District Psychologist - District Wide
Dr. Lois M. Christiansen, MA PhD
970-466-1119
christiansenl@re1valleyschools.org

Family Support Specialist - District Wide
Allie Miller, BA
(970) 466-1273
milleral@re1valleyschools.org

District Nurse - District wide
Alicia Bacon
970-466-2512
bacona@re1valleyschools.org

HEADS UP Coordinator
SMS, SHS, Caliche
Ryan Einspahr, BS
970-466-2520
Einspahrr@re1valleyschools.org

If you have other questions contact the Office of Student Services at 970-522-0792

How do I get support?

Talk to your child’s teacher or administrator to partner with SSS staff

Call any of our SSS Staff

MORE INFORMATION AND RESOURCES AVAILABLE

RE-1 Valley Website
→ click “parent information”
→ click “student support services”

If you are interested in SSS or SEL, or know someone who may be interested please choose “SSS Referral Form”

If you are interested in contacting a Parent Liaison, please choose “Parent Liaison Referral Form”

Social Emotional Learning Specialists
Michelle Long, MA, LPC
SMS and SHS
970-520-6579/970-522-1041
longmi@re1valleyschools.org

Katie Tryboski MA, MS, LPCC
Campbell and SHS
970-520-6556/970-522-2514
tryboskik@re1valleyschools.org

Anita Scarbrough, MA
Ayres, Caliche
970-522-1409
scarbrougha@re1valleyschools.org

Parent Liaison
Cindy Reyes
970-466-9368

Student Support Services (SSS) & Social Emotional Learning (SEL)
Social Emotional Learning (SEL) Services at RE-1

What is SEL?

Social and Emotional Learning is about helping students develop a range of skills they need for school and life. Social-Emotional skills include the ability to:

- set and achieve positive goals
- feel and show empathy for others
- establish and maintain positive relationships
- make responsible decisions
- understand and manage emotions

SEL groups to Build Coping Strategies
- Decision making
- Behavior contracting
- Friendship group
- Check in/Check out
- Targeted areas of need
- Home visits

Universal Proven long term benefits of SEL:
- Higher achievement
- Increased school engagement
- Decreased bullying

SEL and SSS are a part of our continuum of educational services through MTSS (multi-tiered system of supports), available to all students and families.