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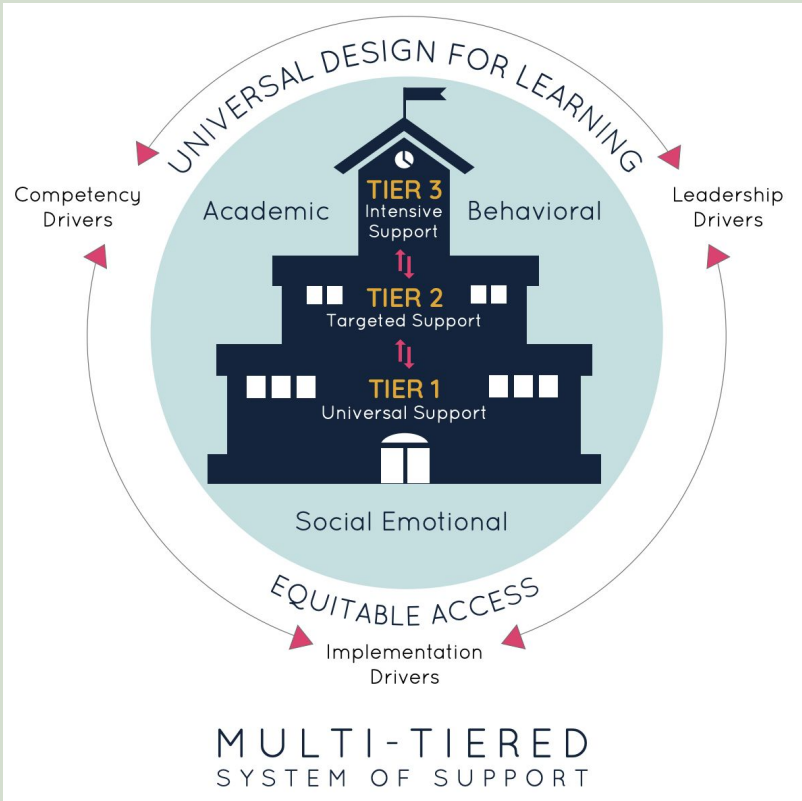
Multi-Tiered Systems of Supports

A Presentation for the Lawrence
Alliance for Education Board

Lawrence Public Schools | December 13 2023

LPS

Multi-Tiered Systems of Support



A Multi-Tiered Systems of Support (MTSS) is a framework for how school districts can build the necessary systems to ensure that each and every student receives a high quality educational experience. It is designed to support schools with proactively identifying and addressing the strengths and needs of all students by optimizing data-driven decision-making, progress monitoring, and the use of evidence-based supports and strategies with increasing intensity to sustain student growth.

Think: Kids - Collaborative Problem Solving

Goals Of Intervention

1. Help students meet expectations
2. Reduce challenging behaviors
3. Solve problem
4. Build skills
5. Create (or restore) a helping relationship

Collaborative Problem Solving research summary

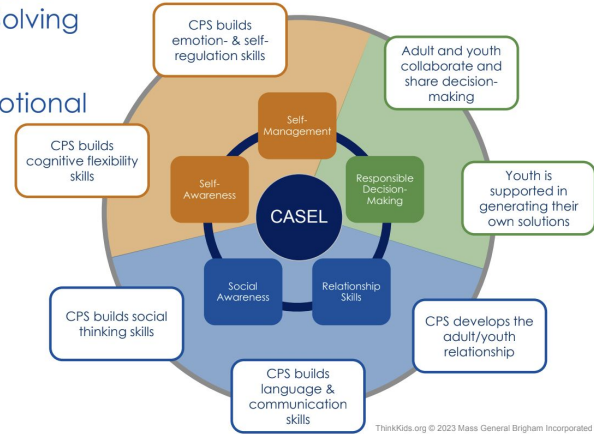
CPS has had a positive impact in multiple settings

CPS is associated with positive outcomes

- Schools
- Treatment programs
- Juvenile detention
- In-home supports
- Hospitals
- Clinics

- ↓ Challenging behaviors & symptoms
- ↓ Punitive discipline
- ↓ Educator stress
- ↑ Youth and adult skills
- ↑ Youth satisfaction

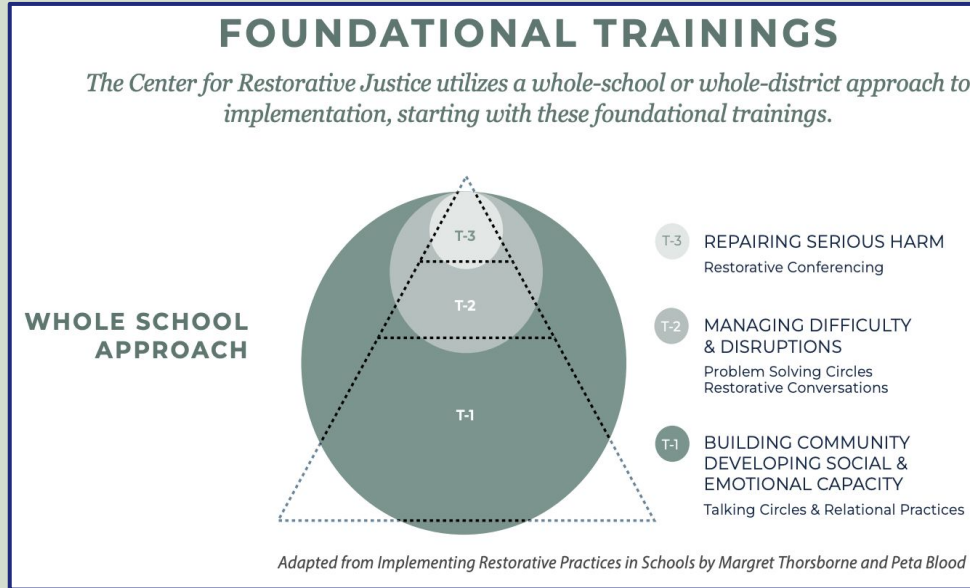
Collaborative
Problem Solving
&
Social Emotional
Learning



School Partnership Model
District Partnership Model

Suffolk University - Center for Restorative Practices

23-24 SY Trainings



Restorative justice empowers students to resolve conflicts on their own and in small groups, and it's a growing practice at schools around the country. Essentially, the idea is to bring students together in peer-mediated small groups to talk, ask questions

10/14 & 10/21
11/4 & 11/18
12/2 & 12/9
1/20 & 1/27
2/3 & 2/10
3/2 & 2/9
5/4 & 5/11
Coaching Hours

Additional work with Great Schools Partnership is also happening to support Restorative Practices.

Lesley Institute for Trauma Sensitivity (LIfts)

The Lesley Institute for Trauma Sensitivity (LIfts) strives to promote the development of safe and supportive educational environments, using a whole-child, whole-school, trauma-sensitive approaches. Staff who participate receive graduate level courses leading to a certificate in trauma and learning. LIfts, a part of Lesley's Center for Inclusive and Special Education, is directed by Dr. Sal Terrasi.



Safety Care Training De-Escalation & Physical Management

Safety-Care is more than crisis management training; it provides the skills and competencies necessary to effectively prevent, minimize, and manage behavioral challenges with dignity, safety, and the possibility of change. Safety-Care delivers the tools you need to be safe when working with behaviorally challenging individuals using up-to-date and effective technologies from Applied Behavior Analysis (ABA) and Positive Behavior Interventions & Supports (PBIS). These strategies are appropriate for individuals experiencing developmental, neurologic, psychiatric, and other impairments, as well as individuals who have experienced psychological or sexual trauma. Safety-Care promotes a reinforcement-based approach to developing new skills, maintaining safety, and reducing or eliminating restrictive interventions such as restraint.

17 LPS Staff Members are currently trained as Safety Care Trainers in the district.

Impact Sports Lab & MyMindset 360

Programs are led by Dr. Tony Tucci, a licensed psychologist specializing in clinical performance psychology. Tony has over ten years of clinical experience and over eight years of trauma-informed care in the Massachusetts and California school systems. The objective of this program is to create and implement socio-emotional learning programs designed to help students and faculty master health and wellness in and out of the classroom. The programs are focused on a biopsychosocial approach. After raising awareness of how the nervous system affects thoughts, feelings and behaviors, individuals are taught skills to help regulate their nervous system.



2022-2023 School Year Piloted this program at Guilmette Complex

- Worked with 4th Grade & 5th Grade
- Provided progress updates to both school and district leave

2023-2024 School Year Programs:

- Guilmette Complex
- SES Annex
- Parthum Elementary School



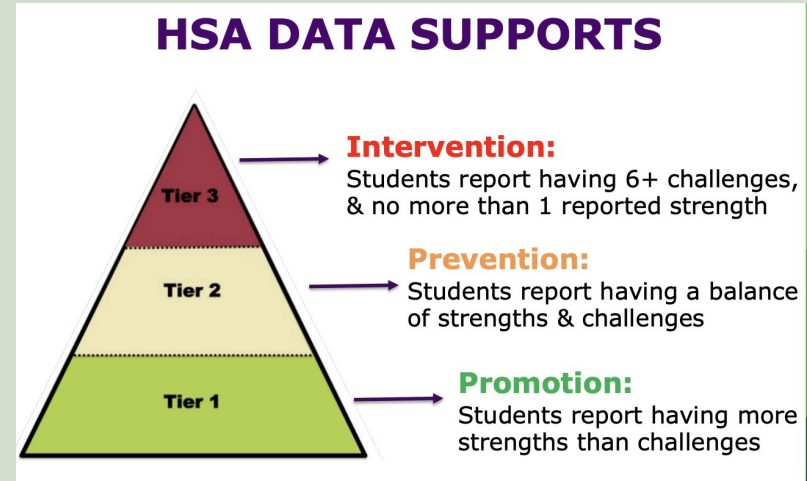
PEAR: The Holistic Student Assessment (HSA)



Partnerships in Education and Resilience (PEAR) has developed a comprehensive approach to building school or program capacity, support systems, and a common language around social-emotional development so students can learn, dream and thrive in school settings.

The HSA is a validated student self-report designed to help programs tailor services to better support the social and emotional well-being of youth.

This self-report tool provides teachers, administrators and other staff with a social emotional “portrait” of the unique strengths and challenges of each student.



Stakeholder Voice Into Action

- Training for Transportation Company
- Transportation - "Who Do I Call When?"
- Monthly Meetings with SEPAC Executive Board
- Monthly SEPAC Meetings
- OSSS Open House
- Family Listening Sessions
- Office of Student Support Monthly Family Newsletters
- Transition Specialist 8th → 9th Grade
- Transition Committee with SEPAC Members
- 504 Coordinator Position
- Increase Number of School Counselors
- Increase Number of Board Certified Behavior Analysts
- Behavior Intervention & Support Team
- High Quality Professional Learning Opportunities with specific focus on Behavior and SEL



Supporting a Successful Bus Ride for All Students

Date	Number in Attendance
5/18/23	69
8/21/23	28
11/15/23	98

Monthly Parent Newsletters

Office of Student Support Services

AUGUST 2023 NEWSLETTER

Get Ready To Go Back To School!

What's in This Month's Issue?

- Back to School
- Who is Who at each school
- Summer Spotlight
- SEPAAC

1. Prepare your child. Talk to them about school starting and what they should expect.
2. Start new routines now. Start practicing waking up early, eating at scheduled times & going to bed earlier.
3. Visit the school. Practice walking to school or driving to school, go to open house at the school building and meet their teacher if they can.
4. Use visual reminders. Use a calendar and/or visual schedule to help kids adjust.
5. Be positive about school starting and going to school!

Check out these 1 Pager "Who is Who" for each school

English & Spanish

BE A PART NOT APART

August
2023

OFFICE OF STUDENT SUPPORT SERVICES

SEPTEMBER 2023 NEWSLETTER

WHAT'S IN THIS ISSUE

- Family Note Suggestions
- Helpful Tips
- Strategy of the Month
- Upcoming Events

Family Note
Happy September Families! Hope you enjoyed the first OSSS Newsletter in August and that the first few weeks of school have gone well. As we start to fall into a routine of the school year we want to provide you with tips, tricks, strategies and information about upcoming events each month. We will also highlight our dedicated staff and their creative activities that they are doing with our students!

If you have any topic suggestions please fill out this link: [SUGGESTIONS](#)

Helpful Tips for Families

- Organize your child's paperwork
- Attend school events
- Review your child's current IEP
- Keep everyone informed. Tell the school of any changes that have been going on
- Establish before and after school routines

September
2023

OFFICE OF STUDENT SUPPORT SERVICES NEWSLETTER

October 2023 Newsletter

Happy Fall Families!

Please fill out the link if you have any areas you would like covered in future monthly newsletters!
[FILL OUT THIS LINK](#)

Keep Your Family Safe & Healthy This Autumn

- Wash and sanitize your hands frequently.
- Students should wash hands when they get home from school, after being out in public, before eating.
- Wash hands for 20 seconds - sing "Happy Birthday" twice.
- Draw children in Weather-Appropriate Clothing.
- Choose light layers and remove during cooling re-warmers. Because awareness on children than sunny afternoons, make it a habit to pack a sweatshirt or light jacket in your child's backpack.
- Draw children in Bright-Colored Clothing.
- With daylight growing shorter, kids still like to play outside on warm, sunny days. Especially outdoors with young children, they use self-merging traffic safety and road awareness.
- Use reflective tape on your child's clothing to make them more visible to drivers on easily spotted.

Strategy of the Month
Model Behavior You Want Your Child to Learn
Your child is watching and learning to you all three summer you notice it or not. Focus on controlling yourself, not your child because they are copying you. When your child does something unexpected/unintended respond with a calm attitude, this is allowing your student self-control when you are tired and stressed your reach a point when you just want to give in. Take a moment to yourself collect your thoughts and your emotions before responding to your child.

Just in Time for White Cane Day October 19th!
Quite the collaboration in Ms. Soriano's Art Class! Several students assisted Doralee, who is blind, complete his copy model replica of his white cane. Doralee asked his classmates to guide him by using picture language for color details and requesting certain colors to mold the clay into an accurate miniature white cane. Look at the details he was able to reproduce using his sense of touch to feel the details of white cane and learning abilities to interpret outside directions into a visual for the signs.

Student Spotlight!

October
2023

Office of Student Support Services Newsletter

November 2023 Newsletter

HELPING KIDS MAINTAIN ROUTINE DURING THE HOLIDAY SEASON

It is easy to think we are already talking about the holiday season, it seems like the school year just started! The holiday season can be full of sensory overload and excitement! But between travel plans, close parties, last-minute shopping, and sensory overload, it can also be the season for burnout and stress. Here are a few ways to help your child maintain some structure so you can keep the peace and feel the joy of the holiday season.

1. **Start with Consistency**
 - Having a routine and predictable schedule about what you want to create can make a big difference. Keep to schedule even if the conditions for special events you need to go to. A evening holiday doesn't have to mean an overnight stay. Consider what you can do to prepare to accept when family is needed, and look for the one doing the most.
 - Stick to the same bedtime or other routine. Sleep is one of the most important for your child during the holidays.
 - Mealtime, hygiene, and self-care. If you're traveling, you'll need accommodations from your airline, hotel, or car.
 - Practice before travel.
2. **Start with Consistency**
 - Start with the same morning changes to schedule and routine. Double your child in the morning whenever possible. Having a morning routine with a set time for breakfast and the holiday season can help to identify morning issues and focus. Establish a routine with your child's primary caregiver to make sure you're all on the same page.
 - Plan for something you do together such as morning affirmations and evening gratitude of bedtime. When you need support, the children and independent safety children on a holiday, too, will not be able to help with tasks that would.
3. **Start to go!**
 - Whether you are filled with anxiety or free of them, consider letting your child choose a mode of activities and routine for the day and how you are some suggestions that might work for your family. Like working together. To help with the need.
 - Use the same routine for your child's routine. Use the same routine for your child's routine. Use the same routine for your child's routine.
 - Use the same routine for your child's routine. Use the same routine for your child's routine. Use the same routine for your child's routine.
4. **Use the same routine for your child's routine.**
 - Use the same routine for your child's routine. Use the same routine for your child's routine. Use the same routine for your child's routine.

UNIFIED CHAMPION SCHOOLS
SOUTH LAMING EAST ELEMENTARY SCHOOL HOSTED A UNIFIED CHAMPION SCHOOLS KICK OFF MEET ON NOVEMBER 9TH. THEY SHARED VIDEOS OF HOW THEIR SCHOOL, SPARKS, HIGHLIGHTS THE WIDE RANGE OF RECREATION, SPORTS, AND ACTIVITIES AVAILABLE TO ALL STUDENTS AND MADE POSTERS REGARDING THE SCHOOL.

NRT BUS TRAINING
ON NOVEMBER 16TH, THE DIRECTOR OF OPERATIONS, TARA WILSON, AND THE DIRECTOR OF BUS SERVICES AND MONITORS, TERRY THORNTON, FOCUSED ON OPERATIONAL AND BEHAVIORAL BEST PRACTICES FOR STUDENT AND BEHAVIOR SUPPORT STRATEGIES.

THIS PRESENTATION WILL ALSO REHEARSE AT NOVEMBER 16TH MEETING ON NOVEMBER 16TH.

Successful Run Ride
Nov 16th

November
2023

OFFICE OF STUDENT SUPPORT SERVICES NEWSLETTER

DECEMBER 2023 NEWSLETTER

MENTAL HEALTH SUPPORTS DURING THE HOLIDAY SEASON

School breaks and changes in routine can be difficult on the mental health of students and families.

- 1. **Reduce Stress**
 - The best way to prevent stress in your children is to manage your own stress. A lot of the stress that comes this time of year is from uncertainty. Talk about what your holiday break schedule will look like, including what they are expected to do and what activities are planned. Predictability is key in managing stress associated with uncertainties and events.
 - Provide tools to work through stressors.
 - Talk with your child about why they are feeling stressed and help them to find ways to work through it. Take them on some mindful breathing, allowing them to spend time doing, getting outdoors into fresh air, taking a warm shower or bath.
- 2. **Keep Routines**
 - Predictability is key! Try to keep sleep and eat schedules close to the schedule your children keep while in school. It is best to keep bed and wake-up times within an hour of the usual during school time. Eat three healthy meals a day and make sure to have actual.
 - Prepare for Family Time
 - A room full of family can be overwhelming and cause anxiety. Prepare your child for the event to come by going them on ideas of who will be at the gathering and what the event will look like. Help them to prepare and practice answers to common questions. Remind them that it is ok to take space when they need it.
- 3. **Have Fun!**
 - It is easy to get wrapped up in the hectic and hectic of the holiday season. Take time to do something that you want to do and don't feel like you have to do.

MINDFUL BREATHING TOOLS

5 Finger Breathing

Breathe out for 3

Breathe in for 3

When I take a deep breath I smell a flower. I see a candle. I hear a siren. I taste a lemon.

December
2023