

Supporting Students & Families

Student Services Report

Director Matt Marshall

Guest Speakers:

Alexis Gebb - Behaviorist

Dr. Gia Welsh - Psychologist

Angie Scardina – Assistant Principal

Site Based Supports

Goal: Continue to help our students and families with site based programs that support a wide-range of needs.

Site Support Staff:

1. Teachers – T1
2. Site Counselors – T2
3. Administrators – T2
4. Psychologists – T2
5. Other Staff – T2

Sample of Services:

1. Academic Support
2. Counseling Help
3. Attendance Support
4. Conflict Resolution
5. Technology Support
6. Meals at 3 Sites
7. Social Emotional Support
8. Outside Services Coordination



Digital Citizenship

Goal: To support our students and teachers with digital citizenship curriculum during distance learning.

Common Sense Media:

1. TK-12
2. Teacher lessons
3. Parent resources
4. Links pushed out to Principals twice a month

Macy Juhola coordinates lesson push-outs to sites



Lets take a look!

Mental Health Team Meetings

Goal: To gather our MH experts monthly to discuss the current status of our students-families and plan appropriate supports

Format:

1. Small Team 2X month
 - Psychologists, Social Workers, Behaviorist, DO Admin, etc.
2. Large Team 1X month
 - Small team, plus site counselors, assistant principals, etc.



Accomplishments:

- Online mental health system
- MH Webinars

Online Mental Health System

Goal: Support our students and families who need mental health support during distance learning

Communication and Access:

1. District Website
2. School Websites
3. Facebook
4. Emailed to families
5. In English & Spanish



Lets take a look!

23 Referrals in the first week the system went operational.

Mental Health Webinars

Goal: To offer our community monthly mental health webinars to support families during distance learning

Format:

1. 20-30 Minute Topic
2. Q & A Afterward
3. Video posted for families who could not attend
4. First webinar – October 12
 - Topic: **Self Care**





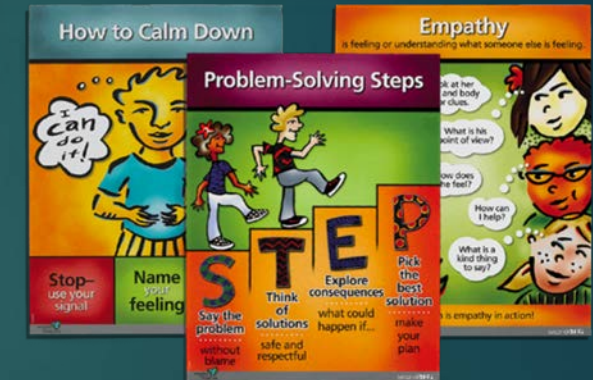
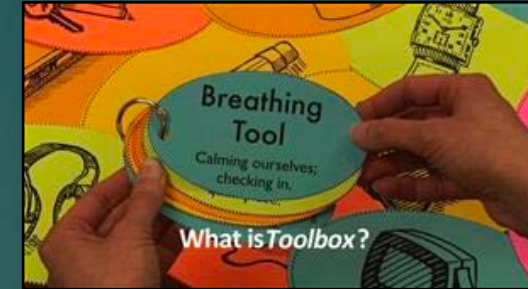
Social Emotional Learning

Goal: To support our students with social emotional learning opportunities during distance learning

Classroom Based Programs:

1. Took Box TK-5
2. Strong Kids (PBIS) TK-8
3. Second Step 6-8
4. Character Strong 9-12
5. Lessons pushed out to Principals twice a month in elementary

Megan Epstein coordinates elementary push outs.



STOPit App

Goal: To give students access to a caring adult anonymously to seek support for themselves or others.

STOPit:

1. Nation-Wide Program
2. All secondary students in CRPUSD have the app on their phones
3. Sends anonymous message to admin
4. Tracking software



Nursing Support



Goal: To support families with school-based nursing resources during distance learning.

Distance Support:

1. Monthly Nursing News letters
2. Robust website resources – *Under construction*
3. Online referral system – *Coming soon*



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SEPTEMBER 2020

NURSE'S NEWS



Stay connected and stay healthy Cotati Rohnert Park Unified School District



HEALTHY EATING

Recipe: Summer salad

- Some thing yummy
- Something healthy
- Something for everyone
-

Mix and toss or whatever...

GET MOVING

Sit time into Fit time

Try increasing your movements when you are normally not up and moving:

- Simple exercise when in front of a screen
- Get up at least once every hour and walk
- Stretch at least every 30 minutes and change positions.

MINDFULNESS

Deep Breathing....closing your eyes...something for mental/emotional health

Something fun from Wan.

Total Wellness

Tessa's good stuff : I'm not sure what she will write, but I'm sure it will be wonderful :)

It will keep going

And going

And end around here

JUST BREATHE

The importance of Air Quality

I'm sure Momo will have wonderful stuff to say about Air quality and health here

and here

and here

and continue a little here too

Jsut so you all can picture the newsletter

[Check the local air quality here](#)



Outside Agency Support

Goal: Offer a broad range of support services for students and families using outside sources.



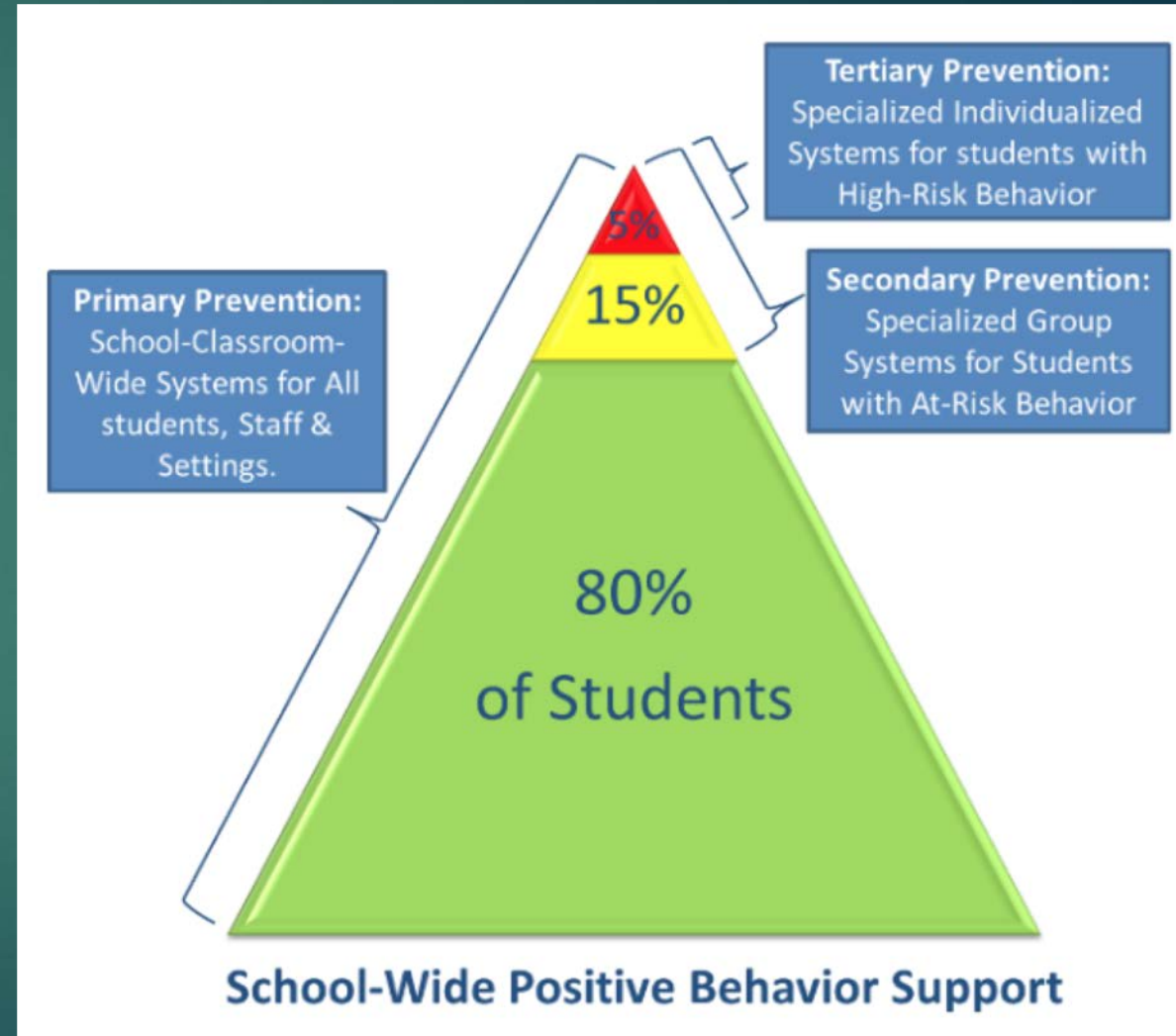
Organization:

1. CPI – CHAT Counseling (*Child And Adolescent Therapy*)
2. SOS Counseling (*Support Our Students*)
3. KKIS (*Keeping Kids In School*)
4. DAAC (*Drug Abuse Alternative Center*)
5. Petaluma Health Center
 - Long term mental health support
 - Medi-Cal & Sliding Scale
6. School Resource Officer – RPPS
 - Cotati Police Department



PBIS – Overview

- **What is PBIS?**
- **Tier One:**
 - Behavior Expectations
 - Reinforcement Systems
 - Discipline and Referral Process (SWIS)
- **Tier Two:**
 - CICO
 - Social Skills Groups (Strong Kids)
- **Tier Three**



PBIS – Distance Learning

- Modifying behavioral expectations
- Working with families to create home matrixes
- Using frequent virtual reinforcers
- Modifying behavioral referral system to continue to collect data focused on where supports are most needed
- Developing supports for groups of students who are struggling - virtual CICO
- Participating in ongoing trainings with PCOE (focus on trauma and equity)



Distance Learning

Be
Respectful



- Encourage each other & share a smile
- Take turns speaking & mute the microphone when it is not your turn
- Turn off all other devices during class meetings

Be
Safe



- Keep your passwords & personal information safe
- Only go to sites and apps instructed to you by your teacher

Be
Responsible



- Be prepared & have your materials
- Attend class meetings & do your personal best
- Check in with your teacher every day

PBIS – Trauma Informed Instruction & Equity

Trauma

- Learn about the various types of trauma that may affect children, families, and educators
- Learn about how experiences of trauma can affect brain development
- Learn strategies to use to help children feel safe, connected, and supported



Equity

- Learn about the impact of racism and implicit bias
- Learn how to utilize SWIS data to examine equity across the District and adapt our systems and practices

*All K-8 PBIS Teams will attend 5 PD days and report back to sites

SOS Counseling & Team Success

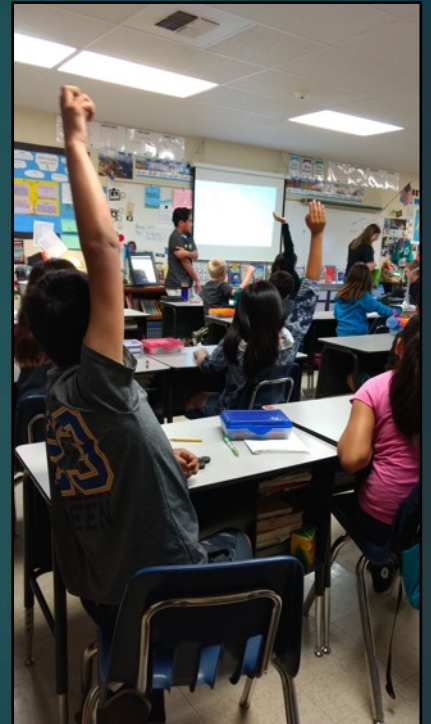


Team Success (formerly Project SUCCESS +)

- Voluntary Program
- Rancho Cotate High School, El Camino High School, and Technology High School
- Support All Students in all ALL Aspects of their lives
- Staff has experience working with adolescents and has received specialized training in prevention and early intervention strategies.
- Team Success Substance Abuse Specialist with a focus on mental health related to substance use issues
- SOS Project Manager
- Team Success Project Manager
- 2 Interns
- Interns are supervised by Licensed Marriage and Family Therapists.

SOS Counseling & Team Success Range of Services

- ❖ Conduct Individual Screenings and Provide Referrals
- ❖ Provide Individual Counseling and Facilitate Support Groups
- ❖ Meet with Students Individually and in Small Groups for Education and Prevention Activities to Correct Erroneous Perceptions about Mental Health.
- ❖ Community Activities to Raise Awareness of Mental Health Related Issues
- ❖ Classroom Presentations





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Thank You!

