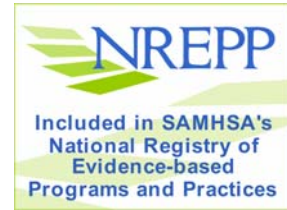


## Rainbow Days' Curriculum-Based Support Group (CBSG®) Program



The following is an edited excerpt from the full NREPP review, which is available at the NREPP website: <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=185>

Rainbow Days' Curriculum-Based Support Group (CBSG®) Program is a support group intervention designed to increase resiliency and reduce risk factors among children and youth ages 4-17 who are identified by school counselors, faculty, parents, and other helping adults as being at elevated risk for early substance use and future delinquency and violence (e.g., they are living in adverse family situations, displaying observable gaps in coping and social skills, or displaying early indicators of antisocial attitudes and behaviors).

Based on cognitive-behavioral and competence-enhancement models of prevention, the CBSG® Program teaches essential life skills and offers emotional support to help children and youth cope with difficult family situations; resist peer pressure; set and achieve goals; refuse alcohol, tobacco, and other drugs; and reduce antisocial attitudes and rebellious behavior. Delivered in 10-12 weekly, 1-hour support group sessions, the curriculum addresses topics such as self-concept, anger and other feelings, dreams and goal setting, healthy choices, friends, peer pressure, life challenges, family chemical dependency, and making a public commitment to staying drug free and true to life goals.

Lesson content and objectives are essentially the same for all participants but are tailored for age and developmental status. Groups are formed with 6-12 participants, no more than 2 years apart in age, and are led by trained adult facilitators and co-facilitators who follow the program facilitator's manual. Students ages 8-11 participated in the study reviewed for this summary.

Comprehensive implementation materials include manuals that are sequentially structured, are easy to read and follow, and include exercises that are well described and planned. All handouts necessary for implementation are included in the materials and can be replicated as needed.

Implementers are required to participate in a one-day training, which can be provided on site or at a variety of training locations in Texas. The training addresses the theoretical basis for the program, outlines the steps involved in implementation, and provides guidance for handling sensitive and challenging issues. Ongoing technical assistance is provided via telephone consultation. Developers place considerable emphasis on identifying and recruiting facilitators with the skills and personal characteristics required for successful program implementation. New sites are required to supervise facilitators and conduct an annual evaluation. Detailed quality assurance materials are accompanied by detailed instructions on use.

## CBSG<sup>®</sup> Descriptive Information:

|  |   |
|--|---|
| <b>Implementation History</b>                    | <p>The original Curriculum-Based Support Group (CBSG<sup>®</sup>) Program was developed in 1982 for use in schools and community-based settings. To accommodate a variety of grant, contract and memoranda of understanding requirements, <b>the original CBSG<sup>®</sup> Program is available in two volumes under the titles: <i>Kids' Connection</i> for ages 4-12, and <i>Youth Connection</i> for ages 10-17.</b></p> |
| <b>Adaptations &amp; Translations</b>            | <p>The CBSG<sup>®</sup> Program has also been adapted for use in shelters, group homes, and transitional settings (<i>Kids' Connection, Too</i> for ages 4-15) and for Christian faith-based settings (<i>Faith Connection</i> for ages 4-15).</p> <p><b>All program handouts have been translated into Spanish.</b></p>  |
| <b>Replication Training &amp; Numbers Served</b> | <p>Rainbow Days provides CBSG<sup>®</sup> replication training throughout Texas and the nation. Since dissemination of the program began in 1984, <b>more than 17,000 youth service professionals have been trained to implement the program in more than 2,400 schools and community-based sites in 32 States, and 1.6 million children and youth have participated in the program.</b></p>                                |
| <b>IOM Prevention Categories</b>                 | <p>Selective<br/>Indicated</p>  |
| <b>Outcome Categories</b>                        | <p>Alcohol<br/>Drugs<br/>Social functioning (includes Conduct, Delinquency &amp; Violence)<br/>Tobacco</p>  |
| <b>Outcomes</b>                                  | <p>1: Antisocial attitudes<br/>2: Rebellious behavior<br/>3: Attitudes and intentions about substance use<br/>4: Substance use</p>  |
| <b>Genders</b>                                   | <p>Male<br/>Female</p>  |
| <b>Races/Ethnicities</b>                         | <p>Asian<br/>Black or African American<br/>Hispanic or Latino<br/>White<br/>Race/ethnicity unspecified</p>  |

**Quality of Research and Evidence of Effectiveness Ratings:**

|   |                     |
|---|---------------------|
| <b>Study Designs</b>                                | <b>Experimental</b> |
| Overall Quality of Research Rating (Scale: 0.0-4.0) | 3.7                 |

| Outcome  | Reliability of Measures | Validity of Measures | Fidelity | Missing Data/Attrition | Confounding Variables | Data Analysis | Overall Rating |
|--|-------------------------|----------------------|----------|------------------------|-----------------------|---------------|----------------|
| <b>1: Antisocial attitudes</b>                         | 3.3                     | 3.8                  | 4.0      | 4.0                    | 3.5                   | 3.8           | <b>3.7</b>     |
| <b>2: Rebellious behavior</b>                          | 3.3                     | 3.8                  | 4.0      | 4.0                    | 3.5                   | 3.8           | <b>3.7</b>     |
| <b>3: Attitudes and intentions about substance use</b> | 3.3                     | 3.8                  | 4.0      | 4.0                    | 3.5                   | 3.8           | <b>3.7</b>     |
| <b>4: Substance use</b>                                | 3.3                     | 3.8                  | 4.0      | 4.0                    | 3.5                   | 3.8           | <b>3.7</b>     |

**Study Strengths:** The scales and items used to measure attitudes and behaviors in this study have very good content and criterion validity. Intervention fidelity procedures were adequately documented (i.e., use of orientation and training for staff; attendance sheets; fidelity checklist; randomized, systematic observation; and adherence guidelines). Missing data and attrition were minimal (attrition was 9% for the intervention group and 11% for the control group) and were accounted for using data imputation methods. Randomization into study groups minimized the potential for confounding variables. Data analysis techniques were appropriate.

**Study Weaknesses:** Reliability coefficients for most of the scales and items were modest.

## Materials, Training and Quality Assurance:

| Implementation Materials | Training and Support | Quality Assurance | Overall Rating |
|--------------------------|----------------------|-------------------|----------------|
| 3.5                      | 4.0                  | 3.5               | <b>3.7</b>     |

For information on CBSG® Training Services contact Kathy Daley at 214-459-1700 or at [kathyd@rainbowdays.org](mailto:kathyd@rainbowdays.org)



The **National Registry of Evidence-based Programs and Practices (NREPP)**, formerly the National Registry of Effective Programs, is SAMHSA's\* **searchable online rating system for mental health promotion, substance abuse prevention**, and mental health and substance abuse treatment interventions. **It is a "decision support tool designed to assist the public in identifying approaches that have been *scientifically tested and that can be readily disseminated to the field.*"** Not all interventions submitted to NREPP are accepted for review. Interventions are considered for inclusion in NREPP on the basis of clearly defined minimum review requirements, and **only accepted programs are reviewed by independent experts and posted on the NREPP Web site.**

\* Substance Abuse and Mental Health Services Administration, U. S. Department of Health & Human Services