

**ALBANY UNIFIED SCHOOL DISTRICT
BOARD AGENDA BACKUP**

Regular Board Meeting of September 12, 2017

ITEM: PROMOTING SAFE, SUPPORTIVE, AND COLLABORATIVE ENVIRONMENTS FOR ALL STUDENTS

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TYPE OF ITEM: STAFF REPORT

PURPOSE:

The purpose of this staff report is to provide the Governing Board and community with information regarding the activities taking place throughout the District to promote a safe, supportive, and collaborative environment for all students and staff.

BACKGROUND INFORMATION:

In response to issues of discrimination and inequity, the Governing Board, District staff, and members of the Albany community continue to engage in dialogue around strategies to ensure respect, inclusion, and empathy for all members of the AUSD learning community. District staff will highlight some of the many proactive steps students, staff, and community members are taking in order to improve the culture and climate of our school community.

DETAILS:

Albany Trauma Project

Since 2011, AUSD has received funds annually through the City of Berkeley Mental Health Services Act to provide support services targeting trauma exposed individuals and/or those in need of coping strategies for stress related to issues in the Asian/Pacific Islander and Hispanic/Latino communities. In 2012, the Albany Trauma Project was expanded to include African-American students.

Funds received through the Albany Trauma Project are allocated to provide weekly support group sessions for Hispanic/Latino, Asian/Pacific Islander, and African-American students. Facilitated by mental health interns, the support groups meet for 1-2 hours a week throughout the school year. The groups focus on helping participants process various traumatic events through

the development of trust, close connections to each other, and creating a safe space for the expression and understanding of feelings.

During the 2016-2017 school year, a total of 21 students (6 male and 15 female) participated in the three support groups with a total of 449 group sessions. In addition to the weekly support groups, the mental health interns also provided 54 individual sessions for group participants.

All students participating in the groups take a pre and post support survey. Results gathered from the post-test suggest group members had a positive experience in the groups. All students who completed the post test indicated they felt welcomed into the groups. In comparing the pre and post test data, there was an increase in the number of group members who felt there was an adult at school they could speak with about personal issues; a significant decrease in group members perceptions of stress in their lives; and a decrease in the number of group members who said they used substances to manage their feelings. These findings suggest students experiences in the groups helped them engage in healthier coping strategies, feel less overwhelmed, and feel more connected to each other and adults at school.

On June 7, 2017, the City of Berkeley provided written notification to Albany Unified School District that the Albany Trauma Project was proposed to be continued through the Mental Health Services Act Three Year Program and Expenditure Plan for the 2017-2018 school year. As such, the termination of the current Albany Trauma Project contract will be extended from June 30, 2017 to June 30, 2018.

The District expects to receive approximately \$64,192. Funds are used to retain personnel including a mental health specialist, program lead and mental health interns. This year's allocation also includes an increase of \$8,500 from the previous year's allocation. The increase in funds for the 2017-2018 school year will be used toward collecting data about the effectiveness of the program.

STRATEGIC GOALS ADDRESSED:



Objective #2: *Support the Whole Child. Goal: We will foster the social and emotional growth of all students, implement an array of strategies to increase student engagement, identify individual socio-emotional and behavioral needs, and apply collaborative appropriate interventions.*



Objective #3: *Communicate and Lead Together. Goal: All stakeholders will collaborate and communicate about decisions that guide the sites and district.*

<p>RECOMMENDATION: RECEIVE THE STAFF REPORT ON PROMOTING SAFE, SUPPORTIVE, AND COLLABORATIVE ENVIRONMENTS FOR ALL STUDENTS.</p>
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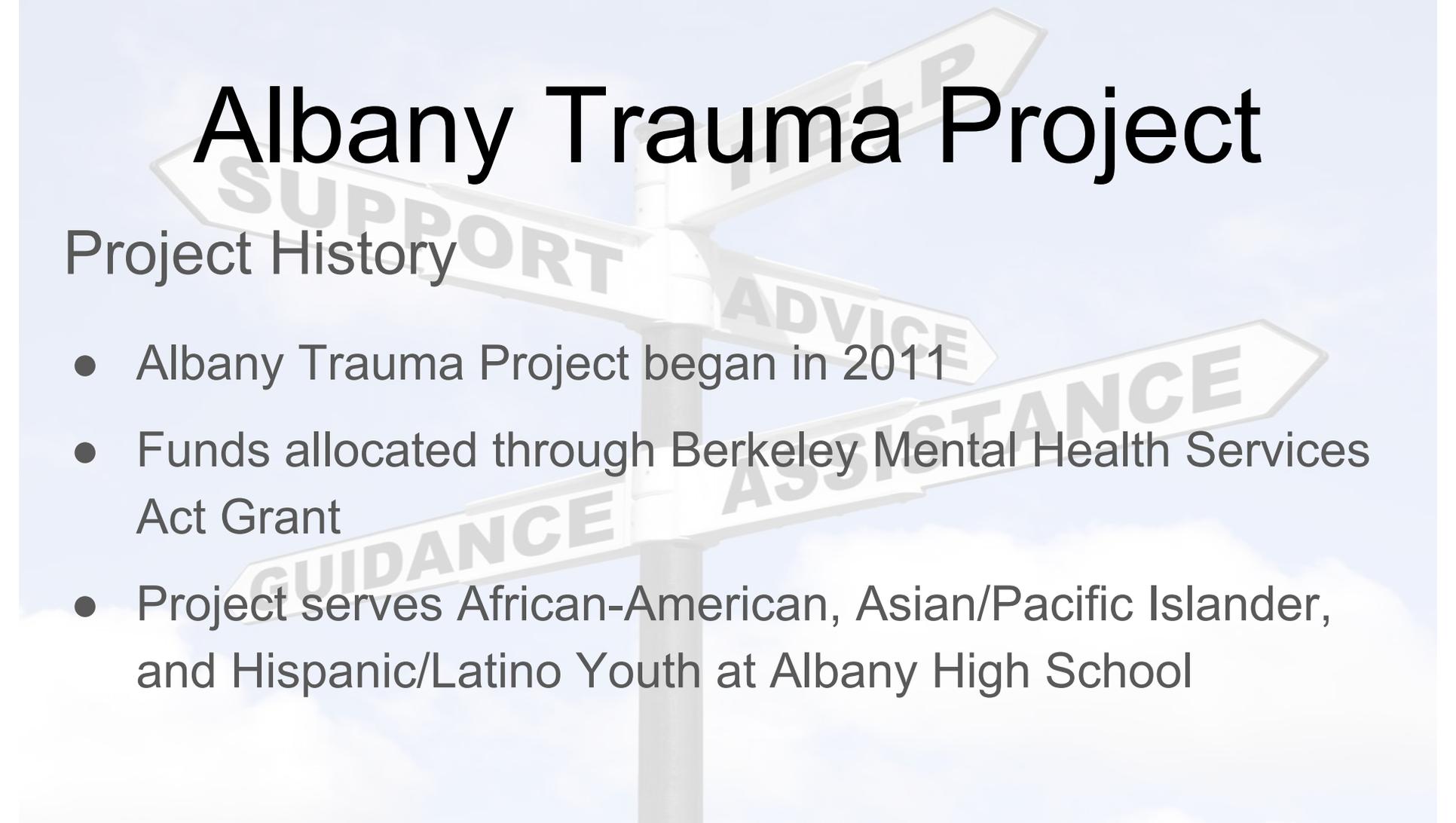


Albany Trauma Project

(City of Berkeley Mental Health Services Act)

September 12, 2017

Albany Trauma Project



Project History

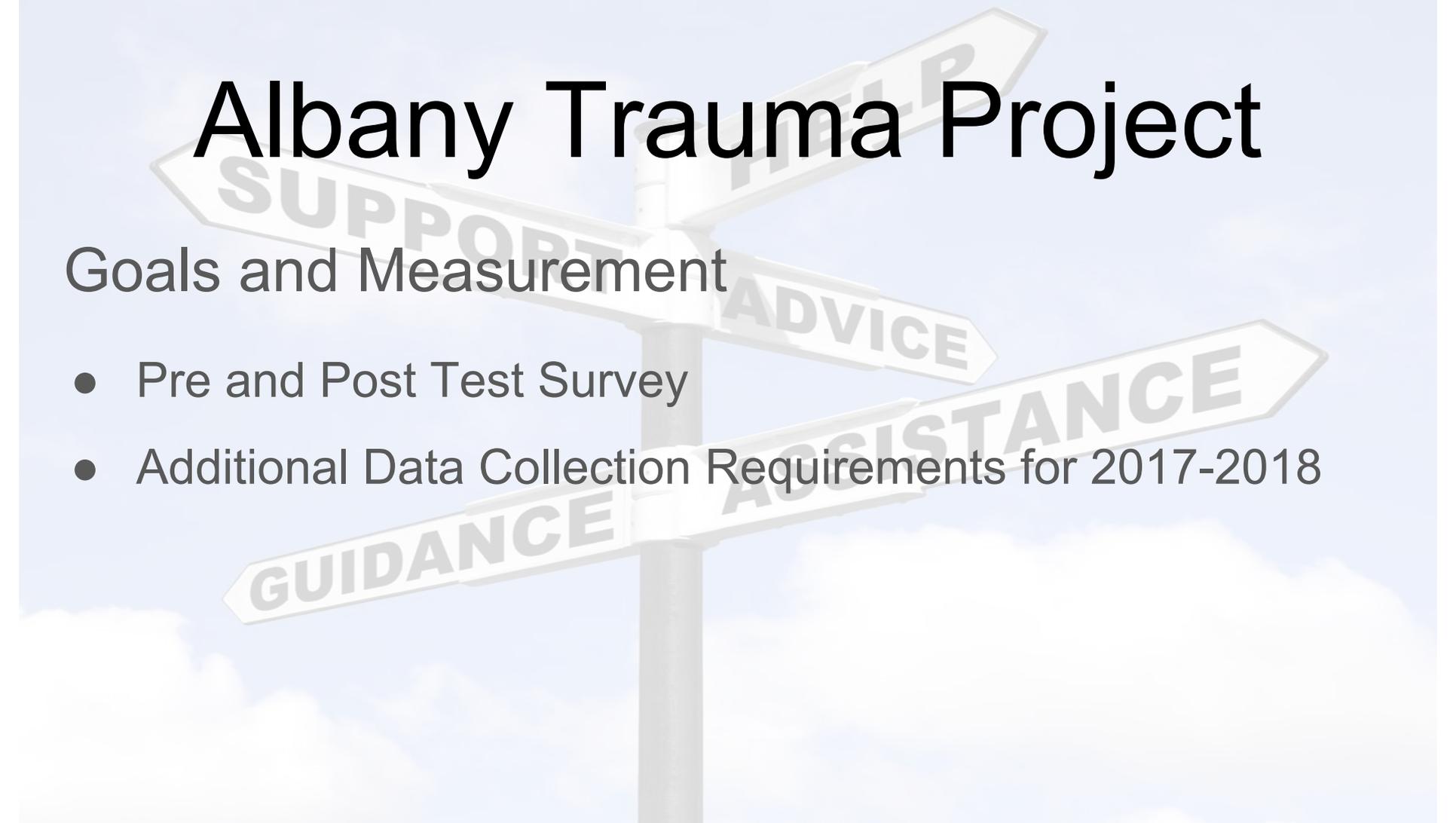
- Albany Trauma Project began in 2011
- Funds allocated through Berkeley Mental Health Services Act Grant
- Project serves African-American, Asian/Pacific Islander, and Hispanic/Latino Youth at Albany High School

Albany Trauma Project

Programs, Process and Themes

- Students are recruited to create balanced groups
- Services include group counseling and individual consultation
- Group meeting topics vary to meet students needs

Albany Trauma Project



Goals and Measurement

- Pre and Post Test Survey
- Additional Data Collection Requirements for 2017-2018

Albany Trauma Project

A signpost with multiple directional signs against a cloudy sky background. The signs include 'SUPPORT', 'ADVICE', 'ASSISTANCE', and 'GUIDANCE'. The signpost is a central vertical pole with several horizontal signs attached. The signs are white with black text and arrowheads. The background is a light blue sky with white clouds.

Next Steps and Recommendations

- Program Sustainability
- Program Expansion



Albany Trauma Project

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