



Nevada County

Superintendent of Schools

HOLLY HERMANSEN



Safe Schools/Healthy Students Initiative 2009-2014



THE SS/HS INITIATIVE

SSHS is a federal initiative started in response to Columbine shootings 1999

The collaboration among these three Federal partners (Department of Education, Department of Health & Human Service, and the Department of Justice) is unprecedented and sprang from a need to address rising concerns about school safety in urban, suburban, rural, and tribal communities nationwide.

Our Scope



- **Reduce violence and bullying in schools**
- **Increase access to Mental Health services for students**
- **Decrease drug and alcohol use and abuse by youth**
- **Support families to become more resilient**
- **Early Childhood Intervention**

GUIDING PRINCIPLES

Strategies include:

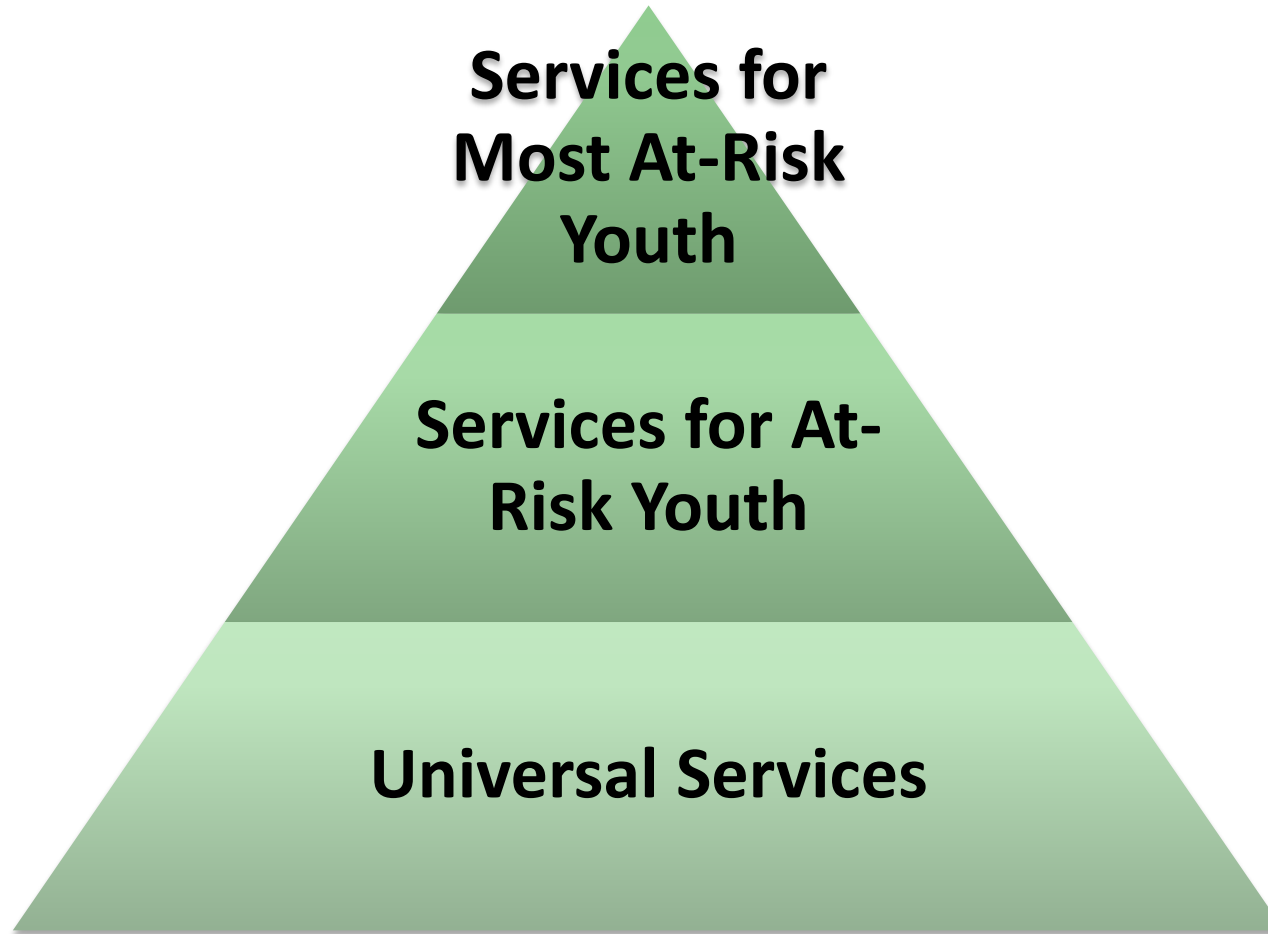
- Collaboration**
- Evidence-based interventions**
- Universal and targeted interventions**
- Systems Change**

COMMUNITY PARTNERS

- **All 10 school districts in Western Nevada County**
- **Community organizations such as DVSAC, CoRR, First 5, Child Advocates, Friendship Club & BBBS**
- **Local law enforcement**
- **Nevada County Juvenile Probation Dept.**
- **Nevada County Public & Behavioral Health**

Safe Schools/Healthy Students

Evidence-based programs

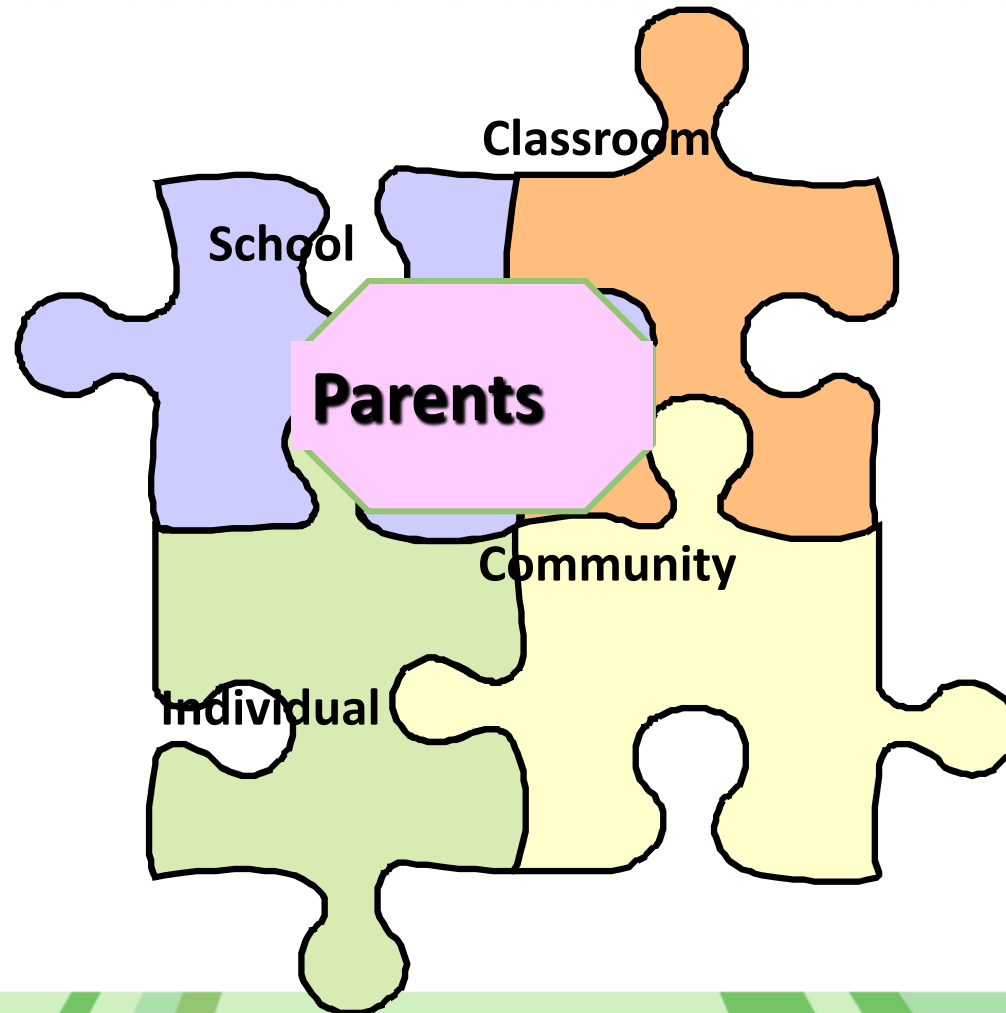


UNIVERSAL VIOLENCE PREVENTION ACTIVITIES

- *Olweus Bullying Prevention Program*
- County-wide policies on bullying
- *Second Step Violence Prevention Curriculum (Pre-K-3), Steps to Respect, (Gr. 4/5), Second Step ATOD (Gr. 6,7,8)*



OLWEUS BULLYING PREVENTION PROGRAM COMPONENTS





2012 Olweus Survey

- Fewer students reported being bullied on playground**
- 37% improvement in rates of physical fights on school campus among 7th graders**
- More students helped a student who was bullied**
- More students told an adult when they have been bullied**



CHKS RESULTS FOR SITES THAT HAVE BEEN TRAINED IN SECOND STEP

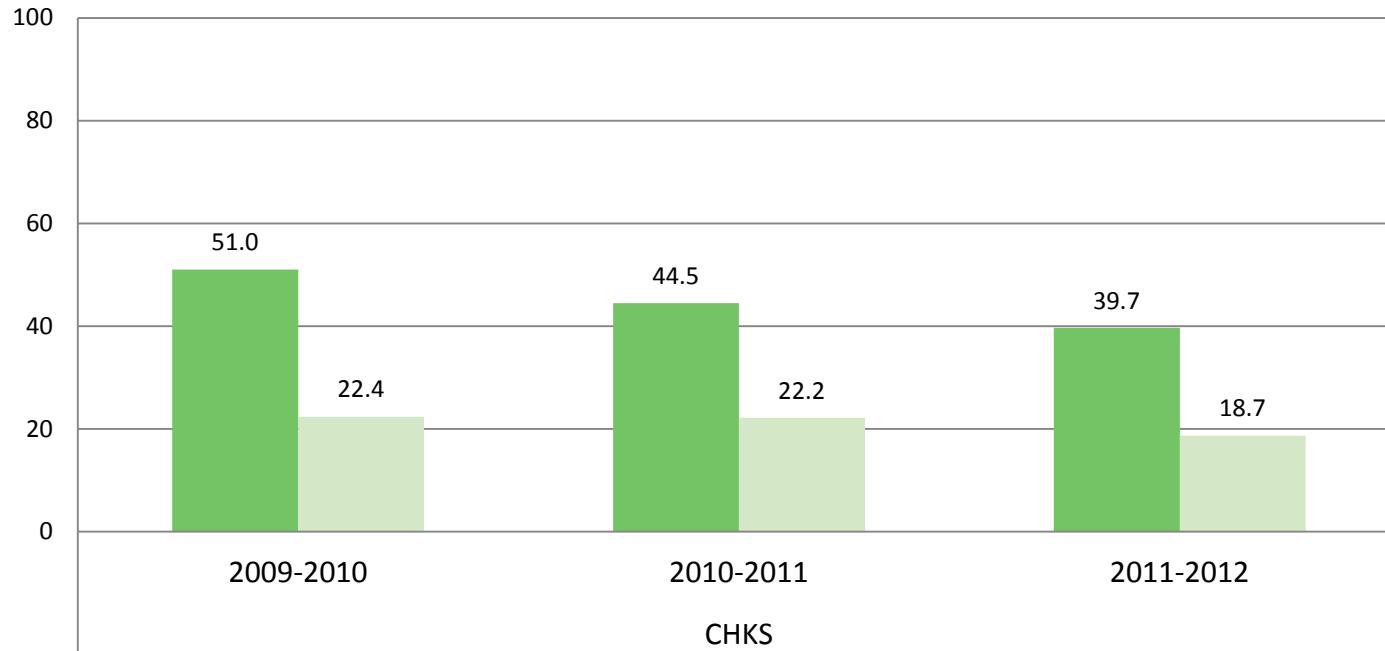
- ❖ Includes sites large enough to have their own district-level report



Student Harassment on School Campuses Outcomes:

- **Improvement was noted for all three grade levels**
 - **35% less for 7th graders**
 - **34% less for 9th graders**
 - **29% less for 11th graders**

Physical Violence



- I have been pushed, shoved, hit, etc. on school property.
- I have been in a physical fight on school property.

SERVICES FOR MOST AT-RISK



- ***Aggression Replacement Training (ART)***
Counselors, Probation Officers, SRO's trained
- ***Reconnecting Youth***
- ***Girls Circle, Boy's Council (MS/HS)***

SCHOOL BASED SERVICES FOR MOST AT RISK YOUTH PROVIDED BY COMMUNITY RECOVERY RESOURCES

Multiple school-based interventions around youth substance use and abuse

- Drug Diversion program on school-site**
- KIDS (Keep it Direct and Simple)**
- Average of 422 students served per year**
- 332 students have completed their contract**
- In addition, 61 went on to a higher level of care**
- On average, only 7% of program graduates reoffend. This year, down to 3%**

SERVICES FOR AT-RISK

G.R.E.A.T. Program

Evidence based Gang Resistance, Education & Training Program

- **Our Initial goal:**
 - **Reduce the percentage of 7th, 9th & 11th graders who report that they consider themselves a member of a gang by 30%**





Overall reduction in the Percentage of
Students Reporting Gang Membership
Between 2009 and 2013

- **38% decrease for 7th grade**
- **13% decrease for 9th grade**
- **43% decrease for 11th grade**

Early Childhood Social and Emotional Learning Programs

Needs and gaps in 2009

- Ineffective parenting skills and lack of programs to address need
- Only 44% of preschool-age children attended a preschool
- Children were expelled from preschool 3 times the rate as children in elementary grades
- Delayed social and emotional development

PARENTING CLASSES



Triple P Parenting
is an evidence-
based system of
parenting
interventions for
families with
children 2-12
years.

Second Step Prevention Early Intervention



Collaborative Program: SECOND STEP
Curriculum into preschools of the Western Nevada County Region as a component of the County's MHSA Prevention and Early Intervention (PEI) Plan.

Accomplishments



- **22 sites currently using the program that have been trained in 2012-13**
- **9 State Preschools and five Head Start Head Start Centers are now using Second Step.**
- **14 training sessions on site to meet each school's staff and scheduling needs.**



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STRENGTHENING OUR COMMUNITY THROUGH SYSTEMS CHANGE



MENTAL HEALTH ACTIVITIES

- **Student Assistance Program SAP teams implemented at MS/HS and trained to identify and refer students that exhibit at-risk behaviors**
- **NC Behavioral Health provides on-side individual and group services for students and families.**
- **Crisis Intervention Therapist**

School Based Behavioral Health Services

The number of students
who received school-
based mental health
services increased by
203% between 2009/10
and 2011/12



SUICIDE IS A HUGE ISSUE IN RURAL COUNTIES

- 18% of 7th grade and 17% of 9th grade and 16% of 11th grade students reported seriously considered attempting suicide, past 12 months

(CHKS 2010)



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SOURCES OF STRENGTH



- Comprehensive wellness program
- Uses peer leaders to change norms around codes of silence
- Designed to increase help seeking behaviors and connections between peers and caring adults.



PARTNERS

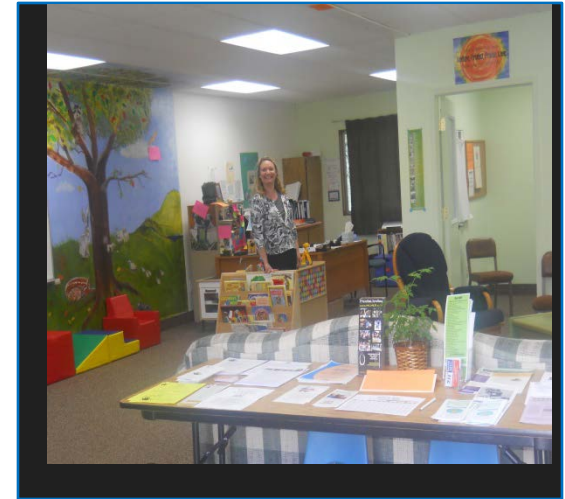
Family Resource Centers



Grass Valley FRC at
Hennessy School



San Juan
Ridge FRC

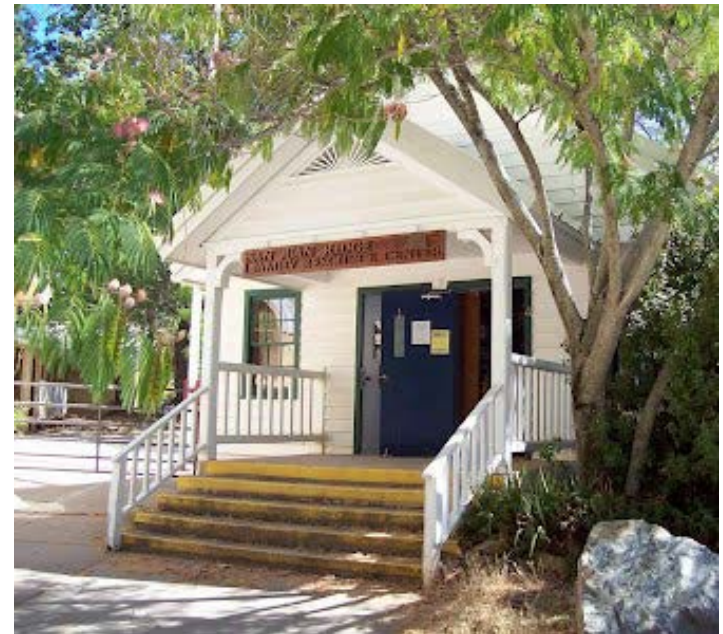


Penn Valley FRC at
Ready Springs School

***A first stop for families in Western Nevada County
Offering a warm hand-off to other agencies and
resources in Nevada County***

FAMILY RESOURCE CENTERS

- **3 school-based FRCs**
- **Co-located services**
- **Over 10,000 people served since 2010**
- **Over 22,000 combined visits for services or referrals since 2010**



San Juan Ridge FRC

FAMILY RESOURCE CENTERS



Penn Valley FRC

Core services include...

- **Parenting classes**
- **Behavioral Health Therapists**
- **Baby and Me**
- **Lending libraries**
- **Clothes closets and food pantry**
- **Computer lab**
- **Employment assistance**

FAMILY RESOURCE CENTERS

Career Development Support



- ❖ Books
- ❖ DVD's
- ❖ Other Resources
- ❖ GED software and workbooks
- ❖ Partnering with One-Stop Career Center

FAMILY RESOURCE CENTERS

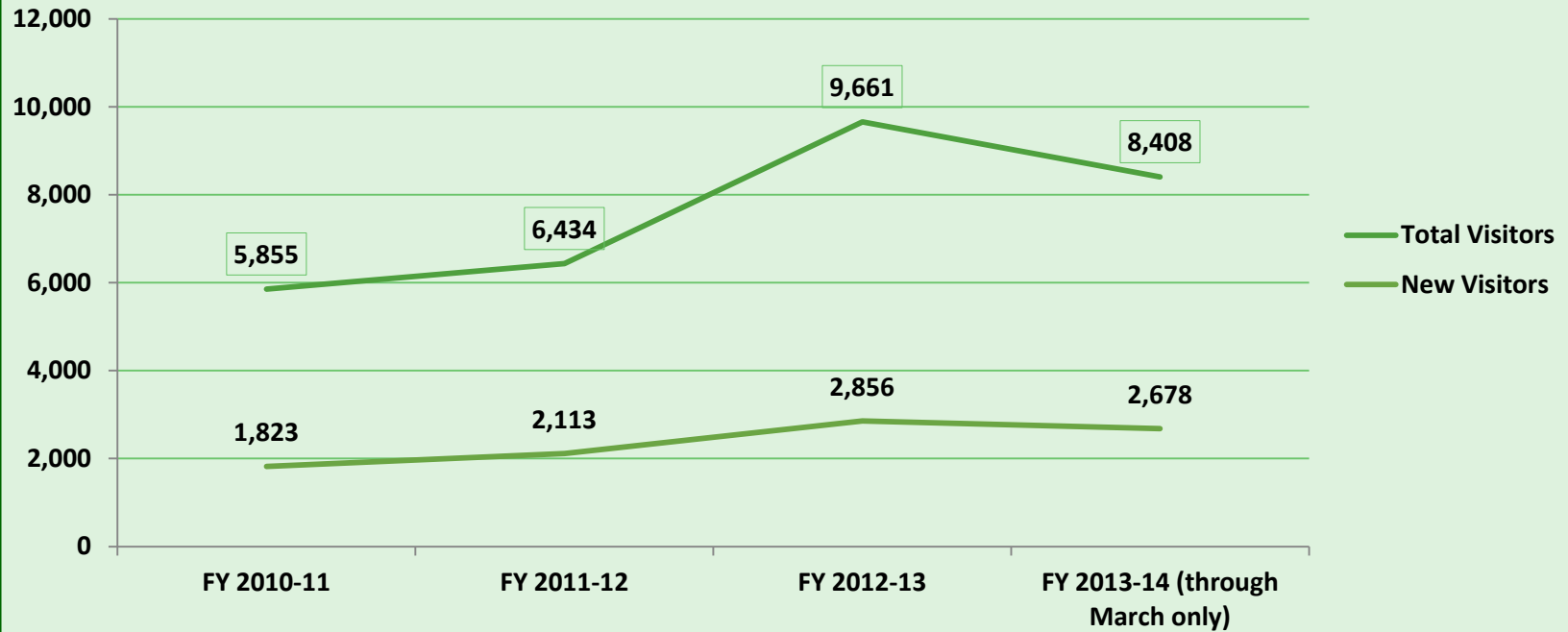
Spanish Speaking Staff Available

- ❖ **Bilingual literature and resources**
- ❖ **Distance Learning ESL Classes**
- ❖ **Spanish Classes**
- ❖ **Rosetta Stone Software on all computers**
- ❖ **Promotora Program (MHSA funded)**



FAMILY RESOURCE CENTERS

PARTNERS FAMILY RESOURCE CENTERS' VISITORS
July 2010 - March 2014





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Moving Forward

SUSTAINABILITY



SAFE SCHOOLS/HEALTHY STUDENTS

- **Grant ends June 30, 2014**

Most effective programs have been sustained through systems change, grant funding and community and agency partnerships:

- **School-based Family Resource Centers**
- **Social skills and school climate curriculums**
- **School-based mental health services**