

Program and Services

Element	Program	Program Description
1	Positive Behavioral Interventions and Supports (PBIS)	PBIS is a school-wide systems of support that include proactive strategies for defining, teaching, and supporting appropriate student behaviors to create positive school environments. The SW-PBIS process is consistent with the core principles of RtI (Response to Intervention). Both RtI and PBIS are grounded in differentiated instruction. Each approach delimits critical factors and components to be in place at the universal (Tier1), targeted group (Tier 2), and individual (tier 3) levels.
2	Guiding Good Choices program (Parents)	Guiding Good Choices is an interactive program for parents of children in grades 4 – 8. It focuses on drug prevention, behavior, and developing healthy relationships. The program will be offered at three middle schools – Hazelwood East, Hazelwood North and Hazelwood Northwest. Guiding Good Choices trained staff/workshop leaders will conduct the lessons.
2	Mendez Foundation Too Good for Drugs and Violence (High School)	Mendez Foundation's Too Good for Drugs and Violence High School is a school-based prevention program designed to reduce risk factors and enhance protective factors related to alcohol, tobacco and other drug (ATOD) use among students. It focuses on developing personal and interpersonal skills to solve conflicts non-violently and to resist pressures to use drugs. It includes 12 Infusion Lessons for students, to be infused into other subject areas.
3	After School Programs	Harvard Family Research Project (HFRP) completed a study in 2007 “Out-of-School time.” This study looked at the impact of after-school programs and their impact on personal and social skills of youth. The study looked at 73 programs, which accommodated children between the ages of 5 and 18. Data was collected from 1983 to 2006. The findings include areas such as academics, prevention of drug abuse, and student's self-confidence. HFRP found that youth who participate in evidence based after school programs had greater academic success than students who did not. Some of those areas included student’s grade and achievement tests. Youth who also participated in evidence based after school programs had a decline in drug use and behavioral problems. As with the other two areas, students who participated in these after school programs had more self-confidence.

3	Mentoring	This evidenced based strategy works well with all children. Based on Mentoring Models provided by St. Louis County Family Court and other evidenced- based mentoring programs, mentors will be provided to students. Assigning mentors to students is based on the number and availability of mentors.
3	Second Step (Middle School)	<p>Social-emotional skills are important to healthy child development. Second Step: (Student Success Through Prevention) middle school program is a universal classroom-based prevention program designed to decrease aggression, bullying and substance abuse and increase students’ social skills and school success. It is designed to reduce risk factors and increase the protective factors that safeguard youth. Risk factors pose dangers that take away from student success. Protective factors prevent the onset of or buffer the risks for harmful behavior. The lessons are highly interactive and use a variety of teaching strategies to engage students’ interest. Themes presented in the lessons are:</p> <ul style="list-style-type: none"> • Empathy and communication • Bullying prevention • Emotion management and coping with stress • Problem-solving, decision making, and goal setting • Substance abuse prevention
3	Second Step (3rd-5th)	<p>Social-emotional skills are important to healthy child development. Second Step: A Violence Prevention Curriculum, for elementary students, helps increase children’s safety and well-being, by teaching them skills that reduce their aggression and increase their social competence. Themes presented in the lessons are:</p> <ul style="list-style-type: none"> • Empathy training • Impulse control and problem-solving • Anger management
3	PATHS (K -2)	<p>A critical focus of PATHS (Promoting Alternative Thinking Strategies) development includes facilitating the dynamic relationship between cognitive-affective, understanding, and real life situations. The lessons address 5 major conceptual domains:</p> <ul style="list-style-type: none"> • Self-control • Emotional understanding • Building self esteem • Relationships • Interpersonal problem-solving skills

4 and 5	Psychiatrist	The BJC psychiatrist will provide the students with a one-time school-based diagnostic evaluation, as well as, recommendations for continuity of care. A DSM-IV diagnosis will also be provided.
4 and 5	Therapists	<p>Social Workers will provide up to 8 sessions of after-school/school based counseling and/or therapy for students and/or families. The following is a list of any and/or all of the services that will be available:</p> <ul style="list-style-type: none"> • Psychotherapy/Counseling Services • Crisis Intervention • Assessment • Cognitive Behavior Therapy • Case Consultations
5	PATHS Preschool	<p>This evidence-based program is a strong complement to PBIS. PATHS Preschool is a social and emotional development curriculum that increases social competency and cognitive skills while decreasing risk factors associated with aggressive behavior. PATHS Preschool equips children, as well as their teachers and parents, with skills, a common language, and expectations for positive behaviors and social interactions. It is designed to limit anti-social behavior. PATHS Preschool addresses the following goals in the areas of social and emotional development:</p> <ul style="list-style-type: none"> • Increased self-control • Increased ability to get along with others by improving friendship skills (sharing, caring and other social skills) • Enhanced self-esteem, self-confidence and the ability to give and receive compliments • Increased understanding and communication of the vocabulary of emotions • Recognition and understanding of how one's behavior affects others • Increased understanding and use of logical reasoning and problem-solving vocabulary • Improved knowledge of, and skill in, the steps of social problem solving.
5	PAT	PAT is an evidence-based parent education program that has demonstrated significant success in national studies as well as in the state of Missouri and locally in the metropolitan St. Louis area.