



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

<b>SOCIAL SUPPORT</b>	<b>+</b>	<b>SKILL BUILDING</b>	<b>PROGRAM GOALS</b>
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 Teachers have also noted that program children were less anxious, less withdrawn and less disruptive in the classroom after participating in the program.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 further information and pricing, please contact:**

Customer Service  
 274 N. Goodman Street, Suite D103  
 Rochester, New York 14607  
**(585) 295-1000 x256 or (877) 888-7647 x256 (toll-free)**

[www.childrensinstitute.net](http://www.childrensinstitute.net)

Children’s Institute is associated with the University of Rochester

## Award Winning

National Mental Health Association’s Lela Rowland Award for Outstanding Prevention Program

Award for Program Excellence from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration

Exemplary Program, Association of Family and Conciliation Courts

Validated through New York State’s Education Department as a successful program

children’s  
 institute

STRENGTHENING SOCIAL AND  
 EMOTIONAL HEALTH