

# 2004-2005 Statewide Outcome Evaluation Report

Texas Department of State Health Services  
Austin, Texas

Ad Hoc Report:

## “Rainbow Days Curriculum-Based Support Group (CBSG) Program” Prevention Education in Support Groups for Children and Youth

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**Abstract:** “Rainbow Days Curriculum-Based Support Group (CBSG) Program” is one of several preventive interventions disseminated by the Texas Department of State Health Services (DSHS) via competitive grants to non-profit organizations, schools, and public institutions. The “CBSG Program” is an evidence-based preventive intervention for selective and indicated populations at elevated risk for substance abuse, delinquency and violence. The program is delivered to small groups of children or youth in support groups by trained facilitators using the program’s research-based curriculum. To monitor implementation fidelity and program success, DSHS assigns each approved program a key measure and objective selected from its evidence base, and conducts quarterly and annual evaluations. The “CBSG Program” measure is “anti-substance-use attitudes and intentions”; the objective is to maintain or increase. In the DSHS 2004-2005 evaluation, 37,698 children and youth participated (24,768 in 2004; 12,930 in 2005); 32,447 (86%) completed the program (21,356 in 2004; 11,091 in 2005); and 80% maintained or increased their anti-substance-use attitudes and intentions. Separate results are reported for elementary and secondary grades.

### Introduction

To fulfill its prevention mission, the Texas Department of State Health Services (DSHS) disseminates a wide variety of evidence-based preventive interventions via competitive grants to non-profit organizations, schools, and public institutions across Texas. One of these interventions is the “Rainbow Days Curriculum-Based Support Group (CBSG) Program.” Rainbow Days is the developer of the “CBSG Program” and a DSHS grantee. Rainbow Days has been awarded competitive grants from DSHS and predecessor state agencies, the Texas Department on Alcohol and Drug Abuse (TCADA) and the Texas Commission on Alcoholism (TCA), to implement the “CBSG Program” in its home community of Dallas, Texas since 1984. This ad hoc report was prepared at the request of Rainbow Days.

### “CBSG Program” Description

The “CBSG Program” is an evidence-based preventive intervention for selective and indicated populations of children and youth who are at elevated risk for substance use/abuse, delinquency, and violence. The research-based “CBSG Curriculum” delivers a combination of substance abuse prevention, youth development, and coping and social skills education to small numbers of children and youth in highly structured “educational support groups.” Groups are led by trained, adult facilitators who provide emotional

support and serve as role models and mentors. Interactive, experiential activities, combined with opportunities for group member (peer) bonding, are “cornerstones” of the intervention.

The long-term goal of the “CBSG Program” is to interrupt/break the intergenerational cycle of behavioral and social dysfunctions in families (such as family violence, chronic homelessness, delinquent or criminal behavior, and substance abuse) by improving the coping, self-protection, and social skills of the children in these families. The “CBSG Program” has been found to be effective with children and youth who:

- have substance abusing parents/guardians and/or siblings
- have parents/siblings in jail or prison or in the criminal or juvenile justice systems
- are experiencing family violence
- are experiencing family homelessness
- are experiencing family separation/divorce
- are awaiting, or living in, foster care
- reside in a group home
- reside in public housing
- have parents/siblings with HIV/AIDS
- have parents/siblings experiencing behavioral and mental health problems
- participate in free or reduced lunch programs
- reside in crime and drug-affected neighborhoods

The “CBSG Program” was originally developed for implementation in schools and community-based settings. To meet the unique needs of other settings, Rainbow Days has developed two adaptations: one for use in faith-based settings, and one for use in sheltered and transitional settings. DSHS currently disseminates only the original for schools and communities and the adaptation for sheltered/transitional settings:

- “Rainbow Days CBSG Program for Children and Youth Ages 4-15 in Schools and Community-Based Settings”; and
- “Rainbow Days CBSG Program for Children and Youth Ages 4-15 in Shelters, Group Homes, and Transitional Settings”

Activities and handouts in all “CBSG Program” curricula are available in both English and Spanish.

NOTE: Rainbow Days provided information for the “CBSG Program” Curriculum Description.

**SPECIAL NOTE:  
DSHS Grant Administration Requirements and the Use of “CBSG Program” Sub-Titles**

DSHS grant administration requires developers of programs that are implemented in schools to provide separate program curricula and guidelines for use with elementary and secondary populations, and to provide program titles that reflect the separation. The “CBSG Program for Children and Youth, Ages 4-15 in Schools and Community-Based Settings,” provides separate implementation guidelines and materials for elementary and secondary populations; however, it does so under a title which includes both populations. Therefore, to comply with DSHS grant administration requirements, Rainbow Days provides separate elementary and secondary versions of its “CBSG Program for Children and Youth Ages 4-15 in Schools and Community-Based Settings” under the sub-titles:

- “Kids’ Connection” (Elementary Ages 4-12)
- “Youth Connection” (Secondary Ages 10-15)

NOTE: There is overlap between the age ranges represented in the “Kids’ Connection” and “Youth Connection” curricula, which is necessary to accommodate delivery in a wide variety of age/grade configurations in schools and community settings.

To ensure consistent identification of the “CBSG Program” across populations and settings, Rainbow Days provides a subtitle for the adaptation used in shelters and transitional settings. The “Rainbow Days CBSG Program for Children and Youth Ages 4-15 in Shelters, Group Homes, and Transitional Settings,” is

disseminated by DSHS under the sub-title of “Kids’ Connection, Too.” NOTE: Because there are no grade-related designations in sheltered settings (such as those of elementary and secondary grades in schools), there is no requirement by DSHS to separate the target group by age or grade.

**DSHS Monitoring of Program Fidelity**

Prevention research demonstrates that: when a program has established evidence of its effectiveness via experimental evaluation (comparison or control group trials), and when subsequent implementations are conducted with fidelity, it can be assumed that the subsequent implementations produce the intended program results. Therefore, more cost-effective and less burdensome non-experimental evaluation methods can be used to document implementation fidelity.

DSHS compliance guidelines requires all providers to implement approved prevention programs “faithfully”, i.e., with fidelity. To determine program fidelity, DSHS routinely monitors the delivery of approved prevention programs and curricula, and requires providers to report quarterly and annually on:

- Target Population and Setting
- Program Completion
- Program Success

Target Population and Setting: DSHS providers must use the appropriate program and curriculum for each target population and setting served. In exceptional situations, with DSHS permission, and in collaboration with the program developer, a provider may make limited implementation modifications to address specific, unique needs of a population or setting.

Program Completion: Evidence-based programs demonstrate effectiveness in reducing risk factors and/or enhancing protective factors. However, an intervention is effective only when individuals/groups receive the “minimum prescribed dose” known to produce the intended results. Therefore, in order for participants to benefit from an intervention, they must participate in a majority, if not all, of the prescribed intervention. The effective program dose is determined by the program developer, who provides an operational definition of a “completer.” DSHS requires providers to report the number of individuals who complete a program using the developer’s operational definition, and DSHS monitors the number of participants “completing” the minimum prescribed program dose.

Program Success: DSHS assigns each approved program a key measure and outcome selected from its evidence base. Because approved programs have

established evidence of their effectiveness based on experimental studies (comparison or control trials), providers are allowed to demonstrate implementation fidelity via the use of a non-experimental design, e.g., a pre/post test with program participants. Each developer provides the measurement instrument (pre/post survey), and the same instrument is used by all providers implementing the program.

### **CBSG Program Implementation Fidelity Standards:**

Target Populations and Settings: All “CBSG Program” Curricula and Facilitator Manuals provide explicit guidelines with regard to referral/selection of appropriate populations for inclusion in the program and adaptations with regard to risks, developmental age groups, and settings.

Program Completion: Rainbow Days’ operational definition of a “completer” is a participant who completes a minimum of 80% of the support group sessions specified in the “CBSG Program” curricula. For instance, a course of 10 sessions is prescribed for selective populations in elementary school; therefore, to be considered a completer, a minimum of 8 of 10 sessions must be completed. A course of 12 sessions is prescribed for indicated populations and mixed populations of selective and indicated in both the elementary and secondary age/grade groups, with those completing a minimum of 10 of the 12 sessions (83%) being defined as completers.

Program Success: DSHS has assigned the “CBSG Program” a single outcome measure for all populations in all settings (all “Subtitles”). The measure, which was selected from the “CBSG Program” evidence base, is a 10-item scale, “anti-substance-use attitudes and intentions,” extracted without change from the Individual Protective Factors Index (IPFI, Springer & Phillips, 1997). In collaboration with DSHS, Rainbow Days provides a pre/post survey with scoring instructions, and is available to provide technical assistance in the administration of the survey. A copy of the survey is included as an attachment to this Report.

DSHS-funded providers must show that clients completing the “CBSG Program” maintain or improve their anti-substance-abuse attitudes and intentions. In order to be included in providers’ evaluations and reported to DSHS, participants must complete the minimum prescribed dose, and “completers” must have matched pre/post surveys.

## **DSHS 2004-2005 STATEWIDE OUTCOME EVALUATION - SUMMARY RESULTS – “CBSG PROGRAM”:**

**Elementary, 2004:** 29 DSHS-funded service providers implemented the “CBSG Program” with 14,769 children in 223 sites (122 elementary schools, 16 Head Start, and 85 community sites); 13,098 (89%) completed with a success rate of 75%.

**Secondary, 2004:** 23 DSHS-funded providers served 9,999 youth in 154 sites (137 middle schools and 17 community sites); 8,258 (83%) completed with a success rate of 78%.

**Elementary, 2005:** 19 DSHS-funded providers served 8,301 children in 171 sites (135 schools and 36 community sites); 7,477 (90%) completed with a success rate of 88%.

**Secondary, 2005:** 13 DSHS-funded providers served 4,629 youth in 74 sites (60 middle schools and 14 community sites); 3,614 (78%) completed with a success rate of 78%.

### **DSHS FY 2004 Statewide Outcome Evaluation – CBSG Program - ELEMENTARY AGES – Detailed Results for Elementary Curricula:**

#### **1. “Rainbow Days Curriculum-Based Support Group (CBSG) Program for Schools and Community-Based Settings”**

**Subtitle: “Kids’ Connection – Ages 4-12”**

#### **2. “Rainbow Days CBSG Program for Children and Youth Ages 4-15 in Shelters, Group Homes, and Transitional Settings”**

**Sub-title: “Kids’ Connection, Too.”**

Summary: In FY 2004, DSHS funded 29 providers across Texas to implement the “Rainbow Days CBSG Program” under the subtitles of “Kids’ Connection” and “Kids’ Connection, Too.” The 29 providers implemented the “CBSG Program” with 14,769 elementary-aged children ages 4-12 in 223 sites:

- 122 elementary schools
- 16 Head Start programs
- 2 Early Childhood Education Centers
- 83 community sites (e.g., churches, shelters, recreation centers, Boys and Girls Clubs, residential treatment centers for mothers with minor children in residence, etc.)

Target Populations and Settings: All providers were determined to have used the appropriate “CBSG Program” curriculum with the target populations and settings served.

Program Completers: A total of 14,769 elementary-aged children were enrolled in the “CBSG Program,” and 13,098 or 89% completed the minimum prescribed dose. The following shows the frequency of children enrolled and completing by setting:

Ages 4-6 in Head Start:

- Enrolled: 1,131
- Completed: 1,025
- Percent: 90.62%

Ages 6-12 in schools & community settings

- Enrolled: 12,734
- Completed: 11,244
- Percent: 88.26%

Ages – 4-12 in shelters/transitional settings

- Enrolled: 174
- Completed: 153
- Percent: 87.93%

Adaptation Study – With permission one DSHS-funded provider implemented a special adaptation in a juvenile justice setting:

- Enrolled: 730
- Completed: 676
- Percent: 92.60%

Total Participants Enrolled/Completing:

- Enrolled: 14,769
- Completed: 13,098
- Percent: 89.22%

Program Success: Providers reported that of the 13,098 participants who completed the program with matched pre/post surveys, 75% maintained or improved their “non-use attitudes toward alcohol and other drugs” as indicated by comparison of their post-survey scores against their pre-survey scores.

**DSHS FY 2004 Statewide Outcome Evaluation – CBSG Program - SECONDARY AGES – One Curriculum:**

**“Rainbow Days Curriculum-Based Support Group (CBSG) Program for Schools and Community-Based Settings”**

**Subtitle: “Youth Connection – Ages 10-15”**

Summary: In FY 2004, DSHS funded 23 providers to implement the “CBSG Program” under the Subtitle

“Youth Connection for ages 10-15”, which is primarily conducted in middle schools. The 23 funded providers conducted the program with 9,999 youth in 154 different sites:

- 137 middle schools
- 17 community sites (e.g., churches, public housing, group homes, etc.)

Target Populations and Settings: All providers were determined to have used the appropriate “CBSG Program” curriculum with the target populations and settings served.

Program Completers: A total of 9,999 children were enrolled in the CBSG® Program, and 8,258 or 83% completed the minimum prescribed dose.

Program Success: Of the youth completing the program, over 78% were defined as successful: they had matched pre/post surveys, and maintained or improved their “non-use attitudes toward alcohol and other drugs” as indicated by comparison of their post-survey scores against their pre-survey scores.

**DSHS FY 2005 Statewide Outcome Evaluation – CBSG Program – ELEMENTARY AGES – Combination of Two Curricula:**

**1. “Rainbow Days Curriculum-Based Support Group (CBSG) Program for Schools and Community-Based Settings”**

**Subtitle: “Kids’ Connection – Ages 4-12”**

**2. “Rainbow Days CBSG Program for Children and Youth Ages 4-15 in Shelters, Group Homes, and Transitional Settings”**

**Sub-title: “Kids’ Connection, Too.”**

Summary: In FY 2005, DSHS funded 19 providers across Texas to implement the “CBSG Program” with 8,301 children in 171 different sites:

- 125 elementary schools
- 10 intermediary schools
- 36 community sites (e.g., churches, shelters, public housing, Boys and Girls Clubs, YMCAs, recreation centers, etc.)

Target Populations and Settings: All providers were determined to have used the appropriate “CBSG Program” curriculum with the target populations and settings served.

Program Completers: Of the 8,301 children enrolled in the “CBSG Program,” 7,477 (90%) completed the

prescribed minimum dose. The following shows the frequency of children enrolled/completing by setting:

*Ages 6-12 in school/community*

- Enrolled: 7,348
- Completed: 6,639
- Percent: 90.4%

*Ages 4-12 in shelters/transitional*

- Enrolled: 573
- Completed: 465
- Percent: 81.2%

*Adaptation Study* – With permission one DSHS-funded provider implemented a special adaptation in a juvenile justice setting

- Enrolled: 380
- Completed: 373
- Percent: 98.2%

Total Participants Enrolled/Completing:

- Enrolled: 8,301
- Completed: 7,477
- Percent: 90.5%

NOTE: Sheltered/transitional settings reported a somewhat lower completion rate than other settings due to the volatile nature of turnover among those participants served in emergency homeless shelters. The juvenile justice setting (residential detention) showed a somewhat higher completion rate than other settings due to residents' program participation being "guaranteed" by the nature of the setting.

Program Success: Over 88% of completers were defined as successful, i.e., they had matched pre/post surveys, and maintained or improved their "non-use attitudes toward alcohol and other drugs" as indicated by comparison of post-survey scores with pre-survey scores.

The 88% success rate for 2005 is significantly higher than that reported in 2004 (75%). Explanations of potential sources of the variance include:

- observations showed that facilitators, newly trained in 2004, gained needed experience (small number of facilitators); and
- the identification and referral processes in schools were improved, resulting in better identification of children and youth appropriate for inclusion in the program (through clarification of referral criteria, and improvements to the referral orientation and preparation of significant numbers of teachers, counselors and administrators.)

**DSHS FY 2005 Statewide Outcome Evaluation – CBSG Program - SECONDARY AGES – One Curriculum:**

**“Rainbow Days Curriculum-Based Support Group (CBSG) Program for Schools and Community-Based Settings”**

**Subtitle: “Youth Connection – Ages 10-15”**

Summary: In FY 2005, 13 providers implemented the “CBSG Program” with 4,629 youth in 74 different sites:

- 60 middle schools
- 14 community sites (e.g., churches, public housing, group homes, etc.)

Target Populations and Settings: All providers were determined to have used the appropriate “CBSG Program” curriculum with the target populations and settings served.

Program Completers: Of the 4,629 youth enrolled in the “CBSG Program,” 3,614 (78%) completed the prescribed minimum dose.

Program Success: As in FY2004, 78% of the youth completing the program were defined as successful; i.e., they had matched pre/post surveys, and maintained or improved their “non-use attitudes toward alcohol and other drugs” as indicated by comparison of their post-survey scores against their pre-survey scores.

**FINAL NOTE - Rainbow Days' Inclusion in the Report:**

In addition to being the developer of the “CBSG Program,” Rainbow Days was also a DSHS-funded provider of the “CBSG Program” in 2004 and 2005. In 2004, Rainbow Days served a total of 2,489, or 10% of the total children and youth served in DSHS-funded implementations statewide; in 2005, Rainbow Days served a total of 2,308, or 18% of the DSHS-funded implementations statewide. Completion rates were 80% or better for both years, and success rates for Rainbow Days were slightly higher but in the range of other providers. DSHS has determined that Rainbow Days' inclusion in the Statewide Report does not unduly influence the findings of the Report.

**REPORT ATTACHMENT:**

“CBSG Program” 10-Item Pre/Post Survey