

Connecticut Project AWARE

“Advancing Wellness and Resilience in Education”

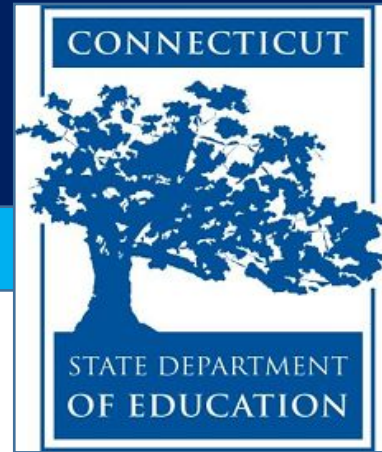


SAMHSA
Substance Abuse and Mental Health
Services Administration



Middletown, Naugatuck, and Windham Public Schools

Project AWARE



AWARE = “Advancing Wellness and Resilience Education”

What is Project AWARE?

A program which supports partnerships and collaboration between state and local systems to promote healthy development of school-age youth and prevent youth violence.

3 Main Goals of Project AWARE:

1. Increase Awareness of mental health issues of school-age youth
2. Train Educators and other youth-serving adults to detect and respond to mental health issues
3. Connect Youth and Families to appropriate services

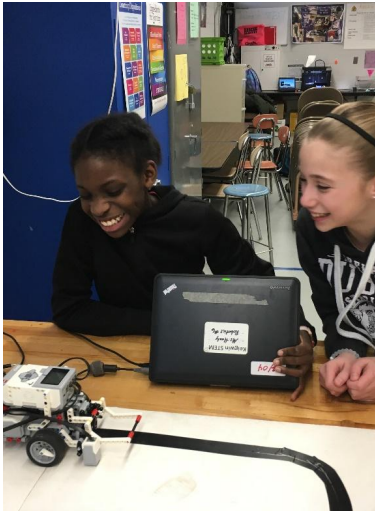
Middletown, Naugatuck, and Windham Public Schools

Middletown Public Schools Project AWARE

“Advancing Wellness and Resilience in Education”



Middletown
Public Schools





MIDDLETOWN, CT



Need for Increased Mental Health Services

Historically, Middletown has experienced combined challenges of:

High rates of poverty

Large gaps in academic success between non-high needs and high needs students

Opportunity gaps related to mental health services

- Project AWARE State Education Agency Narrative 2019

Middletown Public Schools Project AWARE

Data Outcomes Year 1



Middletown Project AWARE To Date:

- **1,000** individuals in Middletown schools and community have been trained in prevention and mental health throughout **65** professional training events
- **2,200** Middletown students received school based mental health services in 18/19 (PPS, SBHC, ESS, MSEL, EMPS, school counselors)
- **2,880** Middletown students have been served through SEL/AWARE related activities (MSEL, CHL, People Empowering People, Circle of Security, Parents as Teachers, Positive Parenting Program, All Pro Dads, Ministerial Alliance)



Middletown Public Schools Project AWARE

A Deeper Dive into Systems Change

MSELI: Middletown Social Emotional Learning and Intervention

What is MSELI

A multi-tiered system of supports that provide a continuum of evidence-based social, emotional and behavioral practices that are matched to student needs. It's a framework for helping school personnel adopt evidence-based interventions to improve academic and social behavior outcomes for all students.

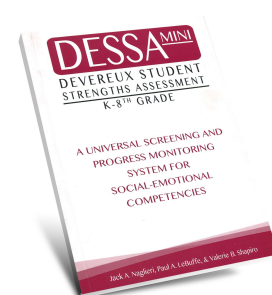
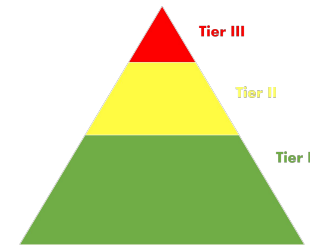


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A Deeper Dive into Systems Change

Components of MSEL

- Research and evidence based practice
- Systems change framework - not a program
- Universal Screen - DESSA
- Multi-tiered system of supports and interventions
 - Tiers 1, 2 and 3
- School SEL SRBI Leadership Team
- Social emotional learning interventionist - WRAPS Interventionist
- Working, Reflecting And Problem Solving (WRAPS) Center
- WRAPS Coordinator
- Ministerial Alliance: Faith based mentors
- Fidelity to the model
- Horizontal and Vertical Alignment



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A Deeper Dive into Systems Change

Evidence Based Practices for Trauma in Schools

CBITS and Bounce Back: Cognitive Behavioral Intervention for Trauma in Schools

Cognitive Behavioral Intervention for Trauma in Schools

Clinical Team of 10 (inc. YSB Diversion)

Full Clinical Team District Wide

Trauma Screening

Trauma Exposure Checklist

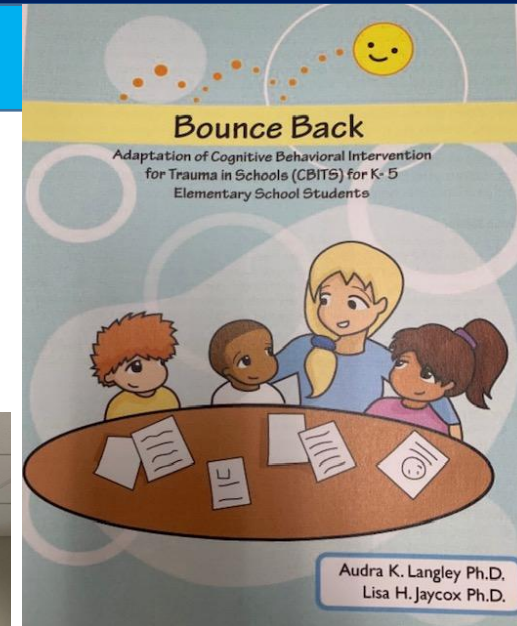
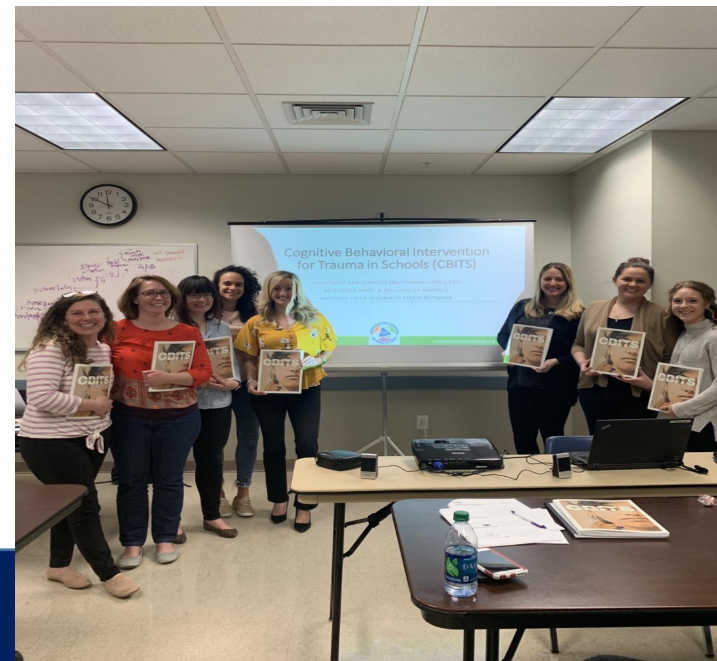
Child's Trauma Symptoms

OHIO

EBP Tracker: Symptoms pre and post data

Partnership with CHDI, coaching

SUSTAINABILITY FUNDING



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A Deeper Dive into Systems Change

Evidence Based Practices for Social Emotional Learning

RULER Schools Yale Center for Emotional Intelligence



RULER IMPACT

Students:


- Less anxious and depressed
- More developed emotional skills
- Fewer attention problems
- Better academic performance
- Greater leadership skills

Teachers:

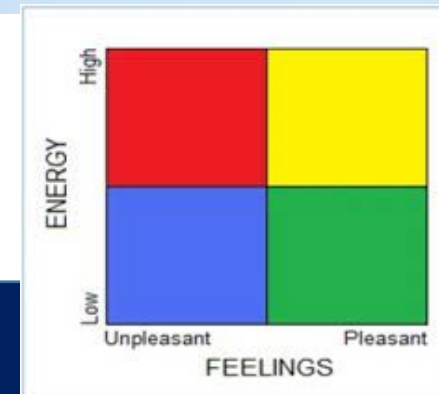
- More engaging, supportive, and effective

Classrooms/Schools:

- More positive climates and less bullying



Universal SEL Language



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Evidence Based Practices for Mental Health Awareness and Suicide Prevention

QPR Question, Persuade, Refer Suicide Prevention Training

Train the Trainer Model

Trained 20 MPS staff as QPR Gatekeeper Instructors

2 per school - train full public school system

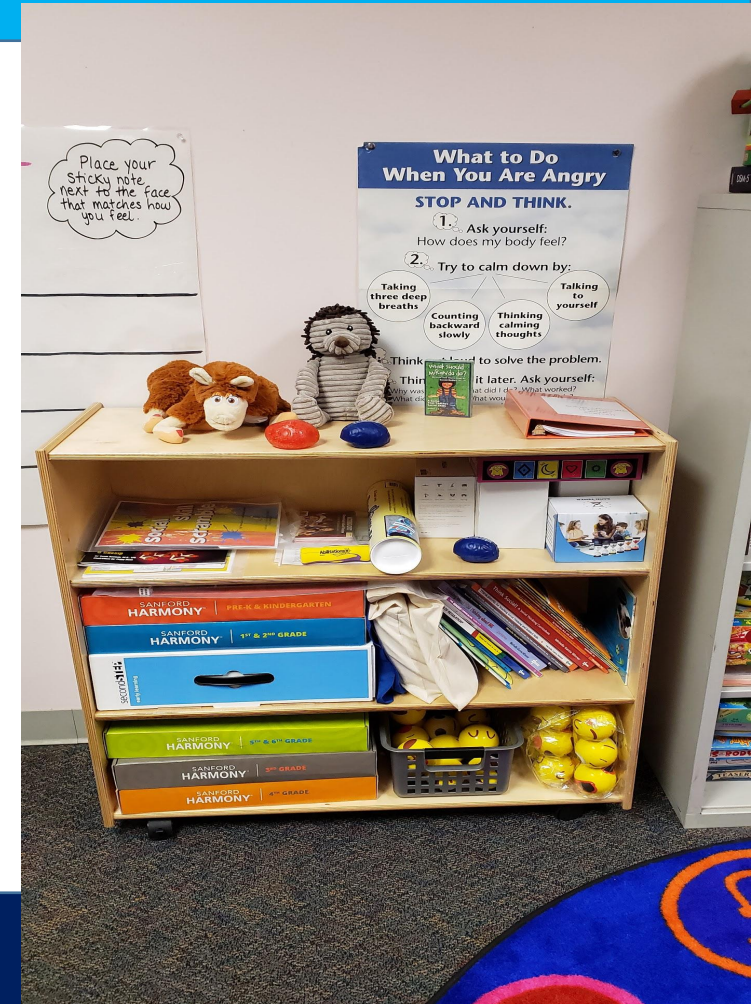
Certified and Ancillary staff - paraprofessionals, secretaries, bus drivers, cafe workers, etc.



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A Deeper Dive into Systems Change

Middletown Social Emotional Learning Curriculum Library



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Middletown Public Schools' Psychiatric Clinical Consultation Model

Dr. Roger Ayres, LLC Psychiatrist

Mental Health Training for Clinical Team: DSM-V updates and Psychopharmacology

Two Pathways: "Roundtable Case Review" and "Psychiatric Consult"

Teaching School Teams -> Clinical Case Presentation with feedback

MTSS Student Assistance Teaming Model



zoom



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A Deeper Dive into Systems Change

Middletown Public Schools' "Parent University"

Parent Workshop SEL Series: "Helping Your Child Grow: Socially, Emotionally, and Behaviorally"

Special Education UNconference and Community Parent UNconference

Circle of Security, Parent Leadership Training Institute, People Empowering People



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A Deeper Dive into Systems Change

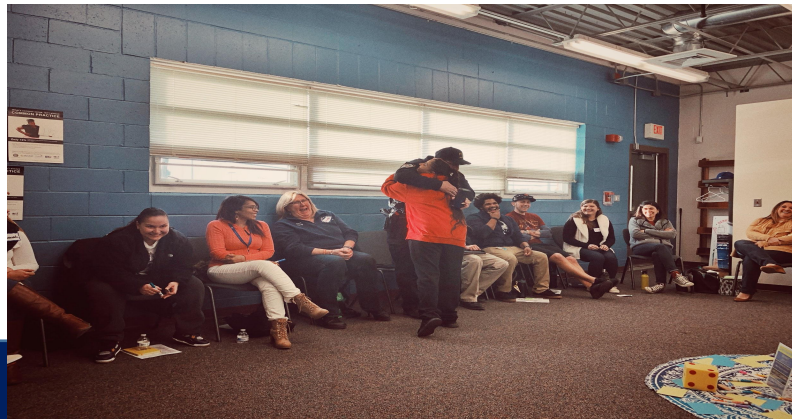
Restorative Practices and Trauma Informed Care in Middletown

Joe Brummer, LLC

Restorative Practices and Equity Coaches

Trauma Informed Restorative Practices

Circles, Communication, Problem Solving, Nonviolent Communication
Restoring Relationships, Repair Harm



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Educating Mindfully: Wellness and Resilience in Middletown Public Schools

CHL in the School and Classroom: Deep Breathing, Progressive Muscle Relaxation, Guided Imagery

Resilience/CHL - School based showings of Resilience film, trauma informed communities, and combining with our district mindfulness strategies: CHL

Next Steps: Community based events

Educating Mindfully/CHL

- SEL and Mental Health in schools AND community (police, community providers, parents, ancillary, etc.), Yoga 4 Classrooms

Wellness - The Community Resilience Collaborative of Middlesex: “Arts of the Green,” continued collaborations, Reiki sessions, Employee Wellness emails and meditation



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A Deeper Dive into Systems Change



Middletown Student Agency and Mentorship

“There can be no keener revelation of a society’s soul than the way in which it treats its children.”

Nelson Mandela



Dragon Watch SEL Series
Safe School Ambassadors
Connecting Youth FAVOR
Youth Mental Health First Aid

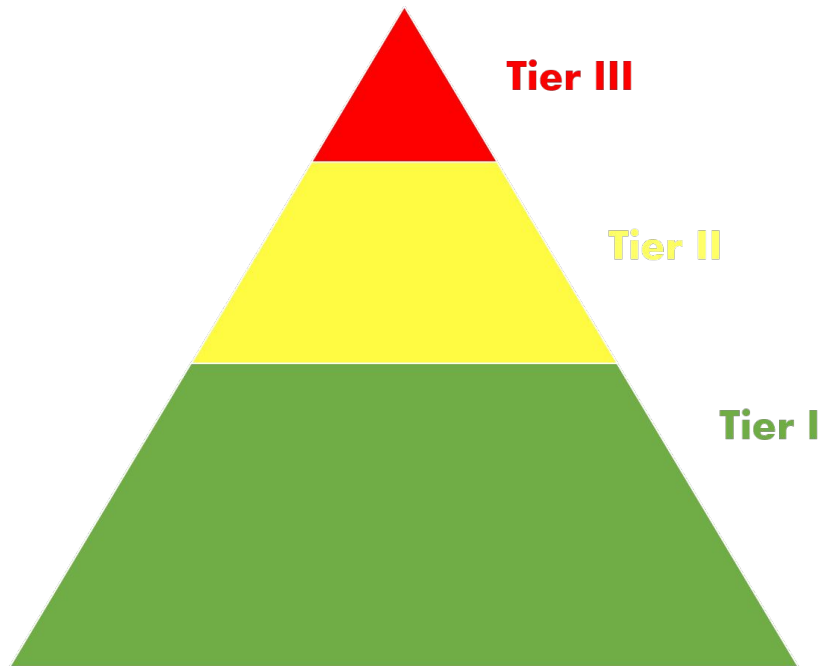
Eye to Eye Mentorship

Ministerial Alliance

Middletown Public Schools Project AWARE

A Deeper Dive into Systems Change

Multi Tiered Systems of Supports



Tier 3: Wrap Around Care Coordination, Resource and Referral, Psychiatric Clinical Consultation, CBITS/Bounce Back, Trauma Screening, Trauma Informed Care, FBA/BIP, BCBA consult, School Psych/Social Worker intervention

Tier 2: Small group/individual instruction, MSEL intervention with EBP and SEL instruction, CBITS/Bounce Back, Trauma Screening, Trauma Informed Care, intentional, time limited, and rotational

Tier 1: RULER, CASEL, Universal SEL Language, Universal Screening, Early Identification, Middletown SEL Curriculum Library, Restorative Practices, Yoga 4 Classrooms, CHL, Educating Mindfulness, Resilience, Mental Health Awareness, and Suicide Prevention, Early Childhood Focus and Prevention, Parent Engagement and Education, Student Advocacy



Middletown Public Schools Project AWARE

Innovation within Systems of SEL and Mental Health Support Models

Community Partnerships - Middletown AWARE District Leadership: DCF, Mobile Crisis, CHC, SBHC, Youth Services, MSEL, administrators, teachers, parents, students, Right Response, GMCC, Wellness, School Readiness, Middlesex Resilience Collaborative, CHDI

- Focus: equity and access gaps in mental health in our community
- Data Tracking with CHC: from referral to 4 sessions
- Building capacity and relationship with Mobile Crisis



Sustainability - SEL as core components of strategic operating plans, TOT models, building capacity of systems and frameworks rather than programs (MSEL, RULER, CBITS, QPR)

- Data Outcomes (DESSA, Powerschool, CHDI EBP tracker, Yale research partnerships)
- Evidence based practices reflect decreased anxiety and depression, better developed emotional skills, fewer attention problems, better academic performance - improved outcomes for Middletown students

Naugatuck Public Schools Project AWARE

N A U G A T U C K P U B L I C S C H O O L S

VISION OF THE GRADUATE

Empower learners who are:

- The Responsible Citizen
- The Researcher
- The Innovator
- The Informed Thinker
- The Communicator
- The Problem Solver



Our mission is to empower learners who will:

- Be responsible and engaged community members
- Demonstrate initiative, persistence, adaptability and creativity
- Be curious and value risk-taking as part of the learning process
- Access and analyze information and formulate opinions
- Communicate effectively
- Work individually and collaboratively to solve real-world problems



Our Rich Diversity

2008-2009

- 4800 Students
- 75% White
- 12% Hispanic/Latino
- 9% Black/African American
- No Category for multiple races
- 12% Special Education
- 4% EL
- 31% F/R Lunch (26% Free)

2018-2019

- 4300 Students
- 56% White
- 27% Hispanic/Latino
- 8% Black/African American
- 6% 2+ Races
- 16% Special Education
- 6% EL
- 54% F/R Lunch (44% Free)



Naugatuck Public Schools

	2017	2019	Change
SBA ELA	48%	55%	+7
SBA ELA F/R	36%	47%	+11
SBA Math	41%	49%	+8
SBA Math F/R	30%	39%	+9
3rd Grade Literacy	45%	54%	+9
3rd Grade Literacy F/R	31%	45%	+14

Making a Difference.....



Listening to our Students....And the Survey Says....

Sense of Belonging Construct

Grades 3 - 4

Overall how much do you feel you belong at your school?

90% Full Pay vs 84% F/R Lunch

How accepted do you feel by others?

90% White vs 84% Students of Color

Sense of Belonging Construct

Grades 5-9

Overall how much do you feel you belong at your school?

80% Full Pay vs 72% F/R Lunch

How connected do you feel to the adults in your school?

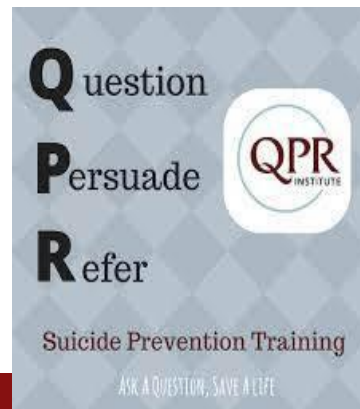
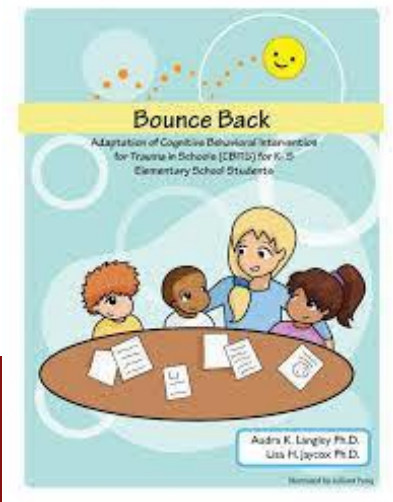
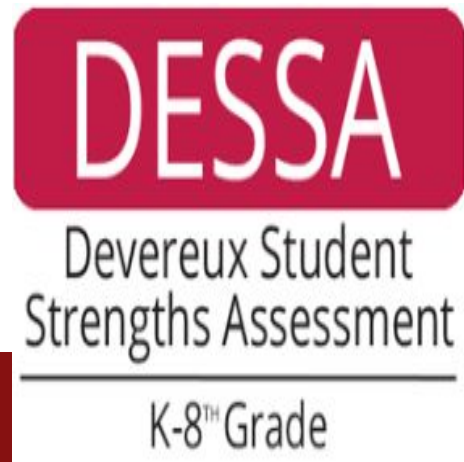
71% White vs 63% Students of Color

- *The Way We Talk to Children Becomes Their Inner Voice* -

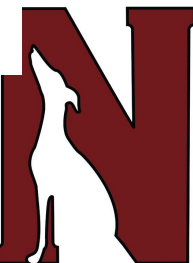
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Building a strategic Social-Emotional framework

- ❑ Identify what is already in place
- ❑ Build relationships among staff
- ❑ Coordinate across levels
- ❑ Increase adult capacity through trainings
- ❑ Involve families!
- ❑ Ensure the use of Evidence-Based Practices



© CASEL 2017



Naugatuck Public Schools Project AWARE

Implemented so far:

- ❑ All NPS Staff trained in Yale's RULER Program
 - ❑ **Students utilizing RULER anchor tools (preK-8th grade)**
- ❑ All NPS staff trained in QPR- Question, Persuade, Refer
- ❑ 50% of NPS staff trained in Trauma Informed Practices and Mindfulness
- ❑ 50% of second grade students received "Gizmo" mental health wellness planning lessons
 - ❑ 100% of second grade students will receive this training by the end of this school year
- ❑ Elementary school counselors trained in Cognitive Behavioral Intervention for Trauma in Schools- CBITS
- ❑ DESSA- Universal Screener - Student Strength Assessment
 - ❑ Implemented at Intermediate and Middle School Levels
- ❑ Family Welcome Center created
 - ❑ 10 family liaisons



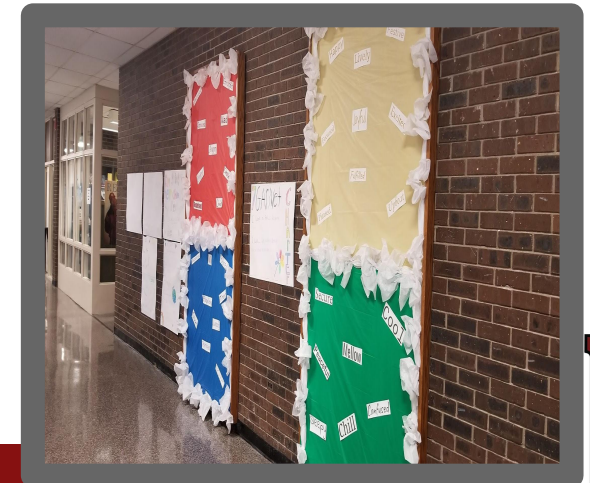
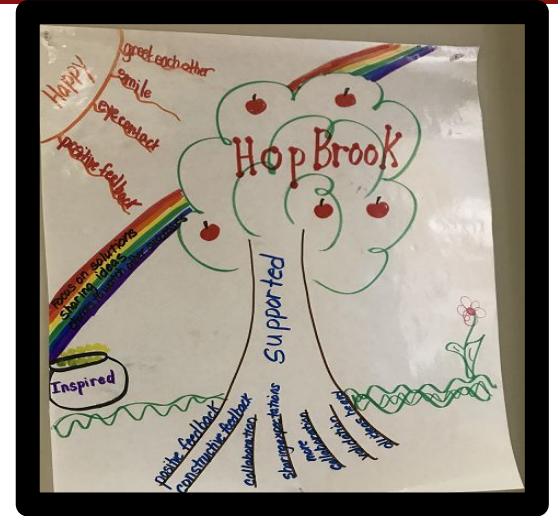
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EMOTIONS MATTER

RULER Training through Yale

NPS schools sent implementation teams to a 2 day training

- Implementation teams trained the adults in their buildings
 - Administration
 - Teachers
 - Paraeducators
 - Counselors, Psychologists, Social Workers
 - Nurses, Secretaries, Bus Drivers, Custodians
 - (training provided by NPS)
 - Families (in connection with their Family Liaison)
 - School readiness programs
- PreK-8th grade implementing RULER with students
- High School will roll-out in 2020-2021 school year



Naugatuck Public Schools Project AWARE

Meet our Family Liaisons!



Francis Morgan
Hillside



Brigit Gendron
Cross Street



Ashley Casanovas
Salem



Cindy Ali
Hop Brook



Crystal Gordan
Western



Diana Munroe
Andrew Avenue



Jeanelle Kaminski
Maple Hill



Jeanette Savo
City Hill



Ollie Gray III
Naugatuck High
School



Family Engagement

- Created a Family Welcome Center
 - Central Registration
 - Resources for families in the community
- Hired 10 family liaisons - 1 per school
 - Enhance partnership between schools and families
 - Welcome new families to Naugatuck in the Family Welcome Center
 - Support attendance interventions
 - Be an active presence at school events
 - Connect families to outside resources



Naugatuck Public Schools Project AWARE

NAUGATUCK YOUTH LEADERS *Partnership with outside agencies*



- ❑ Increase wrap-around services for students through partnership with outside agencies
 - ❑ Naugatuck Youth Services
 - ❑ Connecticut Partnership for Children
 - ❑ Wellmore Behavioral Health
 - ❑ Stokes Counseling
 - ❑ Mobile Food Pantry
 - ❑ Naugatuck Police Department

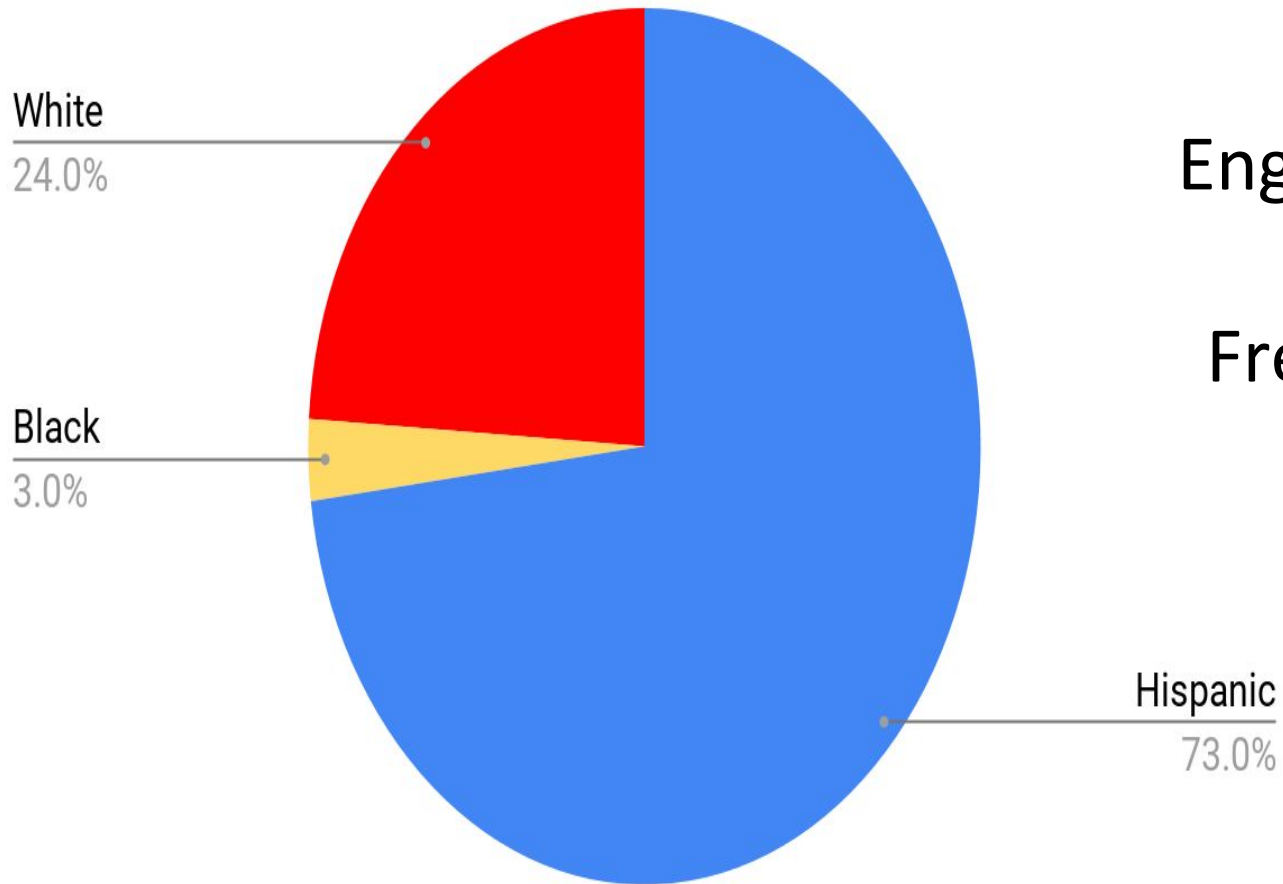


Windham Public Schools

“Every Child, Everyday in Every Classroom



Demographics



Demographics

Enrollment: 3,377

English language learners: 27.2

SPED students: 20.3

Free and reduced lunch: 72.9



Windham Project AWARE to date:

- Trained 75% of staff in QPR
- Trained 7 clinicians in CBITS/BB
- Implemented CBITS/BB group therapy
- Implemented SEL Books books in all schools
- Achieved Gold status in the SHAPE system
- Trained 30 staff members in Responsive Classroom
- Implemented Tier 2 and 3 interventions for Middle school students
- Trained staff in Boys circle
- Partnered with school based family liaisons to provide workshops and training for parents



CBITS and Bounce Back: Cognitive Behavioral Intervention for Trauma in Schools Trauma Screening and Intervention

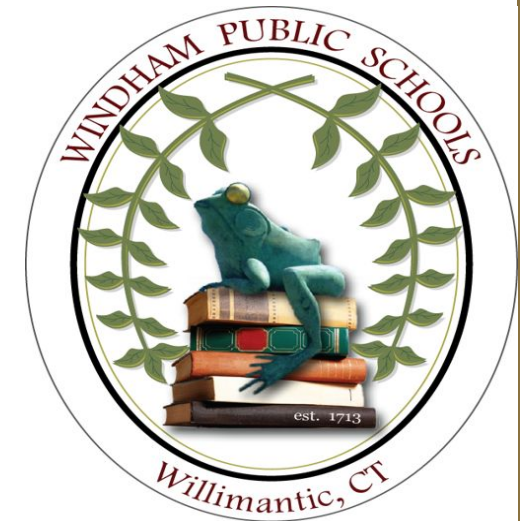
**Evidence
Based
Practices**

RULER: Yale Center for Emotional Intelligence - Universal SEL Language

QPR: Question, Persuade, Refer - Mental Health Awareness and Suicide Prevention

Responsive Classroom: s an evidence-based approach to teaching that focuses on the strong link between academic success and social-emotional learning.

Restorative Practices: is a social science that studies how to improve and repair relationships between people and communities.



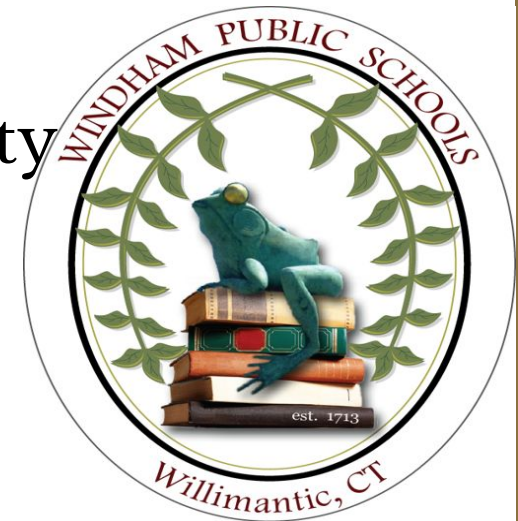
Partnerships:

My Peoples Clinical Services

The Village for families and Children

Willimantic Youth services bureau

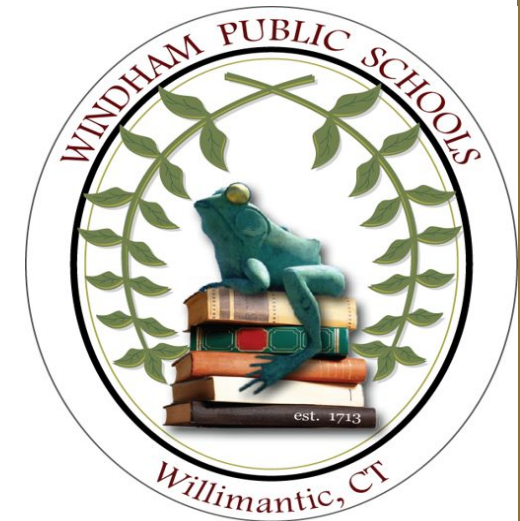
Windham public schools Parent University



Social Emotional Team leaders at each school

All schools conducting a book club on a social emotional related book.

Social Emotional Libraries created for all school



Next Steps:

- Desaa Online Social emotional Assessment implementation 2020
- Trauma informed schools training 2020
- Cohort 2 of Responsive Classroom
- NCCJ Bridges conference for staff and students

