

Introduction to Social Responsibility Training (SRT®) & Research Results with High Risk Youth, Parents and Families



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Overview of SRT®

Social Responsibility Training (SRT®) is a school and community-based prevention program designed to teach high-risk students, parents, and families about decision and life skills in a systematic class processes that enhance responsibility and behavioral growth in a progressive fashion. SRT® classes are open ended so students, parents or families can enter at any time.

Referral Sources for SRT® Participants

- ✓ Teachers
- ✓ Counselors
- ✓ Principals
- ✓ Juvenile Court systems
- ✓ Drug Courts
- ✓ Child Protective Services
- ✓ Catholic Social Services
- ✓ Probation and Parole Officers

Common Reasons for Referral

- ✓ Poor grades
- ✓ Truancy
- ✓ Behavioral problems
- ✓ Substance use
- ✓ Parenting issues
- ✓ Family problems
- ✓ Criminal Justice System Involvement

SRT® participants support and help each other regardless of the reason for referral. This program offers leadership capability and mentor training for youth and parents that have completed the program. SRT® encourages community coordination and bringing systems together to support youth and family success.

SRT® Cognitive Behavioral Workbooks for High Risk Youth

High School The workbook used in the High School prevention class is titled *Character and Freedom* at 4th grade reading level. It consists of 38 cognitive based exercises completed by students at their own pace.

Middle School The workbook used in the Middle School class is titled *Your Steps to Life Mastery* at the 4th grade reading level. It consists of 30 cognitive based exercises completed by students completed and presented in class.

Elementary School The workbook used in the Elementary School class is titled *How to Get Along in Life* at 3rd grade reading level. It consists of 20 cognitive based exercises.

High Impact Program The High Impact SRT® Book called *Where Do I go from Here* works well as a short duration program. This book works for Youth that may display some behavioral problems or have Learning Disabilities.

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Substance Abuse The book for substance abuse *The Path to Freedom* at a 6th grade reading level. It consists of 24 cognitive based exercises and can be used for Middle and High School Youth.

SRT® Cognitive Behavioral Workbooks for Parents and Families

The intent of SRT® programming is to support family members in developing and practicing a constructive tough-love stance. This allows parents to support youth but not enable self-defeating behavior patterns. SRT® supports restored family cooperation and harmony.

Personal Responsibility Parenting is the curriculum for a parent support group for parents of middle and high school youth. It consists of 30 exercises that parents complete at their own pace and present in class. The material parallels youth SRT® but also addresses a number of dilemmas faced by parents of teenagers.

Creating Family Freedom This 20 session family workbook is designed to be utilized by a Family Coach as a class for a single family, or in a class with multiple families.

Summary of Research Findings with SRT® in Five States

Billings, Montana

- ✓ 86 very high-risk students facing long-term suspension at Billings Senior High School (BSHS) participated in SRT® beginning in 2001. After 3.5 years, 68.6% graduated successfully or were still enrolled.
- ✓ BSHS net revenue retained after SRT® expenses was \$ 244,550.
- ✓ BSHS yearly dropout rate was reduced from 148/1975 students (7.5%) to 101/1903 (5.3%)

Durango, Colorado

- ✓ 85 high-risk students at Durango High School (DHS) referred to SRT® during January of 2002. The school provided year-round support to these students. Through June of 2003, 70 (82.4%) remained in school.

Spokane, Washington

- ✓ Ferris High School (FHS) offered SRT® beginning in 2003-2004 to 65 sophomores with four or more high school academic failures, large numbers of absences, or juvenile justice system involvement. FHS reported a 1/3 reduction in short-term suspensions, and the lowest student net loss in the district.
- ✓ Spokane Valley High School (SVHS), an alternative school, provided SRT® to all 100 students attending full-time as a social-emotional skill development program. The school reported no fights on campus during the first school year after weekly fights the year prior. 59 students reached full credit status (an 1180% increase from the previous year.)

Jackson, Michigan

- ✓ At Ackerson Lake Optional High School, 61% of 18 students permanently expelled from regular high schools for serious infractions were referred to SRT® and improved in at least two of three areas tracked 2003-2004—GPAs, unexcused

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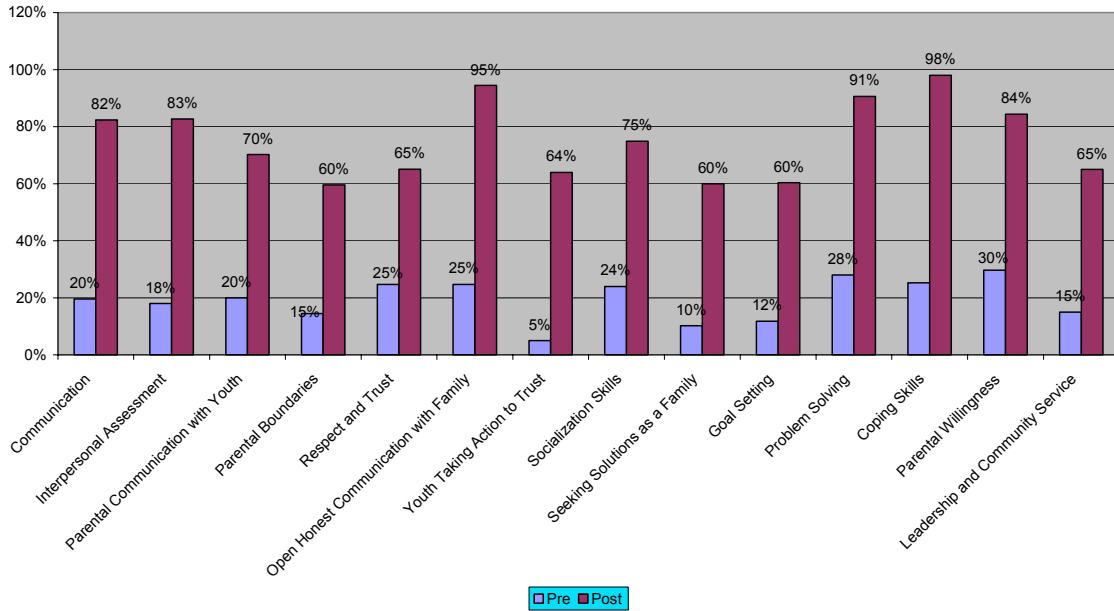
absences, and suspensions. There was an 88% increase in students self-reported wish to change how their lives were going.

- ✓ SRT® participants at an alternative junior high school serving suspended students increased their GPAs by 20%. Teachers rated an increase in students' wish to change of 119% over the previous year.

Yavapai County, Arizona

- ✓ Prescott Unified School District Youth and Parent Combined Pre-Post Program Results 2005 appear below.

P.U.S.D Social Responsibility Training Pre and Post Percentages 2005/ 2006 includes P.H.S.-Mile High - Granite Mountain Summer Program 93 youth Served and The Parent Program at P.H.S and Revised 1/02/06 Adult Probation 65 parents served



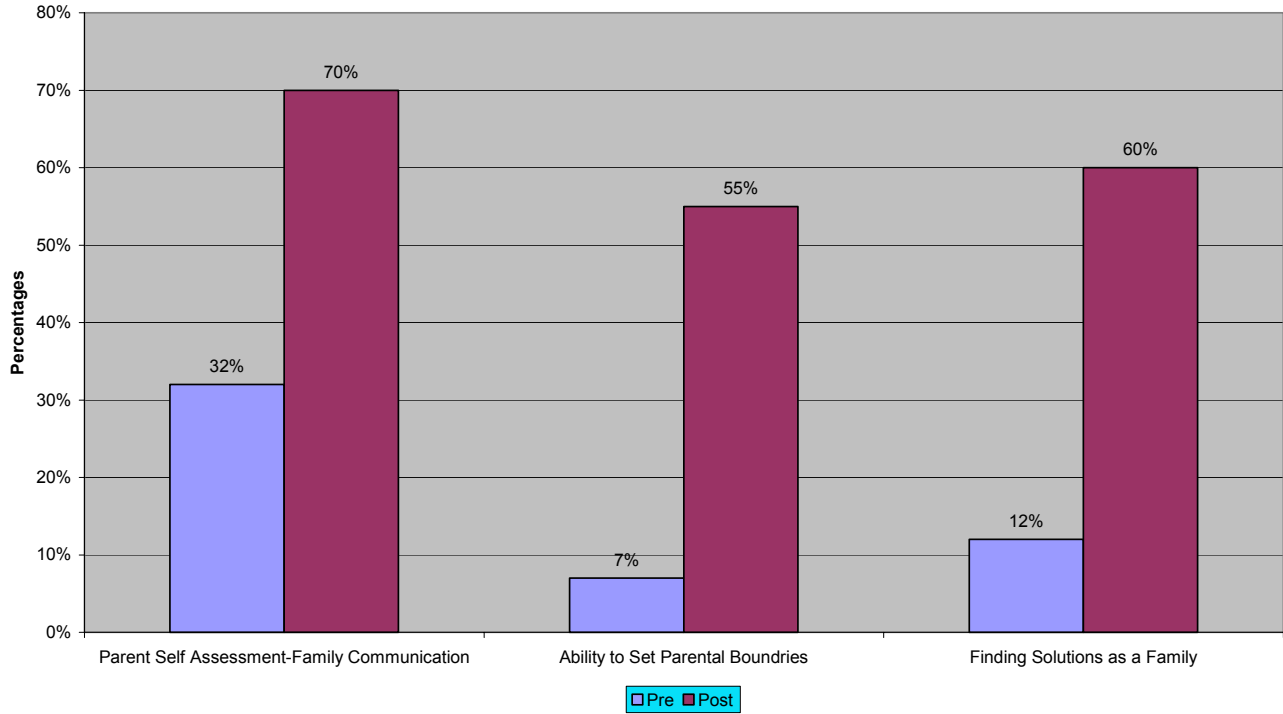
- ✓ 40 students and 24 parents completed SRT® from Humboldt Unified School District during school year 2004-2005. Combined pre-post results appear below.

	Pre	Post
Communication	20%	74%
Interpersonal Assessment	18%	69%
Parental Communication with Youth	13%	61%
Parental Boundaries	20%	71%
Respect and Trust	34%	83%
Open Honest Communication with Family	19%	59%
Youth Taking Action to Trust	5%	42%
Socialization Skills	13%	61%
Seeking Solutions as a Family	19%	65%
Goal Setting	18%	63%
Problem Solving	15%	53%
Coping Skills	17%	56%
Parental Willingness	9%	85%
Leadership and Community Service	15%	65%

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✓ Humboldt Unified School District Parent Pre-Post Ratings

Parents Pre and Post Percentages 2004-2005



Multi-Systemic Community Application of SRT®

