

Theory Approach Logic Model for CBSG® Program (March 2021)

Illustrates theory of change; emphasizes program's big ideas and assumptions

Strategies

Adult Facilitators from schools, Community Partners, and/or Rainbow Days are trained to implement the *CBSG Program* and its Curricula adaptation(s) by Rainbow Days Training

Children and youth developmentally aged 4-17 who experience(d) ACEs, trauma, anxiety, and/or or toxic stress may be referred by a caregiver, caring adult, school staff, or community partner to a local *CBSG Program* Group or the *CBSG Program* Group may be offered to all children and youth at a particular location (e.g., *KCT* offered to all children and youth living in transitional living settings, e.g., group homes, emergency shelters, supportive housing, etc.)

Trained Facilitators implement the *CBSG Program* with fidelity using the appropriate Curricula adaptation (*KC*, *YC*, *KCT*, or *FC*), Activities and Discussions for each Group's setting and participants' developmental age

Facilitators provide safety, predictability and consistency, caring relationships, high expectation messages, and consistent opportunities for participation through the *CBSG Program* Group process

Assumptions

ACEs, trauma, anxiety, and toxic stress are linked to stress-related emotional, social, and health problems by overwhelming a child's coping abilities, which may jeopardize their social and emotional competence, academic success, problem solving, and/or sense of hope and purpose for years to come

Caring relationships with supportive adults who provide protective factors will help children and youth who experience(d) ACEs, trauma, and/or toxic stress build resilience to develop healthy social and emotional coping skills, establish and maintain positive relationships, and make responsible decisions

A Facilitator-led SEL curriculum delivered in a support group format will help children and youth with ACEs build resilience to build social, emotional, and decision-making competencies while avoiding substance use/misuse, SUDs, and the development of internalizing and externalizing problems

Factors Influencing Success

Unexpected times of crisis (e.g., COVID-19 pandemic, natural disasters, school closures, economic and political turmoil)

Referral mechanisms effectively reach intended population

Potential participants are interested in the *CBSG Program*, willing to engage in the *CBSG Program* Group process, and have caregiver permission (when required)

The *CBSG Program* Groups are conducted at a time and location participants can attend

Each *CBSG Program* Group is composed of participants with diverse personalities, behavior, and reasons for referral

Caregivers and participants feel locations, activities, and Facilitators are safe and trustworthy

A safe, confidential setting is always maintained in each Group

Trained *CBSG Program* facilitators deliver each Group consistently with fidelity to *CBSG Program* core components

Recruitment and retention of highly qualified and motivated adult Facilitators

Facilitators and participants have reliable transportation to and from Group or Groups are provided on-site at their location

Working relationships with schools and community partners are maintained

Local, state, and federal prevention legislation (e.g., state prevention priorities; evidence-based program requirements) and funding supporting the *CBSG Program* are maintained

Problem or Issue

Exposure to ACEs, trauma, anxiety, and/or toxic stress is widespread among children and youth developmentally aged 4-17 in the United States

Exposure to ACEs, trauma, anxiety, and/or toxic stress in childhood and adolescence increases the risk of substance use/misuse, SUDs, internalizing problems, externalizing problems, academic failure, and physical health issues in a dose-response relationship across time

Community Needs / Assets (Unique to each *CBSG Program* setting)

Needs

Lack of developmentally informed interventions providing SEL curriculum to children and youth who experience(d) ACEs, trauma, anxiety, and/or toxic stress

Underserved children and youth experiencing ACEs, trauma, anxiety, and/or toxic stress

Lack of consistent funding structures and resources to provide SEL curricula in many communities in a sustainable manner

Assets

The *CBSG Program* is an Evidence-based intervention with high Dissemination Readiness that can be implemented in any setting through Curricula adaptations

Rainbow Days Training provides *CBSG Program* Facilitator training, ongoing Technical Assistance and optional Continuing Education workshops

Desired Results

- Decreased anti-social and substance use attitudes and intentions
- Decreased bullying
- Decreased delinquency, disruptive behaviors, disruptive Disorders, violence, and criminality
- Decreased substance use, misuse, and Disorders
- Increased ability to contribute to healthier communities
- Increased ability to cope with stress
- Increased ability to establish and maintain positive relationships
- Increased ability to feel and show empathy for others
- Increased ability to link behaviors and consequences
- Increased academic success
- Increased anti-substance use attitudes and intentions
- Increased feelings of peer support
- Increased perception that it is okay to ask for help
- Increased responsible decision-making
- Increased self-awareness
- Increased sense of hope for future
- Increased social and emotional awareness, competence, and coping skills
- Increased understanding of positive and negative consequences
- Increased understanding of right and wrong