TARGET AUDIENCE

This program is for adolescents 12 to 18 years old who have suicidal thoughts and depression symptoms.

SUMMARY

Teaching Kids to Cope (TKC) is a health education program that is designed to help adolescents recognize the symptoms of stress and learn how to cope with difficult life situations. Adolescents are introduced to and learn a range of skills, which are intended to help them manage their stress.

EVIDENCE

Evaluations of TKC suggest mixed findings for depression and modest effects on coping. One study found that the program had a significant impact on depression in females but not males compared to a control group. Another study found significant impacts on depression for both males and females, compared to a control group, at post-intervention and at 6-month follow-up. These results faded by the 12-month follow-up.

COMPONENTS

TKC is a group health education program that is available in schools, hospitals, summer camps, and other community-based settings. This program is designed to help decrease depression among adolescents during stressful life events. Adolescents are taught to recognize difficulties in their lives, alternative ways to react to these difficulties, and a repertoire of positive responses.

Adolescents explore new skills to identify and react to stressors through group discussions, interactive scenes, videos, group projects, and homework assignments that encourage participants to practice newly learned skills. Group discussions include a variety of topics, such as family life situations, typical teen stressors, self-perception issues, and interactions with others. To further reinforce coping strategies, adolescents are placed in realistic situations and asked to resolve tasks.

PREVIOUS USE

TKC was created in the early 1990s and has been implemented in 10 schools among 2,000 adolescents in many states.
Teaching Kids to Cope (TKC)

TRAINING

A 1-day, on-site training is recommended for the professionals who implement the program and costs approximately $1,000 per group plus travel expenses.

CONSIDERATIONS

Some considerations when implementing TKC include obtaining funds to cover the costs for training and allowing for time to hold program sessions during school hours or in a community-based situation after school or during the summer.

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 TKC, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

Facilitators conduct 10 group sessions that last 60 minutes each.

COST

Five implementation manuals and ongoing technical assistance are included with the cost of training. Additional manuals cost $15 each.

EVALUATION PLAN

To move TKC to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating consistently positive effects 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 Kathy Puskar by phone 1-412-221-8331, email krp12@pitt.edu, or visit www.pitt.edu/~krp12/

SOURCE

legacy.nreppadmin.net/ViewIntervention.aspx?id=83

www.militaryfamilies.psu.edu