



Rainbow Days' Curriculum-Based Support Group (CBSG®) Program for Children and Youth Ages 4-17

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 developmental 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. 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: There are a total of 12 sessions: 10 of the 12 sessions are designed to provide a "course" that meets the needs of most selective populations; the additional two sessions are provided to address the needs of indicated populations which go beyond the scope of the 10-session course. In order to meet the needs of a particular group of participants, who may require reinforcement in a specific topic, a provider may conduct more than one session on the same topic, thereby increasing the total number of sessions without changing the course content. In some settings, cycles of sessions are conducted on an ongoing basis, with the original sequence being repeated with different activities. 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 Selection by Prevention System”.

Number of Sessions and Sequence for Selective Populations: The first 10 sessions, conducted in sequence, provide a complete CBSG® Program course for use by providers serving selective populations of children and youth. Each session provides different activities for each age grouping, allowing the 10-session course to be used with ages 4 to 17.

Number of Sessions and Sequence for Indicated Populations and Mixed Populations of Selective and Indicated: Sessions 1 through 10 - plus the two sessions listed below - provide a course for use by providers serving indicated populations or a mix of selective and indicated populations. The 12-session course is most often used with indicated populations of upper elementary and early secondary students, ages 10-17. When implementing the 12-Session course, the session sequence changes slightly to accommodate the two additional sessions:

Sequence for the 12-Session Course:

- Sessions 1-9 are conducted in sequence without alteration
- Additional Sessions, “Chemical Dependency: A Family Disease” and “Changes and Challenges In My Life” are inserted and conducted as the new Sessions 10 & 11
- “Putting It All Together, Celebration and Commitment” becomes the 12th group session and is conducted with references to the two added sessions for consistency