



# Coping Power Program

Coping Power is a well-established social-cognitive intervention program developed by Dr. John Lochman and colleagues. The program is empirically supported and has undergone much evaluation describing its effectiveness (Lochman & Lenhart, 1993; Lochman & Wells, 2003, 2004).

## **Coping Power helps children develop:**

- ✓ goal setting and organizational skills
- ✓ awareness of feelings
- ✓ coping skills and emotional self-control
- ✓ understanding a different way of looking at things
- ✓ problem-solving and relationship skills

At HWDSB we are piloting this program at 4 elementary schools (Grade 5) and both of our vocational secondary schools. The program is delivered by a teacher and a mental health professional (psychological consultant or social worker) often with the support of an EA; all of whom have received training in the program.

Coping Power is a comprehensive program with a total of 32 sessions delivered during the school year. At some schools, we are offering the program to the whole class, while at other schools we are offering the program in a small group to some selected students. With parent and student consent, the Coping Power program is being evaluated through our E-BEST service.