



Having a friend to lean on...
 Can make it easier for children
 to cope with divorce
CODIP works

Children of Divorce Intervention Program (CODIP)

An evidence-based prevention program specifically designed to help children cope with challenging family changes

- Based on over 25 years of research
- Offers 4 distinct age-appropriate curricula
- Provides regular contact with peers with similar experiences

SOCIAL SUPPORT	+	SKILL BUILDING	PROGRAM GOALS
Share feelings about the divorce		Social problem solving	Provide supportive group environment
Clarify common misconceptions		Communication and self-control	Enhance coping skills
Reduce feelings of isolation		Anger control, support seeking	Enhance perceptions of self and family
			Encourage appropriate expression of feelings

Six different clinical trials document benefits to children

Parents report improvement in children's ability to deal with problems, express their feelings, communicate more openly with family members and cope with family changes. *(To learn if CODIP support groups are available, please contact your child's school)*

Teachers report increases in children's ability to tolerate frustration, get along with classmates, ask for help when they need it and complete assigned tasks. Teachers have also noted that program children were less anxious, less withdrawn and less disruptive in the classroom after participating in the program.

Leaders report increases in children's coping skills and growth in their ability to understand, communicate and cope with the realities of family changes.

Children report that they:

- Were less anxious in general
- Didn't worry as much about their family circumstances
- Had a better understanding of divorce-related issues and feelings
- Were better able to solve problems and "let go" of those beyond their control

These positive changes endured for children in a two year follow-up study.

For more information and to purchase resources, visit:
www.childrensinstitute.net/programs/codip

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Children's Institute is associated with the University of Rochester

Awards and recognition

Evidence-Based Program - National Registry of Evidence-based Programs and Practices (NREPP); Substance Abuse and Mental Health Services Administration (SAMHSA)

Lela Rowland Award for Outstanding Prevention Program - National Mental Health Association

Award for Program Excellence - U.S. Department of Health and Human Services: SAMHSA

Exemplary Program - Association of Family and Conciliation Courts

Successful Program - New York State Education Department

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 institute

STRENGTHENING SOCIAL AND
 EMOTIONAL HEALTH