Northeast and Caribbean (HHS Region 2)

MHTTC Mental Health Technology Transfer Center Network
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Devereux ADVANCED BEHAVIORAL HEALTH | CENTER FOR EFFECTIVE SCHOOLS

POWER Program
Group Meeting 1 Checklist

Instructions:

▪ If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

▪ If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Group Meeting Component	Implemented?		Notes
	Yes	**No**	
Group Welcome			
1. Distributed Student Book, notecard, and writing utensil to students			
2. Welcomed students to group			
Opening Activity: Two Truths and a Lie			
3. Led Two Truths and a Lie activity			
Group Purpose, Expectations, and Norms			
4. Defined "emotion regulation"			
5. Described the purpose and format of group meetings			
6. Introduced the group meeting agenda			
7. Introduced the Student Book			
8. Led discussion of group expectations and norms			
9. Defined expectations for confidentiality			
Group Cohesion Activity *(Optional)*			
10. Led one group cohesion activity			
Exploring Motivation to Change			
11. Played video clip or read vignette about Alex			
12. Led discussion on Alex's story			
13. Supervised students in completing the Student Book reflection			
This Week's Challenge and Wrap-Up			
14. Collected Student Books			
15. Introduced the concept of the Weekly Challenge			
16. Explained this week's Challenge			
17. Assessed students' comprehension of the Weekly Challenge			
18. Summarized group meeting content			
19. Reminded students of the Weekly Challenge			

POWER Program
Group Meeting 2 Checklist

Instructions:

- If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

- If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Group Meeting Component	Implemented?		Notes
	Yes	**No**	
Group Expectations and Agenda			
1. Distributed Student Books			
2. Facilitated student-led review of group expectations			
3. Reviewed group meeting agenda			
Last Week's Challenge			
4. Led discussion/sharing of last week's challenge			
The Dimensional Emotion Model			
5. Introduced the dimensional emotion model using graphic			
6. Guided students in identifying emotion quadrants for at least four scenarios			
7. Directed students to complete the goal-setting activity in the Student Book			
Emotion Detective			
8. Introduced the topic of emotion clues through the game			
9. Defined external and internal clues			
10. Directed students to complete the clues activity in the Student Book			
This Week's Challenge and Wrap-Up			
11. Collected Student Books			
12. Explained this week's Challenge			
13. Assessed students' comprehension of the Weekly Challenge			
14. Summarized group meeting content			
15. Reminded students of the Weekly Challenge			

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16. Distributed Week 2 Challenge Form			

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POWER Program
Group Meeting 3 Checklist

Instructions:

▪ If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

▪ If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Group Meeting Component	Implemented?		Notes
	Yes	**No**	
Group Expectations and Agenda			
1. Distributed Student Books			
2. Prompted students to complete their emotion monitoring log			
3. Facilitated student-led review of group expectations			
4. Reviewed group meeting agenda			
Last Week's Challenge			
5. Reviewed last week's topic			
6. Led discussion/sharing of last week's challenge			
Relaxation Strategy Introduction and Practice			
7. Facilitated discussion of Deep Breathing using visual			
8. Modeled Deep Breathing			
9. Led Deep Breathing guided practice			
10. Facilitated discussion of Muscle Relaxation			
11. Modeled Muscle Relaxation			
12. Led Muscle Relaxation guided practice			
13. Introduced strategy of Taking Time			
14. Facilitated discussion on Taking Time			
Behavioral Activation			
15. Introduced strategy of Behavioral Activation			
16. Guided discussion of Behavioral Activation			
17. Supervised students' activity completion			
This Week's Challenge and Wrap-Up			
18. Collected Student Books			
19. Explained this week's Challenge			
20. Assessed students' comprehension of the Weekly Challenge			

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	Yes	No	Notes
21. Summarized group meeting content			
22. Reminded students of the Weekly Challenge			
23. Distributed Week 3 Challenge Form			

POWER Program
Group Meeting 4 Checklist

Instructions:

▪ If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

▪ If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Group Meeting Component	Implemented?		Notes
	Yes	**No**	
Group Expectations and Agenda			
1. Distributed Student Books			
2. Prompted students to complete their emotion monitoring log			
3. Facilitated student-led review of group expectations			
4. Reviewed group meeting agenda			
Guided Practice: Deep Breathing			
5. Led Deep Breathing guided practice			
Last Week's Challenge			
6. Reviewed last week's topic			
7. Led discussion/sharing of last Week's Challenge			
The Emotions–Thoughts–Behaviors Triangle			
8. Introduced Emotions–Thoughts–Behaviors Triangle with visual and discussion opportunities			
9. Showed video or picture and prompted students to take notes in Student Book			
10. Guided discussion of video/picture			
Observing Thoughts			
11. Introduced concept of Observing Thoughts			
12. Led Observing Thoughts guided practice			
13. Supervised completion of independent practice in Student Book			
This Week's Challenge and Wrap-Up			
14. Collected Student Books			
15. Explained this week's Challenge			

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	Yes	No	Notes
16. Assessed students' comprehension of the Weekly Challenge			
17. Summarized group meeting content			
18. Reminded students of the Weekly Challenge			
19. Distributed Week 4 Challenge Form			

POWER Program
Group Meeting 5 Checklist

Instructions:

▪ If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

▪ If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Group Meeting Component	Implemented?		Notes
	Yes	**No**	
Group Expectations and Agenda			
1. Distributed Student Books			
2. Prompted students to complete their emotion monitoring log			
3. Facilitated student-led review of group expectations			
4. Reviewed group meeting agenda			
Guided Practice: Muscle Relaxation			
5. Led Muscle Relaxation guided practice			
Last Week's Challenge			
6. Reviewed last week's topic			
7. Led discussion/sharing of last week's challenge			
Introduction to Catch–Check–Choose			
8. Introduced concept of Catch–Check–Choose			
9. Explained the steps to Catch–Check–Choose			
10. Defined adaptive, brave, and calm thoughts			
11. Led guided practice of Catch–Check–Choose using example of Destiny			
12. Led guided practice on choosing adaptive, brave, or calm thoughts			
This Week's Challenge and Wrap-Up			
13. Collected Student Books			

14. Explained this week's Challenge			
15. Assessed students' comprehension of the Weekly Challenge			
16. Summarized group meeting content			
17. Reminded students of the Weekly Challenge			
18. Distributed Week 5 Challenge Form			

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POWER Program
Group Meeting 6 Checklist

Instructions:

- If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

- If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Group Meeting Component	Implemented?		Notes
	Yes	**No**	
Group Expectations and Agenda			
1. Distributed Student Books			
2. Prompted students to complete their emotion monitoring log			
3. Facilitated student-led review of group expectations			
4. Reviewed group meeting agenda			
Guided Practice: Guided Imagery			
5. Led Guided Imagery guided practice			
Last Week's Challenge			
6. Reviewed last week's topic			
7. Led discussion/sharing of last week's challenge			
Catch–Check–Choose Review & Application			
8. Led guided practice of Catch–Check–Choose using the example of Anthony			
9. Led guided practice of Catch–Check–Choose using the example of Tamar			
10. Supervised students in completing activity in Student Books			
This Week's Challenge and Wrap-Up			
11. Collected Student Books			
12. Explained this week's Challenge			
13. Assessed students' comprehension of the Weekly Challenge			
14. Summarized group meeting content			
15. Reminded students of the Weekly Challenge			
16. Distributed Week 6 Challenge Form			

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POWER Program
Group Meeting 7 Checklist

Instructions:

▪ If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

▪ If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Group Meeting Component	Implemented?		Notes
	Yes	**No**	
Group Expectations and Agenda			
1. Distributed Student Books			
2. Prompted students to complete their emotion monitoring log			
3. Facilitated student-led review of group expectations			
4. Reviewed group meeting agenda			
Guided Practice: Relaxation Strategy Choice			
5. Led guided practice of one relaxation strategy of choice			
Last Week's Challenge			
6. Reviewed last week's topic			
7. Facilitated discussion/sharing of last week's challenge			
Strategy Review Game			
8. Introduced review game			
9. Led demonstration of review game			
10. Facilitated review game			
Guided Practice: Relaxation Strategy Choice			
11. Led guided practice of one relaxation strategy of choice			
Action Planning			
12. Supervised students' activity completion in Student Books			
This Week's Challenge and Wrap-Up			
13. Explained this week's Challenge			
14. Assessed students' comprehension of the Weekly Challenge			
15. Summarized group meeting content			
16. Reminded students of the Weekly Challenge			

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17. Distributed Week 6 Challenge Form			

POWER Program
Booster Group Meeting Checklist

Instructions:

▪ If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

▪ If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Group Meeting Component	Implemented?		Notes
	Yes	**No**	
Group Expectations and Agenda			
1. Distributed Student Books			
2. Prompted students to complete their emotion monitoring log			
3. Facilitated student-led review of group expectations			
4. Reviewed group meeting agenda			
Independent Practice: Relaxation Strategy of Choice			
5. Led guided practice of one relaxation strategy of choice			
Follow-Up on Action Plan			
6. Reviewed and discussed goals			
7. Reviewed and discussed clues			
8. Reviewed and discussion relaxation/behavioral activation			
9. Reviewed and discussed Catch–Check–Choose			
10. Led discussion on action plan adjustments			
Connecting with Social Support			
11. Showed video or introduced conversation topics			
12. Guided identification of pros and cons			
13. Led discussion of managing negative aspects of social media			
Wrap-Up			
14. Collected Student Books			
15. Discussed next steps/methods of contact			

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POWER Program
Booster Individual Meeting Checklist

Instructions:

▪ If you are **observing another person's implementation**, follow along in the manual's group meeting plan and mark each checkpoint (whether implemented or not) as you observe the group meeting.

▪ If you are **evaluating your own group meeting implementation**, mark each checkpoint (whether implemented or not) as you lead the group meeting.

Meeting Component	Implemented?		Notes
	Yes	No	
Emotion Monitoring and Meeting Agenda			
1. Distributed Student Book			
2. Prompted student to complete their emotion monitoring log			
3. Reviewed group meeting agenda			
Relaxation Strategy Practice			
4. Directed/supervised practice of one relaxation strategy			
Action Plan Review			
5. Reviewed POWER program action plan and discussed implementation status			
6. (If not the first booster individual meeting): Reviewed Next Step Challenge and discussed status			
Magic Wand Discussion and Solution Planning			
7. Reviewed emotion goal ratings			
8. Discussed experienced related to emotion goal ratings			
9. Presented "magic wand" question			
10. Guided student in elaborating on response to "magic wand" question			
11. Prompted student to identify factors within and beyond their control			
12. Supported student in identifying manageable steps toward goal			
Next Step Challenge			
13. Identified a Next Step Challenge linked to the "magic wand" question response			
14. Supported student in planning completion of the Next Step Challenge			
15. Identified plan for future meetings/check-ins			
16. Shared contact information/plan			

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17. Provided positive encouragement			
18. (If applicable): Shared copy of updated Student Book			