

CURRICULUM-BASED SUPPORT GROUP (CBSG®) PROGRAM SUMMARY

Overview

The *Curriculum-Based Support Group (CBSG®) Program* (Rainbow Days, Inc. 1982) is designed for children and youth who have experienced or are experiencing adversity, trauma and toxic stress that far exceed their capacity to cope with in healthy ways. This can lead to unhealthy coping mechanisms leading to substance misuse & addiction, academic failure, disruptive behaviors, delinquency, teen pregnancy, depression and contribute to health, mental, emotional and social problems in the future.

The *CBSG® Program* is an effective, evidence-based antidote for children and youth who are exposed to adversity, trauma and toxic stress by focusing on the development of social, emotional and coping skills. The program is based on resiliency and protective factor research and incorporates social, emotional learning (SEL) principles and practices. The core of the program is comprised of 5 Domains and Major Messages.

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|-------------------------------|-----------------------------------------------------------------------------|
| Self-Awareness | <i>I AM Likeable, Capable, Unique and Valued.</i> |
| Social-Awareness & Competence | <i>I CAN treat others like I want to be treated.</i> |
| Relationship Skills | <i>I HAVE meaningful relationships and people who care about me.</i> |
| Responsible Decision Making | <i>I WILL make healthy, responsible decisions.</i> |
| Sense of Purpose & Future | <i>I BELIEVE in my purpose and future.</i> |

The group is led by a trained facilitator who provides empathy and caring in a supportive, safe and confidential setting and guides participants as they 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. Studies show that this combination of small group numbers and the teaching of social, emotional and coping life skills by a caring adult are effective strategies in reducing key risks for behaviors such as the ones previously described.

Since 1983 more than 22,000 individuals from 44 states, England and Ecuador have been trained as *CBSG® Program* facilitators. Hundreds of thousands of children and youth have participated in a *CBSG® Program* because of the replication training.

Session Topics & Manuals

The *CBSG® Program* Scope & Sequence consists of a series of researched based topics and include developmentally matched, interactive, and experiential activities for different *age ranges and program settings.

Getting to Know You / A Celebration of Me / Feelings / Handling Anger / Dreams & Goal Setting / Making Healthy Choices / Friends / Resisting Negative Peer Pressure / Putting It All Together / Celebration & Commitment / *Chemical Dependency: A Family Disease and *Changes & Challenges in My Life
*Additional/Optional

- ***Kids' Connection*** for children ages 4-12 and ***Youth Connection*** for youth ages 10-17 in school and community settings
- ***Kids' Connection, Too*** for children and youth ages 4-15 in homeless and transitional living settings
- ***Faith Connection*** for children and youth ages 4-15 in Christian faith-based settings

*(Age ranges are based on developmental age, not chronological)

Evaluation & Outcomes

The *CBSG® Program* has undergone multiple evaluations studies and empirical studies which show that one or more of the following outcomes will be achieved:

- A decrease in substance use/experimentation
- A decrease in anti-social attitudes and rebellious behavior
- An increase in anti-substance use attitudes and intentions
- Improvements in school attendance and grades
- Improved problem-solving skills
- Understanding of right and wrong
- Linking behaviors and consequences (impulsivity vs self-control)
- Reduced bullying
- Increased hope and aspirations for the future

Rainbow Days, Inc./The Trans4m Center

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