TARGET AUDIENCE

This program is for students who are in kindergarten to 8th grade.

SUMMARY

The Social Decision Making/Social Problem Solving (SDM/SPS) Program is a school-based program that is designed to help students develop social and decision-making skills that can guide them in solving problems and making decisions in a reflective, non-impulsive, and responsible manner.

EVIDENCE

Students participating in the program were found to be better at coping with stressors and adjusting to middle school compared to control students. Longitudinal results revealed that students exposed to the program demonstrated higher levels of positive pro-social behavior and less anti-social, self-destructive, and socially disordered behavior (e.g., use of alcoholic beverages, vandalism, hitting, threatening, attacking others, using cigarettes) compared to control students. However, overall strength of outcomes was small and gender differences emerged.

COMPONENTS

Separate program curricula are available for students in grades kindergarten (K)-1, 2-3, 4-5, and 6-8. Program content seeks to support students by presenting information that can help them develop skills to increase their self-esteem, self-control, awareness of stress and emotions, healthy choices, ability to cooperate, and positive peer relationships and promote participants’ avoidance of substance abuse, violence, and delinquency. The program curriculum includes lessons that focus on the following three areas:

1. Self-Control and Social Awareness: Practice listening and remembering, follow directions, resist distractions, do not distract others, self-monitor and self-soothe, give and receive praise, choose friends, and display consideration.
2. Social Decision Making Thinking: Practice an eight-step, social, decision-making strategy to develop problem-solving skills.
3. Applications to Academics and Real Life Problems: Transfer skills into life situations through practice, role-playing, skill modeling, and discussion.

The program is delivered using a variety of cooperative learning techniques, such as small-group brainstorming, problem-solving, and role-playing. Outreach activities and materials are available for parents and may help with program effectiveness. The program is well-suited for classroom use but can be adapted for use in small-group settings.

PREVIOUS USE

This program was created in 1979 as the Improving Social Awareness-Social Problem Solving Program. The SDM/SPS Program has been implemented in more than 13,000 classrooms across the world and serves over 250,000 children.
Social Decision Making/Social Problem Solving (SDM/SPS) Program

TRAINING
The developers of the SDM/SPS Program offer in-service training, consultation, or workshops for schools, facilities, or organizations who are interested in implementing the program. For more information, please contact SDM/SPS Program Office by mail University of Medicine & Dentistry of NJ, UBHC, Behavioral Research & Training Institute, 151 Centennial Ave., Suite 1140, Piscataway, NJ 08854, phone 1-732-235-9280, fax 1-732-235-9277, or email spsweb@umdnj.edu

CONSIDERATIONS
Considerations for implementing this program include acquiring buy-in from administration and teachers, participating in training, understanding some materials for program implementation will need to be purchased, and making time to implement the program in an already existing curriculum.

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 SDM/SPS Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
The SDM/SPS Program can be integrated into general or special education classes. The program is presented in one lesson per week for general education or two lessons per week for special education students throughout the school year.

COST
The curricula for K-1, 2-3, 4-5, and 6-8 cost $42.99 each, or a set can be purchased for $149.99. Please visit the second website listed in the Contact section for more information on costs.

EVALUATION PLAN
To move the SDM/SPS Program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating strong, positive effects in males and females lasting at least one year from the beginning of the program or at least six months from program completion.

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. Maurice Elias by phone 1-848-445-2444, email RUTGERSMJE@aol.com., or visit http://ubhc.rutgers.edu/sdm/contact_us.html or http://ubhc.rutgers.edu/sdm/index.html or https://www.researchpress.com/books/702/social-decision-makingsocial-problem-solving-sdmsps

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