Early Risers "Skills for Success" (Early Risers) is a multi-sector, school-, and community-based program that is designed to prevent or diminish conduct problems among children who could be at high risk for developing antisocial behavior.

**TARGET AUDIENCE**
This program is for children, who are 6 to 12 years old and display mild to moderate aggression issues, and their parents.

**SUMMARY**
Early Risers "Skills for Success" (Early Risers) is a multi-sector, school-, and community-based program that is designed to prevent or diminish conduct problems among children who could be at high risk for developing antisocial behavior.

**EVIDENCE**
Results from one efficacy trial demonstrated positive program effects for academic competence and social competence up to 3 years after the beginning of the intervention. Positive program effects were found for leadership skills, social etiquette, friendship quality (i.e., for girls only), and aggression towards others (i.e., for highly aggressive children only) at the 4-year follow-up. Six-year outcomes demonstrated reductions in oppositional defiant disorder symptoms and greater use of effective discipline practices by parents.

**COMPONENTS**
Early Risers is designed to decrease risk factors and increase protective factors for participants by fostering a connection between and among families, schools, and community service providers. The program includes two components:

- **Child-focused:** Children participate in a summer day camp program that consists of social-emotional skills training*, literature appreciation, and creative activities. During the academic school year, small-group sessions are offered to children in social skills training and literature appreciation. Sessions can take place before, during, or after school. The family advocate also consults with the child's teacher and provides one-on-one mentoring to the child.

- **Family-focused:** Parents participate in a parent education and social skills training program called Parents Excited About Kids (PEAK). Videos, role-play, group discussion, modeling, behavioral rehearsal, coaching, and homework assignments are utilized during PEAK sessions to foster parent knowledge and skill attainment. Sessions include topics that address understanding healthy child development, coping with parenting challenges, managing stress, and improving family relationships. Parents also learn how to monitor their child's behavior and how to access community services. The family advocate also consults regularly with the family to assess family strengths, needs, and goals.

*Developers recommend implementing the Promoting Alternative THinking Strategies (PATHS), Second Step, or Incredible Years program as the social-emotional skills training component. Please visit the Clearinghouse Continuum for more information on these programs.

**PREVIOUS USE**
This program was implemented in schools in 1997 and has since been delivered to approximately 1,700 families in Arkansas, Colorado, Florida, Indiana, Kansas, Michigan, Minnesota, North Carolina, Tennessee, and Virginia.
Early Risers "Skills for Success" (Early Risers)

TRAINING
This program is implemented by a family advocate who has a bachelor's degree in social science or home visitation and case management experience with at-risk families. A 2- to 3-day, on-site training is required and costs $7,000 for up to 20 participants, and this price includes the program manual. Please contact the developer for more information on additional program manuals and support and quality assurance information.

CONSIDERATIONS
Considerations for implementing this program include hiring and retaining family advocates, school advocates, summer program teachers, and additional staff as needed; obtaining funds for training costs; finding suitable locations to hold program activities; and providing meals and transportation for families.

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 the Early Risers program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
This program is implemented for 2 to 3 years. The child-focused component includes the summer day camp program, which is offered four times a week for 6 weeks. Small group sessions are held weekly. Family nights are held five times per year. Meeting time with family advocates varies based on individual and family needs.

COST
It was estimated that the total annual cost to implement the program, including an organization's direct and indirect costs, is approximately $1,500 to $2,500 per student. More exact program implementation costs were not located. Please contact the developer using details in the Contact section for more information.

EVALUATION PLAN
To move this program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates 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 Dr. Gerald August by mail Division of Child and Adolescent Psychiatry, 2450 Riverside Avenue, F256/2B West, Minneapolis, MN 55454-1495, phone 1-612-273-9711, fax 1-612-273-9779, or email augus001@umn.edu

SOURCE

www.militaryfamilies.psu.edu