

**Department of Mental Health
School Mental Health Program (SMHP)
Evidence Based Programs
SY 2017-2018**

SMHP APPROVED PROGRAMS

PREVENTION PROGRAMS

Good Touch/Bad Touch

Elementary and Middle Schools

An evidence-based primary prevention/education curriculum developed for pre-school - 6th grade students as a tool to teach children the skills needed to prevent or interrupt abuse. Good Touch/Bad Touch is endorsed by The National Mental Health Association Clearinghouse. *Healthy Boundaries* is available for students in 7th-8th grade and focuses on teaching students about abuse, sexual harassment, and bullying.

****Question, Persuade, and Refer (QPR)**

Elementary, Middle and High Schools

An evidence-based prevention program developed for individuals (e.g., teachers, staff members, etc) to learn how to recognize the warning signs of suicide, and to teach how to question, persuade, and refer an individual in crisis.

Love is Not Abuse

High Schools

An evidence-informed prevention program developed for high school students. Love is Not Abuse teaches youth about teen dating violence and the curriculum focuses on the 3 goals: increasing youths' understanding of dating violence and abuse, challenging misconceptions that support dating violence, and helping youth to identify help-seeking behaviors if they are in an abusive relationship.

Signs of Suicide (SOS)

Middle and High Schools

A SAMHSA approved, evidence-based program developed for middle school and high school students. SOS is a depression awareness and suicide prevention program that teaches students how to ACT (acknowledge, care and tell) when they or a friend experience symptoms of depression or suicide. Students are screened for depression and suicide risk and referred to appropriate services if needed.

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Too Good for Violence

Elementary, Middle and High Schools

A SAMHSA approved, evidence-based violence prevention program that reduces aggression and improves student behavior for middle and high school students. Too Good for Violence emphasizes four areas including; conflict resolution, anger management, respect for self and others, and effective communication.

Teen Intervene

Middle and High School

An evidence based, time-efficient program for teenagers 12-19 suspected of experiencing mild to moderate problems associated with alcohol or other drug use; the program can also include parent or guardians. The Teen – Intervene program integrates the stages of change model, motivational interviewing and CBT. **The program is 3 sessions**

Coping Cats Program- “Keeping your Cool” The Anger Management Workbook -

This revised edition of the workbook provides five empirically-supported anger management strategies that can be employed by both boys and girls, ages 10-17, to help them cope with a variety of anger-arousing situations. Whereas the original Keeping Your Cool Workbook relied heavily on sports-related situations, this new edition has a wider range of appeal, with new attention to gender and diversity issues. The workbook addresses not only the anger issues experienced by boys, but also the social aggression that characterizes the anger experienced by girls at that age. Attention is also paid to specific anger-arousing situations that are experienced by minorities.

“Keeping Your Cool Part Two”- For those who want to continue working with the adolescent on anger management skills, this workbook is a continuation of the work begun in the "Keeping Your Cool" Workbook. These additional 10 sessions of training exercises offer continued rehearsal and practice of the basic skills of anger management, and more thoroughly integrates termination exercises into the treatment format. (71 pages)

Stop and Think - Twenty therapy sessions provide opportunities to teach children to be less impulsive. Activities in the workbook teach children to recognize and identify their feelings and learn to be problem-solving "detectives" in a variety of situations. (129 pages) There is a therapist manual to accompany the workbook.

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Teaching Problem Solving- This manual is designed to provide an easy-to-use *classroom approach to teaching problem-solving skills. The content, for use in classrooms, is in sync with the content of the child-focused program, "Stop and Think".*

Botvins Life Skills Training Program
Elementary, Middle, and High Schools

A SAMHSA approved, evidence-based substance abuse prevention program that addresses the most important factors leading children and adolescents to use drugs. The program teaches a combination of drug resistance skills, self-management skills, and general social skills, and can be implemented with children in 3rd to 12th grades.

Connect with Kids
Elementary, Middle, and High Schools

An evidence-informed program that improves student behavior in significant and important ways across multiple character skills, including teasing and bullying behaviors, cheating and lying, respect for classmates and teachers, violence prevention, and academic perseverance. The What Works Clearinghouse selected the program as an effective results oriented curriculum. The *Adventures Series* can be implemented with students in PreK – 3rd grades and the character education series targets elementary, middle, and high school students. Connect with Kids also produces videos on specific topics (e.g., bullying and depression) that can be used with middle and high school students.

Kimochis
Elementary

The Kimochis Educator's Tool Kit is a universal, school-based, social emotional learning curriculum designed to give children the knowledge, skills and attitudes they need to recognize and manage their emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging situations constructively.

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EARLY INTERVENTION PROGRAMS

Primary Project

A SAMHSA approved, evidence-based program targeting students in PreK through 3rd grade who may be displaying early school adjustment difficulties and may be “at risk” for additional socio-emotional difficulties. Students who are screened and meet specific criteria meet with a paraprofessional who provides direct services to the children.

Ask 4 Help – (k-5)

Yellow Ribbon’s Elementary Ask for Help curriculum specializes in the ongoing development and reinforcement of the following protective factors in children and youth. By the end of the curriculum, students will; Understand what feelings are (definitions) understand, recognize and express their own feelings and those of others, recognize what they need: the difference between needs and wants, differentiate between tattling and telling, know how to identify helps (trusted adults), know how to ask for help for themselves and for others. Books that go with the program - My Many Colored Days by Dr Seuss

Adventures in Poetry and Color Hailstones and Halibut Bones by Mary O’Neill
The Way I Feel by Janan Cain
The Gigantic Turnip by Aleksei Tolstoy and Niamh Sharkey
Tar Beach by Faith Ringgold
Cassie’s Word Quilt by Fath Ringgold
A Bad Case of Tattle Tongue

Parent Café

Elementary, Middle and High Schools

An evidence informed parenting program which includes small group discussions among parents that promote individual self-reflection and peer-to-peer learning based on five research-based protective factors: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, and social and emotional competence of children. Cafés are facilitated by a host in small groups where parents explore topics led by questions from the tool “Parent Café in a box.”

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TREATMENT PROGRAMS

Cognitive-Behavioral Intervention for Trauma in Schools (CBITS)

Elementary, Middle, and High Schools

A SAMHSA approved, evidence-based program targeting youth between the ages of 10 and 15 years old who have experienced a violent or traumatic event. Students are screened for symptoms of depression and post-traumatic stress disorder and participate in a cognitive behavioral therapy focused group. The main goals of the group are to reduce symptoms related to trauma, to build resilience, and to increase peer and parent support.

Bounce Back

K-4th grade

A SAMHSA approved, evidence-based program targeting youth between the ages of K and 4th grade who have experienced a violent or traumatic event. Students are screened for symptoms for post-traumatic stress disorder and participate in a cognitive behavioral therapy focused group. The main goals of the group are to reduce symptoms related to trauma, to build resilience, and to increase peer and parent support.

Trauma-Focused Cognitive Behavioral Therapy

Elementary, Middle, and High Schools

A SAMHSA approved, evidence-based program targeting children and adolescents between the ages of 3 and 18 years old who may be experiencing symptoms related to trauma and/ or violence. The core components of Trauma-Focused Cognitive Behavioral Therapy include: psychoeducation, relaxation skills, affective modulation skills, cognitive coping, trauma narrative, in-vivo exposure, conjoint parent and child sessions, and enhancing personal safety.

Adolescents Coping with Depression (CWD-A)

Middle and High School

The Adolescent Coping with Depression is a SAMHSA approved evidence based program that is a cognitive behavioral group intervention that targets specific problems typically experienced by depressed adolescents. These problems include discomfort and anxiety, irrational/negative thoughts, poor social skills, and limited experiences of pleasant activities. The program consists of 16 -2 hour sessions in mixed gender groups up to 10 adolescents.

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Incredible Years (Dina Dinosaur Group)

Elementary Schools

A SAMHSA approved, evidence-based program targeting children between the ages of 4 and 8 years old who may be experiencing aggressive or “disruptive” behaviors. The program focuses on teaching children social skills, problem solving skills and anger management strategies.