

CAST

The CAST Program social network support activities are being conducted as a collaborative effort between students, parents, school personnel & community partners designed to achieve multiple benefits:

For Students — useful information, coping skills, and support.

For Parents — enhanced understanding and help in taking action.

For Schools — increased help and resources for students.

For Communities — knowledge of school-based prevention programs that work to increase coping and support skills.



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Road Map for Teen Groups

CAST

Offers choices, practical information, proven approaches, and personal connections to support teens as they learn skills to increase mood management, drug use control and school performance.

The CAST Program is a collaborative prevention project between...

[NAMES OF COMMUNITY PARTNERS ADDED HERE AS APPROPRIATE]



c a s t

A Road Map for Teen Groups

You are invited to
PARTICIPATE!

What is CAST?

The high school years are often a time when teens experience spiraling emotions. Helping teens manage these “ups & downs” is a critical task for caring adults in their lives—especially parents and school personnel.

The CAST Program is an innovative school-based prevention Program designed especially for teens. Teens participating in CAST research activities told us that the program helped them succeed by:

↑ self-esteem ↓ anger
↓ feelings of anxiety, depression & hopelessness
↑ supportive connections with teachers & family



What are the goals? Coping and Support Training (CAST) is a school-based program that emphasizes three primary goals: to decrease emotional distress and suicide-risk behaviors, increase 'drug use control'; and increase school performance.

How does it work? This program combines skills training and small group work (6-7 students per class). Students meet twice per week for six weeks—the schedule is rotated throughout the school day. Students work together to learn and practice skills to enhance self-esteem, decision making, anger management, reinforcement of coping and help-seeking behaviors, and increased access to social support.

Who makes a key difference?

Specially trained CAST Leaders are important contributors to positive outcomes for the students. Together, with the CAST Leader, the CAST Coordinator and the CAST School-based Support Team provide additional support and advocacy to enhance the students' school experience.



Who can participate? CAST is designed to serve 9-12th grade high school students who:

- are having a poor school experience,
- are behind in credits, have slipping grades,
- are skipping school or at risk of dropping out, and
- report depressed mood and/or have had thoughts about suicide.

Of these students, a group is randomly selected and invited to participate in a six week skills training group. It is critical that students make an informed choice to participate, rather than be assigned or forced to take part.

What's in it for you?

This is your invitation to join us! It's an opportunity for you to develop new and supportive relationships and experience exciting personal successes. You can do this by saying “yes” to this invitation, participating in the CAST Group and completing some questionnaires so that we can better understand what you have learned and how the program helped you to better manage the “ups & downs” of the high school experience!

We hope you will say “yes.”

