

# CBSG

## Curriculum Based Support Groups

### Program Brief • 2021-2022

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#### What is CBSG?

CBSG is a support group intervention designed to increase resiliency and reduce risk factors among children and youth ages 4-17 who are identified as being at elevated risk for early substance use and future delinquency and violence (e.g., they are living in adverse family situations, displaying observable gaps in coping and social skills, or displaying early indicators of antisocial attitudes and behaviors).

Based on cognitive-behavioral and competence-enhancement models of prevention, the CBSG Program teaches essential life skills and offers emotional support to help children and youth:

- cope with difficult family situations
- resist peer pressure
- set and achieve goals
- refuse alcohol, tobacco, and other drugs
- reduce antisocial attitudes and rebellious behavior.

Delivered in 12 weekly, 1-hour support group sessions, the curriculum addresses topics such as self-concept, anger and other feelings, dreams and goal setting, healthy choices, friends, peer pressure, life challenges, family chemical dependency, and making a public commitment to staying drug free and true to life goals.

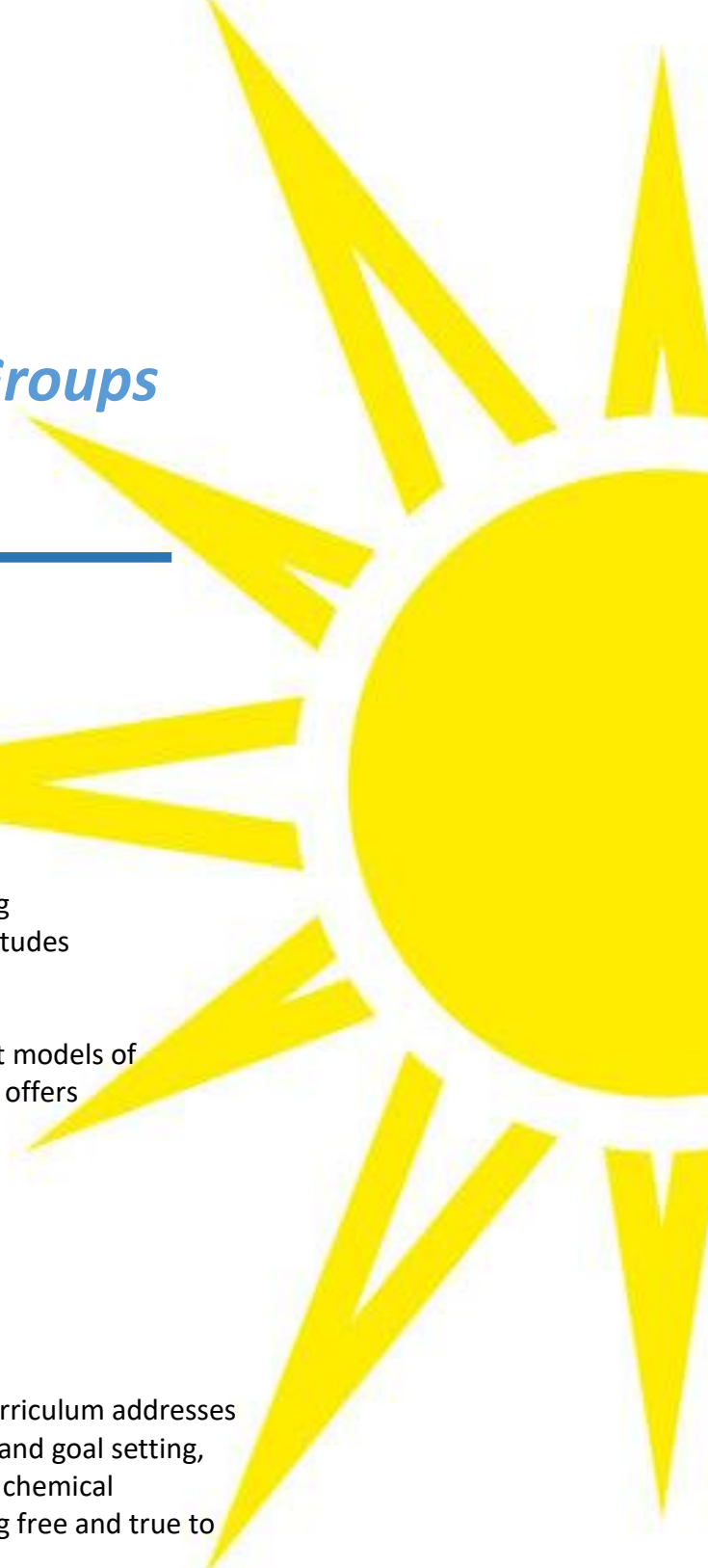
#### **CBSG Uses a Variety of Strategies to Impact Change\***

information dissemination  
education  
problem identification and referral

\* Center for Substance Abuse Prevention

Lesson content and objectives are essentially the same for all participants but are tailored for age and developmental status.

The program has been implemented in Livingston County's elementary schools since 2015, targeting students in third, fourth, and fifth grades.



## Outcomes/Results:

During the 2021-2022 school year,

- 22 CBSG groups were provided across Livingston County.
  - 8 groups at Navigator School in Pinckney.
  - 14 groups in Howell elementary schools, including Hutchings, Three Fires, Southwest, and Voyager.
- 184 students participated in CBSG groups.
- Of the group participants, 130 students completed 10 or more groups.
- Of the students who completed 10 or more groups, 126 (97%) *maintained or improved their “non-use attitudes toward alcohol and other drugs”* as indicated by comparison of their post-survey scores against their pre-survey scores or a minimum score of 32 on both pre- and post-surveys.

## Impact on Youth Substance Use:

CBSG, combined with other LCPP programming, continues to impact youth substance use within Livingston County as shown by local data from the Michigan Profile for Healthy Youth (MiPHY) survey:

- The percentage of middle school youth reporting past 30-day **USE OF ALCOHOL DECREASED 77.1%** from 4.8% in 2015 to 1.1% in 2017.
- The percentage of high school youth reporting past 30-day **USE OF ALCOHOL DECREASED 26%** from 24.6% in 2016 to 18.2% in 2017.
- The percentage of middle school youth reporting past 30-day **USE OF MARIJUANA DECREASED 97.2%** from 3.6% in 2015 to .1% in 2017.
- The percentage of high school youth reporting past 30-day **USE OF MARIJUANA DECREASED 21.1%** from 18% in 2016 to 14.2% in 2017.
- The percentage of middle school youth reporting past 30-day **USE OF PRESCRIPTION DRUGS DECREASED 88.5%** from 9.6% in 2015 to 1.1% in 2017.
- The percentage of high school youth reporting past 30-day **USE OF PRESCRIPTION DRUGS DECREASED 20%** from 4.5% in 2016 to 3.6% in 2017.

## The Livingston COMMUNITY PREVENTION Project (LCPP)

The LCPP collaborative partners are Karen Bergbower & Associates, Key Development Center, Inc., and Livingston County Catholic Charities. Working closely with the Livingston County Community Alliance, the LCPP provides substance use prevention services across Livingston County targeting students, parents, schools, and the community to achieve the following goals:

- Reducing Childhood and Underage Drinking
- Reducing Prescription and Over the Counter Drug Abuse/Misuse
- Reducing Illicit Drug Use



Livingston COMMUNITY PREVENTION Project  
“Supporting community health and wellness”



## Want More Information?

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