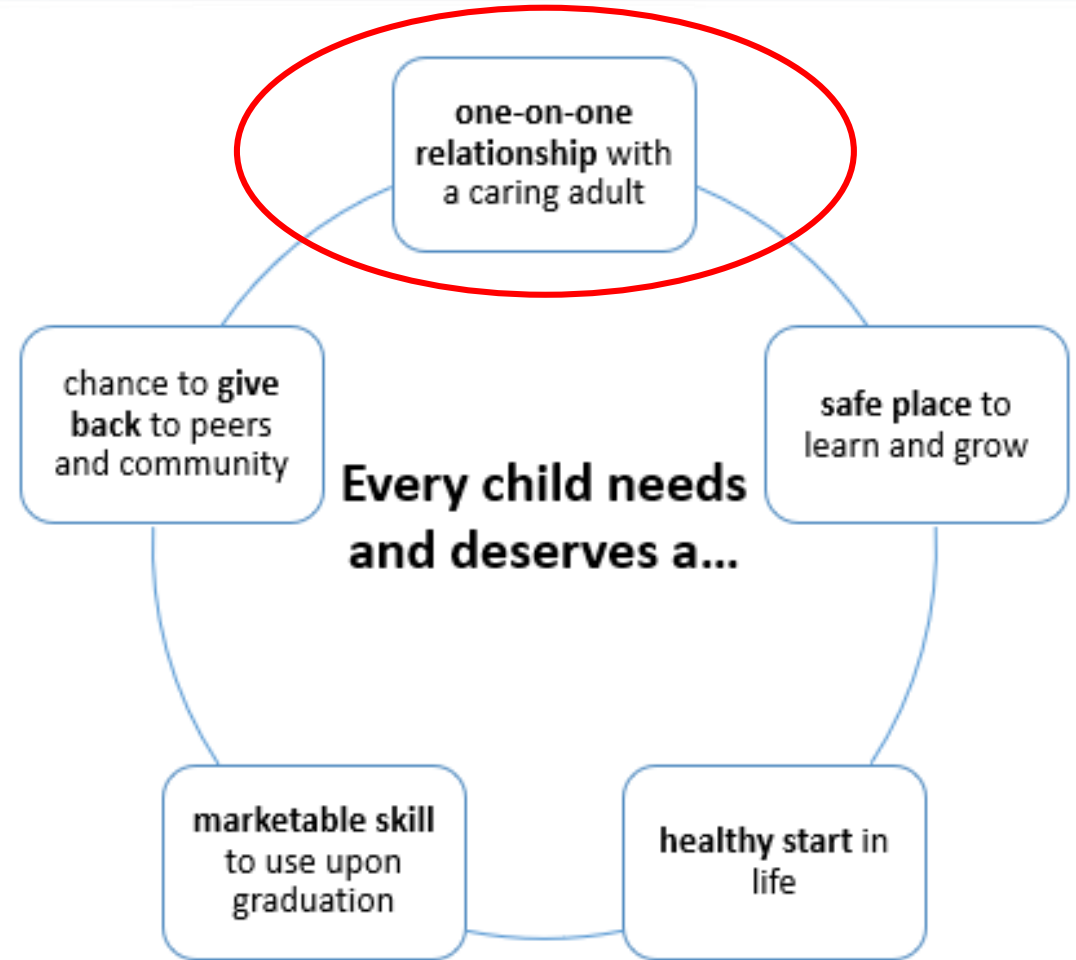


# ABC Summit

## Communities In Schools



- Students often struggle in school because of factors **outside** of the classroom.
- Support must be **individualized** to the unique needs of students and schools.
- Support should be accessible to students where they are - **in school**.
- Support in schools must be **coordinated** to ensure students are receiving the correct service.



# Districts and Campuses Served



## Districts Served

FY19: 139

FY20: 175

FY21: 178

**FY22: 201**



## Schools Served

FY19: 967

FY20: 1,186

FY21: 1,235

**FY22: 1,428\***

- **100%** of Education Service Center (ESC) regions had at least one district served by CIS in FY22.
- **94%** of campuses served in FY22 were Title I eligible.
- **38%** of campuses served received a “C” or “Not Rated: SB 1365” accountability rating in FY22.

*\*Does not include “special” campuses.*

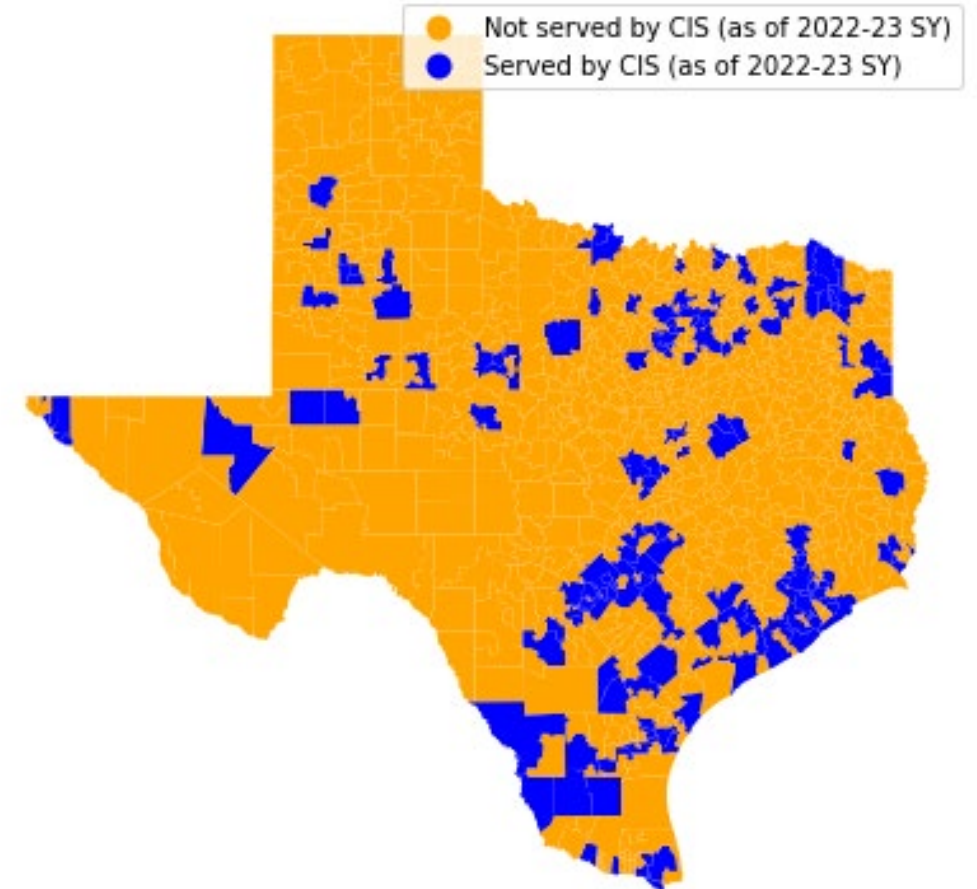
# CIS in Texas

## Nationally

- 128 CIS affiliate organizations
- Over 2,600 campuses served
- 25 states and Washington D.C.

## In Texas

- 27 CIS affiliate organizations
- Over 1,400 campuses served
- Each is a non-profit organization that contracts directly with school districts
- Each is a TEA grant partner



# CIS Model

- CIS places a professional staff member on a school campus who integrates into the campus.
- CIS establishes relationships with community service providers and resources.
- CIS staff complete a comprehensive campus needs assessment used to plan an array of services (Integrated Student Supports).
- CIS staff provide or coordinate “tiers” of integrated student supports to students, families and the entire campus.
- CIS staff identify a smaller caseload of higher need students to work with more intensively (~75 students). “Case-managed” students have an individualized plan of service aligned to their unique needs.
- CIS staff continuously monitor school and student progress and adjust supports to maximize impact.
- CIS uses objective data to determine progress on specific academic, attendance and behavior indicators and to improve practice.



CIS provides and leverages services within all tiers of a multi-tiered system (Tier I, Tier II, Tier III) based on student and campus needs

# CIS Services

## Supportive Guidance and Counseling

- Including mental and behavioral health, crisis response, mentoring, support groups, and Tier I support

## Health and Human Services

- Including basic needs assistance, connections to community resources

## Parental and Family Engagement

- Including home visits, translation, and consultation

## Academic Enhancement and Support

- Including tutoring, advocacy, study skills, and extended learning time

## College and Career Awareness

- Including post secondary preparation, access and transition

## Enrichment

- Including cultural activities and exposure



# Thriving in Mental Wellness



Communities  
In Schools®

Laredo



Rosie Guzman  
Quality Assurance Specialist / Master Trainer



Gabby Martinez  
Site Coordinator / Master Trainer

# Communities In Schools of Laredo By the Numbers

Number of Employees: 44

Districts served: 5 districts

Mental Health Referrals 2021-2022: 91

Employee Mental Health Referrals 2021-2022: 4

Mental Health Referrals 2022-2023: 61

Employee Mental Health Referrals 2022-2023: 3

Employees currently pursuing a license: 2



Communities  
In Schools®

Laredo



# The Goal? To Achieve Mental Wellness!

Communities In Schools of Laredo provides services to at risk students through the support of our CIS model in the areas pertaining to:

- *Academics*
- *Attendance*
- *Behavior*
- *Social Services*

In the past year, our local CIS program has made tremendous improvement by additionally providing wrap-around mental health services to students and families. Our Site Coordinators are enabled through trainings to help identify and coordinate services for students in need of mental health and wellness support.



# Objectives

How to thrive despite no licensed professionals...

- a. Participants will learn how CIS Laredo Site Coordinators apply strategies to target mental health and wellness.

What contributes to our program success ?

- b. Participants will learn how CIS Laredo Site Coordinators integrate Tiers of Support through diverse activities that teach students and families about mental health wellness and support.



# How to thrive despite no licensed professionals...

- Building capacity
- Creating non-binding forms
- Campus administration support
  - Community partnerships



**When there's a will there's a way!**

# Forms

## UNITED INDEPENDENT SCHOOL DISTRICT



### Board of Trustees

Ramiro Veliz, III  
President  
District 4

Aliza Flores Oliveros  
Vice-President  
District 3

Juan Roberto Ramirez  
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District 6

Ricardo Molina, Sr.  
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District 1

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District 7

Javier Montemayor, Jr.  
Member  
District 5

Ricardo "Rick" Rodriguez  
Member  
District 2

**David H. Gonzalez**  
Superintendent

201 Lindenwood Drive  
Laredo, Texas 78045  
Phone: (956) 473-6219  
Facsimile: (956) 728-8691

To whom it may concern,

This correspondence has been created in order to address the referral for counseling services under PILLAR (People with Ideas of Love Liberty and Respect). In addition, parent has been informed about the referral and is in agreement to proceed.

\_\_\_\_\_ and \_\_\_\_\_  
(Counselor) (CIS Site Coordinator)  
are in agreement to refer student to counseling under PILLAR. Cost will be paid through Communities In Schools of Laredo, Inc. (CIS).

Student's Name: \_\_\_\_\_ ID: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature Date

\_\_\_\_\_  
Counselor Signature Date

\_\_\_\_\_  
Principal Signature Date

\_\_\_\_\_  
CIS Site Coordinator Signature Date



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Student's Name: \_\_\_\_\_ ID: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature Date

\_\_\_\_\_  
Counselor Signature Date

\_\_\_\_\_  
Principal Signature Date

\_\_\_\_\_  
CIS Site Coordinator Signature Date

Created in October 2021



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Parent's Name: \_\_\_\_\_ Cell #: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature Date

\_\_\_\_\_  
Counselor Signature Date

\_\_\_\_\_  
Principal Signature Date

\_\_\_\_\_  
CIS Site Coordinator Signature Date

Created in October 2021



# What contributes to our program success ?

*Integrating Tiers of Support through diverse activities that instill students and families about mental health wellness and support.*



# Program Wide Initiatives

## **Parent meetings/ Guest Speakers**

**Purpose:** Raise awareness by educating parents on the importance of mental health, identify warning signs and build resilience against adversity.

**Explanation:** Speakers from various organizations will be invited to present at the parent meetings and provide mental health and wellness support.

## **Positive Affirmation/Gratitude wall**

**Purpose:** To speak positivity about oneself.

**Explanation:** This will focus on building up the student self esteem and overall confidence of the student.

## **Let's Chalk About Mental Health**

**Purpose:** To support Mental Health

**Explanation:** Students will use chalk to write positive affirmations, quotes, and motivational messages in support of mental wellness

## **Do The Write Thing (Middle School Initiative)**

**Purpose:** To address anti-violence and anti-bullying prevention

**Explanation:** Students will write about their view in the community, personal experiences, and how they will change violence in their community. Student writings are proven to be therapeutic and start the healing process for students.

# Allowable Costs: Systemic Support

**Trainings: CIS Staff/Parents/Students**

**Executive Functioning Supplies: Activities and projects**

**Motivational Speakers: Parents/Students**

**Cost for Therapy: LPC referrals**

**Basic needs: Resources**

**Community Outreach: Awareness Marketing**





*“The program has enabled our students to feel like they belong and can ask for help. Through the assistance of CIS and the HOGG Foundation we believe this is a pivotal stepping stone to help our students succeed as they continue their path in life.”*

*Jose De Leon*  
Principal  
Louis J. Christen Middle School  
Laredo Independent School District



*“Our partnership with Communities In Schools program has allowed us to develop student initiatives aimed at improving our school environment and overall student performance.*

*The implementation of the “Self-Care Tool Kit” and “CIS/Toro Vending machine,” have demonstrated to be valuable tools in improving our attendance rate, executive functioning skills, extracurricular participation, and academic achievement of our students.”*

*Jose E. Iznaola*  
Principal

Dr. Leo Cigarroa High School  
Laredo Independent School District



Thank you. Remember...



Communities  
In Schools®

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Laredo

**When there's a will there's a way!**

# Building a MBH Foundation for All Staff

*Communities In Schools of North Texas*  
*Tasha Moore, LMSW*





# Serving North Texas

- Cooke, Denton, and Wise Counties
- Bridgeport, Denton, Gainesville, Lake Dallas, Lewisville, and Northwest ISD



- 67 programs on 56 different elementary and secondary campuses



# Student Served

- 2021-2022 School Year
  - 4765 students in Case Management Programs
  - 1450 students in Afterschool Programs
  - ✓ 89.8 % Improved in Academics
  - ✓ 81.0% Improved in Behavior
  - ✓ 79.7% Improved in Attendance
  - ✓ 98.7% Promoted to the next grade level
  - ✓ 99.0% students graduated
  - ✓ 100% of students stayed in school



# Student Population

- 81% of students were assessed for a mental or behavioral need
- 78% Free/Reduced Lunch
- 25% Limited English Proficiency
- 6% Homeless
- 5% Incarcerate Parents





# Working to Address the Need

Site Coordinators (67 staff)

Mental Health Coordinators (2 staff)

Family Engagement Specialists (2 staff)

Interns & AmeriCorps Members (65-80 individuals)





## Foundational Work



Mental and  
Behavioral Health

Trauma-  
Informed  
Care

Supportive  
Guidance

Student  
Wellness

Social  
Emotional  
Support

Prevention

Positive  
School Culture

# Foundational Work for all staff

- Mental Health First Aid for Youth
- Ask Suicide Prevention
- Trauma Informed Practices
  - Trust Based Relational Interventions (TBRI)
  - Zones of Regulation
- Curriculum
  - Why Try
  - SEARCH Institute's Developmental Relationships



# Tier II Supports

- Student Small Groups
  - Focus on developing student executive functioning skills
- Classroom Groups
  - Practice skill application in a classroom setting with peers
- Parent Education and Engagement
  - Provide opportunities for parents to learn how to help their students build skills at home
  - Provide information on mental and behavioral health services



# Thank you

To find your Communities In Schools in your area please visit,

<https://tea.texas.gov/texas-schools/support-for-at-risk-schools-and-students/communities-in-schools>



**TAKE A BREAK**

See you  
after lunch:  
12:00 pm



# Tier 2 In-School Mental Health Supports and Services







The *National Center for School Mental Health* defines Tier 2 school mental health services as “supports for students who have been identified through a systematic, equitable process as experiencing mild distress, mildly impaired functioning or as at-risk for a given problem or concern. Examples of early intervention include small group interventions for students with similar needs, brief individualized interventions, mentoring, and/or low-intensity classroom-based supports.”


Our panelists today represent rural school districts who have built strong partnerships with their community members to provide effective Tier 2 school mental health supports for their students.





# Panel Objectives

By the end of this presentation, we hope you will learn:

- 1) How rural school districts can effectively implement school mental health services.
  - 2) How implementing a peer-led suicide prevention program can help students stay safe and connected.
  - 3) How defining specific protocols and procedures for effective suicide care can help the whole community.
- 



# Alice ISD and Texas A&M University Kingsville

- Dr. Nadia Moreno, PhD, LCSW – Director of School Climate Transformation Grant, Alice ISD



- Angel C. Espinoza, LCSW – School Social Worker, Alice ISD



- Dr. Crystal N. Garcia, PhD, LMSW – Professor of Practice & BSW Field Education Director, Social Work Program, Texas A&M University Kingsville



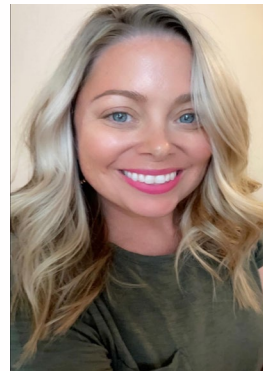


# Dickinson ISD and TX Advancing Suicide Safer Schools Roadmap

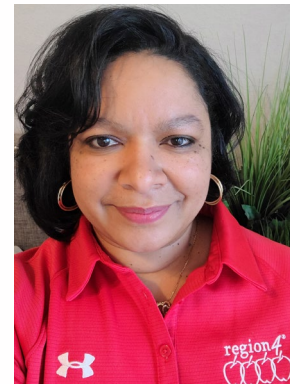
- Amy Cmaidalka  
– SEL Specialist,  
Dickinson ISD



- Diane Manley,  
MS, LPC – RYSE  
Suicide  
Prevention  
Specialist, Gulf  
Coast Center



- Dr. LaKeisha  
Kearney, PhD,  
LSSP – Mental  
Health  
Specialist, ESC  
4





# Mansfield ISD and Hope Squads

- Kasey Holder – Coordinator of Guidance & Counseling, Mansfield ISD & Hope Squad Advisor & Master Trainer



- Kaylee – Sophomore, Mansfield HS, Hope Squad member for 3 years



- Kristi Wiley, MFA - Program Director for the Jordan Elizabeth Harris Foundation, Fort Worth, TX & Hope Squad Master Trainer

