

Coping Power Program

Scientific Rating:

1

Well-Supported by Research Evidence

[See scale of 1-5](#)

Child Welfare System Relevance Level:

Medium

[See descriptions of 3 levels](#)

About This Program

The information in this program outline is provided by the program representative and edited by the CEBC staff. **Coping Power Program** has been rated by the CEBC in the area of: [Disruptive Behavior Treatment \(Child & Adolescent\)](#).

Target Population: 8 to 14 year old children whose aggression puts them at risk for later delinquency

For children/adolescents ages: 8 – 14

For parents/caregivers of children ages: 8 – 14

Brief Description

The **Coping Power Program** is based on an empirical model of risk factors for potential antisocial behavior. For high-risk children, it addresses deficits in social cognition, self-regulation, peer relations, and positive parental involvement. The **Coping Power Program**, which has both a child and parent intervention component, is designed to be presented in an integrated manner. The **Coping Power** Child Component consists of 34 group sessions. The **Coping Power** Parent Component consists of 16 sessions offered during the same time frame. The child component focuses on anger management, social problem solving, and practicing skills to resist peer pressure. The parent component of the program focuses on supporting involvement and consistency in parenting, which also contributes to better adjustment. Improvement in all these areas, particularly

around times of change such as going to middle school, can reduce the number of problem behaviors that can arise during these transitional times.

Program Goals:

The overall goals of the ***Coping Power Program*** are:

- Goals for Children:
 - Address risk factors for delinquency, substance use, and problem behaviors at school including problems with social information processing and emotional regulation processes.
- Goals for Parents:
 - Improve warmth, consistency, and supervision in parenting practices

Essential Components

The essential components of ***Coping Power Program*** include:

- The ***Coping Power*** Child Component consists of 34 structured cognitive-behavioral therapy group sessions with 4-6 participants and periodic individual sessions designed to positively affect the child's:
 - Ability to set short and long term goals
 - Organization and study skills
 - Anger management skills
 - Social skills
 - Problem-solving skills
 - Ability to resist peer pressure
 - Entry into positive peer groups
- The ***Coping Power*** Parent Component consists of 16 structured sessions. In the sessions, the parents learn these skills:
 - Use of positive attention
 - Clear rules and expectations
 - Promotion of child study skills
 - Appropriate discipline practices

- Parental stress management
- Family communication and problem-solving

Child/Adolescent Services

Coping Power Program directly provides services to children/adolescents and addresses the following:

- Aggressive, disruptive, and noncompliant child behavior

Parent/Caregiver Services

Coping Power Program directly provides services to parents/caregivers and addresses the following:

- Parents of children with aggressive, disruptive, and noncompliant behavior

Recommended Parameters

Recommended Intensity:

Weekly 50-minute sessions

Recommended Duration:

34 weekly sessions for the full program

Delivery Settings

This program is typically conducted in a(n):

- Outpatient Clinic
- School

Homework

Coping Power Program includes a homework component:

Children and parents are given homework tasks and worksheets for some sessions.

Languages

Coping Power Program has materials available in languages other than English:

Italian, Spanish

For information on which materials are available in these languages, please check on the program's website or contact the program representative ([contact information](#) is listed at the bottom of this page).

Resources Needed to Run Program

The typical resources for implementing the program are:

A/V: LCD projector needed for training; for implementation of the program, best to have access to video and/or audio taping capabilities

Space/room requirements: Space for a small group meeting

Minimum Provider Qualifications

Master's or PhD in psychology, counseling, social work, or related disciplines

Education and Training Resources

There is a manual that describes how to implement this program, and there is training available for this program.

Training Contact:

- **Nicole Powell, PhD, MPH**
University of Alabama
npowell@ua.edu
phone: (205) 348-3535

Training is obtained:

Training in Tuscaloosa, and on site at agencies/schools

Number of days/hours:

2-3 day workshops (depending on number of participants, and if training includes both the child and parent components); it is recommended that this workshop be followed with twice-monthly or monthly phone call consultations over the following 9-12 months

Implementation Information

Since **Coping Power Program** is rated on the Scientific Rating Scale, information was requested from the program representative on available pre-implementation assessments, implementation tools, and/or fidelity measures.

Relevant Published, Peer-Reviewed Research

This program is rated a "**1 - Well-Supported by Research Evidence**" on the Scientific Rating Scale based on the published, peer-reviewed research available. The program must have at least two rigorous randomized controlled trials with one showing a sustained effect of at least 1 year. The article(s) below that reports outcomes from an RCT showing a sustained effect of at least 1 year has an asterisk (*) at the beginning of its entry. Please see the [Scientific Rating Scale](#) for more information.

Child Welfare Outcome: [Child/Family Well-Being](#)

References

Lochman, J. E., Wells, K. C., & Lenhart, L. A. (2008). *Coping Power child group program: Facilitator guide*. New York, NY: Oxford.

Wells, K. C., Lochman, J. E., & Lenhart, L. A. (2008). *Coping Power parent group program: Facilitator guide*. New York, NY: Oxford.

Lochman, J. E., Wells, K. C., & Murray, M. (2007). The Coping Power program: Preventive intervention at the middle school transition. In P. Tolan, J. Szapocznik, & S. Sambrano (Eds.), *Preventing youth substance abuse: Science-based programs for children and adolescents* (pp. 185-210). Washington, DC: American Psychological Association.

Contact Information

Name: **Nicole Powell, PhD, MPH**

Agency/Affiliation: The University of Alabama

Email: npowell@ua.edu

Phone: (205) 348-3535

Fax: (205) 348-8648

Date Research Evidence Last Reviewed by CEBC: December 2015

Date Program Content Last Reviewed by Program Staff: April 2014

Date Program Originally Loaded onto CEBC: May 2009