



# SCHOOL SERVICES

## CONTACT

*Community Services*

Advocate. Counsel. Teach.

Promoting learning through

- Academic, social, emotional and behavioral supports for students
- Behavioral intervention and classroom management training for teachers



Contact's student programming and professional development focus on keeping students in school and on track for graduation.

Strength-based prevention and intervention programs help K-12 students overcome academic, social, emotional and behavioral obstacles to success.

Our training and consultation services help make your school a safer and more effective learning environment. We provide school and agency personnel with the tools to better address social and emotional development, teach children to manage their own behavior and reduce classroom referrals and suspensions.

# We help students stay on track for school—and life— success!

## Student Programs for Elementary and Middle School

### Primary Project

*Addressing school adjustment problems before they interfere with school success*

Primary Project is a research-based early intervention program addressing early school adjustment difficulties. Children in grades K-3 are screened to identify emerging problems (shyness, anxiety, moodiness, defiance, or problems forming peer relationships) that could interfere with school success. Identified children meet individually with trained child associates for weekly child-led play sessions that help develop social skills and resiliency.

*If fifth-grader Nathan couldn't control his disruptive behavior, he would be suspended...*



### Success Through Early Prevention

*Innovative behavioral intervention program that supports students and teachers*

The STEP behavioral intervention program has been revised and expanded to serve more students, empower school staff, and better incorporate school resources. We offer three levels of support to improve student behavior and reduce disciplinary referrals and suspensions:

- **Professional development and classroom consultation.** We offer an array of trainings for the entire school staff. We can also consult with teachers and assist in developing a plan to improve classroom climate and behavioral management.

- **Site-based individual student consultation and intervention.** Contact's behavioral specialists provide early intervention in the student's home classroom. They assess the problem behavior, identify situations that trigger it, work with the student and a school team to modify the behavior and reinforce healthier responses (for K- sixth grade).
- **Alternative classroom.** Highest need students in the upper elementary school grades attend a short-term alternative classroom and follow a child-specific behavioral modification plan. Parents and teachers at the home school receive coaching and support.

### Paving "R" Way and Way to Graduate

*Comprehensive after-school programs that deliver before and during the school day too.*

Paving R Way and Way to Graduate, Contact's comprehensive youth development programs for elementary and middle schools, provide:

- Tutoring to meet state and local standards in core academic subjects, such as reading and math
- After-school academic and enrichment activities (tutoring, career development, sex education, health/nutrition classes, sports, and creative art)
- Case management services to targeted youth
- Activities and groups to develop social and emotional skills



*Anthony enjoys school more now that he has made friends through his peer support group.*

## **Student Programs for High School**

### **Student Assistance Program** *Mental health support for substance use and other problems*

Through the Student Assistance Program (SAP), school-based mental health/substance abuse professionals provide counseling services to students, including assessment, individual, group and crisis counseling, referral and follow-up.

### **Counselors are actively involved in the school community through:**

- Leading/advising student groups such as Teen AIDS Task Force, Seeds of Peace (student leadership group promoting peace among diverse populations) and Students Against Destructive Decisions, Gay Straight Alliance, and Sources of Strength (suicide prevention)
- Providing information, resources and interactive educational activities during national health observances, such as Kick Butts Day, Drunk/Drugged Driving Prevention Month, Substance Abuse Awareness Month, National Problem Gambling Awareness Week
- Providing staff consultation concerning mental health and adolescent issues and participating in related school committees
- Facilitating support and counseling groups including pregnant/parenting students; lesbian, gay, bisexual, transgender and questioning (LGBTQ) students; youth dealing with grief/loss



## High School Graduation Initiative

### *Turning students from dropouts into proud graduates*

Contact provides graduation specialists to Syracuse high schools to support the district's Graduation Initiative. They work intensively with identified students and their teachers, guidance counselors and parents to address factors associated with dropping out: poor academic performance, high-risk behaviors, and external and family-related barriers.

## Teen Talk

### *Teen voices for good choices*

Teen Talk is a weekly web-based radio show by, for, and about teens. Teens discuss their challenges and choices concerning relationships, school, alcohol and drugs, sex, family life, media and much more. Listen to podcasts at [www.teentalkradio.org](http://www.teentalkradio.org).

## Professional development

You want to teach, but you spend a lot of your time on discipline. We can help you spend more time teaching. Our workshops will equip you with practical behavioral strategies to use right away. We focus on

- Behavioral modification
- Emotional regulation
- Social and emotional skills development



## Functional Behavioral Assessment/ Behavioral Intervention Plan

### *“Why is he acting out and how can we change it?”*

Through this 12-hour training, educational staff will learn how to plan for behavior, rather than react to it.

Functional Behavioral Assessment (FBA) is an evidence-based process for determining the *reason behind the behavior*. You will learn to

- Define the behavior and identify the situation or environment that triggers it
- Identify the positive or negative payoff for that behavior (e.g. attention, removal from a difficult situation)

You will then learn to develop a *Behavioral Intervention Plan (BIP)*, an action plan for

- Changing aspects of the environment or situation that trigger the behavior
- Teaching alternative behaviors to meet the student's needs
- Modifying responses of other adults at school and home

## Student Targeted Aggression Replacement Training (START)

### *Aggression is learned. Help students “unlearn” it.*

When youth “unlearn” aggression and learn new ways to respond to difficult situations, behavior and academic performance will improve. The evidence-based START program has been widely implemented in school, mental health and other youth settings. Through our 12-hour training, you will learn to run student groups that improve the social skills, anger control and moral reasoning skills of chronically aggressive children and adolescents.



## Classroom Management Training

*What can you do when 5% of your students consume 50% of your time and energy?*

This six-hour **Positive Behavioral Strategies for the Classroom** training helps school staff

- Cultivate a safer and more effective learning environment
- Foster meaningful teacher-student relationships
- Develop and model a classroom management style that emphasizes rules and values
- Identify, implement and evaluate effective strategies for dealing with various types of misbehavior

During our two-hour **Classroom Behavioral Strategies from A-Z** teachers and aides have the opportunity to present behavioral challenges they face in their own classrooms and learn practical strategies to address them. Participants learn how they can modify the environment and their own responses to minimize students' disruptive behavior.

## PAX Good Behavior Game

Contact supports schools that are implementing the PAX Good Behavior Game, an evidence-based behavior management strategy for the entire class. It is incorporated into normal instruction and becomes routine and fun for students and teachers. There is less bullying, fighting and other disruptions and more time for teaching.

## Trainings for parents and other adults

Consider our community trainings as resources for parents and other adults in your school community.



**Children 1st** teaches parents how to reduce stress on children during custody disputes, divorce or separation.

**Anger Management** teaches participants to recognize, manage and express their anger in constructive and healthy ways.

**Mental Health First Aid** covers risk factors, warning signs and treatments of common mental health problems and presents a five-step plan for providing "first aid" until professional help is available.

**Contact trainers are also available to present suicide prevention workshops to your school or parent group.**

Visit our website for more information about all of our trainings:  
[www.contactsyracuse.org](http://www.contactsyracuse.org)



Supporting the social, emotional, behavioral and mental health of children, youth and families in Central New York through school and community advocacy, counseling, teaching/consulting.

## Your 24–Hour Resources

**Contact Hotline 315-251-0600**

[In Cayuga County call 877-400-8740]

Confidential counseling and suicide/crisis intervention

**Mental Health Connection 315-445-5606 or [contactsyracuse.org](http://contactsyracuse.org)**

Mental health information/referral

**Helpline 315-435-8300 or [ongov.net/helpline](http://ongov.net/helpline)**

Human services information/referral for Onondaga County

Call or visit our website for more information about school and community programs and trainings, or volunteer opportunities.

Contact Community Services, Inc.

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[www.contactsyracuse.org](http://www.contactsyracuse.org)



United Way  
of Central New York

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