



# Rainbow Days' Curriculum-Based Support Group (CBSG®) Program for Children and Youth 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 of 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 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 be 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 or 30 minutes for Pre-School or 60 minutes for other ages. 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 an open curriculum meaning participants may come and go, be consistent over only a few weeks or for many months. It 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”*