

S.S.GRIN 3-5 (Social Skills Group Intervention)



TARGET AUDIENCE

This program is for children in 3rd through 5th grade who are experiencing peer relationship difficulties.

SUMMARY

S.S.GRIN 3-5 (Social Skills Group Intervention), a school- or community-based social skills training program, is designed to develop and enhance children's behavioral and cognitive social skills.

EVIDENCE

An internal randomized trial demonstrated significant positive effects at post-test and at the 1-year follow-up for children with peer relationship difficulties. Compared to children in a control group, children who participated in the program reported greater self-esteem, lower social anxiety and depressive symptoms, and greater leadership ability. Children in the intervention were also rated by their peers as less aggressive and were less likely to be identified as disliked. Another randomized trial found that children with high functioning autism spectrum disorders (ASD) who participated in S.S. GRIN 3-5, which was designed for typically developing children, may experience declines in social skills. For this population, please see the separate review of S.S. GRIN-HFA* (High Functioning Autism), which was designed for use with children with high functioning ASD.

* A separate Fact Sheet is available for this program.

COMPONENTS

Goals of the S.S. GRIN 3-5 program include improving children's peer relationships and increasing their ability to manage challenging situations, such as teasing, peer pressure, rejection, bullying, or social anxiety. Program sessions use instruction and various hands-on activities, such as role playing and modeling. Guiding themes for the sessions include the following topics.

- Getting acquainted;
- Showing respect for yourself and others;
- Looking towards the future;
- Taking responsibility;
- Communicating your thoughts and feelings;
- Changing your point of view;
- Building friendships;
- Cooperating with others;
- Knowing how you feel; and
- Reviewing what you learned.

Positive reinforcement, corrective feedback, and cognitive reframing are used to optimize learning. Several pro-social and coping skills are also taught and include verbal and nonverbal communication, cooperation, compromise, negotiation, examination of the accuracy of assumptions, and positive assertion. Additionally, children learn about strategies for managing emotions and impulses.

PREVIOUS USE

Since 1994, S.S.GRIN 3-5 has been delivered to over 5,000 children in approximately 200 schools and mental health clinics in 17 states and the District of Columbia.

S.S.GRIN 3-5 (Social Skills Group Intervention)

 Middle Childhood	 Community-Based	 School-based	 Anxiety	 Bullying
 Communication	 Emotional Competency	 Relationships	 Social Competency	

TRAINING

An optional, online training is included with the purchase of the S.S.GRIN 3-5 kit. A 1-day optional, in-person training costs \$2,500 for up to 25 participants plus travel costs. For more information please visit www.3cisd.com/marketplace/catalog/201/SSGRIN-3-5.

CONSIDERATIONS

Considerations for implementing this program include acquiring facilitator and school or community center administrator buy-in; allocating time and space for program sessions; and paying for facilitator training, if desired.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing the S.S.GRIN 3-5 program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME	 Children participate in 10 weekly, 60-minute sessions.	COST	 The S.S.GRIN 3-5 printed kit costs \$415 for up to 10 children and includes printed materials plus a 1-year, online subscription. The 1-year, online subscription is available for \$120 and includes downloadable materials.
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EVALUATION PLAN

To move the S.S.GRIN 3-5 program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact 3C Marketplace by mail 3C Institute, 4364 S. Alston Ave., Suite 300, Durham, NC 27713, phone 1-888-473-5633, email marketplace@3cisd.com, or visit www.3cisd.com/marketplace/contact

SOURCE

legacy.nreppadmin.net/ViewIntervention.aspx?id=217, <http://www.3cisd.com/marketplace/catalog/201/SSGRIN-3-5>, and DeRosier and Marcus (2005).