

Skill-Building Strategies: Externalizing Behaviors
5 Evidence-Based SEL Programs

	Intervention Content	Intervention Format	Publisher, Website, and Price
Anger Coping Program	The program is targeted towards children with anger management difficulties who are 8-14 years old, typically male, and show aggressive and disruptive behavior. Participants are identified by teachers. Some of the lesson focuses include: group rules and reinforcement systems, perspective taking, inhibiting impulsive responding, and social problem solving.	Small groups of 4-6 children meet weekly for 18 weeks of 40-60 minute lessons. These sessions should be led by two co-facilitators. Training can be self-directed through use of the text.	Published by Guilford Press, the Anger Coping Program intervention is found in the book <i>Helping Schoolchildren Cope with Anger</i> (2 nd Edition) by Larson and Lochman. This text costs \$34 and is available through the publisher website: https://www.guilford.com/books/Helping-Schoolchildren-Cope-with-Anger/Larson-Lochman/9781606239735
Coping Power Program	Targeted towards children in 4 th – 6 th grade in regards to the transition to middle school. This is based on an empirical model of risk factors for substance use and delinquency. The program addresses factors including social competence, self-regulation, and positive parental involvement.	The program lasts 15-18 months and involves structured cognitive-behavioral group sessions for the children and behavioral parent training groups. There are 34 child sessions and 16 parent ones, but an abbreviated version is available to last one school year (24/10). Trainings must be discussed with test developers.	Published by Oxford University Press, the total start-up cost of the program is \$1,773.90 for all components. Specific details for each can be found at the program website here: http://www.copingpower.com/Manuals.aspx
First Step to Success → FIRST STEP Next	Early intervention program for PK-2 nd and designed for children at risk for developing aggressive or antisocial behavior patterns. Some success skills taught include following directions, being a team player, and asking for attention the right way. The behavior coach works to teach the student to recognize and replace inappropriate behaviors with appropriate ones.	A trained behavior coach works with a student in 1-on-1 sessions at school and follow a six-step procedure after collecting information about the behavior. The coach also works with the teacher and parents to reinforce the skills from the program. Initially there are daily debriefing sessions between the coach and student, then intermittently with teacher feedback included.	FIRST STEP Next is the updated version of First Step to Success and is now published by Pacific Northwest Publishing. The FIRST STEP Next curriculum kit costs \$485.00 through their website at: https://pacificnwpublish.com/products/FIRST-STEP-Next.html

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Incredible Years Program	<p>The child-training program is designed for ages 0-8 and focuses on building social and emotional skills for children with challenging behaviors. These lessons can be given to referred children or to whole classrooms as a preventative measure. Some topics covered include: recognizing and understanding feelings, getting along with friends, anger management, and problem solving. Separate training programs for teachers and parents are also available.</p>	<p>20-30 minute lessons are given two-three times a week and are reinforced by small-group activities, skill practice throughout the day, and communicating with parents. Each lesson should have two facilitators that are recommended to have graduate degrees in related fields or extensive experience working with children. Facilitators may host their own one-day on-site training.</p>	<p>Published by Incredible Years Inc. Program costs range from \$1,375 - \$1,425 for the child-training curriculum. A comprehensive price list of components can be found on their website at: http://www.incredibleyears.com/order</p>
Second Step	<p>A classroom-based social skills program for ages 4-14 with distinct curriculum for each grade. Second Step is designed to reduce impulsive, high-risk, and aggressive behaviors and increase social competence and other protective factors. The curriculum covers topics such as empathy, impulse control, and anger management.</p>	<p>The program contains generally 20-23 lessons that last 20-45 minutes each. There are two age groups of curriculum: PK-5th have 20-25 lessons per year, and 6th-8th have 15 lessons in the first year with 8 lessons in the following two.</p>	<p>Published by Committee for Children. Program costs vary by age group, but range from \$389 - \$439 for print copies. Electronic versions are available for grades 6-8 at \$199. More specific pricing and training information is located here: http://www.secondstep.org/Purchase/Products/second-step</p>

For additional Information about additional evidence-based Social-Emotional Learning (SEL) programs, see:

CASEL (Collaborative for Academic, Social, and Emotional Learning) Program Guides

- Preschool/Elementary Edition: <http://www.casel.org/preschool-and-elementary-edition-casel-guide/>
- Middle and High School Edition: <http://www.casel.org/middle-and-high-school-edition-casel-guide/>

What Works Clearinghouse

- Preschool/Elementary Edition: <https://ies.ed.gov/ncee/edlabs/projects/project.asp?projectID=443>

SAMHSA (Substance Abuse and Mental Health Services Agencies)

- Various Programs (Elementary, Secondary, Adult): <https://nrepp.samhsa.gov/AllPrograms.aspx>

California Evidence-Based Clearinghouse for Child Welfare

- Various Programs (Elementary, Secondary, Adult): <http://www.cebc4cw.org/search/topic-areas/>