



Brittany Lynch,
Director of Behavioral Health

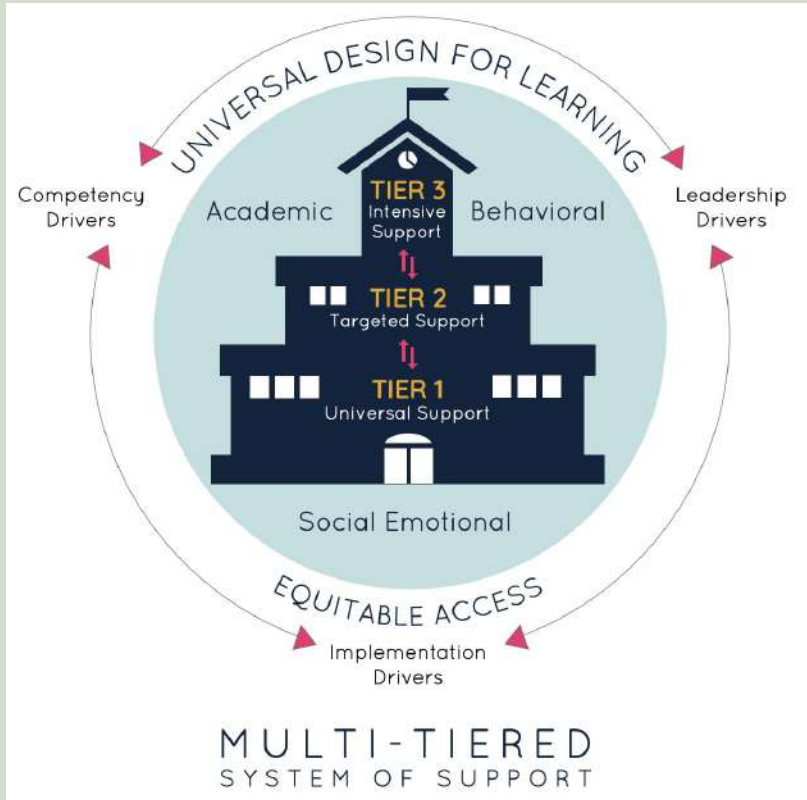
Multi-Tiered Systems of Supports

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

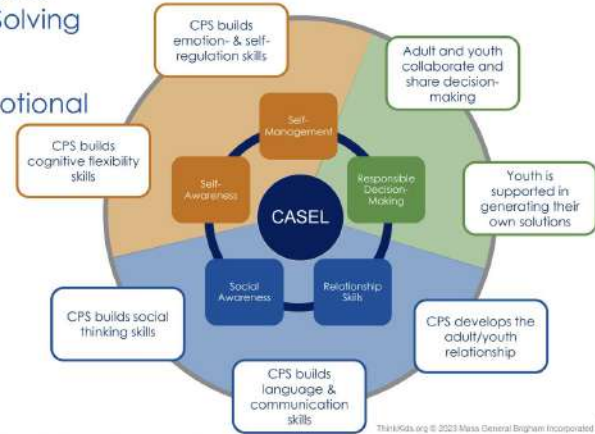
CPS has had a positive impact in multiple settings

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

CPS is associated with positive outcomes

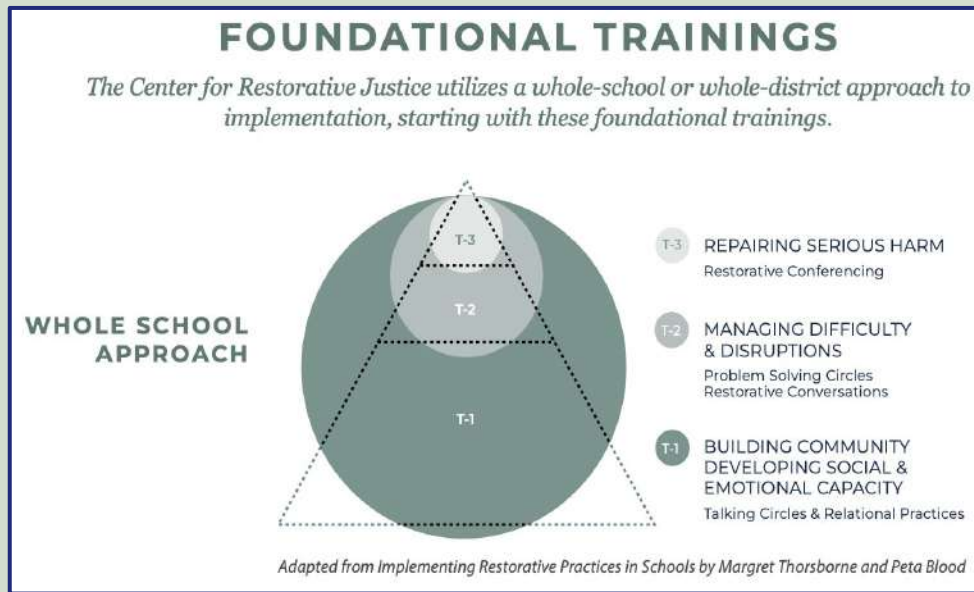
- ↓ Challenging behaviors & symptoms
- ↓ Punitive discipline
- ↓ Educator stress
- ↑ Youth and adult skills
- ↑ Youth satisfaction

Collaborative
Problem Solving
&
Social Emotional
Learning



School Partnership Model
District Partnership Model

Suffolk University - Center for Restorative Practices



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

23-24 SY Trainings

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 level

2023-2024 School Year Programs:

- Guilmette Complex
- SES Annex
- Parthum Elementary School



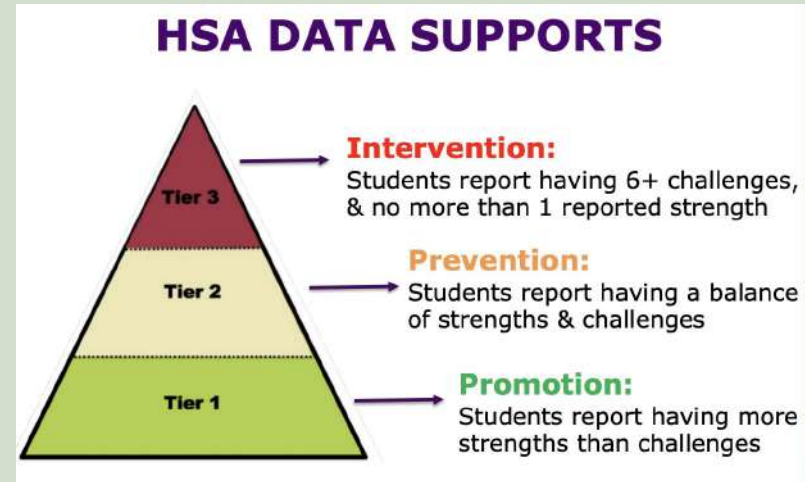
PEAR: The Holistic Student Assessment (HSA)



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



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!

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!

What's In This Month's Issue?

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

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

English & Spanish

BE A PART NOT A PART

OFFICE OF STUDENT SUPPORT SERVICES
SEPTEMBER 2023 NEWSLETTER

WHAT'S IN THIS ISSUE

- Family Note
- 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

- Organizes 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

OFFICE OF STUDENT SUPPORT SERVICES NEWSLETTER
OCTOBER 2023 NEWSLETTER

Happy Fall Families!
Please fill out this 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 outside, before eating, and after using the restroom
- Avoid people with flu symptoms. Stay home if you're sick
- Avoid children in crowded spaces (shopping, church, etc.)
- Choose light coats and layers during cold weather. Because layers are easier than heavy coats, make it a habit to put on or remove an item based on your child's temperature.
- Drive Children in Backseat Childproofing
- With daylight growing shorter, kids like to play outside on moonlit nights. Be especially cautious with young children. They are less likely to see what's in front of them and may not be able to see the road. Use reflective tape to make your car more visible at night.

Strategy of the Month
Model Behavior You Want Your Child to Learn: Your child is watching and learning to you at all times whether you realize it or not. Focus on controlling yourself, not your child, because your child will mirror you. If you are angry, your child will be angry. If you are calm, your child will be calm. If you are happy, your child will be happy. If you are sad, your child will be sad. If you are stressed, your child will be stressed. If you are calm, your child will be calm. If you are happy, your child will be happy. If you are sad, your child will be sad. If you are stressed, your child will be stressed.

Student Spotlight!

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 this school year just started! The holiday season can be full of sensory overload and excitement, but between travel plans, shopping, and family time, it can also be a time of stress. Here are a few ways to help your child maintain some structure and joy during the holiday season.

- **Start with Consistency**
 - Many families and friends travel and you need to make sure you are consistent. Keep a regular schedule for your child's bedtime, meals, and school. This will help them feel more secure and comfortable.
- **Limit Screen Time**
 - Limit screen time to 1 hour per day. This will help them stay focused and avoid distractions.
- **Establish a Routine**
 - Establish a routine for your child's daily activities. This will help them feel more organized and prepared.
- **Use Visual Reminders**
 - Use visual reminders to help your child stay on track. This can include a calendar, a checklist, or a visual schedule.
- **Be Flexible**
 - Be flexible when things don't go as planned. This will help your child learn to adapt to change.
- **Stay Positive**
 - Stay positive and encourage your child. This will help them feel more confident and happy.

UNIFIED CHAMPION SCHOOLS
SKILL-BUILDING AND CLIMATE SCHOOL VISITS
RECOGNITION AND ACHIEVEMENT AWARDS
RECOGNITION AND ACHIEVEMENT AWARDS
RECOGNITION AND ACHIEVEMENT AWARDS

NRT BUS TRAINING
THE NORTHERN TRAIL TRAINING CENTER
THE NORTHERN TRAIL TRAINING CENTER
THE NORTHERN TRAIL TRAINING CENTER

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.

- **Reduce Stress**
 - The best way to prevent stress in your child is to manage your own stress. If a lot of stress that comes this time of year is from uncertainty, talk about what your child's break entails and look for ways that you can help them feel more secure and comfortable.
- **Provide Tools to Work Through Emotions**
 - Talk with your child about what they are feeling and how they can help them to find ways to work through it. This can include deep breathing, counting, or using a visual schedule.
- **Keep Routines**
 - If possible, try to keep your child's routine as close to the school year as you can. This will help them feel more organized and prepared.
- **Prepare for Family Time**
 - If you are going to be with family, prepare your child for the gathering and what they will be doing. This can include a visual schedule or a checklist.
- **Plan for It**
 - It is easy to get caught up in the holiday season and lose sight of the things that are most important. Plan for the things that are most important to you and your child.

MINDFUL BREATHING TOOLS
Mindful breathing is a simple tool that can help your child feel more calm and focused. It can be used anytime, anywhere, and it is easy to learn. Here are some simple steps to get started:

1. Sit or lie down in a comfortable position.
2. Close your eyes and take a deep breath in through your nose.
3. Hold the breath for a few seconds.
4. Breathe out through your mouth.
5. Repeat steps 2-4 several times.

Remember, there is no right or wrong way to do this. Just focus on the breath and the feeling of the air moving in and out of your body.

August
2023

September
2023

October
2023

November
2023

December
2023