

A NATIONWIDE SURVEY OF PROGRAMS FOR CHILDREN OF DIVORCING AND SEPARATING PARENTS

Susan L. Pollet¹

This article surveys programs for children of separation and divorce throughout the United States. It provides an overview of their development and discusses some of the research which has been performed to measure the efficacy of them. It focuses on some specific programs, and it provides information about the types of programs which are available in each state. Finally, it provides insights into the next steps for such efforts.

Keywords: *children of divorce; divorce; separation; custody and visitation; educational programs; mental health of children*

“Grown-ups never understand anything for themselves, and it is tiresome for children to be always and forever explaining things to them.”

—Antoine de Saint-Exupery, *The Little Prince*, 1943

INTRODUCTION

There is a “particular poignancy” in the plight of children of divorce. They are “helpless to correct a situation they didn’t create . . . [and] . . . the very people they need to turn to—their mother and father—are often too emotionally overwhelmed to help them.”² Children’s voices need to be heard. Some children of divorce learn to reach out for support. Some “look within themselves and find an inner strength,”³ although guidance along the way is needed. Through it all, they benefit from peer support, and education programs for them with that element can be a winning strategy. According to the National Center for Health Statistics, the divorce rate was 3.6 divorces per 1000 population in 2005 (forty-six reporting states and Washington, DC).⁴ One out of every two children born today will have divorced parents before they reach the age of 18, according to projections.⁵ Divorce statistics cannot be taken lightly when considering interventions that can improve the lives of children going through this painful transition time. There has been an abundance of research over the past two decades on the impact of separation and divorce on children. As summarized by one expert,

although divergent views on child outcomes have recently received widespread media exposure, reliable empirical research indicates that the majority of children from divorced families fall within the average range of adjustment in the post-divorce years. Large numbers of studies have shown, however, that groups of children whose parents are divorced have more adjustment, academic, conduct, and relationship problems as compared to children whose parents have remained married. These studies evidence an increased risk for children of divorcing parents.⁶

Correspondence: spollet@courts.state.ny.us

Perhaps most compelling is that “[r]egardless of the long-term effects and positive or negative adjustment to parental divorce, most children experience the divorce as an emotionally painful loss.”⁷

Programs for children of separation and divorce have proliferated throughout the United States in recent years. The programs serve as an intervention to minimize the risks associated with divorce and aim to afford better outcomes for the children. The list of programs in Appendix A herein is not an exhaustive one as it contains programs which we were able to learn about through online research or word of mouth after telephone inquiries.

By way of summary, the results of our research indicates that, overall, ten states (or specific counties within a state) require a child of divorcing or separating parents to attend an educational program pursuant to legislation, court order, administrative order, administrative family court memorandum, or local court or county rules.⁸ Ten states (or specific counties within a state) may require a child of divorcing or separating parents, at the discretion of a judge, to attend an educational program pursuant to legislation, court order, administrative order, administrative family court memorandum, or local court or county rules.⁹ These programs range from court-sponsored to not-for-profit private programs.¹⁰ Three of the states, however, fall in both categories.¹¹ Thirty-five states, however, do not require a child of divorcing or separating parents to attend an educational program.¹² Lastly, Louisiana does require children in one county to attend a mandatory program, while all other counties have no such requirement, nor is it in the discretion of the judge.¹³ This trend of increasing availability of such programs comports with extensive literature, which indicates that “perceived control over decisions is related to positive mental health.”¹⁴

Therefore, listening to children’s voices during divorce processes will help to bestow that effect on children. This article will provide an overview of the development of education programs for children of separation or divorce. The next part will discuss some of the research which has been performed to measure the effect of such programs. The following section will address a sampling of specific children’s programs. Next, there will be a discussion of the results of our nationwide research regarding the programs in each state which target children of separation or divorce. In the final section, conclusions about the next steps for this type of education will be discussed.

BACKGROUND OF EDUCATION FOR CHILDREN OF DIVORCING AND SEPARATING PARENTS

Research conducted as of September 10, 2007, revealed that there are parent education programs in forty-six states;¹⁵ however, the number of programs for the children of divorcing and separating parents “have developed slowly”¹⁶ and remain fewer in number.¹⁷ Short-term support groups for these children are both educational and therapeutic in nature.¹⁸ They can be found in various contexts, including at the court, at public and private human services agencies, and given at schools by teachers, school social workers and other school support staff during lunch or after hours.¹⁹ Goals for psycho-educational groups have been arranged in the following six categories: “(a) facilitation of feelings, (b) development of coping skills, (c) adjustment to changes, (d) provision of information, (e) normalization of the experience, and (f) provision of support.”²⁰ In a survey of 148 court and community child programs, the survey found that “the typical program is community based . . . [has] one to two sessions of four to five and a half hours, focuses primarily on elementary age children, facilitates expression of feelings and development of coping

skills, and is conducted by a master's level mental health professional."²¹ At that time, a few of the programs held four to six sessions and incorporated "drawing, discussion, reading, role-playing, newsletters and advice books to parents and other children experiencing divorce."²² Some programs entail parent participation in various forms. Since that time "[p]sychoeducational and counseling groups in schools and community agencies have been a popular and efficient method of providing treatment for children of divorce."²³ There are many advantages to having programs in the schools; however, because of mandates, in certain circumstances, some community situations (e.g., mental health agencies) may be more ideal.²⁴

In a national survey conducted in 2001, 46 programs in 152 counties were identified as offering court connected educational programs for children and another national survey of family courts found that "children's educational programs are the most frequently mentioned for planned future program innovation."²⁵ In 2001, "[n]early all counties that had a children's program also had a program for parents; in some jurisdictions child programs are linked to and integrated with parent programs, and in other cases they function independently. Like parent programs, most of the universal prevention efforts for children are brief in duration; on average, they meet for one to four sessions for a total of 4–5 1/2 hours."²⁶ This is reflected in our research, as well, in Appendix "A," herein. While all of the mandatory programs for children are court-connected, not all of the court-connected programs are mandatory.²⁷

What these programs have in common is to help children "adapt to the changes and stresses associated with divorce, which include interparental conflict."²⁸ The goals most often articulated include helping children "identify and express their feelings, providing support, normalizing the experience of divorce, and developing coping skills."²⁹ Children are taught ways to deal with conflict and triangulation, which is when parents put the children in the middle of their conflicts. Some programs include information about the legal process to make it understandable.³⁰ Thus, the essence of most of the programs is that participating in a peer group in a supportive environment helps children to realize that "they are not alone," and "normalizes their feelings and experiences."³¹ That is what makes these programs special. In fact, it has been stated that "where possible, group therapy for dealing with problems of children of divorce is the treatment of choice."³² It is not surprising, therefore, that a study from 2002 revealed that the program considered by the greatest proportion of counties is one to help children of divorce, which has been borne out by the more recent proliferation of such programs.³³

SELECTED RESEARCH ON PROGRAMS FOR CHILDREN OF DIVORCE

Commentators have noted that there is even less evaluation data on children's programs than on parent programs.³⁴ Most evaluations of children's programs consist of customer satisfaction surveys which the parents completed, although some programs also had the children complete simple evaluations.³⁵ Moreover, even though children's divorce groups are frequently utilized in schools and agencies "the research regarding their efficacy is mixed."³⁶ It appears that "[g]roup size, focus, duration of sessions, and leadership experience all impacted children of divorce group effectiveness."³⁷ Experts maintain that prevention programs for children of divorce should be "science-based."³⁸ But because there is growing evidence of the efficacy of such programs, arguments have been made that it is "appropriate to plan a research agenda to move evidence-based programs into existing

community delivery systems,” including schools and family courts, and to make the programs appropriate for delivery to an ethnically diverse population.³⁹

There are two programs which have been evaluated extensively with control groups, while the other studies discussed herein are more “informal.” One is the Children’s Support Group (CSG) which is a community-based group intervention.⁴⁰ The CSG program is “a fourteen-week preventive intervention program designed to provide support and teach children skills and coping strategies to deal with family changes.”⁴¹ In a controlled study conducted of that program, “[r]esults showed significant improvements in children’s clinical symptoms in the skills and support conditions. The combined skills and support groups yielded the most immediate benefits, reducing children’s emotional and behavior problems, and improving their adjustment at home.”⁴²

The other program, Children of Divorce Intervention Program (CODIP), is a twelve-session preventive school-based intervention program which includes, as its primary goals, “to create a supportive group environment in which children can freely share experiences, establish common bonds, clarify misconceptions, and acquire skills that enhance their capacity to cope with the stressful changes that divorce often poses.”⁴³ It has expanded to include four different versions for children of different ages: kindergarten and first grade, second and third grade, fourth through sixth grade, and seventh through eighth grade.⁴⁴ Its effectiveness has been documented through “controlled studies, tests of key ingredients, and a follow-up study documenting multiple benefits to children.”⁴⁵ Pursuant to eight different studies of CODIP showing benefits to “children’s healthy adjustment socially, emotionally, physically and academically,” the following results were documented:

- Teacher ratings of children’s improved classroom adjustment and school engagement, evidenced by lower rates of disruptive behavior and less withdrawn, anxious behavior in class. Every controlled study of the program showed improved cooperative behavior including ability to get along with peers, handle challenging situations, and engage appropriately in class activities.
- Parents report that program children, compared to non program children, were better adjusted overall, better able to talk about their feelings and more open to communication, less moody and evidenced more self-esteem.
- Children themselves reported improved self confidence, less anxiety and depression and more confidence in their ability to successfully deal with family changes. Program children reported being better able to solve personal problems and “let go” of those beyond their control. A follow-up study done two years later showed that these improvements endured and even extended to health benefits. Program children had significantly fewer visits to the school clinic and health office with physical symptoms after attending the program than a control group of non program children.⁴⁶
- The program’s success has been widely recognized including the receipt of a number of awards, and the program has been disseminated to over 500 schools and other agencies in the United States and around the world, including South Africa, Germany, Cyprus, Canada, Australia, and the Netherlands.⁴⁷

In an interesting study which sought to assess the effect of utilizing music in a children of divorce group compared with a traditional child psychoeducational group, the results indicated that there was no additional impact for music, but that the participants did experience a significant decrease in anxiety as a result of group participation and a decrease in their irrational beliefs.⁴⁸

In another study, the authors evaluated the effect of the adjustment of seven to nine year old children in a program called Kids' Turn, a San Francisco Bay Area divorce education program, which is a six-week child-oriented educational program.⁴⁹ The children participate with their parents in the program. It was reported that children's adjustment significantly improved after completing the program, including less conflict between children and parents, and children's improved ability to avoid participating in "conflict-laden situations within the post-divorce family."⁵⁰ It was noted, however, that children, after the program, had "more reconciliation fantasies, greater awareness of distressing feelings regarding the divorce, and more sensitivity to being misunderstood by their parents," which led the authors to caution that some children may need evaluation and continued support.⁵¹

A small study was conducted of fifteen children of recently separated or divorced parents who completed a "family systems intervention" with their custodial parent for the purpose of reducing family conflict and improving classroom behavior.⁵² The purpose of the study was to examine the effects of this intervention program in reducing acting-out behaviors of students referred for special education assessment due to behavioral difficulties where their parents had recently separated or divorced.⁵³ The study found that after the program, there was significantly improved use of verbal reasoning, significantly reduced use of verbal aggression when resolving family conflicts, and a significant improvement in classroom behavior suggesting that the number of students placed into special education for acting out behaviors can be reduced.⁵⁴

Another study often cited is one involving the New Beginnings Program, and was a six-year follow-up, randomized controlled trial of two prevention programs, including one with a dual-component "mother plus child" program.⁵⁵ The study found that the program "reduced symptoms of mental disorder; rates of diagnoses of mental disorder; levels of externalizing problems; marijuana, alcohol, and other drug use; and number of sexual partners."⁵⁶ An older pilot study of the Rollercoasters Program, a well-known program, showed positive results but needed further study.⁵⁷

A SAMPLING OF SPECIFIC CHILDREN'S PROGRAMS

As we have identified earlier, there are basically two streams of children's divorce group programs: those offered through court-connected services or by government, and those offered through programs outside of the court setting (e.g., family service programs, church related counseling programs, and programs in schools).⁵⁸

COURT-CONNECTED PROGRAMS

With regard to the court-connected programs, Jackson County, Missouri had an early program which implemented a children's component to their mandatory divorce education program.⁵⁹ This has been heralded as a major change in the legal and judicial system.⁶⁰ It was the vision of the judges and commissioners of the Family Court Division to provide a more "systemic, family-oriented approach," recognizing that both the parents and children are affected by the divorce and will have to be helped to deal with the process.⁶¹ To that end, they developed a court rule which required parents seeking a "marital dissolution or a post-dissolution action involving child custody and/or visitation matters, and their children

ages five to seventeen, to attend the education and awareness program.”⁶² The Jackson County Family Court had contracted with five providers “strategically” located throughout the County to provide the program.⁶³ In this program the parent’s classes and the children’s classes are held at the same time (two, two-hour classes); the program teaches “grief reactions to divorce, techniques for talking to parents about their concerns, some basic legal terms related to divorce, the fact that children are not to blame for divorce, and how to identify and express their own reactions to divorce.”⁶⁴

In Jefferson County, Colorado, a group of professionals developed a three-hour class offered at the courthouse which consists of a child and adolescent component added to the court-ordered parenting classes for divorcing parents.⁶⁵ The curriculum added a skills component, and based upon the ages of the group have different formats including videos, drawing exercises, role plays and interactive discussions. The parents and children attend classes separately, but simultaneously, and there is a final segment of the class which consists of an interactive parent-child component.⁶⁶ The program provides “direct support to children and adolescents, helps normalize the myriad feelings children and adolescents may experience, and recognizes a number of coping strategies. Additionally, specific skills training in the areas of communication and problem solving are provided.”⁶⁷

In Hawaii, in certain circuits, parents who are divorcing, parents not married who file motions disputing custody or visitation, and their minor children, ages six to seventeen, are required to attend the “Kids First” program.⁶⁸ Kids First is described as a program designed to help parents understand the effects of separation and divorce on their children and to help children cope with changes in their families.⁶⁹ Parents and their children view a movie, and then the children are grouped by age and led by trained facilitators.⁷⁰ Parents have their own program. Teens “vent their rage” by writing an unsent “Letter to My Parents,” and they create a mock trial and ask questions about their “legal rights and responsibilities as young adults.”⁷¹ Younger children do a “Caring Circle” activity in which they identify people they can turn to for support when they are angry or sad, and they have the opportunity to wear a judge’s robe and sit in the judge’s chair, which is considered a highlight for them.⁷²

On November 19, 2007, the Sixth Judicial District Court judges in Iowa “began mandating class attendance for all children ages six to sixteen whose parents file for divorce in Linn County” at the Kids First program.⁷³ Like many of the other programs, the Kids First program uses a combination of age-appropriate role-plays, artwork, games and video clips.⁷⁴ The themes the program seeks to emphasize are the following: “Divorce is never the kids’ fault; They are not alone: Kids share similar experiences; Their feelings are normal and okay; It is important to express their feelings to parents and other adults in their support network; They have a right not to be in the middle of their parents’ fights and a right not to take sides; They can know what to expect from the legal process; There is hope that things can get better.”⁷⁵

New York has some court-affiliated programs, one of which is “PEACE for Kids.” It is a joint project of Hofstra University College of Liberal Arts and Sciences and the Hofstra University Law School, and has a curriculum for children in kindergarten through eighth grade in operation in the courts of Nassau County, New York.⁷⁶ In Kings County, New York, a four-hour program for children is conducted at the Family Court building, and is called the “Children’s PACT program.”⁷⁷ There is also a certified parent education program given out of both of those courthouses as part of the New York State Parent Education and Awareness Program, but it is for parents only.⁷⁸

PROGRAMS OUTSIDE OF THE COURT SETTING

The most studied preventive school-based program was previously mentioned herein, The Children of Divorce Intervention Program (CODIP). The program began in Rochester, New York in 1982 and has undergone continued evaluation and research; CODIP can be, and has been replicated and transported into a variety of settings.⁷⁹ The CODIP program's founder and director is JoAnne Pedro-Carroll, Ph.D. The program "consists of a series of four procedure manuals tailored to the developmental needs of children based on grade level, the Daring Dinosaurs Board Game, and the Feeling Faces poster."⁸⁰ School personnel incorporate these resources into their peer support groups, where children learn to "appropriately express their feelings about divorce, enhance their coping skills, clarify misconceptions, and enhance their perceptions of self and family."⁸¹ The efficacy of this program has been discussed above.

Another program in New York is the Children of Divorce Program at New York-Presbyterian, Payne Whitney-Westchester in White Plains, New York. It is a ten-session group program with sessions for children and parent groups, running concurrently. Groups are led by a co-therapy team of senior staff and faculty members trained in child development and divorce issues, and they are kept small. There are sessions for preschool, school-age, and early teenage children.⁸² Among the goals of the groups for children are "clarifying and problem-solving issues, such as loyalty conflicts and feelings of anxiety, sadness and anger. Children are also helped to develop coping strategies and assertive communication skills for divorce-related issues such as visitation, custody and rebleded families."⁸³

THE RESULTS OF OUR NATIONWIDE SURVEY

The results of our nationwide survey show that education programs for children whose parents are separating or divorcing are available in many counties across the United States. Through telephone conversations and e-mail, we spoke with child education directors, court personnel who are familiar with the programs, and the social workers and psychologists who lead the various programs. In conducting the survey of available programs, we asked whether the program is required, and if so, whether there are any opt-out provisions, the cost of attendance, the specifics of the program curriculum, and whether the children's program is simultaneous with the parent program. We compiled our research into the chart and key attached as Appendix A; however, this list is not an exhaustive one. As research continues to demonstrate a need for child education programs, judges and educators are initiating these programs, and thus new programs, are becoming available increasingly throughout the United States. There are also many private programs run through the offices of local therapists and various entities. Research on the benefits of specific programs are still sparse and therefore the programs listed in Appendix A are a list of available programs we were able to locate; they are not, in any way, an endorsement or a complete list of every program throughout the United States.

As stated above, the results of our research set forth in Appendix A herein indicate that, overall, ten states (or specific counties within a state) require a child of divorcing or separating parents to attend an educational program pursuant to legislation, court order, administrative order, administrative family court memorandum, or local court or county rules. Ten states (or specific counties within a state) may require a child of divorcing or

separating parents, at the discretion of a judge, to attend an educational program pursuant to legislation, court order, administrative order, administrative family court memorandum, or local court or county rules. These programs range from court-sponsored to not-for-profit private programs. Three of the states, however, fall in both categories. That is, Alabama, Mississippi, and Wyoming have certain counties that mandate a child of divorcing or separating parents to attend an educational program, while other counties in each state leave it at the discretion of the Judge. Thirty-five states, however, do not require a child of divorcing or separating parents to attend an educational program. In other words, while a judge may refer a child to a voluntary program, there is no legislation in place that allows the judge the authority to mandate child attendance pursuant to a court order. These states often offer a myriad of voluntary programs that a child may attend if a parent chooses to pursue this route for his or her child. Lastly, Louisiana requires children in one county to attend a mandatory program, while all other counties have no such requirement, nor is it in the discretion of the judge.

For those states (or specific counties within a state) that ultimately require a child to attend a mandatory education program, some programs do offer opt-out provisions. Parties may be able to file a motion to waive attendance, which may be granted in the discretion of the judge. The cost of attendance for all of the programs currently in place range from no cost to \$145. There are often multiple programs within a state but, at the time of this publication, twenty-three states offer at least one program at no cost to the child. In addition, many other programs offer discounted rates and the possibility of a fee waiver. Regarding the curriculum, many states offer programs that last anywhere from several hours to several weeks. Also, thirty-two states offer programs that run simultaneously with a parent education program.

Ultimately, while many states have yet to develop legislation, court orders, administrative orders, administrative family court memorandum, or local court or county rules allowing a judge to mandate attendance pursuant to a court order, it appears that each state has made efforts to provide children the opportunity to enroll in educational programs. These programs are doing so by providing classes with little to no fee, with wide-ranging curriculums, and with the opportunity for parents to take a class simultaneously with their children.

NEXT STEPS

Back in 1992, dedicated individuals in this field opined that one “relatively cost-free measure that the lawyers and legal system of each state can take that might help custody disputes from becoming a judicially cognizable “‘dispute’ requiring resolution by adversarial procedure,” would be “supporting school-based intervention programs for children experiencing parental divorce and custody problems.”⁸⁴ A call was made then to have more of such programs widely available, and a suggestion was made that where children of divorce intervention programs already exist in a community, a mandatory parent education program “would be an excellent opportunity to advise parents of that fact and to encourage them to let their children participate.”⁸⁵ Taking that dream a step farther, the authors suggested that assuming widespread availability of programs for children, parents should be required to certify that their children have been enrolled in a school-based intervention program and that they themselves have attended parent education programs before a divorce is granted.⁸⁶ Other experts have cited with approval the randomized experimental

evaluations, earlier discussed herein, which demonstrated the “efficacy of children’s multiple-session school-based coping programs to improve the mental health and adaptation of children of divorce.”⁸⁷

The survey in 2002 with regard to prospects of expanding divorcing parent education and child coping services reported that “[a]pproximately one third of the counties planning to make a change in their current services indicated that improving the quality of their existing services or adding programming for children and adolescents were the forms of change most desired.”⁸⁸ The authors called for the testing of programs to determine whether they foster positive gains before implementation.⁸⁹ There has been research which indicates that having court-affiliated educational programs for children, which have short-term and limited interventions, may help children with their adjustment and can direct them to services in the community if they need additional help,⁹⁰ including intensive therapy. Many commentators suggest, however, that more research needs to be done about which interventions work best, and how they work.⁹¹

One expert summarizes the research, as follows:

... basic research on the processes by which interparental conflict leads to child maladjustment indicates that prevention programs for parents will be most effective in fostering children’s adaptation to divorce if they can reduce the level of destructive conflict that children are exposed to, foster good parent-child relationships, and keep children from being caught in the middle of parental tensions and disagreements. Although parents bear primary responsibility for managing postdivorce conflict, programs for children also may be useful, particularly if they help children develop skills for coping with situations in which they are pressured to side with one parent against the other and help them to avoid feeling responsible for parental problems.⁹²

CONCLUSION

It is clear that the need for programs for children of divorce exists, and, if developed in conformity with best practices, the programs prove to be helpful. The numbers of such programs continue to grow. Having programs connected to the court makes sense since court affiliated parent education programs exist throughout the United States. Having an entity responsible for oversight of such programs, such as court administration, is essential to ensure that no harm is being done to participants. Having education for both parents and children guarantees that all members of the family have access to the requisite knowledge, and a chance to practice the skills they have all learned. It is truly a family process.

State	Statute/Court Rule	Required Attendance	One-Out Provisions	Cost of Attendance	Curriculum	Simultaneous w/ Parent Program	Website / Contact Information
Alabama	Judge may require child attendance pursuant to Alabama Code (1975) Chapter 3, Title 30, Section 30-3-1; However, certain Counties (such as Montgomery and Elmore Counties) mandate attendance.	Families in Transition is a mandatory court program in Montgomery County for children ages 6-16	Parties may file a motion to waive attendance	\$60 per child	4 hour program Discussions and workbooks	Yes	Program sponsored by: Family Guidance Center of Alabama 2358 Fairlane Drive, Montgomery, Alabama 36116 334-270-4100; www.familyguidancecenter.org
Alaska	Not required	N/A	N/A	N/A	N/A	N/A	N/A
Arizona	Judge may require child attendance pursuant to ARS 25-351 and court order	Rolleroasters (Integrated Family Court) is a court program for children ages 5-12 that targets high conflict parents and their children Pilot program (patterned after Kids First in Maui) will be available for children ages 6-17	Pilot program—Information is not yet available	Pilot program—Information is not yet available	Rolleroasters —Curriculum is based on the Rolleroasters program Pilot program—information is not yet available	Yes *Applies to both programs	Rolleroasters —Contact the Integrated Family Court in Coconino County at (928) 679-7504 Pilot program—Contact the Coconino Superior Court at (928) 779-6535
Arkansas	Not required	Divorce Care for Kids (DC4K) is a private faith-based program available through local churches	None	\$10-20 per child	13 week program, 2 hours/week Games, crafts, role playing, discussions and workbooks	Yes	Divorce Care for Kids: www.dck.org
California	Judge may require child attendance pursuant to Family Code Section 3190	Kids First (Orange County) Kids Turn (San Diego) Kids Turn (San Francisco) *All are private, nonprofit programs available for children ages 4-17. The Judge has discretion whether to order or mandate the programs.	None *Applies to all three programs	Kids First (Orange County)—\$300 per parent/\$120 per child; Kids Turn (San Diego)—\$200 per parent/children are free; Kids Turn (San Francisco)—\$110-950 per parent/\$15.00 fee for materials for the children, to be paid by the parents.	Kids First (Orange County)—8 week program—Stories, games and discussions Kids Turn (San Diego)—4 week program—Games, artwork, music, stories and play-acting Kids Turn (San Francisco)—6 week program—Curriculum is based upon teaching the children and parents coping skills.	Yes *Applies to all three programs	www.kidsfirstoc.org www.kidsturns.org www.kidsturn.org
Colorado	Not required	The Family Educational Divorce Class is a voluntary private program for parents and their children ages 6-17	None	\$25 for the first two children and \$15 for each additional child	3 hour program Presentations, discussions, videos, and role playing	Yes	Contact Douglas Hanze at (303) 933-9258 or Karen Jamieson-Darr at (303) 986-1800
Connecticut	Not required	Banana Splits is a voluntary private program available through the Wilton YMCA and local schools for school-aged children	None	YMCA—\$65 per child Cost will vary depending on location; in general there is no cost when offered through the child's school.	YMCA—7 week program, 45 minutes/week Local schools —offered during activity/free periods *Curriculum is based on the Banana Splits program	No	Contact the Wilton YMCA at (203) 762-8384; Judicial Branch Court Support Services Division: 860-721-2100
Delaware	Not required (as of January 1, 2008)	Divorce Care for Kids (DC4K) is a private faith-based program available through local churches	None	None	Games, crafts, role playing, discussions and workbooks	Yes	Divorce Care for Kids: www.dck.org

State	State/Court Rule	Required Attendance	Opt-Out Provisions	Cost of Attendance	Curriculum	Simultaneous w/ Parent Program	Website / Contact Information
District of Columbia	Child attendance is mandatory pursuant to Administrative Order 07-06	Program for Agreement and Cooperation in Contested Custody Cases (PAC) is a pilot program required for children ages 7–14	N/A	N/A	3 1/2 hour program Children are encouraged to voice their feelings, in addition to learning coping skills and skills for dealing with negative emotions	Yes	Contact the Domestic Relations Branch of the Superior Court of DC at (202) 879-1261
Florida	Not required	Sandcastles is a court program for parents and their children ages 6–17. KidsKonnect is a voluntary school-based program for children ages 5–12.	Parties may file a motion to waive attendance	Sandcastles —\$25-\$35 per child; fee waivers for indigent; KidsKonnect —none	Sandcastles —3 1/2 hour program; Role playing, discussions and workbooks KidsKonnect —Curriculum helps children develop the coping skills they need to overcome the effects of family disruption.	Yes *Applies to both programs	Sandcastles —Contact Alvaro Domenech at (305) 237-8015 KidsKonnect —Jui Chung-Cumie at (407) 644-7593
Georgia	Not required	What About Me is a voluntary court program available for children ages 5–12	None	\$5–10 per child; fee waivers for indigent	2 hour program Curriculum helps to teach children how to cope with the changes and how to better communicate with their parents	No	http://sca.cobbcountyga.gov/court_programs.htm#me
Hawaii	Child attendance is mandatory pursuant to a Family Court Memorandum	Kids First is a mandatory court program in the First, Second, Third and Fifth Circuits for parents and their children, ages 6–17	None	Cost is included in the divorce filing fee	2 1/2 hour program Video “The Purple Family,” role playing and writing	Yes	Family Court, Second Circuit 2145 Main Street, 3rd Floor Wailuku, HI 96793 Phone: (808) 244-2718 direct line (808) 244-2700 main line (808) 244-2704 fax line http://www.co.rain-falls.hi.us/5thDistrict/Mediator/Mediation.htm
Idaho	Child attendance is mandatory pursuant to 01-11 Second Amended Administrative Order in certain counties that offer it	Children’s Program is a mandatory court program in the 5th District for parents and their children, ages 6–17	None	None	3 hour program Group 1: ages 6–10; Group 2: ages 11–17	Yes	The Children’s Foundation 403 S. State St. Bloomington, IL 61701 (309) 834-5234 www.kidsturnbloomington.org Molly Christopher, Program Director Focus on Children (312) 603-1589
Illinois	Not required	Kids’ Turn is a voluntary, private program for parents and their children, ages 4–17	None	\$15 per child	Four sessions, 1.5 hours/session Children learn skills that will help them cope with changes	Yes	The Children’s Foundation 403 S. State St. Bloomington, IL 61701 (309) 834-5234 www.kidsturnbloomington.org Molly Christopher, Program Director Focus on Children (312) 603-1589
Indiana	Child attendance is mandatory pursuant to LR76-DR-4(I)	Divorce is a mandatory court program in Steuben County for children, ages 6–17	None	None	2 1/2 hour program Discussions, booklets, and videos	Yes	Angela Northeastern Center: (260) 665-9494; Steuben County Court: (260) 668-1000 www.kidsfirstiowa.org
Iowa	Judge may require child attendance pursuant to Iowa Code Annotated 598.15	Kids First (Linn County) is a court program for children ages 6–16	None	None	2 1/2 hour program Artwork, games, discussions, videos and role playing	No	

State	Statute/Court Rule	Required Attendance	Opt-Out Provisions	Cost of Attendance	Curriculum	Simultaneous w/ Parent Program	Website / Contact Information
Kansas	Not required	N/A	N/A	N/A	N/A	N/A	N/A
Kentucky	Child attendance is mandatory pursuant to local court rules including JERP Rule 705, RFPC App. 5, RMFC Rule 802, FFCK Rule V, & RLFC Rule 402	Families in Transition is a mandatory court program for parents and their children, ages 5–17	Parties may file a motion to waive attendance	\$50 per parent/free for the children	6 hour program Discussions and workbooks	Yes	http://courts.ky.gov/sineprograms/divoreeducation
Louisiana	Child attendance is mandatory in Bossier Parish; However, child attendance is not required elsewhere.	Children in the Middle is a mandatory court program for children in Bossier Parish; Rainbows is a voluntary, private program available for children in elementary school through high school.	None	None	12-14 sessions, 30-60 minutes/session Games, storybooks and journaling	Generally no, only one program site offers a separate parent group held at the same time.	www.hidivorce.org/fm/ ; http://www.hidivorce.org/fm/CounselingServices/tabid/331/Default.aspx Children in the Middle, teacher: Joan P Almond, Extension Agent-FCS, Webster Extension Service LSU AgCenter 1202 Homer Road Minden, Louisiana 71055 E-Mail: jalmond@agcenter.lsu.edu Phone: 318-371-1371 www.kidsfirstcenter.org
Maine	Not required	Separation and Divorce Support Groups for Children and Adolescents is a private program for children ages 6–18	None	\$45-60 per child	4–6 week program Age appropriate activities where children explore their feelings and learn coping mechanisms	No	
Maryland	Not required	Kids Count (Anne Arundel County) is a court program for children ages 6–12; Rolleroasters (St. Mary's County) is a court program for children ages 5–12; KidShare (Worcester County) is a court program available for children and teens; *Programs also available in the following counties: Allegany, Garrett, Harford, Kent, Somerset and Wicomico	Reviewed on a case by case basis	Kids Count —free; Rolleroasters —\$70 per child; KidShare —free	Kids Count —3 hour program Helps children understand the process of divorce and gives them tools to adapt to changes Rolleroasters —6 week program, 1 hour/week Helps the children with the developmental process during a time of adjustment and grief KidShare —2, hour program Helps children identify feelings, solve problems and gain a sense of hope	No, both Kids Count and Rolleroasters are not simultaneous with parent program *None—KidShare is simultaneous with parent program	Family Administrative Office of the Courts: (410) 260-1580 Kids Count Representative: (410) 222-1210 St. Mary's Family Support Coordinator, Linda Grove: (301) 475-7844 ext 4110 Rolleroasters Representative, Sarah Stevens: (301) 863-6670 ext 867 KidShare: (401) 632-0056; http://www.familydivision.org/kidshare.html
Massachusetts	Not required	Banana Splits Support Group is a private program available for children in the 2nd-5th grade, through the Dartmouth Youth Commission	None	Please call for price information	10 week program, 1 1/4 hour/week *every other week	No	www.dartmouthyouth.com/GroupInfo/Files/bsintro.htm

State	State/Court Rule	Required Attendance	Opt-Out Provisions	Cost of Attendance	Curriculum	Simultaneous w/ Parent Program	Website / Contact Information
Michigan	Not required	Kids Koping is a private program for parents and their children ages 4-12; Family Matters is a private program for children; Stepping Stones is a private faith based program for children	None * Applies to all three programs	Kids Koping —\$80 per family; Family Matters —\$55 or \$10 per session Stepping Stones —\$10 donation per child	Kids Koping —8 week program—Videos, games, discussions and role playing Family Matters —6 week program—Age appropriate group materials—drawing, writing and talking with other children Stepping Stones —6 week program—Curriculum based on materials by Gary Sprague, founder of the Single Parent Family Ministry	Yes *Applies to all three programs	Kids Koping , Good News Community: (616) 831-5603 Family Matters : http://www.childandfamilyagency.com Stepping Stones : http://wardchurch.org/templates/System/details.asp?id=1702&PID=79789
Minnesota	Judge may require child attendance pursuant to M.S.A. § 518.157 (2007)	Sandcastles (Hennepin County) is a court program for children ages 6-17; Co-Kids (Hennepin County) is a mandatory court program for children ages 6-17	None * Applies to both programs	Sandcastles —\$45 per child; Co-Kids —\$50 per child	Sandcastles —4 hour program – Drawing, writing and talking with other children to learn coping skills Co-Kids —3 hour program—Developmentally appropriate activities that encourage children to explore their feelings, learn problem-solving techniques, and practice efficient communicating skills	No *Applies to both programs	Sandcastles — www.chrysaliswomen.org/dived.htm#sandcastles Co-Kids — http://www.storefront.org/index.asp?type=B_BASIC&SEC=10E061EB-49A7-42E5-AC29-665F7CE8AF3
Mississippi	Child attendance is mandatory in Jackson County; However, Judge may require child attendance in other Counties.	FOCIS Program is a mandatory court program for parents and their children in Jackson County, ages 5-17, pursuant to court order.	None	\$20 per family	2-night program	Yes	Administrative Office of Courts , Kevin Lackey, Director: lackeyk@msc.state.ms.us FOCIS Program, Jackson County Community Services Coalition: (228) 522-1965
Missouri	Judge may require child attendance pursuant to Missouri Statute 452.605 (2008)	FOCIS is a court program for parents and their children, ages 5-17 via court order; CTAS is a voluntary court-based program for children ages 7-14	Judge's discretion * Applies to both programs	FOCIS —\$46 per parent/children are free; CTAS —free	FOCIS —Two, 2 hour programs—Videos, discussions and the creation of a newsletter for the parents CTAS —2 hour program—Talking, art activities and workbooks	Yes *Applies to both programs	FOCIS : www.family-court.org/ FCRS http://www.fcrs.org/ CTAS : http://www.kidsinthehmiddle.org/services.htm
Montana	Not required	N/A	N/A	N/A	N/A	N/A	Court Administrator, Beth McLaughlin: (406) 841-2966
Nebraska	Judge may require child attendance pursuant to NE ST § 43-2928 (3)	Programs vary by County	Yes	\$0-25 per class	Providers must meet statutory learning objectives	Varies by program	Nebraska Judicial Branch Parenting Act Information for the Family Community : http://supremecourt.ne.gov/mediation/parenting-act.shtml

State	Statute/Court Rule	Required Attendance	Opt-Out Provisions	Cost of Attendance	Curriculum	Simultaneous w/ Parent Program	Website / Contact Information
Nevada	Not required	Divorce Care for Kids (DC4K) is a private faith-based program available through local churches Family Alliance is a voluntary private program for children.	None	\$0-15 fee—price varies depending on location	2 hour program Games, crafts, role playing, discussions and workbooks	Yes	Divorce Care for Kids: www.dckk.org Family Alliance: (775) 322-1957 For further information on Nevada's status, contact: Office of Family Mediation in Clark County at 702-455-4186 Divorce Care for Kids: www.dckk.org
New Hampshire	Not required	Divorce Care for Kids (DC4K) is a faith based program available through local churches	None	\$15 fee	2 hour program Games, crafts, role playing, discussions and workbooks	Yes	
New Jersey	Not required	Passaic County Kids Count Program is a court program for children ages 7-15. The parties get chosen based on whether custody and parenting time is an issue.	Request for removal from the program made directly to the Judge. Removal is based on a case by case basis.	None	1.5 hour program Art, writing and discussions to help children express their feelings about divorce	The Program is not simultaneous with Parent Ed but usually occurs after Parent Ed has been completed.	Contact the Passaic County Family Court at (973) 247-8472
New Mexico	Not required	Divorce Care for Kids (DC4K) is a faith based program available through local churches	None	\$14-15 per child	2 hour program Games, crafts, role playing, discussions and workbooks	Yes	www.dckk.org
New York	Not required	Children of Divorce Intervention Program (CODIP) is a voluntary, private program for children in grades K-8; Children's PACT program is a voluntary, private program for children; Banana Splits is a voluntary, private program for children in grades K-12 Children of Divorce Program is a voluntary, private program for pre-school age children through adolescents PEACE 4 Kids is a voluntary program for children.	None *Applies to all four programs	CODIP, Children's PACT program, and Banana Splits have no cost Children of Divorce program – covered by insurance as group therapy or if no insurance, cost is on a sliding scale based on income PEACE 4 Kids costs \$90 per child; sliding scale available.	CODIP—15 group sessions—Four different curriculums depending on grade level—K-1st, 2nd-3rd, 4th-6th and 7th-8th grade. Children's PACT program —4 hour program. Curriculum and supporting research has just been refined Banana Splits —no specific curriculum Children of Divorce program —10 sessions, 1 hour/session—Age appropriate games, stories and role playing	Children of Divorce Intervention Program: http://www.childrensinstitute.net/programs/CODIP/ Children's PACT program: Lesley Friedland: (347) 401-9861 Banana Splits: www.bananasplitsresourcecenter.org/index.html Children of Divorce program: Marilyn Kotcher: (914) 997-4338 PEACE 4 Kids: Paul J. Mellor, Ph.D. Director, Institute for Family Forensic Psychology Salzman Community Services Center 131 Hofstra University Hempstead, New York 11549-1310 (516) 463-4253 petee@kids@hofstra.edu	

State	Statute/Court Rule	Required Attendance	Opt-Out Provisions	Cost of Attendance	Curriculum	Simultaneous w/ Parent Program	Website / Contact Information
North Carolina	Not required	Children's Support Group (Cumberland County) is a voluntary court program for children ages 8–14	None	None	1-hour program A counselor speaks with the children and reads stories. Then the Chief Judge will speak with the children.	Yes	Cumberland County Courthouse: (910) 678-2902
North Dakota	Not required	N/A	N/A	N/A	N/A	N/A	Deb Gebcke, PhD Assistant Director, FCS NDSU Extension Service Morrill 311—PO Box 5437 Fargo, ND 58105 ph: 701.231.7179 fax: 701.231.8378
Ohio	Judge may require child attendance pursuant to Ohio Code § 3109.053 Parenting classes or counseling Judge may require child attendance pursuant to local Rules of Practice and Procedure of the Domestic Relations Division of the Mahoning County Court of Common Pleas Rule 23.03	For Our Children (Mahoning County) is a mandatory court program for children ages 8–12 Children in the Middle is a comprehensive education program for children experiencing their parents' separation or divorce, often used in conjunction with parent education program using parent version of the program	None None	For Our Children: None Children in the Middle: Program can be taken over internet (for \$45) with ability to print out certificate to prove completion	2-hour class; Children use a workbook, which is geared to teaching the children about their feelings 1-hour class; age-based (8–18 yrs) group sessions run weekly for 4 weeks. Groups share experiences and work on feelings using video, activities and discussions. Ages 2–6 provided with a booklet/puppet show curriculum.	No Children's program runs in conjunction with parent education program by family service agency	Mahoning County for Our Children Program: http://www.mahoningcourt.org/children_first.htm The Center for Divorce Education: http://www.divorce-education.com/children.htm The Center for Divorce Education: 740-594-2526
Oklahoma	Not required	Calm Waters offers a voluntary, private program for children and families	None	None	8-week program Activities and discussions that allow children to share their feelings and experiences	Yes	Calm Waters Center for Children and Families Northwest Office Center 4334 NW Expressway, Suite 101 Oklahoma City, OK 73116 (405) 841-4800 fax (405) 841-4803 www.calmwaters.org Legal Aid, Attorney Linda Lapeck: Linda.Lapeck@taok.org
Oregon	Not required	Kids' Turn (Washington County) is a private program available for parents and their children, ages 4–17; Rolleroasters (Salem), is a private program available for children in the 1st–6th grade, through the YWCA	None	Kids Turn—\$145 per parent (children are free); Rolleroasters—\$29 per child	Kids Turn —4-week program—curriculum teaches the children and parents coping skills Rolleroasters —8-week program—Helps the children with the developmental process during a time of adjustment and grief	Kids Turn—Yes Rolleroasters—parents are invited to attend the last 10–15 minutes	For further information on Oregon's status, contact: Family Law Division , Melissa Sydlitz, 503-986-5861 Kids Turn Program in Washington County, Mandy Ramsey: (503) 846-0665, kidsrun@youthcontact.org

State	State/Court Rule	Required Attendance	One-Out Provisions	Cost of Attendance	Curriculum	Simultaneous w/ Parent Program	Website / Contact Information
Pennsylvania	Child attendance is required pursuant to Blair County Custody Rule 1915.1 & 1915.3	Sandcastles program is a mandatory program in Blair County for all children ages 6-17 whose parents are involved in a custody or visitation dispute.	Parties may petition for special relief	\$5 per child	4 hour class Discussions and worksheets	Yes	Blair County Custody Office: (814) 693-3205
Rhode Island	Not required	N/A	N/A	N/A	N/A	N/A	Family Court Attorney, David Tsoni: (401) 458-3281 For further information on Rhode Island's status, contact: CASA office at (401) 458-3330
South Carolina	Not required	Divorce Care for Kids (DC4K) is a faith based program available through local churches	None	\$0-12 per child	2 hour program Games, crafts, role playing, discussions and workbooks	Yes	Divorce Care for Kids: www.dck.org For further information on South Carolina's status, contact: Family Court Representative, Cody Lige: (803) 734-1800 State Court Administrator: (605) 773-3474
South Dakota	Not required	N/A	N/A	N/A	N/A	N/A	Banana Splits—contact your local school district for program availability Rainbows, Sarah Samberg: (615) 352-3087
Tennessee	Not required	Banana Splits and Rainbows are voluntary, private programs available for school-aged children	None	None	Offered during activity/free periods Banana Splits—no specific curriculum Rainbows—games, storybooks and journaling	No	For further information on Tennessee's status, contact: TN Council of Juvenile & Family Court Judges: (615) 741-2687
Texas	Not required	Family Life Education is a private, voluntary program for parents and their children	Parents are not required to bring their children. Programs offer the service for children as an extra service	\$15 per child	4 hour program Curriculum is tailored to meet the child's needs	Yes	Depelebia Children's Center: www.depelebia.org Office of Court Administration: (512) 463-1625
Utah	Not required	Divorce Education for Children is a court program available for children ages 9-12 whose parents have filed for divorce in Salt Lake County	None	None	2 hour program Educational-based curriculum where children learn coping skills to deal with the effects of divorce	Yes	Office of Court Administration: (801) 578-3800 Utah Divorce Orientation and Education for Parents: www.utahcourts.gov/speproj/dived.htm
Vermont	Not required	N/A	N/A	N/A	N/A	N/A	Supreme Court and Court Administrators Office: (802) 828-3278

State	State/Court Rule	Required Attendance	Opt-Out Provisions	Cost of Attendance	Curriculum	Simultaneous w/ Parent Program	Website / Contact Information
Virginia	Not required	Rainbows is a voluntary, private program available for elementary through high school-aged children	None	None	12-14 sessions, 30-60 minutes per session Games, storybooks and journaling	No	Rona Hammond Smith, (301) 292-5511 Jean Dilday, (757) 482-3805 Virginia Judicial System Parent Education: http://www.courts.state.va.us/parented/providers.html Call your local school district for program availability Family Court Services (Clark Co.): (360) 397-2326 Clark County Washington Family Court Services: http://www.clark.wa.gov/courts/superior/family-court.html KIDS Class Coordinator, Morgan Conley: (304) 697-9196; Barbara Feety, Cabell Co.: (304) 526-8530
Washington	Not required	Banana Splits is a voluntary, private program available through local school districts for school-aged children	None	None	Offered during activity/free periods No specific curriculum	No	
West Virginia	Not required	Kids Involved in Divorce Support (KIDS) is a court-funded pilot program in Family Court Circuit Six (Cabell County) for children ages 6-15; a child's enrollment in this course is up to the discretion of the parents.	None	None	One class for children ages 6-10, and one class for children ages 11-15 Sandcastles program. Children participate in activities to help them cope with the separation or divorce. The class will also help explain the divorce process.	Yes	
Wisconsin	Not required	Children in the Middle is a court program for children ages 5-12 who have had a guardian ad litem appointed. Children may also attend voluntarily.	None	\$20 per family	One session Coping strategies are introduced and the following topics are discussed: carrying messages between parents, money issues, criticisms of the other parent, and the quizzing of children about the other parent	No	Family Resource Center: www.fdlrfe.org or (920) 923-4110 Family Court Services: (920) 929-3404 Children's Court Improvement Program, Office of Court Operations: (608) 266-1557 Project Coordinator for Children's Court Initiative, Bridget Bauman: bridget.bauman@wicourts.gov Clerk of the District Court: (307) 682-3424 Court Administration: (307) 777-7583 Children's Justice Project: tackerman@courts.state.wy.us
Wyoming	Judge may require child attendance; Campbell County is the only County in the State that requires mandatory attendance through a Court-ordered decree	Sandcastles is a mandatory court program in Campbell County for children ages 6-17	Judge's discretion	\$35 per child or \$70 per family	3 1/2 hour program Workbooks, videos and role playing	Yes	

Continuation of Appendix A

KEY

1. States (or specific counties within a state) where all children of divorcing and separating parents are required to attend a program;

Alabama, District of Columbia, Hawaii, Idaho, Indiana, Kentucky, Louisiana, Mississippi, Pennsylvania, Wyoming

2. States (or specific counties within a state) where judges, in their discretion, can require children whose parents are separating or divorcing to attend a program pursuant to legislation, court order, administrative order, administrative family court memorandum, or local court or county rules.

Alabama, Arizona, California, Iowa, Minnesota, Mississippi, Missouri, Nebraska, Ohio, Wyoming

3. States that do not require children whose parents are separating or divorcing to attend a program, meaning that while a Judge may refer a child to a program, there is no legislation in place that allows the Judge the ability to mandate child attendance through a court order.

Alaska, Arkansas, Colorado, Connecticut, Delaware, Florida, Georgia, Illinois, Kansas, Louisiana, Maine, Maryland, Massachusetts, Michigan, Montana, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Oklahoma, Oregon, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin

NOTES

1. The views expressed in this article belong to Susan L. Pollet and do not reflect the views of the New York State Unified Court System. I am grateful to Courtney Chadwell, Maria Finocchio, Erin Hanlon and Brenda Hernandez, Pace Law Student Interns, for their extensive research which formed the basis for this article and the chart and key in Appendix A.

2. Kate Stone Lombardi, *Making a Case for Staying Together*, N.Y. TIMES, Feb. 4, 2001, available at <http://query.nytimes.com/gst/fullpage.html?sec=health&res=9A0CE2DD143EF937A35751C0A9679C8B6>.

3. Marisa LaScala, *P.O.V.: We Still Love You But Not Each Other: What Happens To The Kids of Divorced Parents?* WESTCHESTER MAG., May 2008, available at <http://www.westchestermagazine.com/WestchesterMagazine/May-2008/POV/>.

4. National Center for Health Statistics, <http://www.cdc.gov/nchs/fastats/divorce.htm>.

5. Children's Institute, Children of Divorce Intervention Program, www.childreinsititute.net/programs/CODIP/details/.

6. Joan B. Kelly, *Psychological and Legal Interventions for Parents and Children in Custody and Access Disputes: Current Research and Practice*, 10 VA. J. SOC. POL'Y & L. 129, 130-31 (2002).

7. Constance Myers Cottongim, *The School's Role as a Support System for Children of Parental Divorce* (Dec. 2002) (unpublished Ph.D. dissertation, East Tennessee State University)(on file with the author).

8. See Appendix A herein.

9. See Appendix A herein.

10. *Id.*

11. *Id.*

12. *Id.*

13. *Id.*
14. Kelly, *supra* note 6, at 149.
15. Susan L. Pollet & Melissa Lombreglia, *A Nationwide Survey of Mandatory Parent Education*, 46 FAM. CT. REV. 375 (2008).
16. Kelly, *supra* note 6, at 136.
17. *See* Appendix A.
18. Anna L. Davis et al., *The Effects of Divorce on Children*, 10 ABELL REP. 1, 7 (November/December 1997).
19. Deborah B. Gentry, *Including Children in Divorce Mediation and Education: Potential Benefits and Cautions*, 78 FAM. SOC'Y J. CONTEMP. HUM. SERVICES 307, 313 (1997).
20. Robyn J. Geelhoed et al., *Status of Court-Connected Programs for Children Whose Parents are Separating or Divorcing*, 39 FAM. CT. REV. 393, 396 (2001).
21. Kelly, *supra* note 6, at 136.
22. *Id.* at 136–37.
23. Janice L. DeLucia-Waack & Rebecca A. Gellman, *The Efficacy of Using Music in Children of Divorce Groups: Impact on Anxiety, Depression, and Irrational Beliefs About Divorce*, 11 GROUP DYNAMICS: THEORY, RES. & PRAC. 272 (2007).
24. Laurie Kramer et al., *Implementation and Diffusion of the Rainbows Program in Rural Communities: Implications for School-based Prevention Programming*, 11 J. EDUC. & PSYCHOL. CONSULTATION 37 (2000). *See also* Rainbows.org., Independent Evaluation (March 2000), available at <http://www.rainbows.org/indeval.html> for an evaluation of the Rainbows program, a small-group program, for children and adolescents who are experiencing a divorce, death, or other painful transition in their family.
25. Andrew Schepard, *Court-Affiliated Educational Programs For Kids of Divorce, Separation*, N.Y.L.J., Mar. 7, 2002, at 3.
26. John H. Grych, *Interparental Conflict As a Risk Factor For Child Maladjustment: Implications For The Development Of Prevention Programs*, 43 FAM. CT. REV. 97, 105 (2005).
27. *See* Appendix A.
28. Grych, *supra* note 26, at 105.
29. *Id.*
30. JoAnne L. Pedro-Carroll, *Fostering Resilience in the Aftermath of Divorce: The Role of Evidence-Based Programs for Children*, 43 FAM. CT. REV. 52, 54 (2005).
31. *Id.*
32. DeLucia-Waack, *supra* note 23, at 272.
33. Jeffrey T. Cookston et al., *Prospects for Expanded Parent Education Services for Divorcing Families with Children*, 40 FAM. CT. REV. 190 (2002).
34. Grych, *supra* note 26, at 105.
35. BRITISH COLUMBIA, MINISTRY OF ATTORNEY GENERAL, FAMILY JUSTICE SERVS. DIV., REPORT ON CHILDREN'S PROGRAMS ON DIVORCE AND SEPARATION (Mar. 2003).
36. DeLucia-Waack, *supra* note 23, at 273.
37. *Id.*
38. Rachel A. Haine et al., *Changing the Legacy of Divorce: Evidence From Prevention Programs and Future Directions*, 52 FAM. REL. 397, 397 (2003).
39. *Id.* at 403.
40. Pedro-Carroll, *supra* note 30, at 55.
41. *Id.*
42. *Id.*
43. *Id.*
44. *Id.* at 56.
45. *Id.* at 55.
46. Interview with JoAnne Pedro-Carroll, Ph.D., Director of CODIP (April 22, 2008); *see* JoAnne Pedro-Carroll & Sheryl H. Jones, *A Preventive Play Intervention to Foster Children's Resilience in the Aftermath of Divorce*, in EMPIRICALLY BASED PLAY INTERVENTIONS FOR CHILDREN (Linda A. Reddy ed., 2005).
47. Interview with JoAnne Pedro-Carroll, Ph.D., *supra* note 46.
48. DeLucia-Waack, *supra* note 23, at 279.
49. Jan Gilman et al., *Children's Ability to Cope Post-Divorce: The Effects of Kids' Turn Intervention Program on 7 to 9 Year Olds*, 42 J. DIVORCE & REMARRIAGE 109 (2005).
50. *Id.*
51. *Id.* at 109–10.

52. Bruce F. Dykeman, *The Effects of Family Conflict Resolution on Children's Classroom Behavior*, 30 J. INSTRUCTIONAL PSYCHOL. 41 (2003).
53. *Id.*
54. *Id.*
55. Sharlene A. Wolchik et al., *Six-Year Follow-Up of Preventive Interventions for Children of Divorce: A Randomized Controlled Trial*, 288 J. AM. MED. ASS'N 1874, 1875 (2002).
56. *Id.* at 1874.
57. Robert L. Fischer, *Children in Changing Families: Results of a Pilot Study of a Program for Children of Separation and Divorce*, 37 FAM. & CONCILIATION CTS. REV. 240 (1999).
58. BRITISH COLUMBIA, MINISTRY OF ATTORNEY GENERAL, FAMILY JUSTICE SERVS. DIV, *supra* note 35.
59. Joe Edgar Glenn, *Divorce Education for Parents and Children in Jackson County, Missouri*, 36 FAM. & CONCILIATION CTS. REV. 503 (1998).
60. *Id.* at 507.
61. *Id.* at 504.
62. *Id.* at 504; *see also*, Appendix A.
63. Glenn, *supra* note 59, at 504.
64. *Id.* at 505.
65. Douglas Hanze & Karen Jamieson-Darr, *Integrated Child and Parent Divorce Class Offered in Jefferson County*, COLO. LAW. May 31, 2002, at 89.
66. *Id.* at 90–91.
67. *Id.* at 92.
68. Charlene Deiber Anaya & Jeanne M. White, *Kids First*, HAW. B. J., Dec. 10, 2006, at 5.
69. *Id.* at 5–6.
70. *Id.* at 6.
71. *Id.* at 6.
72. *Id.* at 6.
73. Report from Jenny Schulz, Kids First Law Center to Iowa Attorney General Tom Miller (Jan. 22, 2008), available at http://www.legis.state.ia.us/lsadocs/sc_MaterialsDist/2008/SDBAL 005.pdf.
74. *Id.*
75. *Id.*
76. Peace: Parent Education and Custody Effectiveness, The Center for Children, Families and the Law, http://www.hofstra.edu/pdf/law_center_family_peace.pdf
77. Interview with Hon. Jane Pearl and the Administrator, Lesley Friedland, Esq., (June, 2008).
78. *See* The New York State Parent Education & Awareness Program, www.nycourts.gov/parent-ed
79. Children's Institute, Children of Divorce Intervention Program, www.childrensinstitute.net/programs/CODIP/details
80. *Id.*
81. *Id.*
82. Marilyn Kotcher, *The Children of Divorce Program at NYPH: Helping Families and Children Normalize a Difficult Transition*. 9 MENTAL HEALTH NEWS 8, Winter, 2007.
83. *Id.*
84. Andrew Schepard, Joan Atwood & Stephen W. Schlissel, *Preventing Trauma for the Children of Divorce Through Education and Professional Responsibility*, 16 NOVA L. REV. 767, 772 (1992).
85. *Id.* at 777.
86. *Id.*
87. Cookston et al., *supra* note 33, at 190–91.
88. *Id.* at 199.
89. *Id.* at 201.
90. Schepard, *supra* note 25, at 3.
91. BRITISH COLUMBIA, MINISTRY OF ATTORNEY GENERAL, *supra* note 35.
92. Grych, *supra* note 26, at 102.

Susan L. Pollet is counsel and director of the New York State Parent Education and Awareness Program, an initiative of former Chief Judge Judith S. Kaye and Chief Judge Jonathan Lippman. She is a graduate

of Emory University School of Law and Cornell University. Prior to her position at the Office of Court Administration, she was the executive director of the Pace Women's Justice Center. She is a recipient of the Joseph F. Gagliardi Award for Excellence and the Marilyn Menge Award for Service. She is the published author of fifty legal articles and is a past president of the Westchester Women's Bar Association (WWBA) and a past vice-president of the Women's Bar Association of the State of New York (WBASNY). She is currently an Officer of the Board of the NY Chapter of AFCC, is Co-Chair of the Domestic Violence Committee for WBASNY and serves as Archivist and Historian for the WWBA.