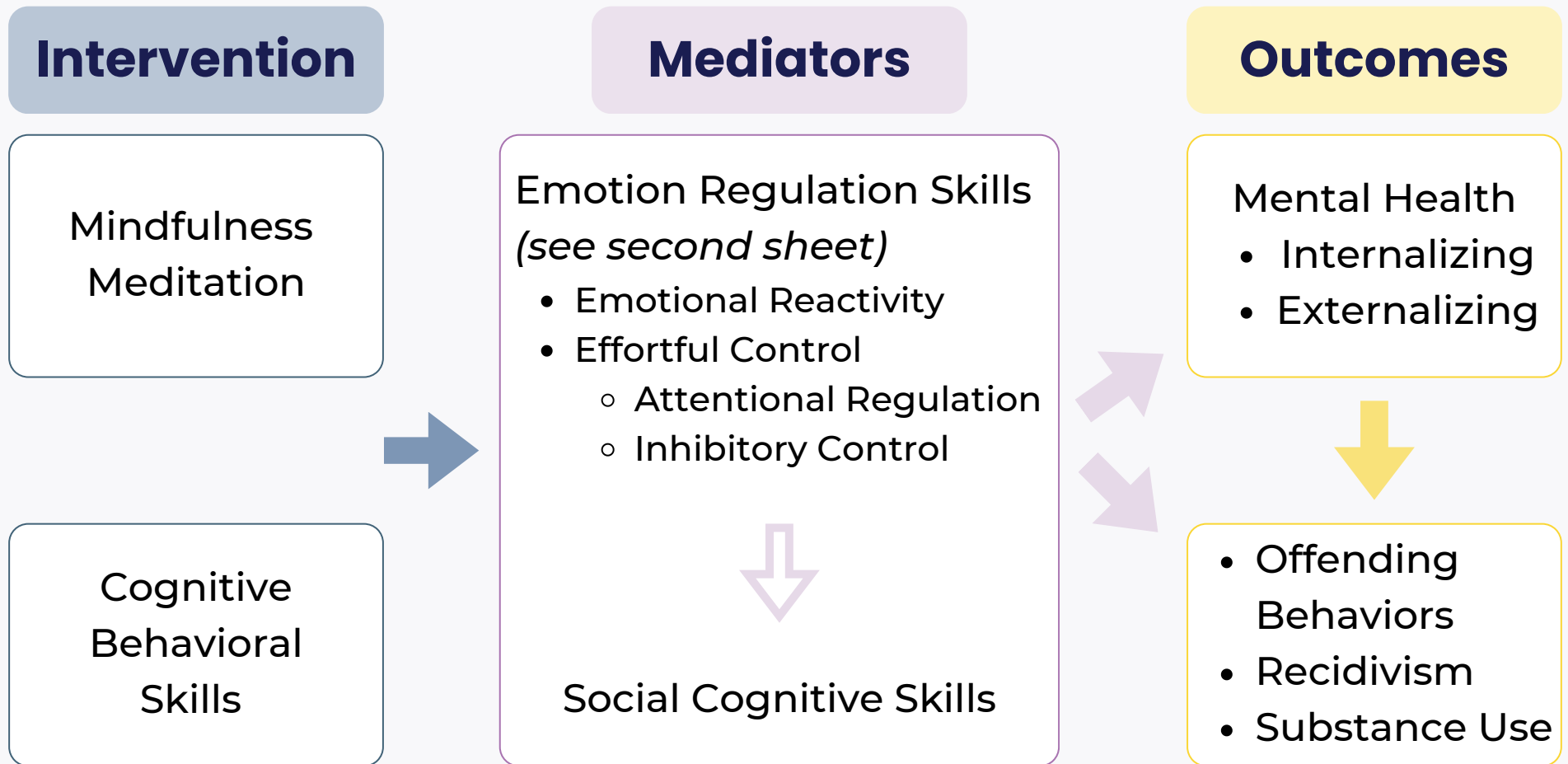


Power Source: Model of Mediated Intervention Effects



PS Emotion Regulation Skills

Target Emotion Regulation Skills	Description of Power Source Skills
Situation Selection	Identification of situations/activities that place youth at risk and exacerbate distress. Includes healthy peer selection, trust, boundaries, using physiological cues to detect early arousal, and an understanding of places/situations associated with emotional triggers.
Situation Modification	Intentional avoidance or alteration of situations that increase arousal, risk taking, and undermine healthy development. Underlying factors include increasing awareness of physiological cues, building assertiveness skills, advancing problem solving skills, and improving frustration tolerance/impulse control.
Attention Deployment	Directing or redirecting attention in a given situation to modulate emotion. Mindfulness meditation increases attentional control.
Cognitive Change	Appraising and reappraising the meaning of a situation to alter its emotional impact. PS employs a strategy called Cool Thoughts to reinforce and engage cognitive change skills. PS also provides psychoeducation regarding salient topics (e.g., trauma, Survival Brain) that assist youth in modifying thoughts regarding particular situations.
Response Modulation	Influencing the physiological, experiential, or behavioral responses to one's environment to modify emotional experiences. The skill Good Moves reinforces response modulation across contexts and in response to a wide range of emotions.
Self-Efficacy	A belief that one has the capabilities to execute actions. Goal setting skills, effective interpersonal communication strategies, problem solving approaches, and locus of control exercises work to build youths' belief in their ability to influence their self-efficacy.
Social Skills	Facilitating positive interpersonal interaction and communication with supportive others. PS reinforces adaptive social interactions through problem solving skills, assertiveness training, empathy building, emotional literacy skills (identifying, labeling, & managing affect), and active listening skills.