

# Does that School-Based Program Have Research?

How do you know if the programs your school or school district uses have research that shows they work? Whether trying to prevent child maltreatment, substance abuse, and mental health disorders or support the educational needs of youth at risk, it's important to select programs with a proven data-based track record. The programs on this list from the CEBC ([www.cebc4cw.org](http://www.cebc4cw.org)) all have published, peer-reviewed comparison research (i.e., *research evidence*) with outcomes that show the program was effective in one or more research studies. The CEBC is a free resource that is accessible worldwide. It has over 500 programs categorized into 50+ topic areas related to children and families in the child welfare system. Each program is summarized, including the available research evidence.

Program	Topic Area(s)	Program Overview
<b>CEBC Scientific Rating of 1 – Well-Supported by Research Evidence</b>		
<a href="#">Body Project</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	<p>A series of verbal, behavioral, and written activities in which participants collectively explore the negative effects of pursuing the unrealistic appearance ideal espoused for women in U.S. culture; designed to reduce pursuit of the beauty ideal, which in turn aims to reduce body dissatisfaction, unhealthy dieting, negative affect, eating disorder symptoms, risk for future onset of eating disorders, and the harmful effects of social media use.</p> <p><b>For Adolescent girls ages: 14–18 years</b></p>
<a href="#">Botvin LifeSkills Training Middle School Program</a>	<a href="#">Substance Abuse Prevention (Child &amp; Adolescent) Programs</a>	<p>Substance abuse and violence prevention program designed to promote positive youth development; help kids resist drug, alcohol, and tobacco use; and support the reduction of violence and other high-risk behaviors</p> <p><b>For youth in grades 6–9</b></p>

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<a href="#">Early Risers: Skills for Success</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	<p>Multicomponent, developmentally focused, competency-enhancement program that targets students at high risk for early development of conduct problems, including substance use; uses integrated child-, school-, and family-focused interventions to move high-risk children onto a more adaptive developmental pathway</p> <p><b>For youth in elementary school (ages: 6–12 years)</b></p>
<a href="#">Fostering Healthy Futures - Preteen (FHF-P)</a>	<p><a href="#">Mentoring Programs (Child &amp; Adolescent)</a></p> <p><i>This program has also received a scientific rating of 2 in:</i></p> <p><a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs;</a></p> <p><a href="#">Multiproblem Approaches (Child &amp; Adolescent);</a></p> <p><a href="#">Placement Stabilization Programs;</a> and</p> <p><a href="#">Trauma Treatment - Client-Level Interventions (Child &amp; Adolescent)</a></p>	<p>Mentoring and skills group program that targets risk and protective factors that have been identified as strong predictors of adolescent mental health problems, risk behaviors and associated outcomes for preteens with current or previous child welfare involvement due to adverse childhood experiences (ACEs)</p> <p><b>For preadolescent children ages: 9–11 years</b></p>
<a href="#">KiVa Antibullying Program</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	<p>Bullying prevention program for schools that provides ready-made tools for teachers to both prevent bullying from happening and intervene in it through three main components: prevention, intervention, and monitoring</p> <p><b>For schoolchildren between 7 and 16 years of age</b></p>
<a href="#">The PATHS® Curriculum</a>	<p><a href="#">Disruptive Behavior Treatment (Child &amp; Adolescent);</a> and</p> <p><a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a></p>	<p>Comprehensive social-emotional learning program intended for use in the classroom by educators and counselors to reduce aggression and behavior problems and increase emotional and social competencies</p> <p><b>For children ages: 3–12 years</b></p>

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<a href="#">PAX Good Behavior Game (PAX GBG)</a>	<a href="#">Disruptive Behavior Treatment (Child &amp; Adolescent)</a> ; and <a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a> <i>This program has also received a scientific rating of 3 in:</i> <a href="#">Substance Abuse Prevention (Child &amp; Adolescent) Programs</a>	Universal classroom-based preventive intervention designed to create a nurturing environment for all children and integrate seamlessly into classroom instruction. Aims to increase on-task behavior, focused attention, and self-regulation in students while decreasing disruptive, withdrawn, and violent behavior <b>For children in grades Pre-K to 6th</b>
<a href="#">Resourceful Adolescent Program- Adolescent (RAP-A)</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	Universal resilience building program that aims to integrate both cognitive-behavioral and interpersonal approaches to improve coping skills and build resilience to promote positive development <b>For adolescents ages: 11–15 years</b>
<b>CEBC Scientific Rating of 2 – Supported by Research Evidence</b>		
<a href="#">Better Futures</a>	<a href="#">Educational Interventions for Children and Adolescents in Child Welfare</a> ; <a href="#">Mentoring Programs (Child &amp; Adolescent)</a> ; and <a href="#">Youth Transitioning Into Adulthood Programs</a>	Supports young people in exploring their postsecondary interests and opportunities, and in preparing them to participate in postsecondary education, including college and vocational training programs <b>For adolescents ages: 16–19 years</b>
<a href="#">Childhelp® Speak Up Be Safe</a>	<a href="#">Prevention of Child Abuse and Neglect (Primary) Programs</a>	Curriculum that helps children learn skills to prevent or interrupt cycles of neglect, bullying, and child abuse—physical, emotional, and sexual—through developmentally appropriate lessons <b>For children in grades Pre-K to 12 (ages: 4–18 years)</b>
<a href="#">Kids in Transition to School (KITS)</a>	<a href="#">Educational Interventions for Children and Adolescents in Child Welfare</a>	Short-term, intensive intervention designed to enhance psychosocial and academic school readiness in children at high risk for school difficulties <b>For children ages: 4–6 years</b>

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<a href="#">On the Way Home (OTWH)</a>	<a href="#">Reunification Programs</a> <i>This program has also received a scientific rating of 2 in:</i> <a href="#">Post-Reunification Services</a>	Developed to address the transition needs of middle and high school youths with, or at-risk of, emotional and behavioral disorders who are reintegrating into the home and community school settings following a stay in residential care <b>For middle and high school students (ages: 12–18 years)</b>
<a href="#">Second Step@ Child Protection Unit</a>	<a href="#">Prevention of Child Abuse and Neglect (Primary) Programs</a>	Universal, classroom-based program designed to develop students' knowledge and skills for protecting themselves from unsafe and abusive situations, both in and out of the classroom <b>For children ages: 4–11 years</b>
<a href="#">Too Good for Drugs (TGFD) 6th Grade</a>	<a href="#">Substance Abuse Prevention (Child &amp; Adolescent) Programs</a>	Prevention program that builds resiliency by teaching social competence and problem-solving skills. Aims to increase social and emotional competencies, mitigate the risk factors, and build the protective factors related to substance use and other problem behaviors <b>For children in 6<sup>th</sup> grade (ages: 11–14 years)</b>
<b>CEBC Scientific Rating of 3 – Promising Research Evidence</b>		
<a href="#">Across Ages</a>	<a href="#">Mentoring Programs (Child &amp; Adolescent)</a>	School- and community-based substance abuse prevention program that pairs older adult mentors (55 years +) with youth transitioning to middle school <b>For youth ages: 9–13 years</b>
<a href="#">The All Stars Core Program</a>	<a href="#">Substance Abuse Prevention (Child &amp; Adolescent) Programs</a>	Designed to delay the onset of risky behaviors, including alcohol, tobacco and other drug use, fighting and bullying, and early sexual activity <b>For youth in 6<sup>th</sup> grade (ages: 10–12 years)</b>
<a href="#">Body Safety Training Workbook (BST)</a>	<a href="#">Prevention of Child Abuse and Neglect (Primary) Programs</a>	Behaviorally based and developmentally appropriate curriculum for parents and teachers to instruct young children about personal safety <b>For children ages: 3–8 years</b>

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<a href="#">Bounce Back</a>	<a href="#">Trauma Treatment - Client-Level Interventions (Child &amp; Adolescent)</a>	Cognitive-behavioral, skills-based group intervention aimed at relieving symptoms of child posttraumatic stress disorder (PTSD), anxiety, depression, and functional impairment among elementary school children who have been exposed to traumatic events  <b>For children in Kindergarten through 5th grade (ages: 5–11 years)</b>
<a href="#">The Children's Aid Society Carrera Adolescent Pregnancy Prevention Program (CAS-Carrera)</a>	<a href="#">Teen Pregnancy Services</a>	Designed to develop capacity and desire to avoid parenthood and other risky behaviors during adolescence, and help them break the cycle of poverty and despair affecting their full development  <b>For children/adolescents ages: 10–19 years</b>
<a href="#">Cognitive Behavioral Intervention for Trauma in Schools (CBITS)</a>	<a href="#">Trauma Treatment - Client-Level Interventions (Child &amp; Adolescent)</a>	Group and individual intervention designed to reduce symptoms of posttraumatic stress disorder (PTSD), depression, and behavioral problems among students exposed to traumatic life events  <b>For 3rd through 8th grade students (ages: 8–15 years)</b>
<a href="#">I Can Problem Solve (ICPS)</a>	<a href="#">Disruptive Behavior Treatment (Child &amp; Adolescent); and</a> <a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	Preventive and rehabilitative program designed to lessen disruptive behaviors. Cognitive approach teaches children how to think, not what to think, in ways that help them learn to resolve interpersonal problems that arise with peers and adults  <b>For children/adolescents ages: 4–12 years</b>
<a href="#">The Incredible Years® Classroom Dinosaur Child Program</a>	<a href="#">Disruptive Behavior Treatment (Child &amp; Adolescent)</a>	Prevention program for use by teachers with an entire classroom of students. Program topics include doing your best in school, understanding feelings, problem-solving, anger management, friendship skills, and how to talk with friends  <b>For Children ages: 3–8 years</b>

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<a href="#">The Incredible Years® Teacher Classroom Management Program</a>	<a href="#">Disruptive Behavior Treatment (Child &amp; Adolescent)</a> ; and <a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	<p>Group prevention intervention/training delivered to teachers (which can include teacher aides, school psychologists, and school counselors in a collaborative and interactive way to strengthen classroom management strategies, promote children's prosocial behavior, school readiness, and reduce children's classroom aggression and noncooperation with peers and teachers</p> <p><b>For Teachers of children 3–8 years and the children in their classroom</b></p>
<a href="#">keepin' it REAL (kIR)</a>	<a href="#">Substance Abuse Prevention (Child &amp; Adolescent) Programs</a>	<p>Universal substance use prevention program designed to reduce the risks of alcohol, tobacco, and other drug use as well as promote social and emotional competencies such as drug refusal efficacy</p> <p><b>For children/adolescents ages: 10–13 years</b></p>
<a href="#">MBF Child Safety Matters®</a>	<a href="#">Prevention of Child Abuse and Neglect (Primary) Programs</a>	<p>Comprehensive, primary prevention education program based on polyvictimization research, designed to educate and empower students, school personnel, and parents with information and universal safety rules and strategies to prevent many types of victimization</p> <p><b>For children in grades K-5 (ages: 4–11 years)</b></p>
<a href="#">Olweus Bullying Prevention Program (OBPP)</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	<p>Framework for creating systemic change by building a school climate that discourages bullying and addresses it effectively if it occurs</p> <p><b>For students in elementary, middle, and high schools (ages: 5–18 years)</b></p>
<a href="#">Picture Exchange Communication System (PECS)</a>	<a href="#">Developmental and Autism Spectrum Disorder Interventions (Child &amp; Adolescent)</a>	<p>Alternative/augmentative communication system designed to teach functional communication for preschool students diagnosed with autism; can be used with learners of all ages with various cognitive, physical and communication challenges</p> <p><b>For nonverbal individuals including preschool students diagnosed with autism</b></p>

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<a href="#">Positive Action (PA)</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	<p>Universal program that aims to motivate students intrinsically to be their best selves by teaching them that they feel good about themselves when they do positive actions</p> <p><b>For students in kindergarten through Grade 8 (ages: 4–14 years)</b></p>
<a href="#">Project Towards No Drug Abuse (Project TND)</a>	<a href="#">Substance Abuse Prevention (Child &amp; Adolescent) Programs</a>	<p>Interactive classroom-based substance abuse prevention program for youth who are at risk for drug use and violence-related behaviors</p> <p><b>For high school-aged youth in grades 9–12 (ages: 14–19 years)</b></p>
<a href="#">The Safe Child Program</a>	<a href="#">Prevention of Child Abuse and Neglect (Primary) Programs</a>	<p>Comprehensive curriculum which teaches prevention of sexual, emotional, and physical abuse utilizing a broad base of life skills and specific role-play-based applications</p> <p><b>For students in preschool through Grade 3 (ages: 3–9 years)</b></p>
<a href="#">Safe Touches</a>	<a href="#">Prevention of Child Abuse and Neglect (Primary) Programs</a>	<p>Classroom-based workshop that uses puppets to talk about body safety concepts and help children learn and practice key safety skills</p> <p><b>For children in kindergarten through 3rd grade (ages: 5–8 years)</b></p>
<a href="#">Second Step@ Early Learning</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	<p>Universal, classroom-based program designed to increase children's school-readiness and decrease problem behaviors by promoting social-emotional competence and self-regulation</p> <p><b>For children in preschool (ages: 4–5 years)</b></p>
<a href="#">Social Decision Making/Problem Solving Program</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	<p>Teaches social and decision-making skills to make sound decisions, pursue healthy life choices, and avoid social problems such as bullying, substance abuse, violence, and academic failure</p> <p><b>For students in 4th or 5th grade</b></p>

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<a href="#">Support for Students Exposed to Trauma (SSET)</a>	<a href="#">Trauma Treatment - Client-Level Interventions (Child &amp; Adolescent)</a> ; and <a href="#">Trauma Treatment - System-Level Programs (Child &amp; Adolescent)</a>	Cognitive-behavioral and skills-based support group implemented by teachers or counselors for children who have been exposed to traumatic events and who are experiencing moderate to severe levels of posttraumatic stress disorder (PTSD) symptoms <b>For youth in late elementary school through early high school (ages: 10–16 years)</b>
<a href="#">Teaching Kids to Cope (TKC)</a>	<a href="#">Mental Health Prevention and/or Early Intervention (Child &amp; Adolescent) Programs</a>	Classroom-based group experience to promote and maintain mental health through lecture, group discussions, role playing, brainstorming, handouts, group projects, and practice of problem-solving skills <b>For students in High School</b>
<a href="#">“Who Do You Tell?”™</a>	<a href="#">Prevention of Child Abuse and Neglect (Primary) Programs</a>	Child sexual abuse education program with three different versions tailored to reflect the developmental level of the children being taught <b>For children from kindergarten to Grade 6</b>

The list of programs in the table was generated using the website's Advanced Search option ([www.cebc4cw.org/search/advanced](http://www.cebc4cw.org/search/advanced)): Keyword=student, Scientific Rating categories= 1, 2, & 3, and Topic Areas with programs potentially delivered in a school setting.