

## Curriculum-Based Support Groups (CBSG®) Program: Target Group in Relationship to Different Prevention System Definitions

### Institute of Medicine (IOM)

Mrazek & Haggerty, 1994.

#### UNIVERSAL

Targets the general public or whole population groups. The intervention is desirable for everyone.

#### SELECTIVE

Targets individuals or a sub-group whose risk (imminent or lifetime) for developing a disorder is significantly higher than average.

#### INDICATED

Targets individuals in high-risk environments who have minimal but detectable signs or symptoms foreshadowing a disorder, or markers indicating pre-disposition, but do not meet diagnostic criteria for the disorder.

### NIDA Redbook 1st Edition, 1997

(See also Second Edition, 2003)

#### UNIVERSAL

Targets the entire population with messages & programs aimed at preventing or delaying the abuse of alcohol, tobacco & other drugs (ATODs).

#### SELECTIVE

Targets subsets of total population at risk by virtue of membership in a particular population. Intervention is presented to the entire group without an individual's personal risk being assessed.

#### INDICATED

Targets individuals who are exhibiting early signs of substance abuse and other problem behaviors but at a sub-clinical level. They may or may not be abusing substances, but exhibit risk factors that increase their chances of developing a drug abuse problem.

### Positive Behavior Support (PBS)

Homer, et. al., 1999.

USDOE/OSEP

#### UNIVERSAL

Proactive approaches that create positive school environments and build the capacity of schools to provide a safe environment for all children.

#### SELECTIVE

Targets students who are at risk or are beginning to exhibit signs of more serious behaviors. Interventions can be offered in small groups or to individual students.

#### INDICATED

Targets students who exhibit significant problem behaviors. Interventions are individualized; methods are standardized & follow a specific plan that includes a functional behavioral assessment and the development of a person-centered plan.

### Mental Health Spectrum

Weisz, Sander. Durlak & Anton, 2005

#### UNIVERSAL

Address *risk factors* in entire populations of youth, e.g., a classroom, a school/schools. (NOTE: Separate from "Health Promotion"/Protective Factors)

#### SELECTIVE

Targets groups of youth because they share a significant risk factor or risk factors. They are at elevated risk for a disorder or disorders but have no significant symptoms.

#### INDICATED

Targets individual students who have significant symptoms of a disorder, but who do not currently meet the diagnostic criteria for the disorder. (Also known as Intensive Intervention)

### CBSG Target Group

Brown, 1982, 1995, 2004, 2006

#### The CBSG Program Target Group

The CBSG Program targets male and female children and youth, ages 4-17, that meet the selective and indicated definitions highlighted above.