

Presentation by: Elena Alvarez, M.A.

Resource Title	Coping Power Program
What is it?	A small group preventive intervention that addresses social competence and self-regulation for children identified as being at-risk for substance abuse and delinquency. Coping Power is an evidence based practice. The program comprises of a 34 group session child intervention and a 16 session parent component that is designed to be delivered over 16-18 months.
Purpose(s)	<p>Children participate in structured cognitive-behavioral sessions designed to improve goal-setting, organization and study skills, problem solving and anger management, and resistance to negative peer pressure. Parental involvement is a key component and includes group sessions and periodic individual contact. The program can be delivered at school or in mental health settings.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> Anger Management Behavior Management Drugs/Alcohol/Tobacco Mental Health/Wellness Parent/Family/Community Collaboration School Climate and Culture Youth Development
Intended Implementer(s)	<ul style="list-style-type: none"> Administrators Teachers/School staff Mental Health Staff Parents/Caregivers/Community
Applicable Population(s) / Grade Levels	Students in grades 4-6 in comprehensive schools. Can be used as a RTI Tier 2 intervention
Source of Products or Websites	<p>www.copingpower.com</p> <p>www.regionalk12smhi.org</p>