

Camp Cope-A-Lot Logic Model

- Camp Cope-A-Lot (CCAL) is a 12-module, computer-assisted cognitive-behavioral therapy (CBT) program for children (ages 7-13) with anxiety. It blends self-directed online learning with guided coaching sessions that teach coping skills and gradual exposure to fears. The program adapts the Coping Cat CBT framework for digital and school-based delivery.

