



Community Care

Zone Report

**2023-2024
1st Quarter**

**Prepared By:
D49 Community
Care Team**

01

D49 District Updates

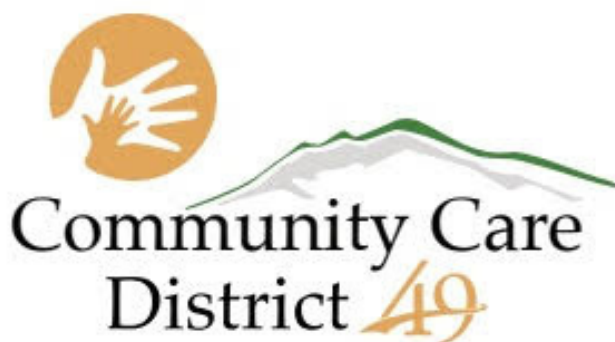
2023-2024 Community Care Team

As we all settle into a rhythm of the school-year, my team and I have been afforded the opportunity to partner on many levels within our schools. Whether it be training staff; providing wrap around support to students; designing an intervention support protocol for challenging behavior; welcoming and supporting military connected families to the district, we are humbled by the trust you place in us.

I would like to invite you to take advantage of the many upcoming training courses available to you on High Impact Behavior. Through a cross-functional collaborative effort from all corners of the district, we are engaging in presenting valuable learning opportunities that will allow for a regulated classroom in which learning and teaching will remain impactful for all.

On behalf of our team in the Department of Community Care, thank you for your continued partnership.

-Jason White, Coordinator of Community Care



Mindful Breathing: Benefits in the Classroom & Beyond!

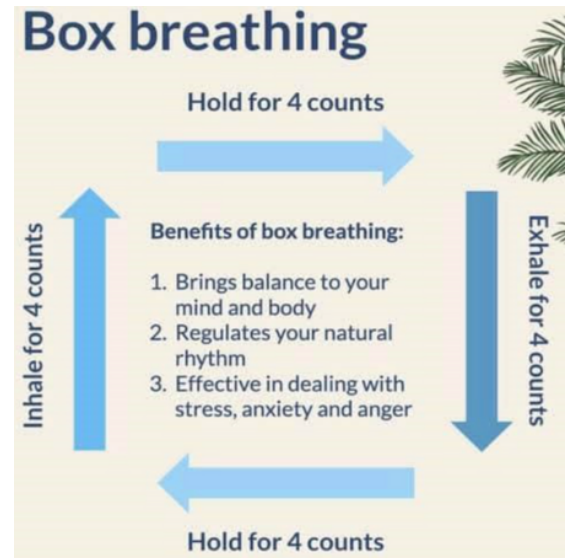
1ST QUARTER

02

Lisa Fox, M.Ed., BCBA, District Behavior Analyst

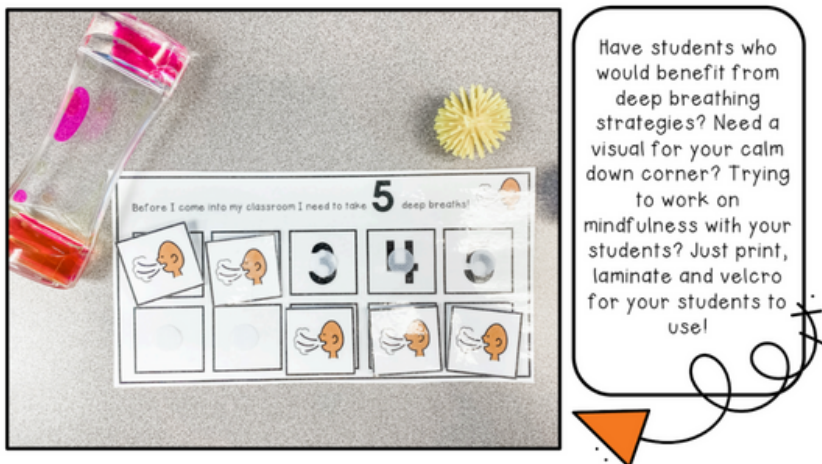
Feely good stuff or an intervention that may work? Some may cringe or dismiss mindfulness in the classroom, thoughts of it being “woo woo” or not an evidenced based intervention but numerous studies have shown otherwise. Across the country school districts are implementing mindful breathing practices in the classroom and are reaping the benefits.

We know that more and more of our students are struggling today, more than ever before. Countless studies have pointed to our students having a drastic increase in depression, anxiety, increased feelings of hopelessness and sadness; and over half of our students experience at least one serious stressor at home like food insecurity, or caregiver addiction. Thankfully, school communities are experiencing a sigh of relief (no pun intended) with the practice of mindful breathing.



Studies have proven that breath work techniques and breathing practices can calm the nervous system, help sharpen our focus, recenter our attention and sense of balance and help us come in contact with the present moment, ultimately the thing that matters the most. Breathing will happen whether we think about it or not, and while doing so immediately brings a sense of calm. Below are a couple of mindful breathing techniques you might find beneficial in the classroom.

Deep Breathing Visual

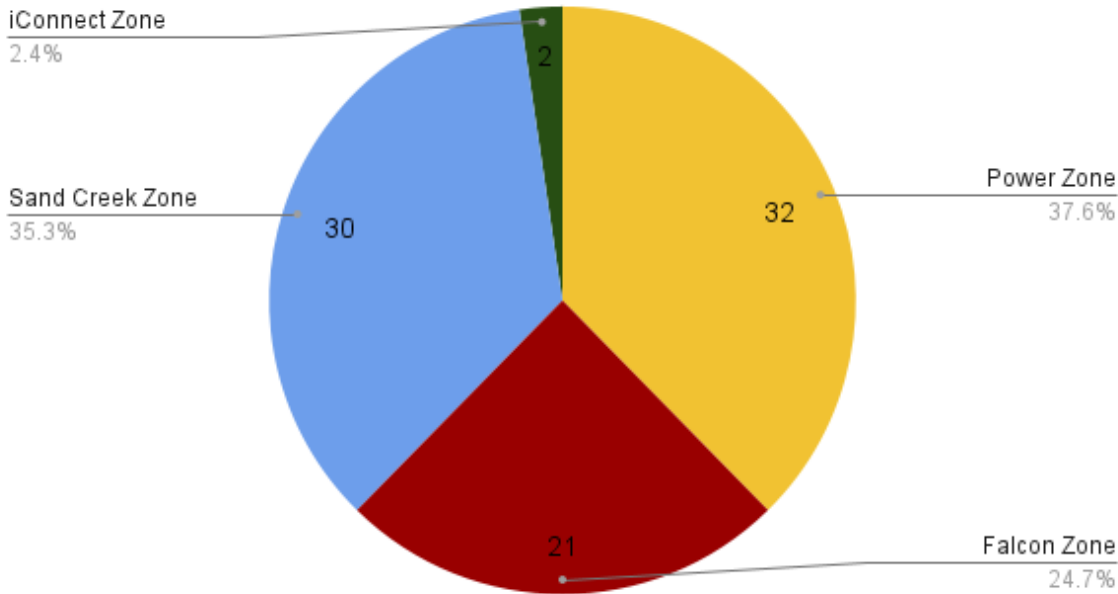


03

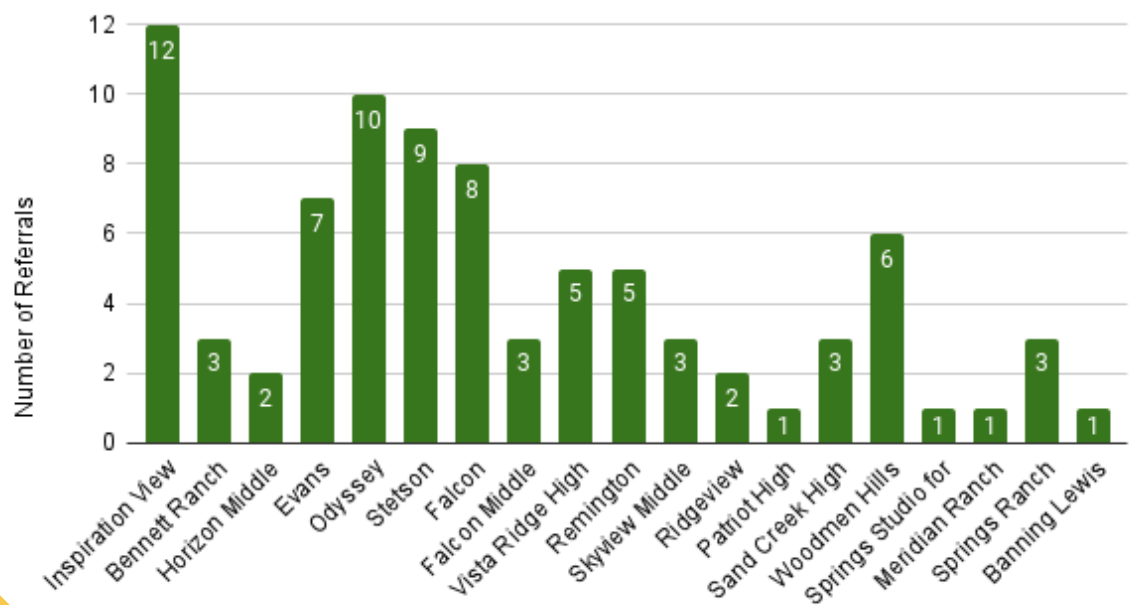
District Behavior Analyst Team Data

1ST QUARTER

DBA Referrals By Zone



DBA Referrals by School 2023-2024



Attendance Matters!

04

1ST QUARTER

Rebekah Lusk, Community Engagement Liason

7th grade
6th grade
5th grade
4th grade
3rd grade
2nd grade
1st grade
Kindergarten

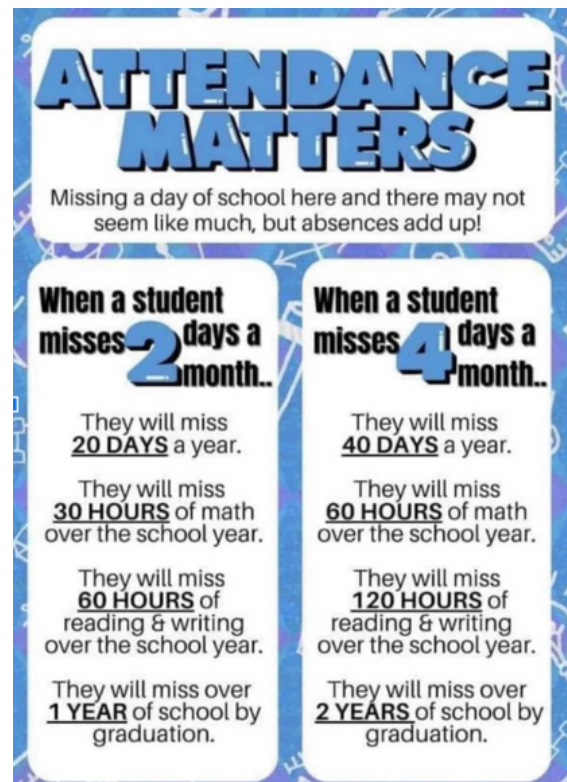


How many times have you heard, “Oh, it’s just Kindergarten. It doesn’t matter if they miss a few days”? There is actually an abundance of learning that goes on in a single school day...even in a single hour of a school day. Consider, if you will, the “Attendance Matters” graphic to the left. Those days here and there add up quickly and put your child behind their peers in learning.

Additionally, the school curriculum is created to build upon the year before it, not unlike a brick wall. When students are missing hours of math, reading, writing, etc., they have to work even harder to catch up. This can also cause the next school year to be more difficult because they are missing bricks in their education wall.

One study found, “Students who receive fewer hours of instruction during the school year are disadvantaged in their learning, perform more poorly on exams, receive lower grades and at the end are more likely to drop out of school before reaching compulsory education (Attendance Works, 2022).” This is merely one study on the negative effects of absenteeism. As educational professionals we see these consequences over and over.

It can be very difficult to get your child to school when they are refusing to go, so if this is a struggle, please reach out to your school’s counselor so you can problem-solve together. We are always happy to be on the same team with you to help your child be successful at school. Enjoy the school year!



05

High Impact Behavior Trainings

1ST QUARTER

October 6, 2023

- **Why Behind Behavior:**
<https://d49.pl.powerschool.com/ia/empari/learning2/course/search/doCourseSearch?searchString=Why+behind+behavior&originalSearchString=>
- **Verbal Behavior:**
<https://d49.pl.powerschool.com/ia/empari/learning2/course/search/doCourseSearch?searchString=Verbal+behavior&originalSearchString=>
- **Adult Impact on Behavior:**
<https://d49.pl.powerschool.com/ia/empari/learning2/course/search/doCourseSearch?searchString=Adult+Impact+on+Behavior&originalSearchString=>

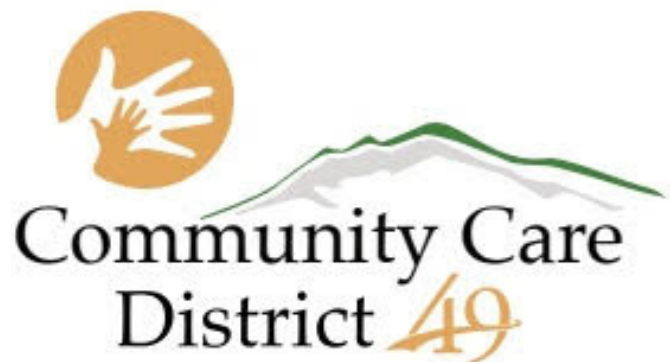
November 2, 2023

- **What is Autism? Autism 101 (via Zoom):**
<https://d49.pl.powerschool.com/ia/empari/learning2/course/search/doCourseSearch?searchString=What+is+Autism&originalSearchString=>

December 8, 2023

(Aha! links to be added soon!)

- **Why Behind Behavior**
- **Verbal Behavior**
- **Adult Impact on Behavior**
- **Tier 1 Behavior Supports**
- **MTSS**
- **Behavior Problems of Practice**





CCT Training Opportunities 06

Please let us know if you would like any trainings to support student behaviors this school year! We would love to continue to partner with all buildings and staff!

TRAININGS AVAILABLE

- ABC Data Collection
- Antecedent Strategies
- Applied Behavior Analysis
- Behavior 101
- Behavior Teaching Strategies
- BIPs & Escalation Cycle Management Plans
- Building Relationships
- Class-wide Reinforcement Systems
- Classroom Management Strategies
- Contracts (Student)
- Counselor Behavior Training
- Data Collection
- Discrete Trial Training (DTT), Errorless Learning, & Reinforcement
- Early Childhood Behavior Training
- Functions of Behavior/Functional Behavior Assessments
- Group Contingencies
- Guest Teacher Behavior Training
- Paraprofessional Behavior Training
- QPR Suicide Prevention
- Reinforcement & Punishment
- Social Stories
- Teaching Replacement Behaviors
- Token Boards
- Visual Schedules
- K-2 Behavior Interventions
- 3-5th Grade Behavior Interventions
- Secondary Behavior Interventions
- Secondary Absenteeism & Truancy
- Verbal De-escalation Strategies

We would be happy to put together a specific training based on your needs!

**IF YOU WOULD LIKE TO GET A
TRAINING ON THE CALENDAR
FOR NEXT SCHOOL YEAR,
PLEASE FILL OUT OUR TRAINING REQUEST FORM!**

<https://forms.gle/hXkaDVf4DxjCehBa6>

07

Community Care Team

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