

Journey through the school year: A guide for navigating service delivery from September to June

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Objectives

- Understand how the ebb and flow of the school year can help guide your planning and interventions throughout the year.
- Learn how to navigate existing resources and apply these resources to your practice
- Gain knowledge about specific strategies to use when working with students, families, and staff.

If you ever want to know what a social workers mind feels like, imagine a web browser with 2,989 tabs open.
All. The. Time.



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September Connections

- Be visible
 - People, places and meetings
- Expectations and goals
- Caseload students

October Interventions

- Service delivery
 - Classroom lessons
 - Groups
 - Individuals
- Goals
- Research says . . .

October Interventions

- Research emphasizes the importance of school social workers utilizing an ecological model of service delivery
 - Research highlights how adopting a collaborative approach with teachers can enable us to reach a larger number of students (Lynn, McKay, & Atkins, 2003)

October

Evidence Informed Interventions

- Evidence-Based Practices Resources
 - <https://ies.ed.gov/ncee/wwc/>
 - <https://www.samhsa.gov/ebp-resource-center>
 - <https://campbellcollaboration.org/>
 - <https://www.cochrane.org/>

November Crisis

- Crisis Planning
- Resources
- Training
- Community support
- Research says . . .

November Crisis

- Werner (2015) recommends:
 - Being more involved in crisis preparation and offer training to teach others about crisis preparation
 - Understanding the school crisis plan as well as participating in crisis drills to increase knowledge and confidence
 - Engaging in crisis exercises once a year to positively affect preparations

November Crisis/Mental Health Resources

Crisis Intervention:

<http://www.smhp.psych.ucla.edu/pdfdocs/quicktraining/schoolbasedcrisisinterv.pdf>

<http://cbitsprogram.org/school-crises>

<https://www2.ed.gov/admins/lead/safety/emergencyplan/crisisplanning.pdf>

Suicide:

<https://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

<http://www.sprc.org/sites/default/files/migrate/library/AfteraSuicideToolkitforSchools.pdf>

<http://www.sprc.org/>

Mental Health:

http://adamhsc.org/pdf_adamhsc/en-us/Publications/Guides/MHToolkit.pdf

<https://cbitsprogram.org/>

<https://www.samhsa.gov/communityconversations>

December

Professional Development

- Staff
- Parent programs
- Special education
- Boundaries

Listen honey, my title
is social worker,
not miracle
worker



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January

Assess Progress

- Expectations are Increased
- Assess interventions / progress toward goals
- Adjust interventions
- Resources
 - PBIS world
<http://www.pbisworld.com>
 - Intervention central
<http://www.interventioncentral.org/home>

Students do well if _____.

Ross Greene's Collaborative and Proactive Solutions Process



www.livesinthebalance.org

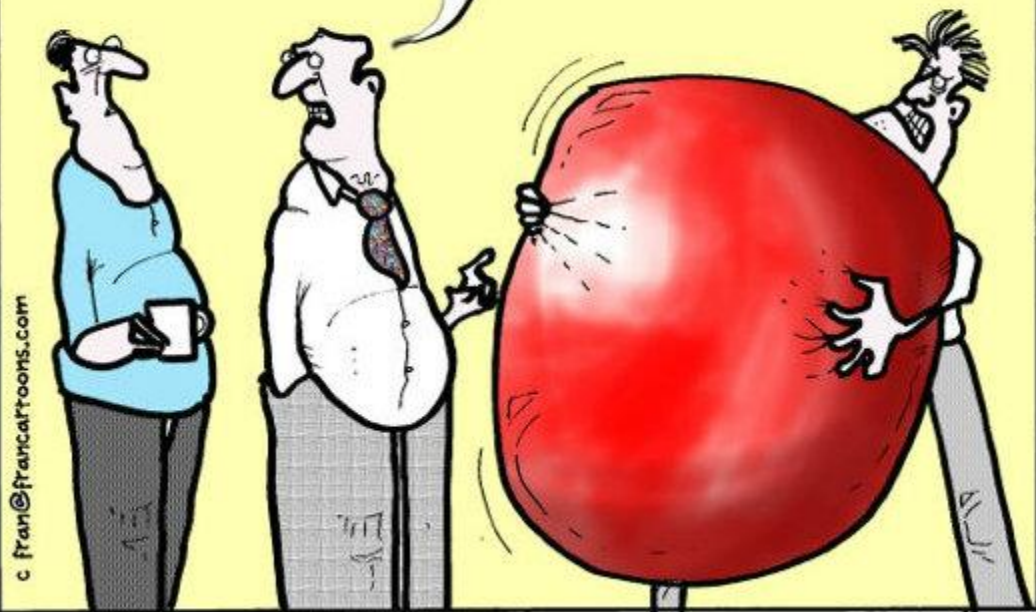
Students do well if they can.

February

Self-Care

- “Just like you do on a plane, you need to put on your own oxygen mask first before trying to help others.”
 - Dean Nancy Smyth
- Self-care Starter Kit
 - <https://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

Social workers tend to need a larger than average 'stress ball'.



March

Conflicts & Coping

- Biggest gap between expectations & struggling students
- 3rd quarter is a demanding academic period
- Tail end of winter, conflicts are highest
- Transition program planning begins
- Continue interventions & monitoring

Peer Conflict

Social Relationships

Level of Relationship	
Schoolmates	
Classmates	
Teammates	
Friends	
Good Friends	
Best Friend(s)	
Dating Partner	
Life Partner	

April Transitions

- Start implementing transition plans
 - Grade level
 - Individual
 - Be prepared for communication with next level
- Gather evidence for your SSW evaluations
 - MASSW Professional Evaluation Guidance Document
 - https://cdn.ymaws.com/masswmi.site-ym.com/resource/resmgr/SSW_Effectiveness_Package/MASSW-SSWEval.pdf
- Continue Interventions & Monitoring

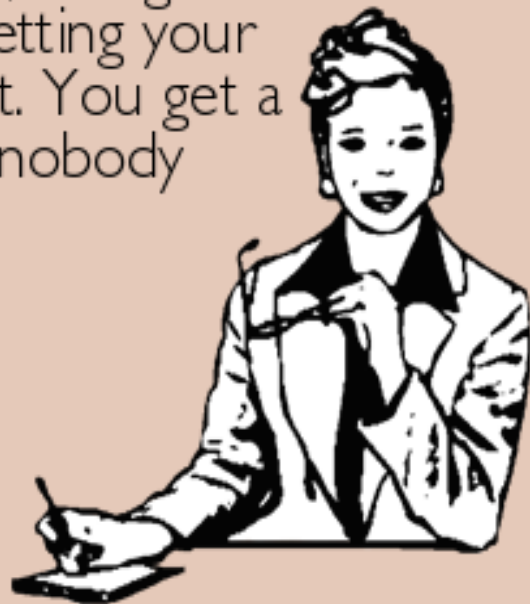
May
End is in sight

- Focus on “discharge” interventions
 - Wrap up groups, individual sessions
 - Connect students/families to summer supports
 - Wrap up transition activities
 - Build student connections with next year people & resources

June/August Rally / Plan

- Wrap up and tidy up
 - Organize space, materials, etc.
- Make plans & organize for next year

As a social worker, doing a good job is like wetting your pants in a dark suit. You get a warm feeling, but nobody else notices!



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Journey through the School Year

- Questions and
Comments

Resources

Classroom lessons, groups and individuals

One by Kathryn Otoshi

Worksheet- How can you be the One?

Chrysanthemum by Kevin Henkes

Wrinkled heart activity with poem

The Band Aid Chicken- Becky Rangel Henton

Band aid collage

Simon”s Hook by Karen Gedig Burnett

Social Thinking(Hendrix, Zweber Palmer, Tarshis & Garcia Winner, 2013)

Thinking thoughts and Feeling feelings

Body in the Group

The Group Plan

Thinking with your eyes

You are a Social Detective by Michelle Garcia Winner and Pamela Crooke

Resources

Classroom lessons, groups and individuals -continued

What to do when you grumble too much by Dawn Huebner, Ph.D.

When My Worries Get Too Big - A Relaxation Book for Children Who Live With Anxiety

Taking Charge of Anger - Social Star program

What To Do When You Worry Too Much by Dawn Huebner, Ph.D

Professional Development - Book Study

Mindset by Carol Dweck

Say Yes to No by David Walsh

Lost at School by Ross Greene

Crisis Planning

<https://www2.ed.gov/admins/lead/safety/crisisplanning.html>

<https://training.fema.gov/>

Resources

Skill building / Behavior Interventions:

Lost at School: Why our kids with behavioral challenges are falling through the cracks and how we can help them

by Ross Greene

www.livesinthebalance.org (Ross Greene resources)

Executive Skills in Children & Adolescents: A practical guide to assessment and intervention, 2nd edition

by Peg Dawson & Richard Guare

Fall Down 7 Times Get Up 8: Teaching kids to succeed

by Debbie Silver

Mindfulness Skills for Kids & Teens

by Debra Burdick

The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students & The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors

by Jessica Minahan

Resources

Intervention Assessment:

www.sdqinfo.com (Strength & Difficulties Questionnaire)

Transition Programs:

www.boomerangproject.com

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