

Positive Outcomes With Emotion Regulation: The POWER Program

What is the POWER program?

The POWER program is a **school-based intervention program** designed to promote **emotion regulation skills** for middle and high school students with or at risk for developing mental and behavioral health needs. The POWER program incorporates techniques that have been found to be effective across adolescents with different types of emotion-related mental and behavioral health needs. As a targeted intervention, the POWER program is designed to be implemented at Tier 2 within a multi-tiered systems of support framework.

What does it look like for students to participate in the POWER program?

Students who participate in the POWER program attend **weekly group meetings** in which they learn information and strategies to help them regulate their emotions. These meetings are about 35 minutes and are scheduled by the group facilitator with consideration to students' schedules.

During these meetings, students discuss concepts that help them understand their own strengths and needs. Students learn and practice different physiological, behavioral, and cognitive strategies to help them regulate their emotions. Additionally, students monitor their own emotions in order to identify their growth and support needs.

Following these meetings, students complete "weekly challenges" that are related to the group meeting topic. These weekly challenges engage students in practicing concepts and strategies taught during the group meeting.

These meetings continue for 7 weeks. After this time, students may participate in a group-based booster session or individual check-ins with the group facilitator to support their skill growth.

How can adults support students participating in the POWER program?

Week 1: An Introduction to the POWER Program

- This group meeting introduces students to the POWER program. After the meeting, ask your student about the group meeting and encourage them to attend the next meeting.
- Remind your student to complete the weekly challenge: Selecting a photo they'd like to share with the group! This will help students learn more about each other and bond as a group.



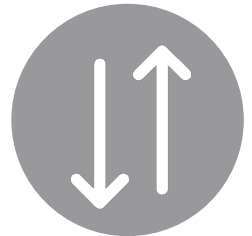
Week 2: Recognizing and Labeling Emotions



- This week, students learn how to use internal clues (body sensations) and external clues (actions) to identify emotions. They also learn how emotions can be positive or negative and activating or deactivating. Ask your student to explain this concept to you.
- Remind your student to complete the weekly challenge: Choosing a song related to their emotion goal! This will help students reflect on their goals throughout the week.

Week 3: Relaxation and Behavioral Activation

- In this group meeting, students learn and practice relaxation strategies for managing negative, activating emotions and behavioral activation strategies for managing negative, deactivating emotions. Ask your student to share what strategy they will be using, what the steps to that strategy are, and how they plan to use it.
- Remind your student to complete the weekly challenge: Practicing their chosen strategy! As with any other type of skill, practice makes perfect.



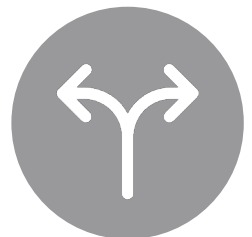
Week 4: Understanding and Observing Thoughts



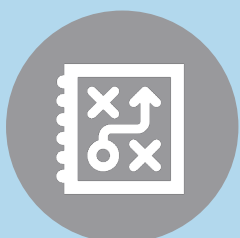
- This week focuses on how emotions, thoughts, and actions are all related. Students learn to observe their thoughts just like they observe other things in their environments. Ask your student to tell you more about observing thoughts.
- Remind your student to complete the weekly challenge: Choosing or drawing a picture of how they visualize observing their thoughts! Personal examples can help concepts stick.

Week 5 & 6: Catching, Checking, and Choosing

- Building upon the Week 4 group meeting, these meetings introduce the Catch–Check–Choose strategy for identifying and managing unrealistic or unhelpful thoughts. Ask your student to explain this strategy to you. Consider prompting them to use this strategy if they appear upset or sad.
- Remind your student to complete the weekly challenge: Practicing the Catch–Check–Choose strategy!



Week 7: Planning for Success



- It's review time! Students practice identifying and using different concepts and strategies taught in this group. Students then develop an action plan for implementing these strategies in the real world. Prompt your student to share their plan with you. Ask your student how you can support them in following their plan.
- Congratulate your student on their learning and growth throughout this program!