This course will provide an overview of school-based psychological intervention strategies and programs designed to improve the emotional, behavioral, and social functioning of children and adolescents. Evidence-based interventions will be emphasized. Service delivery at the individual, group, and systems level, as well as indicated, selective, and universal prevention programs will be addressed. Implementation issues specific to school settings will be examined.

Course Objectives:
Students will demonstrate knowledge of:
  a) The theory, research and practice of major approaches to improving the emotional, behavioral, and social functioning of children and adolescents;
  b) issues related to evidence-based interventions;
  c) issues related to school-based implementation and effective service delivery in school settings;
  d) multicultural, ethical, and legal considerations.

Students will demonstrate skill in:
  a) selecting an intervention approach or program appropriate for the child/adolescent problem;
  b) implementing the intervention with attention to school organizational issues;
  c) evaluating the effectiveness of the intervention.

Course Requirements:
1. Class attendance and participation.
2. Implementation of an evidence-based practice or program at the individual, group, school building, or district level.
3. Written case assessment and intervention goals (reason for referral or request; background information; information from observation, interview, self-report scales, teacher ratings, other; summary of problem areas; rationale for intervention; intervention goals and procedures).
4. Presentation of intervention case assessment and goals in class.
5. Review of tape of intervention session/detailed session description in class.
6. Individual session review with instructor.
7. Written case study of the intervention implementation (APA style; sections should include: literature review; review of evaluation; rationale for the intervention; description of the intervention; evaluation of the intervention; discussion).
8. Presentation of case study.
9. Group presentations and handouts on additional topics of interest.
Required Reading:

Topics:

1/25

Introduction
Need for social, behavioral, and emotional intervention
History of school-based intervention
Evidence-based intervention movement
Delivery systems
Reading: K&W – 1,2,3

2/1

Ethical and Legal Considerations
Multicultural Considerations
Developing the individual therapeutic relationship
Running groups
Use of play
Assessment and evaluation
Reading: K&W – 4; P&B – 1,2,3,11

2/8

Behavioral interventions
The Good Behavior Game
Positive behavior support
Relaxation training
Desensitization
Modeling
Reading: K&W – 11,12; P&B - 7

2/15

Cognitive behavioral interventions
Definition
History
Self-management training
Social skills training
Reading: K&W – 13

2/22

Class presentations of case assessments and intervention goals; written report due
Cognitive behavioral interventions continued
  Social problem solving; *I Can Problem Solve*
  Attribution retraining
  Cognitive restructuring
  Rational emotive behavior therapy

Reading: K&W – 14; P&B 5,8,9

3/22
Class review of intervention sessions from your tape or detailed description

3/29
Anger management interventions; *the Anger Coping Program*
Anxiety management interventions; *the Coping Cat Program*

Student Group Presentation – *Second Step*
Reading: K&W – 5,6,15

4/5
Interventions for depression; *the ACTION Program; the Adolescent Coping with Depression Program*
  Substance abuse prevention; *Life Skills Training*
  Prevention of risky sexual behavior

Student Group Presentation - *PATHS*
Reading: K&W – 7,8,9,10

4/12
Implementation issues
  Individual implementer factors
  Organizational factors
  Fidelity

Student Group Presentation – *Olweus Bullying Prevention Program*
Reading: K&W – 25

4/19
Individual supervision sessions; bring tape or detailed description
Reading: P&B – 4,6

4/26
Student presentations of intervention project case study; written report due
Reading: P&B – 10

5/3
Student presentations of intervention project case study; written report due
Recommended Reading:


**Essential Websites:**


[http://www.colorado.edu/cspv/index.html](http://www.colorado.edu/cspv/index.html) Center for the Study and Prevention of Violence

[http://www.dsgonline.com/mpg2.5_index.htm](http://www.dsgonline.com/mpg2.5_index.htm) Office of Juvenile Justice and Delinquency Prevention


[http://modelprograms.samhsa.gov](http://modelprograms.samhsa.gov) Substance Abuse and Mental Health Services Administration


[http://promisingpractices.net](http://promisingpractices.net) the Promising Practices Network
Guidelines for Intervention Course Requirements

1. **Class attendance and participation.** Students are expected to attend all classes and to arrive on time. Students are also expected to participate actively in all class sessions.

2. **Implement an evidence based intervention.** The major requirement for this course is carrying out an evidence-based practice or program with an individual student, group of students, school, or school district to address an emotional, social, and/or behavioral problem. Your client(s) will usually be found in your practicum site, and you will receive regular supervision through your practicum supervisors. You should work actively and collaboratively with your practicum site supervisor to identify an appropriate client. For the purposes of this course, you need to conduct six or more intervention sessions. You will also need to assess your client(s) using at least two assessment methods before you begin your intervention and after you end your intervention. Your intervention sessions should be summarized and handed in each week on the Intervention Session Summary Form.

3. **Case assessment and intervention goals report.** A written report of your assessment of your client(s), and a description of your intervention goals and strategies is also a course requirement. This report should be approximately eight pages in length. The following sections should be included.
   a. Reason for referral or request for intervention.
   b. Background information. Review school records; report previous evaluation results; report on previous attempts to deal with the problem.
   c. Assessment results. Use at least two forms of assessment such as observations, interviews, self-report scales, teacher ratings, etc.
   d. Summary of problem. Describe the client’s problem areas and other relevant aspects of functioning based on your assessment.
   e. Rationale for intervention. Report on at least two sources in the research literature focusing on the type of problem you are dealing with and two sources that focus on the evidence-based practice or program you will use. Present a rationale for using the practice or program with your client that links your evaluation of the problem to information from research literature.
   f. Intervention goals and procedures. Provide a brief description of your intervention goals for your client(s) and the general strategies and procedures you will use.

4. **Presentation of intervention case assessment and goals in class.** You will have 10 minutes for this. Your presentation should briefly summarize: the reason for referral; important background information; your assessment results; your intervention goals and proposed procedures.

5. **Class review of intervention session segment.** An audiotape, videotape, or a detailed description of one of your intervention sessions will reviewed in class, with the goal of learning from each other and providing helpful suggestions for enhancing your intervention. You will have 10 minutes for this.
6. **Individual intervention session review.** An additional audiotape or videotape, or a detailed description of one of your intervention sessions will be reviewed in an individual supervision session with the course instructor, with the goal of providing helpful suggestions for enhancing your intervention. You will have 15 minutes for this.

7. **Written case study.** A case study of your intervention should be written using APA style. This report should be approximately 15 to 20 pages in length. The following sections should be included.
   a. Literature review. Include at least 10 references related to the problem of your clients(s) and the intervention you have used. You may include the four references from your case assessment and goals report as part of the ten references for this report.
   b. Review of evaluation information. Briefly review background information, initial assessment results, and your formulation of the intervention problem.
   c. Rationale for the intervention. Explain why you decided to use the intervention you implemented. Link your literature review to the problem(s) of your client(s).
   d. Description of the intervention. Describe the evidence-based practice or program you implemented. Include a brief description of each session.
   e. Evaluation of the intervention. Re-assess your client(s) when your intervention is completed using (at least) two of the methods of assessment you used in your pre-intervention assessment. Present the results. Compare the post-intervention results to the pre-intervention results.
   f. Discussion. Discuss your results. How do they compare to findings in the literature? What barriers to implementation did you encounter? If you were going to do this project over again, what would you change? What advice do you have for other school psychologists working in this area? Is additional research needed; what should it address; how should it be conducted?

8. **Presentation of case study results in class.** You will have 20 minutes for this. Your presentation should summarize your intervention rationale, procedures, and results.

9. **Group presentations on evidence-based classroom/schoolwide preventive interventions.** You will be part of a small working group in class who will do a presentation on an evidence-based intervention program. Your group will have 40 minutes to do a presentation in workshop format, with handouts for the audience.
Intervention Session Summary

Practitioner’s Name_________________________________________
Client_______________________________Session #__________Date________

Session Goals:

Summary of Session:

Accomplishments:

Barriers to Successful Implementation and Goal Attainment (what prevented you from accomplishing some or all of your goals?):

Goals for Next Session: