

## Behavioral Health Interventions and Supports

### Rainbows for All Children: Rainbows and Silver Linings Programs

Rainbows for All Children is an international, nonprofit organization that trains volunteers at community-based sites to lead structured, age-specific support groups for children 3-18 years old who are grieving as the result of an absent family member and/or following a community crisis (such as the recent pandemic). Since 1983, Rainbows facilitators have served over 3.5 million children by providing them support using social-emotional and mindfulness activities and an evidence-based curriculum to help them develop and strengthen problem-solving and coping skills, learn healthy ways to manage stress and anger, alleviate depression and anxiety, improve communication skills, and reduce emotional pain and suffering. All support groups are free of charge to the children who attend them.

Facilitators can be any volunteer over 18 with a clean federal background check.

#### Rainbows

#### Silver Linings

Description	Rainbows	Silver Linings
<b>Description</b>	This program is designed to support youth experiencing grief caused by the absence of a family member as the result of death, separation/divorce, incarceration, deportation, deployment, significant illness, abandonment, or other loss.	This program is designed to support youth experiencing grief and other signs of loss/trauma as a result of a significant community crisis such as a natural or manmade disaster.
<b>Who</b>	Students in Pre-K thru 12 <sup>th</sup> grade who are: <ul style="list-style-type: none"> <li>• Experiencing a significant loss that has disrupted their daily life</li> <li>• Levels are Pre-K to K, 1<sup>st</sup>-2<sup>nd</sup>, 3<sup>rd</sup>-4<sup>th</sup>, 5<sup>th</sup>-6<sup>th</sup>, 7<sup>th</sup>-8<sup>th</sup>, 9<sup>th</sup>-10<sup>th</sup>, 11<sup>th</sup>-12<sup>th</sup> grade (can be adjusted as needed)</li> </ul>	Students Pre-K thru 12 <sup>th</sup> grade who are: <ul style="list-style-type: none"> <li>• Experiencing new heightened levels of anxiety and discomfort because of COVID-19 and other traumatic events</li> <li>• Levels are Pre-K thru 1<sup>st</sup> grade, 2<sup>nd</sup>-5<sup>th</sup> grade, 6<sup>th</sup>-8<sup>th</sup> grade and 9<sup>th</sup>-12<sup>th</sup> grade</li> </ul>
<b>What</b>	<ul style="list-style-type: none"> <li>• 12 meetings (plus 1-2 mid-session and/or end celebration meetings)</li> <li>• 30-60 minutes once/week</li> <li>• Group sizes generally range from 3-5 children</li> <li>• Co-facilitation is recommended</li> <li>• Optional soft cover activity books are available for purchase (\$8 each)</li> <li>• Topics focus on addressing new changes within the family, processing grief, fears and worries, guilt, anger and hurt, finding trusted adults, and helping others.</li> <li>• Each meeting includes objectives to meet, questions to ask, activities to conduct (and materials needed for activities) and a reflection</li> </ul>	<ul style="list-style-type: none"> <li>• 7 meetings (plus 1 final end celebration meeting)</li> <li>• 45- 60 minutes twice/week</li> <li>• Group sizes generally range from 3-5 children</li> <li>• Co-facilitation is recommended</li> <li>• Digital (fillable) activity books included</li> <li>• Topics focus on finding the positive in difficult situations and include: fears and worries, anger and hurt, accepting change, helping others, safety, and finding peace.</li> <li>• Each meeting includes gathering time, stories, activities, song/music, discussion and mindfulness activities built into a time of reflection</li> </ul>
<b>Essential Components</b>	<ul style="list-style-type: none"> <li>• Evidence-based curriculum</li> <li>• Additional resources and support for facilitators</li> <li>• Guide to running groups virtually and virtual activities included</li> <li>• CEU/PD hours for social workers and educators for the 8-hour online training</li> </ul>	Intervention contains five essential elements of post-disaster psychosocial care, promoting: <ul style="list-style-type: none"> <li>• a sense of safety</li> <li>• calming techniques</li> <li>• self- and community efficacy</li> <li>• social connectedness</li> <li>• and hope</li> </ul>