## TARGET AUDIENCE

This program is delivered to children who are in late elementary school and early middle school and are at risk for substance use and consequential behavioral problems and their parents and is intended to impact children and adolescents.

## SUMMARY

Coping Power, a school- or community-based program, is designed to prevent substance abuse and subsequent delinquency in youth by increasing social skills, teaching self-control, and encouraging constructive parental participation. Participants and their parents engage in cognitive-behavioral based sessions.

## EVIDENCE

Several randomized controlled trials by program developers have been conducted, and results have demonstrated significant effects on delinquency, substance use, and school behaviors in aggressive boys at a 1-year follow-up when compared to the control group. Significant improvements on externalizing behaviors have been demonstrated in boys and girls.

## COMPONENTS

The Coping Power program, developed as a school-based program but now modified for community-based mental health settings, uses group- and individual-based sessions. This program consists of two main components in which children and parents learn important skills.

- **Student sessions** - Set goals, develop positive organization and study habits, learn anger management, increase social and problem-solving skills, handle peer pressure, and build positive peer relationships.

- **Parent sessions** - Give approval and positive attention, provide clear expectations and rules, encourage positive study habits, practice suitable discipline, learn to manage stress, and develop healthy communication and problem-solving skills.

## PREVIOUS USE

Coping Power has been used in the United States, Italy, and the Netherlands. In addition it is used in residential schools for deaf students.
Coping Power

TRAINING

Teachers and mental health professionals facilitate this program. Training is required, and 2- and 3-day workshops are offered at the University of Alabama twice a year. On-site trainings can be requested and vary in price depending on the location and number of participants. Please visit the training website for details http://www.copingpower.com/trainings_certifications.html

CONSIDERATIONS

Considerations for implementing the Coping Power program include acquiring youth, parent, and administrative buy-in; securing suitable facilitators and ensuring they receive training; and finding time to implement sessions in an existing school curriculum, if the school setting is used.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing Coping Power, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The Coping Power program consists of 34 child and 16 parent sessions, and these sessions occur over 15 to 18 months. Periodic individual sessions are also conducted. A shorter version is available (i.e., 24 child sessions and 10 parent sessions) and can be implemented over 1 school year.

Costs for program implementation materials vary. Please see the materials website for details http://www.copingpower.com/store.html

EVALUATION PLAN

To move the Coping Power program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu
You may also contact the Coping Power Program by mail Box 870348, The University of Alabama, Tuscaloosa, AL 35487, phone 1-205-348-3535, fax 1-205-348-3526, or visit http://www.copingpower.com/contact.html

SOURCE

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