

## Skill-Building Strategies: Internalizing Behaviors

### 6 Evidence-Based SEL Programs

	<b>Intervention Content</b>	<b>Intervention Format</b>	<b>Publisher, Website, and Price</b>
<b>ACTION</b>	<p>ACTION is targeted towards girls 9-12 years old who are experiencing depression. The intervention is also appropriate for boys (through a separate workbook) and can be modified for younger and older students. Some intervention aspects include: psycho-education, goal setting, coping skills training, cognitive restructuring, and building a positive self-schema.</p>	<p>20 groups meetings and 2 individual meetings are completed in 11 weeks. There are additional treatment procedures, such as self-monitoring and self-evaluation, that can be included. Fidelity and flexibility are both very important in implementation and experienced practitioners with familiarity with CBT are recommended for administration.</p>	<p>Published by Workbook Publishing, one set of materials costs \$133.85. There are additional parent resources for purchase. All materials can be purchased through the publisher website at:  <a href="http://www.workbookpublishing.com/depression.html">http://www.workbookpublishing.com/depression.html</a></p>
<b>Adolescent Coping with Stress Course (CWS)</b>	<p>A psycho-educational, cognitive-behavioral intervention for the prevention of unipolar depression in high schoolers (13-18 years old) who are at an increased risk for depression. This is not intended to be a treatment for active episodes of depression. Topics covered include: depression and its relation to stress, cognitive-restructuring skills, and modifying irrational or negative self-statements.</p>	<p>There are 15 sessions that last one hour, which can be offered 2-4 times a week for 45-60 minutes, depending on site needs. These should be led by trained school psychologists and counselors with a master's degree and experience conducting groups. Before beginning, therapists are provided with 40 hours of training, including aspects such as mock intervention sessions and role-playing adolescent responses to exercises and feedback.</p>	<p>Program materials are free and available online, both the therapist manual and teen workbook, through the Kaiser Permanente Center for Health Research website here:  <a href="https://research.kpchr.org/Research/Research-Areas/Mental-Health/Youth-Depression-Programs#Downloads">https://research.kpchr.org/Research/Research-Areas/Mental-Health/Youth-Depression-Programs#Downloads</a></p>
<b>Coping Cat/C.A.T.</b>	<p>Targeted towards children ages 7-13 with anxiety disorders. Coping Cat is a cognitive-behavioral therapy intervention that helps children recognize and analyze anxious feelings and develop strategies to cope. The C.A.T. project provides age-appropriate material for older students (12-18).</p>	<p>The program has 16 sessions total, with the first 8 focusing on basic concepts, practice, and reinforcement. The last 8 focus on practicing acquired skills in imaginary and real situations. The Coping Cat therapists have advanced degrees in psychology and can utilize guidebook and computer trainings.</p>	<p>Published by Workbook Publishing, an initial set of all components for one student would cost \$192.85. Each workbook for children or adolescents is \$26.95. More specific pricing details can be found at the publisher website here:  <a href="http://www.workbookpublishing.com/anxiety.html">http://www.workbookpublishing.com/anxiety.html</a></p>

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<b>Camp Cope-A-Lot (CCAL)</b>	Based on the Coping Cat program, Camp Cope-A-Lot is targeted towards children ages 7-13 with anxiety disorders. This is a computer-assisted program, while Coping Cat is manual based.	There are 12 sessions total that are completed. The first 6 are completed independently by the students, and the last 6 sessions are guided by a “coach”. The program was designed to be implemented by practitioners not yet trained or experienced in Cognitive-Behavioral Therapy and requires fewer therapist hours than Coping Cat.	Published by Workbook Publishing, a set of one copy of components would cost \$200.00. An institutional package of 10 copies is priced at \$2,000.00. Further pricing details for components can be found on the publisher website: <a href="http://www.workbookpublishing.com/anxiety.html">http://www.workbookpublishing.com/anxiety.html</a>
<b>Penn Resiliency Program (PRP)</b>	PRP is a cognitive-behavioral group intervention for youths ages 10-14. The program is aimed at preventing depression by teaching cognitive and behavioral skills before students begin to transition to adolescence. Some skills taught include: detecting and challenging negative thoughts, resilience, assertiveness, negotiation, and relaxation.	PRP is delivered in 12 90-minute lessons or 18 to 24 60-minute lessons. Group leaders are expected to receive extensive training and supervision, which may be anywhere between 3-10 days in length. Feedback and observation are done by the PRP developers and team, and leaders are expected to participate in group supervision meetings one every 1-2 weeks while delivering the intervention.	PRP was developed by a team at the Positive Psychology Center at the University of Pennsylvania. Group leader training must be requested by an organization, but costs are determined by individual contact with the team. More information can be found at their website: <a href="https://www.sas.upenn.edu/psych/seligman/prpfaqs.htm">https://www.sas.upenn.edu/psych/seligman/prpfaqs.htm</a>
<b>FRIENDS/ Friends for Life</b>	There are two forms: one for children (6-11 years) and one for youth (12-16 years). FRIENDS is a cognitive behavioral treatment for clinically anxious children. It teaches skills for managing feelings and coping with life challenges, as well as self-esteem and building positive relationships.	10 weeks of 1-1.5 hour sessions to be run during class, with homework assigned to each lesson to practice skills at home with family. Schools may also modify the program to conduct shorter sessions over a longer period of time. At the end, there is an option of “booster sessions” for students to review skills.	Developed through the Friends Resilience Organization, it costs \$93.00 for teacher materials and student workbooks range from \$17.60 - \$18.70 each. More price information and training costs can be found through the website here: <a href="https://www.friendsresilience.org/">https://www.friendsresilience.org/</a>

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/>