough to eat, are living in a safe environment, etc. and leverage community resources. |
| **Create Safe & Confidential Settings: Every participant's learning environment will be different. Take what steps you can to mitigate the confidentiality limits you may face.**
 • Make your space private, free from distractions and clutter.
 • Use and encourage the use of headphones with a microphone.
 • Help participants brainstorm ways they can have privacy during group sessions. |

	Build Relationships: Strong, supportive relationships are essential to participant's academic success and their overall well-being. • Provide positive individual attention and use their names frequently! • Explore a variety of ways to connect - hobbies, interests, favorite subjects, etc. • Observe, describe, and share positive behaviors. • Create "buddy systems" so they can check-in with each other in between group sessions. • Help identify caring adults they can connect with in their family, neighborhood, school, church, etc.
	Provide Structure: Routine, ritual and knowing what to expect provides needed security during uncertain times. • Agree upon and follow Group Promises/Behaviors of Respect (review and post them when possible). • Prepare for transitions. ("In 5 minutes, we will _____.") • Offer choice and autonomy, when possible, to give participants control. ("You can use markers or crayons; a pen or pencil; write or draw your response; choose activity A or B…") • Create a safe space providing consistency, confidentiality, and caring.
	Be Realistic and Flexible: Consider the practical when organizing and implementing groups. • Group size may need to be smaller to ensure active participation by everyone (6 to 8 participants). • Consider offering shorter groups (an average 30 minutes). • Based on the needs of participants, determine in what order Sessions will be delivered. Suggestions for combining and total number of sessions are included in this document. • Work with partner schools and agencies to find the best time for group, ideally NOT before participants log on or off for regular instruction. • This is a new experience for you and the everyone—give the participants, yourself, and school and agency representatives grace and remember every situation can be a "teachable moment."

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Session Modifications and Virtual Activity Modifications   During the pandemic, Session and Activity modifications are allowed. The goal during this time is to meet the social, emotional and mental health needs of the children and youth you serve.

- Many of the Activities in the curriculum adapt well to a virtual setting. Suggested adaptations for *Kids' Connection* and *Youth Connection* can be purchased for $10 each. Watch for an upcoming E-Blast with details on ordering, in the *Training Connects* newsletter, and on the website (www.rainbowdaystraining.org).
- If there is not time to implement the 10 core sessions in *Kids' Connection, Youth Connection or Faith Connection* then Sessions can be combined.
- The two Additional Sessions in each Curriculum, *Chemical Dependency: A Family Disease* and *Changes and Challenges in my Life* are suggested when the Facilitator believes these topics would be beneficial to the group participants.
- It is suggested the following Sessions be combined to allow for an 8, 6, or 5 Session Implementation Plan. If possible, when combining Sessions, group should be longer than the 30 minutes previously recommended for Virtual groups.
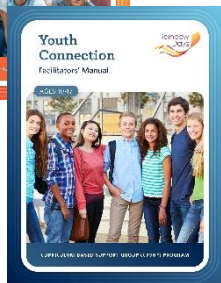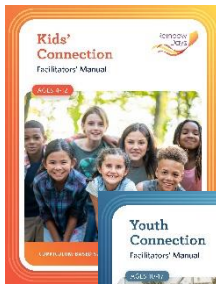
8 Session Format:
Session 1   1: Getting To Know You & 2: A Celebration of Me!
Session 2   3: Feelings
Session 3   4: Handling Anger
Session 4   5: Dreams & Goal Setting
Session 5   6: Making Healthy Choices
Session 6   7: Friends
Session 7   8: Resisting Negative Pressure
Session 8   9: Putting It All Together & 10: Celebration & Commitment

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During the last group Session, regardless of the total number of sessions, include the Commitment Card and, as appropriate, Celebrate the group's accomplishments.

"Perfectionism and the coronavirus don't mix…

It's time to be exceedingly realistic, both at work and as a parent."

Dr. David Anderson (Child Mind Institute)

The *CBSG® Program* Virtual Implementation Tips are suggestions offered by the *CBSG® Developer*. Implementation is an individual organization's or school's decision and in accordance with their appropriate funding source(s).