

# CBSG<sup>®</sup> Program Evaluation Summary



The CBSG<sup>®</sup> (*Curriculum-Based Support Group*) Program increases resilience to build positive futures by creating meaningful connections with children and youth experiencing adversity, trauma, anxiety, and toxic stress through Social and Emotional Learning (SEL).

## Assumptions

Unexpected times of crisis such as the COVID-19 pandemic, Adverse Childhood Experiences (ACEs), trauma, anxiety, and toxic stress are linked to stress-related emotional, social, and health problems by overwhelming a child's coping abilities.

Evidence based, Facilitator-led SEL curriculum delivered in a support group format helps children and youth increase personal resilience, develop healthy social, emotional, and decision-making competencies, and avoid anti-social, rebellious, and delinquent behaviors including substance use, misuse, and disorders.

## Domains & Major Messages

**Self-Awareness:**  
*I AM* likable, capable, unique, and valued.

**Social Awareness & Competence**  
*I CAN* treat others like I want to be treated.

**Relationship Skills**  
*I HAVE* meaningful relationships and people who care about me.

**Responsible Decision Making**  
*I WILL* make healthy, responsible decisions.

**Sense of Purpose & Future**  
*I BELIEVE* in my purpose and future.

## ↑ CBSG<sup>®</sup> Program participants demonstrate an increase in:

- Anti-substance Use Attitudes/Intentions
- Coping Skills
- Self-Awareness/Confidence
- Healthy, Responsible Decision Making
- Problem-Solving Skills
- Giving/Receiving Help
- Improved Classroom Behavior/Academic Success
- Linking Behaviors/Consequences\*
- Positive Behaviors/Self-Control\*\*
- Positive Relationships/Empathy
- Hope for the Future

\* Positive and negative consequences, \*\*Decreased rebellious, delinquent behavior

## CBSG<sup>®</sup> Program Facilitators Say

“The program is amazing, and I absolutely love the curriculum. I recommend it for any school or youth serving organization.”

Katelyn Fuller, LMSW

“Rainbow Days’ trainings are some of my favorite events to attend. I receive skills and tools which help me grow professionally and personally.”

Adriana Jaramillo, Program Specialist, San Antonio Council on Alcohol and Drug Awareness

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“CBSG<sup>®</sup> Program participation has the potential to mitigate the negative lifelong effects triggered by **Adverse Childhood Experiences (ACEs)**; promotes sustained psychosocial competence and has strong potential to help set a more positive life trajectory that should help to increase their chances of living healthier and more productive lives.”

Dr. Vicki Nejtek





## CBSG® Program Benefits to Kids

The CBSG® Program provides Protective Factors (Opportunities for Participation, High Expectation Messages, Caring Relationships) and Strengthens Personal Resiliency by giving kids opportunities to:



Experience less isolation and know they are not alone



Increase hope, optimism, and personal resiliency



Build friendships, have a sense of belonging and connectedness



Experience non-judgmental support in a safe, confidential setting



Have the caring support of a safe, trustworthy adult



Learn from each other



Cope with stress, anger, anxiety, and other hard feelings in healthy ways



Understand their decisions have consequences (negative and positive)



Understand it is okay to ask for, accept and give help



Be a kid and have fun

“Our youth need a way to talk about their issues and problems. Not just academically, or what is going on at school, but what is going on inside of them. The CBSG® Program really brings this out in a healthy, fun, safe, and non-judgmental way.”

Eric Sanchez, CEO, Alcohol & Drug Abuse Council for the Concho Valley

“I have seen firsthand the incredible impact Kids’ Connection and Youth Connection can have. When you see an increase in grades and attendance, and a decrease in disciplinary referrals, you know what a fabulous curriculum you have to help students living in adverse situations.”

Jill Darling, Education Consultant & Former Student Assistance Director

## 🔍 Evaluation Studies

The Curriculum-Based Support Group (CBSG®) Program has undergone multiple rigorous evaluation studies and reviews for nearly two decades.

● **Evaluation Study #1 Report.** Hedl, J. (2009). Reducing interrelated risks for substance abuse, delinquency, and violence: Effects of Rainbow Days’ Curriculum-Based Support Group program. National Registry of Evidence-Based Programs and Practices. [www.rainbowdaystraining.org/wp-content/uploads/2019/04/cbsg-control-group-study.pdf](http://www.rainbowdaystraining.org/wp-content/uploads/2019/04/cbsg-control-group-study.pdf)

● **Evidence Review.** National Registry of Evidence-Based Programs and Practices. (2010). Curriculum-Based Support Group (CBSG) Program. [www.rainbowdaystraining.org/wp-content/uploads/2019/04/CBSG-NREPPReport.pdf](http://www.rainbowdaystraining.org/wp-content/uploads/2019/04/CBSG-NREPPReport.pdf)

● **Evaluation Study #2 Presentation.** James, R., & Nejteck, V. A. (2018) Evaluation of Curriculum Based Support Group (CBSG) programs in improving psychosocial behaviors in Kindergarten through 3rd grade students. Presentation #2202 at UNT Health Science Center Annual Research Appreciation Day, April 12, 2018, Fort Worth, Texas. [www.unthsc-ir.tdl.org/handle/20.500.12503/28038](http://www.unthsc-ir.tdl.org/handle/20.500.12503/28038)

● **Evaluation Study #2 Manuscript.** Nejteck, V. A., & Subhash Aryal, D. (working paper). Effectiveness of the CBSG Program to help mitigate ACEs in Young At-risk children.

For more information about the CBSG® Program evaluation or training to become a CBSG® Facilitator, contact [info@rainbowdaystraining.org](mailto:info@rainbowdaystraining.org).