Resilient School Communities

ROADMAP TO 2020

A five year implementation overview

The Colorado Association for School-Based Health Care, in collaboration with four school communities, was recently awarded a 5-year grant from the Colorado Department of Human Services-Office of Behavioral Health to develop a trauma-informed approach to primary prevention of substance use in schools with school-based health centers (SBHCs), which are clinics that provide integrated health services on school grounds. By focusing on primary prevention, the project goal is to strengthen the continuum of care between the school and the SBHC, and integrate resiliency-focused approaches throughout the entire school community.

YEAR 1: PLANNING & ASSESSMENT

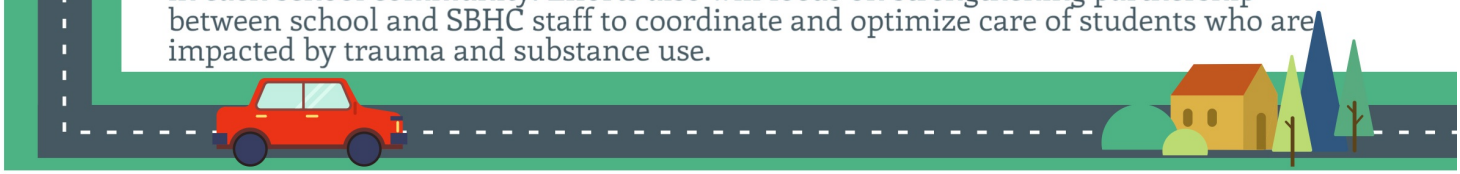
March 2016-June 2016

Year 1 will prepare a planning and implementation plan for the following 4 years. Main objectives in Year 1 include selecting sites that represent a diverse group of schools and communities around the state, and building site teams who will play a major role in coordinating efforts throughout the life of the project and beyond. A learning collaborative aimed at sharing learnings throughout the project will be formed. Quantitative analyses will begin and roll into Year 2.

YEAR 2: ASSESSMENT & STRATEGIC PLANNING

July 2016-June 2017

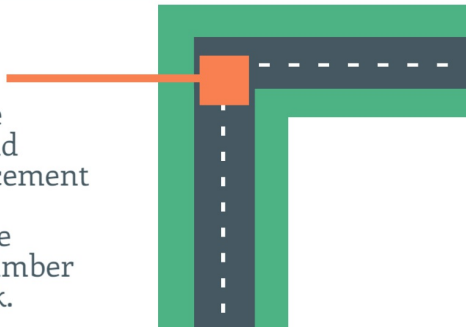
Year 2 is targeted at creating a more comprehensive picture of community needs. Initial activities include a foundational training for school & SBHC staff to standardize concepts of trauma, and organizational assessments of current practices within each school and each SBHC, including identification of practices that could be more trauma-sensitive. Other activities include focus groups, key informant interviews and surveys. Results will inform the strategic planning process, which will focus on selection of culturally-responsive and community-relevant best practices for advancing resiliency in each school community. Efforts also will focus on strengthening partnership between school and SBHC staff to coordinate and optimize care of students who are impacted by trauma and substance use.



YEAR 3: UNIVERSAL STRATEGIES

July 2017-June 2018

Based on Year 2 assessments and community input, Year 3 will involve continued professional development of educators and clinicians around trauma-informed practices. Some communities might focus on advancement of restorative discipline practices and/or implementation of student curriculum at the universal level, in order to reach every student in the building, providing prevention and early intervention to reduce the number of students in need of Tier 2 and Tier 3 services in the MTSS framework.



YEAR 4: MONITORING & QUALITY IMPROVEMENT

July 2018-June 2019

Year 4 will be focused on improving the quality of the project, based on monitoring data from previous years, along with community input and strong site team involvement. Booster sessions will take place to ensure all staff have current and relevant training based on their needs. Discussions will likely continue around school discipline and policies, as well as clinical practices to measure improved health outcomes and reduced substance use among students served by the SBHC.

YEAR 5: SUSTAINABILITY

July 2019-June 2020

Year 5 will include quality improvement, including booster sessions and follow-up trainings for staff and community members. Data will be collected and analyzed to understand trends and impact in each community. Ensuring sustainability of the efforts will be a major focus, as well as expanding the reach of Resilient School Communities. Findings and reports will be widely disseminated.

ROAD TO 2020

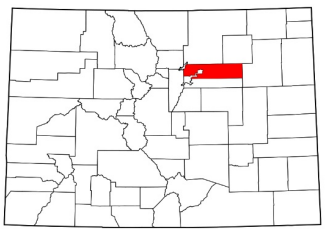
Future trainings may include:

-Trauma 101
-Secondary Trauma/Self-Care
-Restorative Practices
-Screening & Brief Intervention (SBI)
-Implicit Bias

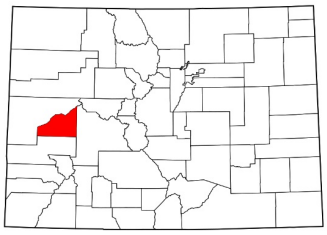
Future outcomes may include:

-Increased understanding of trauma
-Reduction of suspension/expulsion
-Reduction of substance use
-Increased connection between staff and students

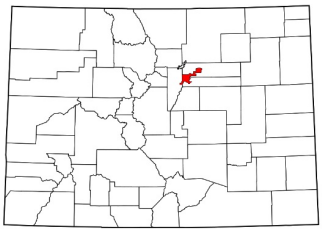
PARTNER SITES



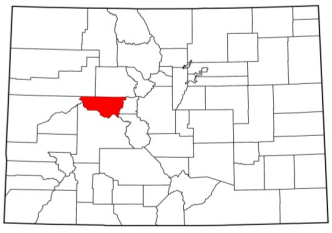
Adams County



Delta County



Denver County



Pitkin County

CONTACT US

Stephanie Cole, MPH
Director of Behavioral Health Initiatives
Colorado Association for School-Based Health Care
cole@casbhc.org
303-350-4294

COLORADO ASSOCIATION FOR SCHOOL-BASED HEALTH CARE

COLORADO
Office of Behavioral Health
Department of Human Services