



# Coping and Support Training: Road Map for Teen Groups

## CAST CLASSROOM MATERIALS Descriptions and Costs

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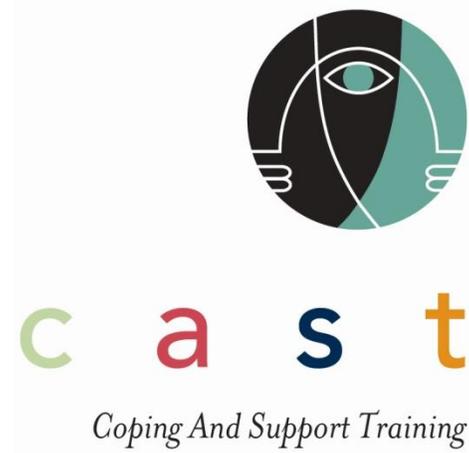
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# CAST Classroom Materials

## Descriptions and Costs

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# **Coping and Support Training: A Roadmap for Teens**

## **CAST CURRICULUM MATERIALS Descriptions and Costs\***

\* Pricing subject to change. Please visit [www.reconnectingyouth.com](http://www.reconnectingyouth.com) for the most current pricing.

## CAST Curriculum Materials

### *Descriptions and Costs*

### **Coping and Support Training (CAST) Curriculum Kit**

**Title** *CAST: Coping and Support Training. Road Map for Teen Groups.* Eggert, L. L., & Nicholas, L. J. (2003). Seattle, WA: RY Publications.

**Cost** **\$499.95** (includes shipping costs)

**Order** Available for purchase through [RY & CAST Programs, LLC](#).  
425-861-1177  
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**Contents** **The CAST Curriculum Kit** (boxed set) includes all of the lesson plans and materials needed to lead a CAST Group.

**A. The CAST Leader Guide:** outlines the 12 detailed, lesson plans that make up the curriculum.

**B. 33 colorful posters and teaching aids** designed to maintain interest and increase interactive learning.

**C. 80 digital teaching aids** for display

**D. A copy of the CAST Student Notebook** to aid in lesson preparation.



**Description** The **Coping and Support Training (CAST) Curriculum Kit** (boxed set) includes all lesson plans, teaching aids and posters for the 12 sessions of CAST. The CAST program is outlined in detail in the 164-page **CAST Leader Guide**, which emphasizes the “need for” and “how to” of implementation fidelity. The user-friendly lesson plans are written with conversational scripting and step-by-step directions to ensure consistent delivery of the content.

High quality **teaching aids and posters** (both digital and print), designed exclusively for the CAST Program, assist teachers/facilitators in curriculum delivery and student understanding. Each student in the group uses their own **CAST Student Notebook**. It contains written exercises, sample and practice worksheets, role play scripts, contracts for practicing skills outside of group, make-up assignments, and monitoring tools. The notebooks have twelve sections, complementing the twelve CAST sessions in content and organization. See 2. *CAST Student Notebook*, below.

**Curriculum Overview** The CAST program is taught in 12 lessons that provide students with the skills and support required to decrease their risk factors and increase their protective factors. The twelve **CAST lesson titles** are:

1. **Welcome and Orientation**
2. **Group Support and Self-Esteem**
3. **Setting and Monitoring Goals**
4. **Building Self-Esteem, Beating the Blues**
5. **Decision Making - Taking STEPS**
6. **School Smarts**
7. **Anger Management #1**
8. **Anger Management #2**

**CAST Curriculum Materials**  
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- 9. Drug-Use Control - Making Healthy Decisions**
- 10. Preventing Slips and Relapses**
- 11. Recognizing Progress and Staying on Track**
- 12. Celebrating Graduation**

Each lesson includes the rationale for the skill being taught, skills training activities, sample teacher scripts, group strategies, time estimates and teaching materials. Lessons are designed to address several different learning styles with ideas for interactive learning.

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**CAST Curriculum Materials**  
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**CAST Student Notebook**

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<b>Title</b>	<i>Coping and Support Training. Student Notebook.</i> Eggert, L. L., & Nicholas, L. J. (2003). Seattle, WA: RY Publications.
<b>Cost</b>	<b>\$35.50</b> (includes shipping costs)
<b>Order</b>	Available for purchase through <a href="#">RY &amp; CAST Programs, LLC</a> . 425-861-1177 info@reconnectingyouth.com
<b>Contents</b>	Twelve labeled sections that correlate with the CAST Curriculum lessons (plus a monitoring tool which is used throughout the 12-session group).

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**Description** The **CAST Student Notebook** complements the CAST Curriculum in content and organization. The Student Notebook has a separate section for each of the 12 CAST lessons and includes a monitoring tool for the entire program. The Student Notebook also contains process evaluation materials for gathering students' perceptions of group building, skills attainment and support. These process data are essential in evaluating implementation fidelity and provide the CAST Teacher/Facilitator with markers of success and areas of needed growth.

CAST Student Notebooks are consumable, so each CAST group member needs their own Notebook. Worksheets should remain in the Notebook to provide students with a record of their progress throughout the program. Teachers/Facilitators lock Notebooks and other identifiable classroom materials in a secure location between CAST group sessions to maintain CAST student privacy and confidentiality.

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**Student Notebook Organization** Notebook sections include the following features:

- **Key Concepts/Big Ideas!**: These pithy concept statements introduce and define each session topic and describe how it will benefit the students.
- **Skills worksheets**: These worksheets invite students to explore and practice new concepts and skills.
- **Practice worksheets**: Students complete these worksheets with real life examples from their own lives. CAST teachers/facilitators can also use these practice sheets to provide examples for students.
- **Contract to practice**: Most sessions end with the each student completing a "contract" to practice the new skill in their life before the next CAST session. This contract to practice is also called "Lifework".
- **Lifework card**: The back cover of every CAST Notebook has Lifework cards that students can carry with them after group. Each of these 3.5" x 2" cards summarizes a new skill and the Lifework assignment due before the next session.

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**c a s t**

*Coping And Support Training*

## **Coping and Support Training: A Roadmap for Teens**

### **CAST CLASSROOM MATERIALS Descriptions and Costs**

**CAST Classroom Materials**  
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**CAST Program Goals Posters**

<b>Cost</b>	<b>\$39.99/set</b> + FREE Shipping/Handling
<b>Order</b>	Available for purchase through <a href="#">RY &amp; CAST Programs, LLC.</a> 425-861-1177 info@reconnectingyouth.com
<b>Contents</b>	Three colorful posters contain the “program goals” for the CAST program and serve as an anchor for each lesson: <ul style="list-style-type: none"><li>• <b>Program Goal Poster: School Achievement</b></li><li>• <b>Program Goal Poster: Drug Use Control</b></li><li>• <b>Program Goal Poster: Mood Management</b></li></ul>
<b>Description</b>	To keep students engaged in interesting, well-prepared lessons, CAST teachers/facilitators are encouraged to use the numerous posters and teaching aides included in the CAST Curriculum kit. These visuals, charts and props act as reminders, clarify meaning and promote learning. As permanent visuals in the CAST teaching space we suggest adding three <b>Program Goals Posters</b> to motivate, stimulate and promote goal attainment.

**Program Goals Posters (3)**

CAST students tailor their own personal goals based on the three CAST Program Goals, which are to:

- **Increase School Achievement**
- **Increase Drug Use Control**
- **Increase Mood Management**



School Achievement Program Goal Poster

CAST teachers/facilitators are encouraged to post visual reminders of the CAST goals at all times in their CAST group setting. Accordingly, these three (11” x 13”) **Program Goals Posters** should be used from day one, so that students can internalize the CAST goals throughout the program.



## **Coping and Support Training: A Roadmap for Teens**

### **SUPERVISION AND SUPPORT MATERIALS Descriptions and Costs**

## CAST Supervision and Support Materials Descriptions and Costs

### CAST Leader Behavior Posters

**Cost** \$49.99/set + FREE Shipping/Handling

**Order** Available for purchase through [RY & CAST Programs, LLC](#).  
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**Description** **Leader Behavior Posters** outline expected and necessary teacher/facilitator behaviors for fidelity to CAST program delivery. Designed for use in supervision meetings, these posters serve to re-engage CAST teachers/facilitators in the use of these essential behaviors, as well as promote discussion, self-assessment, goal setting and practice in:

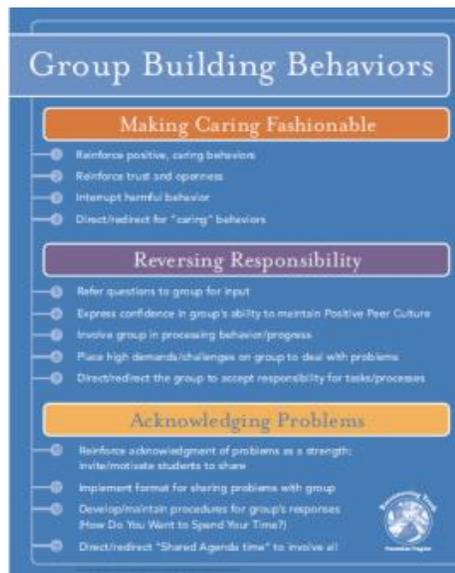
- **Group Building Behaviors**
- **Life Skills Training Behaviors**

#### Group Building Behaviors Poster

CAST teacher/facilitators are responsible for developing a supportive, safe and caring learning environment in which students can practice new skills without fear of embarrassment or failure. To create this environment, CAST teacher/facilitators must incorporate Group Building Behaviors into the delivery of every lesson.

The expected group building behaviors are listed on this **Group Building Behaviors Poster**, a large teaching aide (19.5" x 26.5") that can be read from across the room. The CAST Coordinator or teaching team uses this poster throughout the program to:

- reinforce the concepts of fostering a positive peer group,
- point out examples of these behaviors in their own work, and
- observe and code practice teaching sessions.



Group Building Behaviors Poster

## Reconnecting Youth Supervision & Support Materials

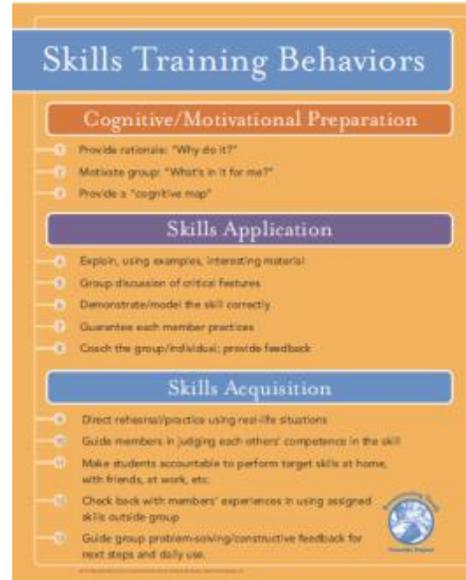
### *Descriptions and Costs*

#### Life Skills Training Behaviors Poster

Life skills training is integrated with group work in CAST to enhance the achievement of program goals. While group work provides the necessary environment for CAST, key behavior changes would be unlikely without the personal and social skills training in each lesson. It is the CAST teacher/facilitator's responsibility to engage in each of the behaviors listed on the **Life Skills Training Behaviors Poster** during the delivery of every CAST lesson.

The Life Skills Training Behaviors are listed on this teaching aide, a large poster (19.5" x 26.5") that can be read from across the room. The CAST Coordinator or teaching team uses this poster throughout the program to:

- reinforce the leader behaviors related to skills training,
- point out examples of these behaviors, and
- observe and code practice teaching sessions.



Life Skills Training Behaviors Poster