

What is Coping Power?

Coping Power is a free school-based program, offered by the University of Alabama, to help 5th graders prepare for middle school. Children learn skills related to schoolwork (organization, study skills), getting along with others (peer pressure, conflict resolution), and handling difficult feelings (anger, frustration).

If you are considering the Coping Power program for your child, here are some things you might want to know:

- The program teaches important social and emotional skills that can benefit *all* children.
- The program can be used for preventive purposes to teach your child skills that can help them achieve their goals, ensure that they develop healthy social skills, make good choices, maintain friendships with positive peers, and learn to cope with adversity and handle strong feelings effectively.
- The program can be beneficial for children who are experiencing difficulty in one or more of these areas - grades, behavior, and peer relationships. It can be especially helpful for children who are having difficulty handling their anger or who are engaging in mild-to-moderate aggressive behavior.
- As a parent, you can play a central role in helping your child develop effective social and emotional coping skills. The parent component of Coping Power also provides important tools and ideas to help you support your child in developing these skills.

Proven Results

Results indicate that the Coping Power Program is effective in reducing children's aggressive behavior and preventing their substance use. Specific findings include:

- Reduced substance use at end of intervention and at one-year follow-up
- Reduced delinquent behavior at home and at school at end of intervention
- Reduced delinquent behavior at one-year follow-up
- Improved social competence

Benefits

In children, the Coping Power Program:

- Reduces aggressive behavior
- Improves behavioral functioning at school
- Improves children's social competence and social information processing
- Improves internal locus of control for successfully attaining goals
- Increases ability to resolve problems
- Improves and increases parental involvement
- Improves provision of consistent discipline

If you have been contacted about an opportunity for you or your child to participate in Coping Power, please take time to speak with the provider about Coping Power, the way your child was identified for the program, what participation in the program entails, potential benefits of participation, and other treatment options.

Contact Information

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Coping Power Program

The University of Alabama



Parent Program

Once the program starts, parents will meet one evening every 2-3 weeks.

Food and Beverages are provided during this meeting time.

Parents receive a cash incentive for coming to each parent meeting.

The parent groups are very informal meetings where the group leaders and the parents discuss a topic relevant to parenting. Topics include Academic Success in the Home, Stress Management, Improving the Parent-Child Relationship and more!



Parent Testimonials

"What I liked best was that I had the ability to network with other parents and discuss common issues."

"Coping Power showed me better ways to communicate with my son."

"The main thing I got out of coping power was the different strategies to handle situations that can come up at home."

"Communication was the best take away I had. My daughter and I have experienced a positive change since we have both been participating in Coping Power."

"The Parent group meetings have been great because you are speaking with other parents and hearing from other parents who are going through similar things and who use different strategies."

"The parent group is just awesome! The input with all the parents is great. Being able to hear all of their stories and being able to share ideas with each other has been very positive for me and my son."

"Coping Power has taught me to look at myself first. Not to be a ruler over my child and maybe compromise and listen to his opinion more. It has made my life a little easier."

Child Testimonials

"Coping Power helped me learn to control my anger and not let it get the best of me" - *Darius 11 yrs old*

"The best thing about Coping Power was all the things we learned, my group leaders, and the prizes that we could buy with our points" - *London 10 yrs old*

"I really liked having the group leaders there for me to talk to about the problems I was having at school." - *Keyshawn 12 yrs old*

"I loved Coping Power! I can take the skills to middle school and high school to help me." - *Amber 11 yrs old*

"I learned how to solve problems and make good choices when people tried to start trouble with me." - *Damontae 13 yrs old*

Child Program

Children meet with our group leaders once a week for 1 hour.

We work closely with your child's teachers to ensure that they will not miss any academic material.

Each group will have 6 students and 2 group leaders.

As children work towards weekly goals and complete group activities and assignments they earn points. They use these points to buy toys and games from the prize box.

Not only do children get the opportunity to work towards spending their points in the prize boxes, but they also work towards an end of the year pizza party!

A few items from the Prize Box

