CA PBIS Coalition:
NVUSD Wellness Program

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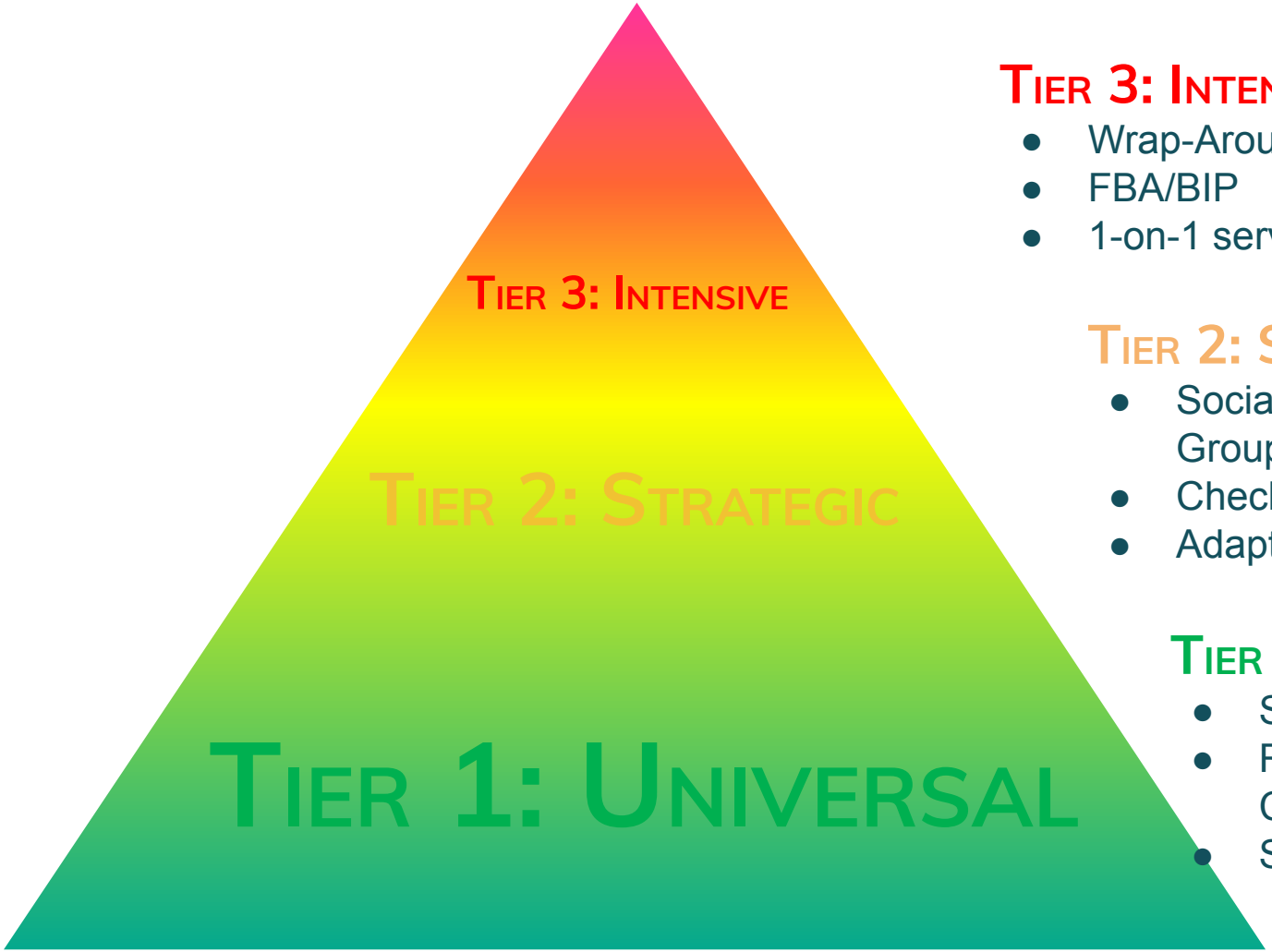
NAPA VALLEY UNIFIED SCHOOL DISTRICT
wellness program

3 towns, 30 schools
50% Students Latino
17,500 students
...and we make wine!
NAPA UNION HIGH SCHOOL
25 different languages
50% Free or Reduced Lunch
Over 50% of entering kindergarteners ELL

Who are we?
Stand up and Say "*That's Me!*"

- if you currently work in a school setting
- if you are left handed
- if you are a school mental health provider (social worker, counselor, psychologist)
- if you have traveled to more than 5 countries
- if you are a school or district administrator
- if you speak more than 2 languages



Tier 3: Intensive

- Wrap-Around Services
- FBA/BIP
- 1-on-1 services

Tier 2: Strategic

- Social-Academic Instructional Groups
- Check-In/Check-Out
- Adaptations and Modifications

Tier 1: Universal

- School-Wide PBIS
- Restorative Practices - Community Building Circles
- Social-Emotional Learning

Tier 1 PBIS Foundation

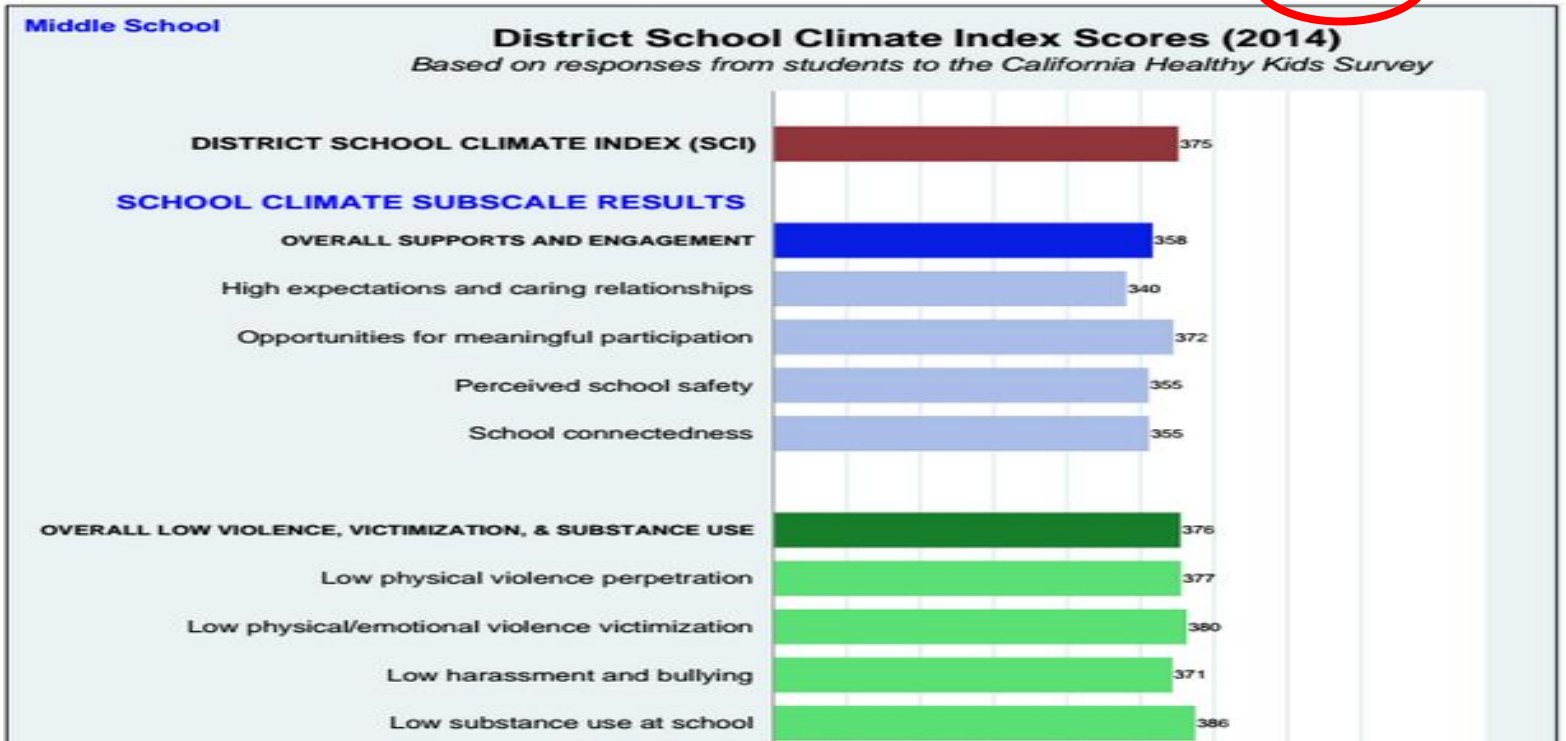
District School Climate Report Card (Middle School)—Spring 2014

District: Napa Valley Unified
No. of Schools/Eligible: 5/8

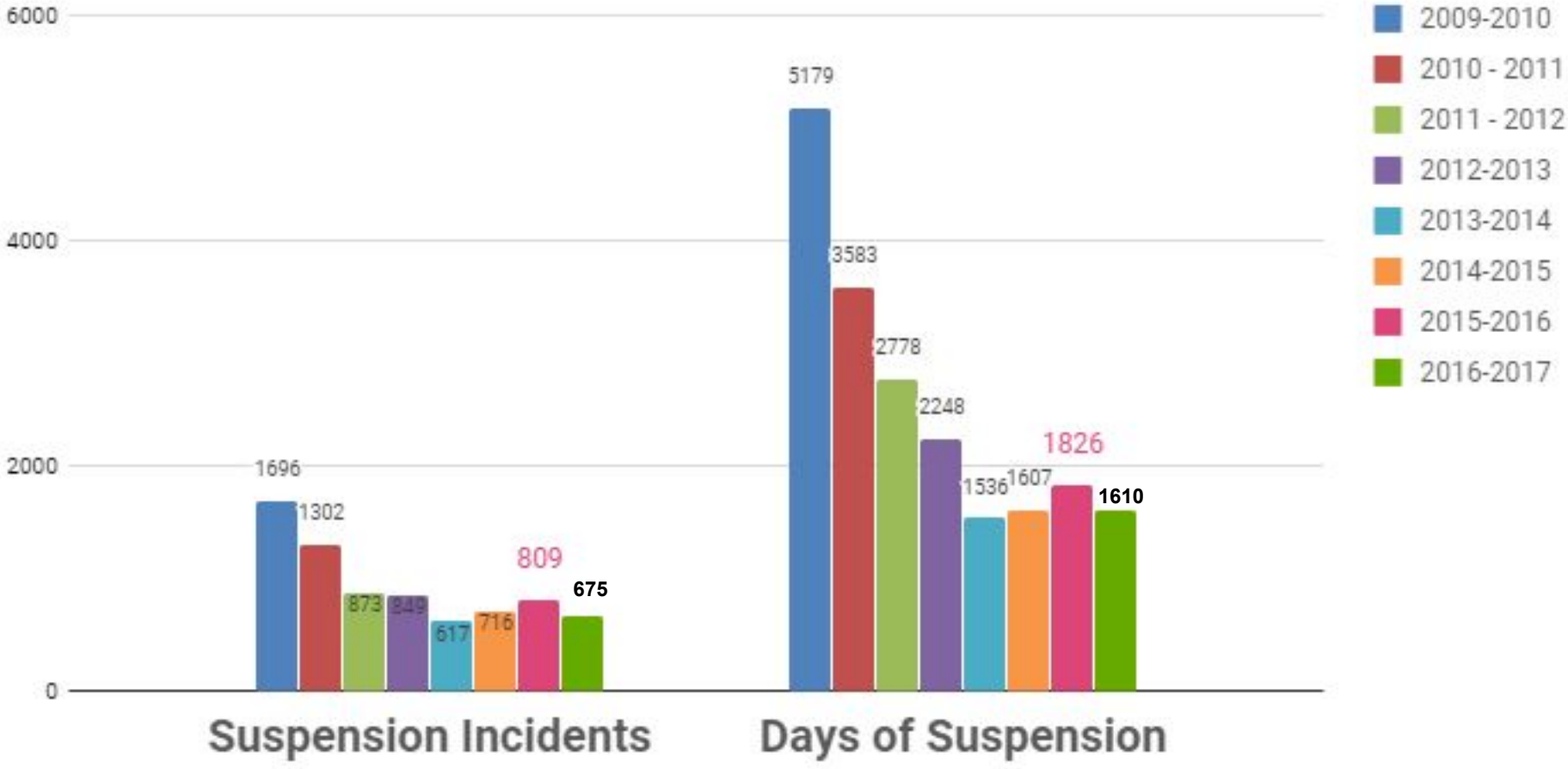
Date Prepared: 20 Mar 2015
Average Response Rate: 87%

District School Climate Index (SCI)

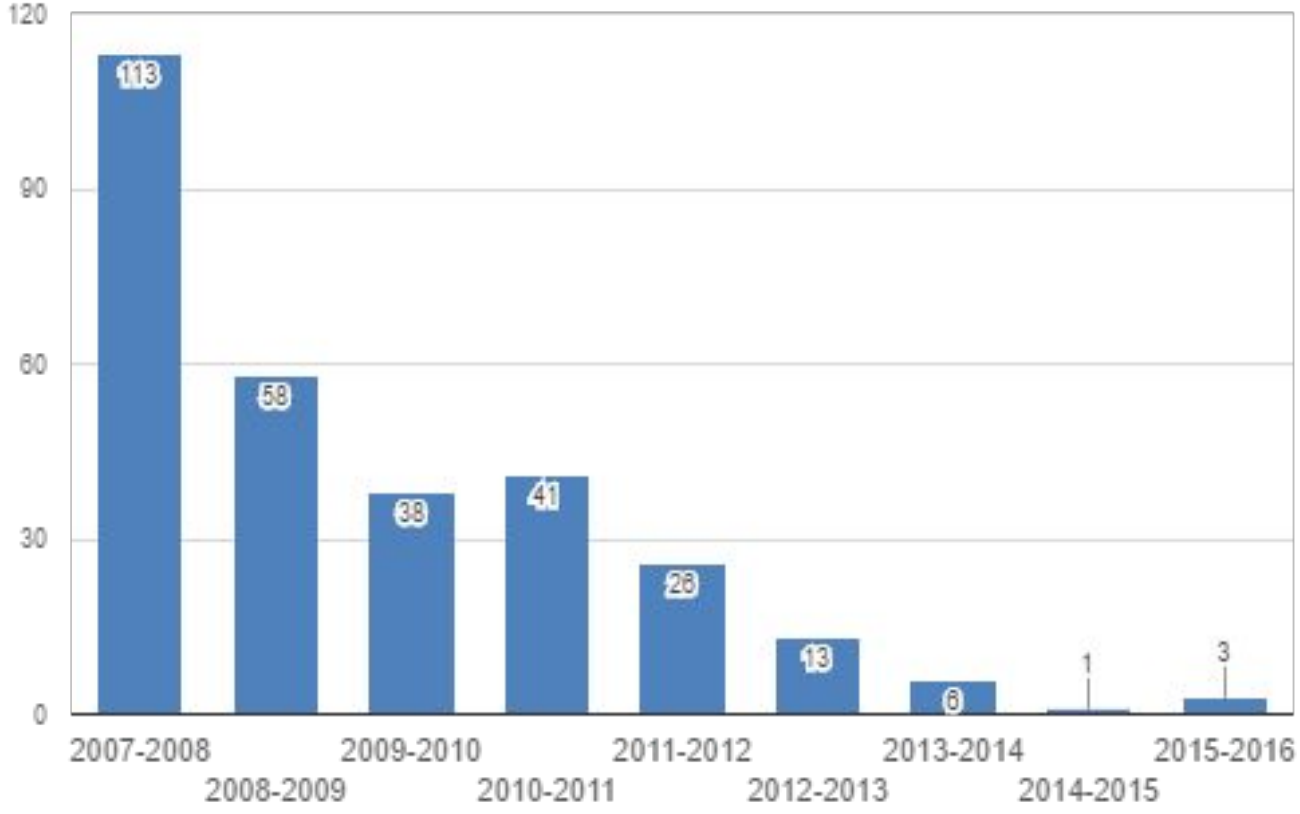
	Average Score[A]	State Percentile for Avg. School[B]	Similar Schools Percentile for Avg. School[B]
District School Climate Index	375	93	99



NVUSD Suspensions 2009-2017



NVUSD Expulsions 2008-2015



Elbow Partner Activity

- Where is your district with implementing Positive Behavior Interventions & Supports at Tier 1?
- Where is your district with implementing MTSS and Tiers 2 and 3?

Tier 2 & 3 Implementation

NAPA VALLEY UNIFIED SCHOOL DISTRICT

wellness program

TIER 3: INTENSIVE

- Wrap-Around Services
- FBA/BIP
- 1-on-1 services

TIER 2: STRATEGIC

- Social-Academic Instructional Groups
- Check-In/Check-Out
- Adaptations and Modifications

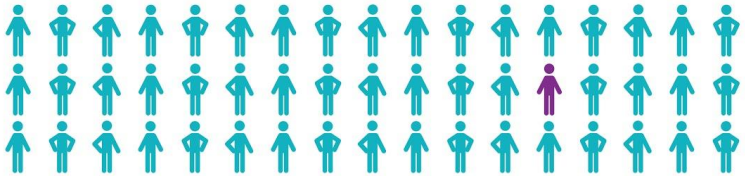
TIER 1: UNIVERSAL

- School-Wide PBIS
- Restorative Practices - Community Building Circles
- Social-Emotional Learning

Founded in 2015

250
STUDENTS
ARE SERVED
PER DAY

95% OF STUDENTS
AT HARVEST SCHOOL
SOUGHT WELLNESS
CENTER SERVICES!



"I feel really thankful
because they help me to
be better and
SUCCESSFUL."
-Jesus
grade 6th
TWENTY ONE
PILOTS
YOU
WOKE UP
LIKE THAT

Wellness Services

- Case Management
- Individual and group counseling
- Health information
- Parent Workshops
- Behavior Support

And more...

Wellness Program Objectives

“Improve the health, well-being, and educational success of students”

Wellness Program Components

- **Wellness Team**

  Who, What, Where, When, Why

- **Referral System**

  Using data how do you identify students in need of support?

- **Interventions**

  What do Tier 2 and 3 services look like at your site?

What is a Wellness Team?

- All support service providers at a school site
- Focuses on students experiencing challenges that impact school success
- Provides early identification, assessment of needs, and service coordination

Who is on the Wellness Team?

- Administrator
- Social Worker
- Counselors
- Psychologist
- Parent Liaison*
- Nurse*
- After school program representative *

**if available*

How Students Are Referred?

1. Staff Referral (Request for Assistance)
2. Student Self Referral
3. Other Data

Multiple Gating Screening Process

1. Teacher Nomination
2. Walker Screener Inventory (Child)(Adolescent)
3. Data Review

Activity: 4 Corners

Years in Education

- 0 – 4
- 5 – 9
- 10 + years
- **Not** in education!

- *Find a partner*: Currently how does your school identify students in need of higher level supports?

NAPA VALLEY UNIFIED SCHOOL DISTRICT
wellness program

67 students per day

Redwood

131 Students nominated for services

55 students per day

Silverado

114 Students nominated for services

60 students per day

Harvest

88 students nominated for services

65 students per day

ACMS

116 students nominated for services

More than

10% of

students are referred by teachers

An additional

20% of

students self-refer

NAPA VALLEY UNIFIED SCHOOL DISTRICT

wellness program

Tier 2 Supports

Social Academic Instructional Groups (SAIGs)

Social: *Anger management; social skills, mindfulness, Mariposa, Bridging Brothers, academic support, Heart & Sole, Wolfe Center, VHS Peer Support*

Academic:
Educational Talent Search, Migrant Education, tutoring

Self Management:

CICO (Check in, Check out), AmeriCorps Tutoring/Mentoring

Restorative Practices:
response to harm

Opportunity Programs:
U-Turn/OK

Legacy Leadership Program

Parent liaison:

coordinated referral to outside services

Tier 3 Supports

Individual Counseling:

Aldea, County Mental Health, NVUSD Counselors & Social Workers, NVUSD Interns

Restorative circles-
response to harm

Wrap Around

Self Management:
CICO (Check in Check out), AmeriCorps
Tutoring/Mentoring

Opportunity Program

Educational Support programs:
Educational Talent Search, Migrant Education, tutoring

Parent liaison:
coordinated referral to outside services

Community Partnerships

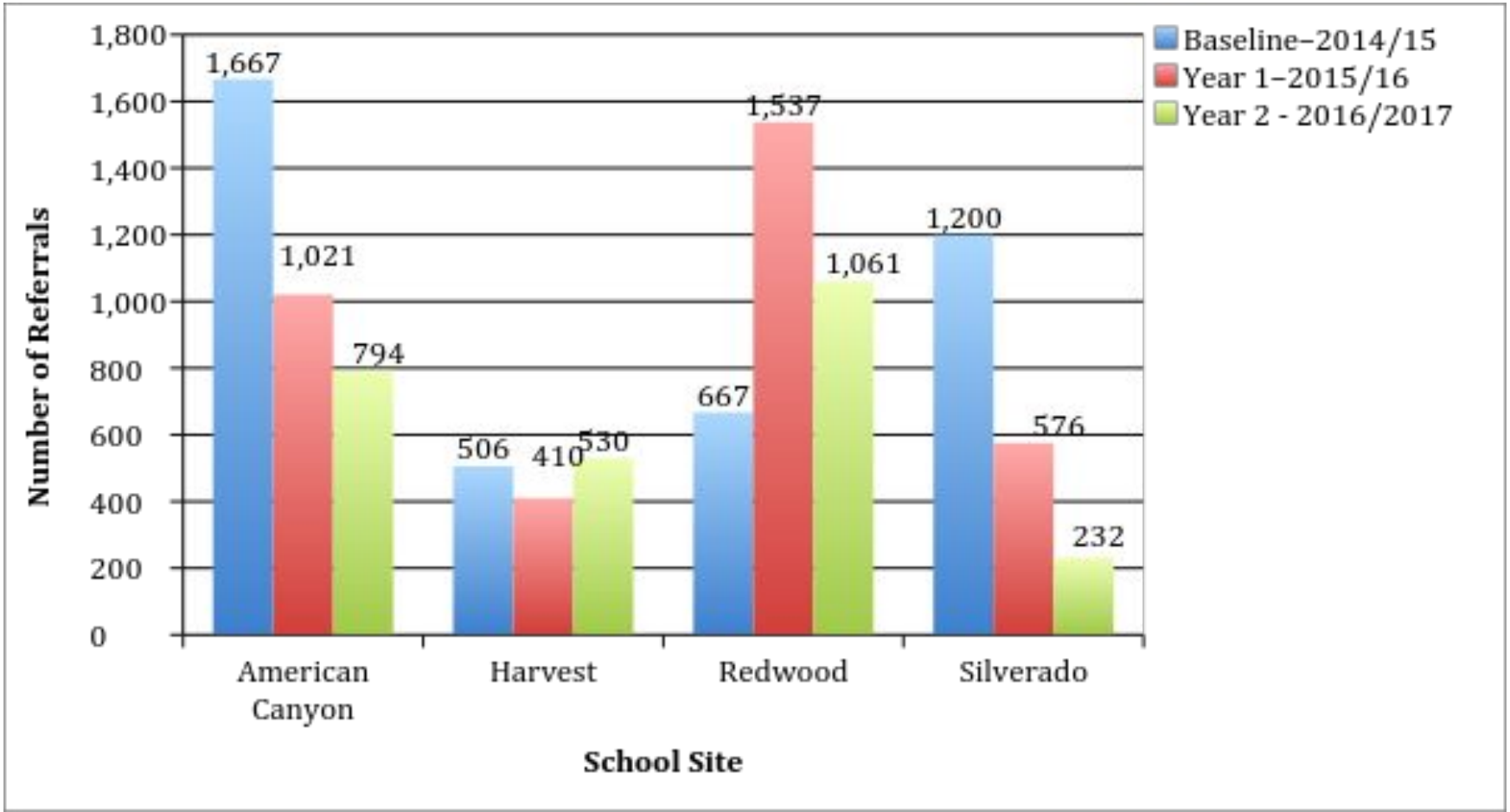
- **Aldea** - individual & group counseling
- **Mentis** - individual & group counseling
- **NCOE** - Americorps mentoring, Mariposa groups
- **Teens Connect** - parent & teen events, fundraising for groups
- University MSW Interns

Intervention	Capacity (# of students at 1 time?)	Who coordinates intervention?	Describe students who would be good fit for intervention	Data used to evaluate student outcomes	How many students have been: Referred/Successful	Maintain, Revise or Discontinue Intervention
CICO	25	Kristin	Students with emerging behavioral concerns that would benefit from additional structure and that enjoy adult attention	CICO Daily progress notes or ODR	15/10	Maintain
Mentoring	25					
Mentis/Aldea Therapist (1:1 Counseling)	10					
Social Skills Support Group	8-10					
Heart & Sole (GOTR)	15					

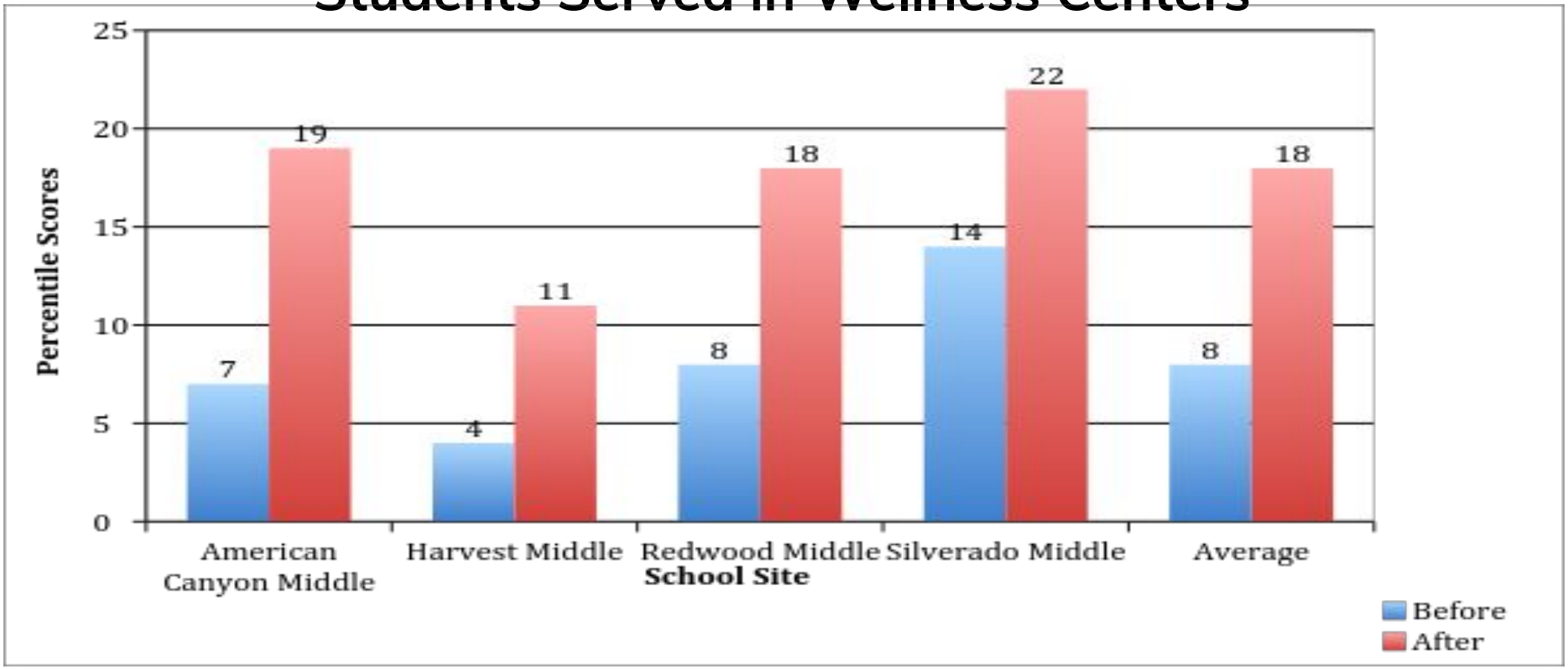
Find your Elbow Partner:

- What types of interventions have you seen be successful at your school?

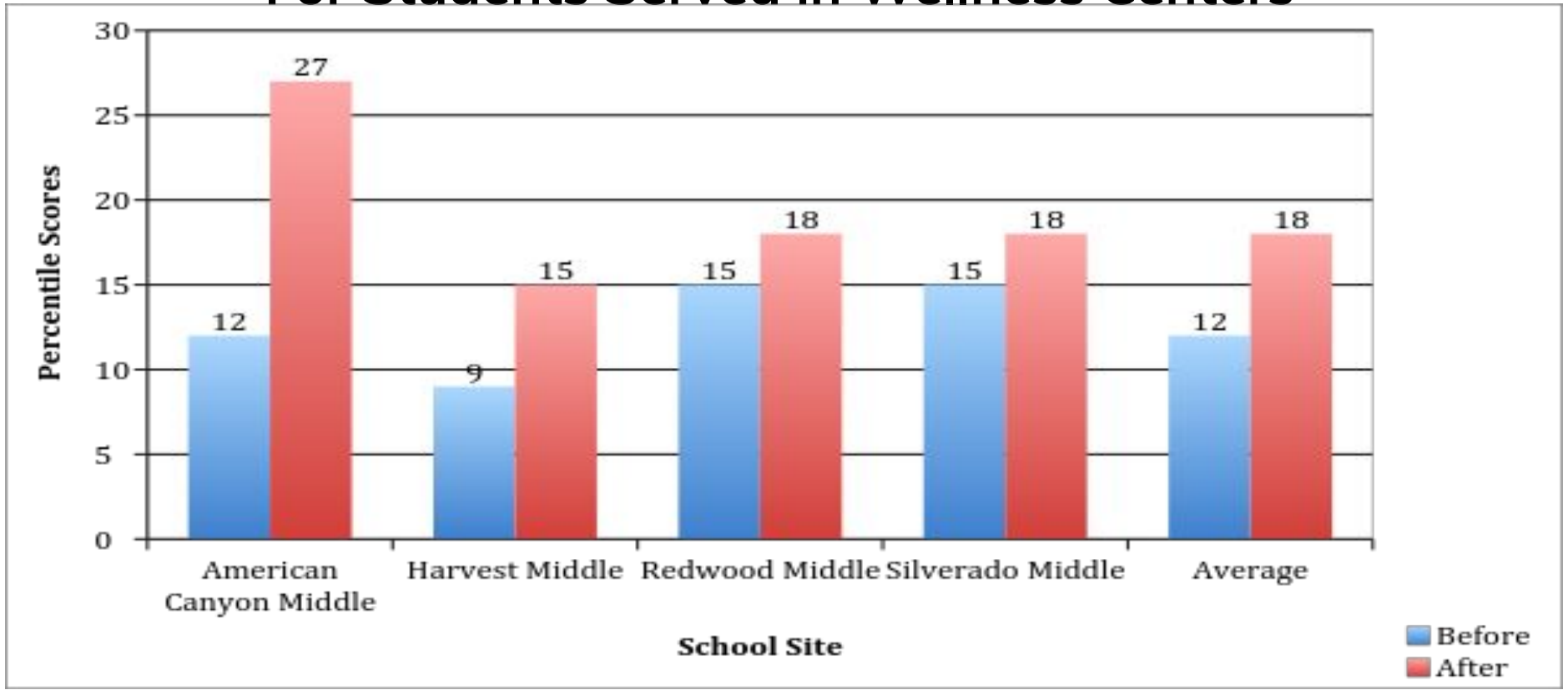
Office Disciplinary Referral (ODR) Counts by School



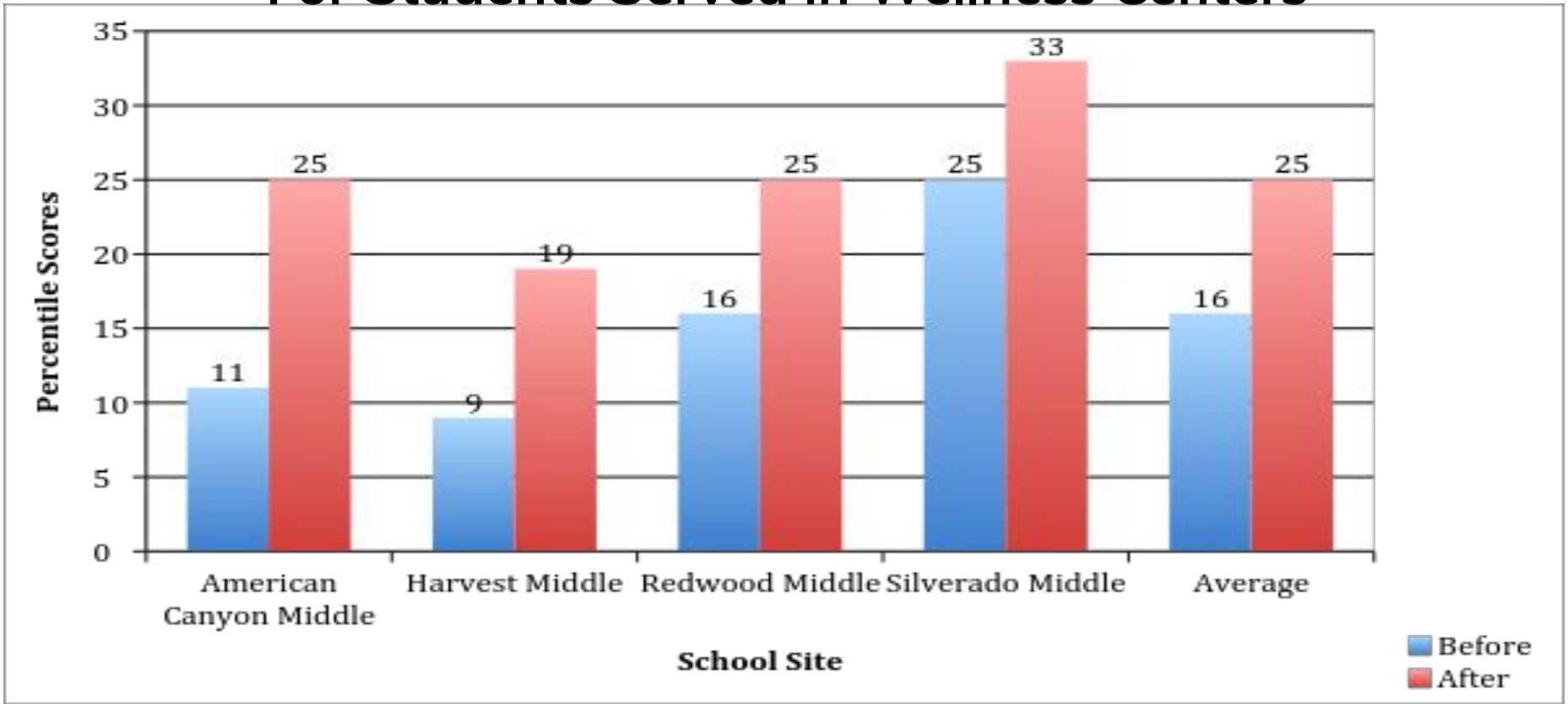
The Walker Survey Instrument Data:
Changes in Overall Social Competence & School Adjustment for Students Served in Wellness Centers



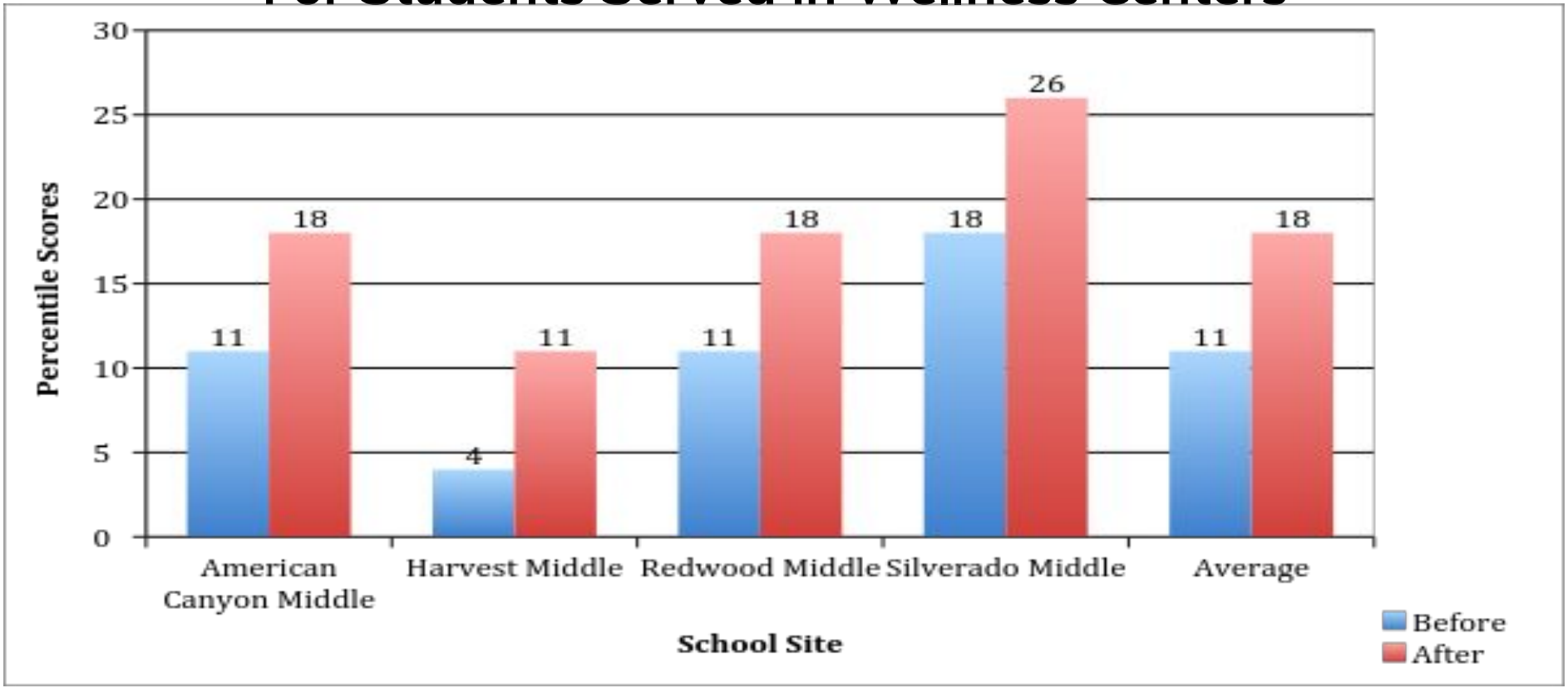
The Walker Survey Instrument Data:
Changes in Teacher-Preferred Social Behaviors For Students Served in Wellness Centers



The Walker Survey Instrument Data:
Changes in Peer-Preferred Social Behaviors For Students Served in Wellness Centers



The Walker Survey Instrument Data:
Changes in Classroom Adjustment Behaviors For Students Served in Wellness Centers



THE NEED:

DEPRESSION REPORTED BY 25% OF MIDDLE SCHOOL STUDENTS

12% OF MIDDLE SCHOOL CHILDREN IDENTIFIED WITH HAVING BEHAVIORAL CONCERNS

THE OUTCOME:

26% REDUCTION OF PROBLEM BEHAVIORS

23% REDUCTION OF REFERALS/SUSPENSIONS

- 55% IMPROVEMENT IN OVERALL SCHOOL COMPETANCE
- 20% INCREASE IN TEACHER-PREFERRED SOCIAL BEHAVIORS
- 27% INCREASE IN PEER-PREFERRED SOCIAL BEHAVIORS

Wellness Center Funding

- **Construction** NVUSD = $100,000 each
- **Staffing** - grants (*ESSCG, CalOES, PEI, Innovations*)
- Napa Valley Education Foundation
- Wellness Conference!

Activity: 4 Corners

Find your "Years in Education" Partner

- Ask: *What are obstacles to implementing a Wellness Program at your school or district?*
- Ask: *What are small ways you could get started tomorrow?*

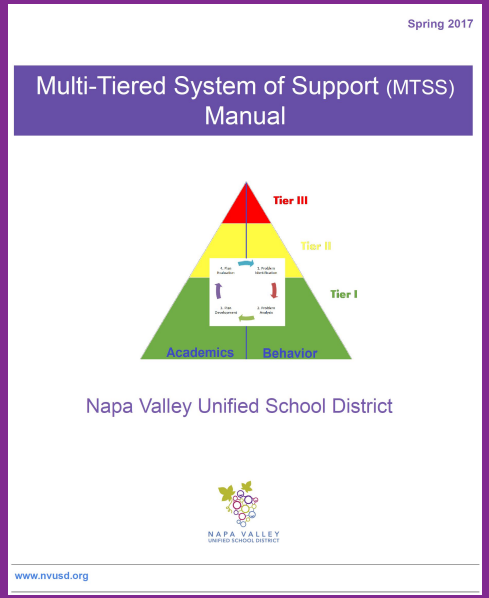
"I believe that the Wellness Center is an amazing place, they help me with my problems. Everyone here is really nice."
-Sarai
gd. 7

Next Steps for Wellness Program

- Staff/Teacher training
- Internship Program
- Expand Community Partnerships
- Expand to High Schools

Next Steps for NVUSD

- Combine Wellness program with academic RtI into comprehensive MTSS



- Develop district MTSS procedures manual

- Pilot additional MTSS/Wellness programs at 1 high school and 1 elementary school

Grand Opening

NAPA VALLEY UNIFIED SCHOOL DISTRICT

wellness program

Improving the health, well-being and educational success of our students.

NAPA VALLEY UNIFIED SCHOOL DISTRICT

wellness centers

ABOUT US

School can be challenging for students and their parents. We can help you understand and support your teen. NVUSD's Wellness Center staff are focused on helping families navigate the complex physical, emotional and social issues that may arise.

SUCH AS:

- Cigarettes, drugs & alcohol
- Loneliness and depression
- Stress and anxiety
- Suicide prevention
- Violence and peer pressure
- Body image, nutrition & exercise
- Relationships with family & friends
- Economic pressures (e.g., health insurance, free and reduced lunch)

The **Wellness Center staff** works with **teachers, school staff, families** and **community agencies.**

We are someone to listen, school counselors, school social worker, school nurse, school psychologist, and qualified therapists.

Laura Mooiman, MSW
Project Director
lmooiman@nvusd.org
www.nvusdwellness.org

HARVEST MIDDLE SCHOOL
2449 Old Sonoma Road
Napa, CA 94558
(707) 259-7718
8 a.m. to 4 p.m. • M-F

AMERICAN CANYON MIDDLE SCHOOL
300 Benton Way
American Canyon, CA 94503
(707) 557-8318
8 a.m. to 4 p.m. • M-F

SERVICES

WHAT DO WE PROVIDE?

- Safe and welcoming space
- Individual and group counseling
- Connections to community agencies and services
- Health information and services
- Case management
- Workshops for parents and guardians

HOW IT WORKS?

School teachers consider students' behavioral and emotional needs, and make referrals to the Wellness Center.

Students and parents can also visit the Wellness Center without a referral, if desired.

Services are provided based on the student's need and the Center's resources. We also have a strong network of community-based services to support our families.

Funding provided by NVUSD, U.S. Dept. of Education, Kaiser Permanente and Napa Valley Education Foundation. Services in partnership with County of Napa, Aldea, NCOE, COPE Family Center, Ole Health and more.

NAPA VALLEY UNIFIED SCHOOL DISTRICT
wellness program
NAPA VALLEY
student wellness conference
2018
March 15-17, 2018
• Meritage Resort
• 350 anticipated guests
• 3 strands: Mental Health, Restortative Justice, School Climate

Q&A