

Blaine School District
Student and Family Social/Emotional Supports & Services
2017-18 School Year

District Level/District-Wide

- Blaine School District (BSD) is in year two of a three-year Grant in partnership with DVSAS. This Grant is aimed at building awareness specific to Domestic Violence, Teen Dating Violence and Teen Sexual Assault. DVSAS is working with both adults and students (High School Level SWAP Group) in this work. This Grant supports expanded counseling work with Brigid Collins Family Support Center, a non-profit entity that has entered into agreement with DVSAS specific to support to students and families in this context. It should be noted that there is a strong emphasis through this initiative on providing support to marginalized student populations.
- As of 2017-18 BSD has formally added mental health support time, with a new Mental Health Counselor position, and has subsequently expanded our level of third-party contracting, through county mental health funds to schools, for the purpose of extending additional direct services to students and families.
- BSD continues to serve an extensive number of students and families through our Family Service Center Program and remains in partnership with other community entities and private contributors in this work. Of particular emphasis in this work is support to homeless youth.
- BSD has recently established an Anonymous Tip Line which is intended to provide students, parents and community members with the ability to communicate any concerns they have specific to the welfare of a child and to assure that these concerns can be acted upon in a timely and efficient manner.
- BSD is working with staff to modify/expand policy, and subsequently professional development emphasis, in the context of counseling services, suicide awareness and prevention work, and domestic/dating violence prevention work. We would anticipate these updated policies being put in front of the Board for consideration and adoption this Spring (2018). Concurrently, we are considering options for expanded training and awareness building for not only staff, but students, parents, and community members as well.
- On January 29 and 30, 2018, BSD sponsored a “Youth Mental Health First Aid” training, for staff and community, in partnership with NW Youth Services. There were nearly 30 participants in this training, and future opportunities of this nature are very likely.
- Administrators attended the first annual School Safety Summit workshop on January 11, 2018, sponsored by Northwest ESD 189.
- Co-Curricular and Extra-Curricular Program Involvement in Grades 6-12 (Winter 2018):
 - Athletics: 186 students in grades 6-12**
 - Music: 92 students in HS Band/181 students in MS Band**
25 students in HS Choir/172 students in MS Choir
 - Drama: 72 students in grades 6-12**
 - HS Clubs: approx. 600 participants (duplicated count) in 25 HS Clubs**

Blaine
High
School

BUILD: This program routinely/proactively connects students with each other and a common teacher with the goal of helping to create a feeling of family and relationship.

Clubs: Increase in Offerings (25) and Doubling of Participation Numbers in 2017-18

Mental Health Services: Expanded Emphasis on Outside Agency Involvement

Up-Standers United: Healthy Dating/Relationship Building (Student Assembly Scheduled)

Continued Emphasis on **Care Team** Work (All Schools)

Blaine
Middle
School

Rachel's Challenge: Empathy and Compassion/Daily Reference Points/All Students

In School Suspension Program: Getting Students to School/Keeping Students in School/Maintaining Academic Momentum

Mental Health Services: Expanded Emphasis on Outside Agency Involvement

Parent Classes: [Thriving Kids: Building Blocks for Success](#)/ Myth Busters: Truth About Teen Behavior /Coping w/Stress

School Attendance Program: Reducing Absenteeism/Building Relationships w/Families

After School Programs Off Site: BGC and Bridge Program...Making Family Connections/Fostering Academic Success

Blaine
Elementary
School

Restorative Justice: Focus on Strengthening Relationships/Community and Repairing Harm

Zones of Regulation: Emotional Regulation to Support Students and Adults in Self-Awareness to Self-Control

Social Thinking Tools: Supporting Social Awareness and Strategies for Engaging Others

Blaine
Primary
School

Second Step: Promotion of School Success/Self-Regulation/Safety and Support

Kelso's Choices: Direct Emphasis on Conflict Resolutions and Independent/Dependent Problem Solving

Social Thinking Tools: Supporting Social Awareness and Strategies for Engaging Others

Blaine High School Supports & Services

Staff Level Work

- Extensive and continuing staff level work on ACEs (Adverse Childhood Experiences) training at every late start staff meeting with goal of being a Trauma Informed School.
- BHS accreditation goals are
 1. Feeling safe at school;
 2. Better student enjoyment; and
 3. Support for students of poverty, especially boys.
- A special staff meeting at the end of the last school year was held to discuss Healthy Youth Survey data and we are using the data to drive our 2017-2018 year.
- BHS created a new Mission/Vision statement prior to 2016-2017 school year with emphasis on compassion for students and creating resilience in students.
- BHS staff have created a group called the "Upstanders" which is representative of all students. This group of students will meet at least once a month to be a "voice" to help with school climate.
- BHS has planned for a student survey in January to help with data and climate concerns.
- This is the first year of Building Unity In Learning Determination (BUILD). BUILD is an advisory group which now meets every day except Fridays. This helps connect students with each other and a common teacher with the goal of helping to create a feeling of family and relationship.
- Every Friday, teachers lead BHS club day. The High School has more than doubled the number of students in clubs.
- There are three (3) professional mental health counselors/therapists who spend full days on the High School campus on Tuesdays, Wednesdays, and Fridays to support individual student needs.

School-wide

- The new Upstander group is planning a mental health presentation in the spring.
- ASB leadership is focusing on school culture in the 2017-2018 school year.
- Students With A Purpose (SWAP) put on an assembly featuring a presentation by Jamie Utt from HOBY which focused on diversity and school culture.
- In the summer of 2018, two teachers are going to training in preparation for the start of a LINK Crew program at the beginning of the 2018-2019 school year.

Blaine Middle School Supports & Services

Rachel's Challenge

- Guest speaker about empathy and compassion
- 4 Rachel Club
 - 100 kids committed to treat people well and improve their communities
- Daily commitments in classrooms
 - ALL KIDS
- Weekly commitments in common areas intended to recognize people who do not normally receive recognition.
 - ALL KIDS

Positive Behavior Intervention Support

- This is a system focused on positive behavior rather than negative behaviors. Students who have done well meeting expectations receive support. This is a way of integrating classroom management and building management.

Restorative Justice Practices

- This is an approach to our discipline system that focuses on rebuilding relationships that get strained when someone does not meet school conduct expectations.

Care Team

- This is a group of adults in our building that focuses on kids that live in constant mobility. Each adult checks and connects with kids with the intentions of becoming a safe person that can be an advocate.

Student Focus Team

- Social and academic support team. This team focuses on in-class interventions that support the needs that are expressed by parents and general education teachers.

Behavior Specialist

- This position is used to immediately intervene with kids that are in crisis. This person listens and supports kids and gets them access to the person or intervention needed in order to get out of the crisis and into clear thinking.

Student Support Coordinator

- This is a new position focusing on keeping and getting our students to school. We have decreased our at-home suspension by more than half and we have created attendance rewards systems designed to encourage kids to come to school each day. This person also connects with kids that have anxiety and depression.

Alternative Education Specialist

- This position works on meeting the needs of kids that have either struggled in the past or are currently struggling with meeting the demands of full-time/full-day placement. This person checks and connects with kids who have challenges including but not limited to anxiety and depression.

Blaine Middle School Supports & Services, cont'd

Counselors

- This position meets with kids and parents to make sure that everyone is connected with the resources that they need. They bring teachers, students, and parents together to make sure everyone knows expectations of classrooms and of school. This position is a person that kids go to for help.

Mental Health Counselors

- This is a new position in our district. This person has a caseload of six (6) kids in our middle school that have regular appointments. This person has also increased the number of students who receive outside counseling from four (4) in 2016-2017 to greater than twenty (20) in 2017-2018.

Social Emotional Learning

- We have classes that teach kids how to navigate through social situations. These classes are intended for kids who have had negative social interactions in the past.

Health Curriculum

- This year we implemented new curriculum involving:
 - Drinking and Drug awareness;
 - Self-care strategies; and
 - Refusal Skills.

ACEs

- This is a common language in our building that we use to discuss kids that have had Adverse Childhood Experiences. We know as a staff that trauma impacts the way kids learn. We continue to adjust to our kids' needs and continue to have empathy for those impacted.

After School Support

- Kids that struggle academically are able to stay after school to get academic support from our middle school staff.

Birch Bay After-School Support

- Kids that struggle academically are able to get academic support in Birch Bay from our middle school staff.

Blaine Elementary School Supports & Services

Social-Emotional Behavior Goals, Supports and Interventions for 2017-2018

Goals for the 2017-2018 School Year

- Focus on proactive vs. reactive supports for students
- New learning for staff in the area of behavioral support and social emotional learning
- Tiered support and instruction to match the various needs of students
 - Support and instruction for students with intensive need: Tier 3
 - Support and instruction for students with moderate need: Tier 2
 - Support and instruction for all students: Tier 1

Alignment of Social-Emotional Curriculum, Assessment and Intervention

- Restorative Practices
- Zones of Regulation
- Social Thinking Tools
- Behavior Mapping
- Growth Mindset
- Caught Being Good

Use of data to track social-emotional supports and learning

- IEP Goals
- Report Cards
- Behavior Assessment Tools (BASC, FBA)

Social Emotional Instruction happening in a variety of settings and structures based on need

- Weekly Small Groups
- Leadership Academy
- Counseling Groups
- Social Thinking Groups
- Zones of Regulation Groups
- Attribute Assemblies
- Recess Club
- Mindfulness
- Behavior Mapping
- ICU's to Recognize Positive Attributes
- Superflex

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Other Behavior Support at Blaine Elementary School

- Yellow tickets
- 4B's
- Wall of kindness
- Student of the month
- Student posters
- Teacher quotes/Bulletin boards

Blaine Primary School Supports & Services

- Social Thinking
- Kelso's Choices
- Second Steps
- Mindfulness
- Caught doing what is expected
- Whole Body Listening
- Line Basics
- Be an Up-Stander

Blaine School District Family Service Center Drug & Alcohol Counselor and Mental Health Counselor

- The Family Service Center addresses basic needs for low income and homeless families, including:
 - Support for homeless and foster youth and families;
 - Healthcare enrollment; and
 - Food Stamp enrollment.
- Once a week (starting in January) a worker from Opportunity Council will be at the high school to enroll families and students in food stamps, child care, TANF.
- Presentations with students in Middle School regarding prevention of drugs and alcohol will start in January of 2018.
- Beginning in January, groups will form in the Middle and High School regarding drugs/alcohol, self-esteem/self-harm.
- Once a week a worker from Northwest Youth Services at the high school to work with unaccompanied homeless youth.
- There is community resource collaboration for families regarding mental health and other basic needs.
- A new Mental Health Counselor position was added this school year. This staff member has also contracted with four counselors who work one day per week and provide mental health services on campus.
- Mental Health counselors are present in buildings.
- BSD is currently serving (or has pending referrals that are waiting on parent permission, etc.) approx. 50 students on our campus with weekly or bi-weekly counseling sessions.
- We anticipate having a Brigid Collins counselor on campus for 3-4 additional K-5 students in early 2018.
- ACEs training is provided for all staff including certificated, classified, bus drivers, and lunchroom staff.
- The counselor is certified in an evidence-based suicide training (train the trainers) that will be provided for Middle and High School staff.
- Our staff's response to these interventions has been incredibly supportive. Teachers, counselors and administrators demonstrate daily that they recognize the needs of the 'whole child' and they believe the social emotional work we are all doing is vital to overall student success.