

Abstract

In response to the application for new grants under the *Skills For Success Program*, the Los Angeles Unified School District (LAUSD) through its School Mental Health (SMH) Unit, in partnership with the University of California Los Angeles (UCLA) Nathanson Family Resiliency Center (NFRC), proposes to work together to adapt, implement, and evaluate the *Families OverComing Under Stress School-Based Skill Building Groups (FOCUS-SBG)*, a classroom resiliency curriculum that has been fielded in grades K-12. This universal prevention curriculum will complement the overall Trauma-Informed Schools approach of LAUSD SMH, which also provides early interventions (e.g. the Cognitive Behavioral Intervention for Trauma in Schools) and intensive support services (e.g. Trauma-Focused Cognitive Behavioral Therapy) when needed.

The goals of the project are (1) to develop non-cognitive skills in high need middle grade students; (2) increase the FOCUS-SBG curriculum's ability to be adapted and replicated within schools and learning communities; and, (3) assure FOCUS-SBG's ability to support high need students. FOCUS-SBG has been successfully adapted and implemented in several settings and has supported a variety of participating populations; this project will allow the curriculum to be adapted and used by high need middle school students. In doing so FOCUS-SBG, an adaptable, scalable, manualized, multi-lingual, classroom resiliency curriculum toolkit will be available to middle schools throughout the United States through UCLA'S Online Learning Center.

A randomized control trial (RCT) will be conducted in 2 public middle schools, randomizing 26 classrooms to either receive FOCUS-SBG or usual classroom curriculum. Students will be assessed at baseline, 3, 6 and 12 months. A mixed methods approach will be used to assess the impact of the intervention on students and school staff.