

Presentation by: Elena Alvarez, M.A.

<b>Resource Title</b>	<b>Coping Power Program</b>
<b>What is it?</b>	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.
<b>Purpose(s)</b>	<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"><li>Anger Management</li><li>Behavior Management</li><li>Drugs/Alcohol/Tobacco</li><li>Mental Health/Wellness</li><li>Parent/Family/Community Collaboration</li><li>School Climate and Culture</li><li>Youth Development</li></ul>
<b>Intended Implementer(s)</b>	Administrators Teachers/School staff Mental Health Staff Parents/Caregivers/Community
<b>Applicable Population(s) / Grade Levels</b>	Students in grades 4-6 in comprehensive schools. Can be used as a RTI Tier 2 intervention
<b>Source of Products or Websites</b>	<a href="http://www.copingpower.com">www.copingpower.com</a> <a href="http://www.regionalk12smhi.org">www.regionalk12smhi.org</a>