

# Increasing Resiliency with Curriculum-Based Support Group

***CBSG is an evidence-based program designed to increase resilience in children and youth who experience adversity, trauma, and toxic stress, through the development of social and emotional coping skills in a caring support group setting. CBSG was developed in 1982 and is an evidence-based program that will address Adverse Childhood Experiences (ACES) and the impact of toxic stress.***

- The Curriculum-Based Support Group (CBSG) Program is a unique, multi-cultural, evidence-based preventive intervention for selective and indicated populations. The program is designed for ages 4-17, whose high-risk situations, attitudes, and behaviors place them at elevated risk for future behavioral and health problems including substance abuse, delinquency, and violence.
- The support group model sets the CBSG Program apart from other preventive interventions. Children and youth meet in confidential, small group settings and are taught a set of essential life skills to help them learn how to: cope with difficult family situations, resist negative peer pressure, respect others, set and achieve goals, make healthy choices, and refuse alcohol, tobacco, and other drugs.

The CBSG Program is curriculum-based and has been recognized by the National Registry of Evidence-Based Programs and Practices (NREPP), Center for Substance Abuse Prevention (CSAP), and the U.S. Department of Housing and Urban Development (HUD). Empirical studies show that the CBSG Program reduces anti-social attitudes and rebellious behavior, increases anti-drug-use attitudes and intentions, reduces early substance use/experimentation, and increases coping and social skills.



\*Curriculum-Based Support Group Program

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HEARTLAND  
family Service  
Good works.



Our trainers will work as guides for youth along with their peers collaborating to develop a positive self-esteem. The Curriculum Based Support Group program has 12, 1hr sessions including sessions on substance use & prevention and life challenges.



12 Sessions plus 2 additional\*

Studies show that the CBSG Program significantly decreases:

- Substance use experimentation & disorders
- Anti-social attitudes
- Rebellious behavior
- Bullying
- Disruptive disorders and behaviors

1. Getting to Know You
2. A Celebration of Me
3. Feelings
4. Handling of Anger
5. Dreams and Goal Setting
6. Making Healthy Choices
7. Friends
8. Resisting Negative Peer Pressure
9. Putting It All together
10. Celebration and Commitment
- \*11. Chemical Dependency: A Family Disease
- \*12. Changes and Challenges in My Life

Studies show that the CBSG Program significantly increases:

- Anti-substance use attitudes and intentions
- Improved problem-solving skills
- School attendance and grades
- Understanding of right and wrong
- Linking behaviors and consequences
- Hope and aspirations for the future



**I AM likeable, capable, unique, and valued.**

- Self-perception/identity/value
- Sense of self-confidence
- Self-efficacy
- Recognizing strengths
- Identifying emotions and healthy ways to express & cope with them
- Recognize one another's differences

**I BELIEVE in my purpose and future.**

- Dreams & aspirations
- Goal-setting
- Self-control
- Self-discipline & motivation
- Perseverance
- Faith/spiritual connectedness

**I CAN treat others like I want to be treated.**

- Empathy
- Perspective-taking
- Appreciating diversity
- Respect for self & others
- Ability to assert oneself
- Ability to adapt to change

**I HAVE meaningful relationships and people who care about me.**

- Building meaningful relationships
- Communication
- Working cooperatively
- Resolving conflicts
- Identifying caring & safe people
- Helping & seeking help

**I WILL make healthy, responsible decisions.**

- Critical & creative thinking
- Identifying & solving problems
- Analyzing situations
- Ethical responsibility
- Self-care practices
- Understanding positive & negative consequences

When life improves for one of us, life improves for all of us. *We all matter!*