



# SEBW PLAN MONTHLY NEWSLETTER

March 2022



## Topic of the Month: Tier 2 Interventions & Supports

Tier 2 interventions often are provided in a group-based format, include standardized practices and systems designed to supplement primary prevention efforts, and are appropriate for students who exhibit difficulties across multiple settings.

Tier 2 interventions have the following critical characteristics:

CONTINUOUSLY AVAILABLE.	QUICKLY AND EASILY ACCESSIBLE.
MINIMAL TIME COMMITMENT REQUIRED FROM CLASSROOM TEACHERS.	REQUIRED SKILL SETS CAN BE EASILY LEARNED.
ALIGNED WITH SCHOOLWIDE EXPECTATIONS.	ALL PERSONNEL ARE AWARE OF THE INTERVENTION(S) AND THEIR ROLES IN THE PROCESS.
CONSISTENTLY IMPLEMENTED WITH MOST STUDENTS, BUT WITH SOME FLEXIBILITY.	PROGRAM SELECTED IS MATCHED TO THE FUNCTION OF THE STUDENT'S BEHAVIOR. <i>(Can be informally determined)</i>

Some commonly implemented group-oriented interventions include:

- ▶ Check-In, Check-Out (CICO)
- ▶ Social Skills Intervention Groups
- ▶ Self-Monitoring

*Tier 1 systems and practices are critical foundations for effective implementation of Tier 2 systems and practices.*

Established School Wide-PBS Systems include:

- ▶ School board/district/regional support.
- ▶ SW-PBS Leadership Team (i.e., Tier 1 Team).
- ▶ Administrator endorsement and active participation.
- ▶ Continuous, data-based professional learning (training and coaching).
- ▶ Recognition of staff behavior, contributions, and/or accomplishments.
- ▶ Schoolwide data system.

Established School Wide-PBS Practices include:

- ▶ Three to five positively stated and defined schoolwide expectations.
- ▶ Expectations regularly taught in both classroom and non-classroom settings.
- ▶ Schoolwide reinforcement plan to acknowledge expected behavior.
- ▶ Plan and continuum of consequences for rule violations.
- ▶ Effective Classroom Management

More can be found in the MO SW-PBS [Tier 2 Workbook](#) Ch 1 Foundational Knowledge

## Tier 2 Intervention Highlight

### Bounce Back & Cognitive Behavioral Intervention for Trauma in Schools (CBITS) Groups

The Cognitive Behavioral Intervention for Trauma in Schools (CBITS) program is a school-based, group and individual intervention. It is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills.

CBITS has been used with students from 5th grade through 12th grade who have witnessed or experienced traumatic life events such as community and school violence, accidents and injuries, physical abuse and domestic violence, and natural and man-made disasters.

CBITS uses cognitive-behavioral techniques (e.g., psychoeducation, relaxation, social problem solving, cognitive restructuring, and exposure).

Bounce Back is an elementary school adaptation of CBITS (Cognitive Behavioral Intervention for Trauma in Schools) for middle and high schoolers.



One provider shared this outcome data with us:

**“On average, around 80% of our students who complete the program reduce their posttraumatic symptoms significantly (average reduction of 30%). We see about a 75% increase in coping skills for those who complete the group as well.”**

*-Kiera McGillivray, Chief Program Officer of School Based Initiatives – Children and Families First of Delaware*

Learn More: <https://cbitsprogram.org/> and <http://bouncebackprogram.org/>

## DE-PBS Project

### Tier 2 Fidelity Inventory

The Tiered Fidelity Inventory (TFI) assesses how closely school personnel apply the core features of PBIS. The TFI includes three separate surveys – one for assessing each tier – schools can use separately or in combination with one another. Schools at every stage of implementation may use the TFI to assess any tier.



### Check-In Check-Out (CICO) Module

CICO is an evidence-based Tier 2 intervention to help students reconnect with adults and school expectations. This DE-PBS mini-learning module (46 mins total) walks viewers through the components and considerations of the Tier 2 Check-In/Check-Out intervention. The module presents key concepts and tools to help Tier 2 Teams to determine if this intervention is a good fit for their students, if they have appropriate resources, fidelity measures, and how the process works.

**PDMS Course # 30025**

**Stay tuned for the DE-PBS Project’s March 10th webinar recording on Check-In Check-Out coming soon!**

2022

# WHOLE CHILD

COMMUNITY OF PRACTICE

Register for PDMS #30373: TIPSEL-A 2022 Whole Child Community of Practice  
You may register for multiple courses. Please check your availability before committing to a course track.

DATA FOR TRUTH AND ACTION	CLASSROOM 180 NEXT LEVEL	EMOTIONALLY INTELLIGENT EQUITY AND INCLUSION
MJ Scales University of Delaware	Heather Forbes Beyond Consequences Institute	Tovi Scruggs Hussein Tic/ess
JAN 27 FEB 24 MAR 24	FEB 8 & 22 MAR 8 & 22 APR 7 & 14 MAY 5, 12, & 19	MAR 24 & 31 APR 12

\*This course is a follow up to the Classroom 180 Bootcamp.

**HACKING SCHOOL DISCIPLINE**

The Restorative Group

FEB 3, 10, & 17  
MAR 3, 10, & 17

Delaware Department of Education  
Questions? Contact: [teri.kawler@doe.k12.de.us](mailto:teri.kawler@doe.k12.de.us)

## Ready. Set. Meditate.

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. All you need to do is download the app and sign up. Then just sit back, relax and breathe. Best of all, it's free for EVERYONE who works at a Delaware public or charter school!

Start Meditating Today at [go.headspace.com/puredge](http://go.headspace.com/puredge)  
Sign up with your SCHOOL EMAIL ADDRESS!

HEADSPACE

Show your interest in joining Delaware's Chapter by filling out the Google Form at

<https://tinyurl.com/y5fndx7p>

Questions?  
E-Mail Ashlee Upp,  
Delaware COSEM Facilitator

[delchapter@educatingmindfully.org](mailto:delchapter@educatingmindfully.org)

DE COSEM is sponsored for educators by the Delaware Department of Education

### Join the Delaware Chapter of the COALITION OF SCHOOLS EDUCATING mindfully

Interested in or passionate about bringing mindfulness to education? Delaware is looking for educators from across the state to join Delaware's Chapter of the Coalition of Schools Educating Mindfully (COSEM).

COSEM is an educator-led nonprofit that supports school communities by connecting them with mentors, training, curriculums, and other resources for mindfulness-based social, emotional, and academic learning. Chapter activities may include supportive chapter meetings, workshops, trainings, retreats, and book clubs.

<https://www.educatingmindfully.org/>

## Other SEBW Highlights

**Youth Mental Health First Aid (YMHFA)** – teaches adults the signs and symptoms to look for and action steps to take to help a youth experiencing a mental health or substance use challenge/crisis. For more information about Youth Mental Health First Aid, please view the [YMHFA informational flyer](#).

### Participants

School personnel and community members are invited to attend Youth Mental Health First Aid training remotely on the following dates:

- Monday, Mar. 28th – 9 am to 2 pm – Register for PDMS course #29435, section #58745
- Wednesday, Apr. 6th – 9 am to 2 pm – Register for PDMS course #29435, section #58746
- Wednesday, Apr. 27th – 9 am to 2 pm – Register for PDMS course #29435, section #58747

Participants must register 2 weeks in advance to receive enrollment information and have time to complete two hours of mandatory pre-work. Participants who do not have PDMS access should contact Adriana Ignudo.

If you would like to bring YMHFA to your school, we are able to hold private training sessions with your staff (groups of 5-30).

Instructor training is being offered June 20th - 22nd and is free of charge! Interested staff should contact Adriana Ignudo.

For questions about the SEBW plan or resources mentioned above please contact Adriana Ignudo at [adriana.ignudo@doe.k12.de.us](mailto:adriana.ignudo@doe.k12.de.us) or (302)857-3304.

To unsubscribe from the monthly newsletter please click [here](#).