



# ACPS FOCUS ON MENTAL HEALTH



# Helping People To Grow Better Together.

## IN HOUSE RESOURCES



Habitudes



Monthly Mental Health  
Newsletter

*\*School Counselors, Mental Health Specialists, & Social Workers*

## SERVICE REFERRALS



Hazel  
Health



Meridian  
Behavioral Health



Alachua County  
Crisis Center



CDS Family &  
Behavioral Health



UF Psychiatry



Chrysalis  
Health



Village  
Counseling  
Center



System of Care

## WHY CHOOSE MH?

Mental health serves as the cornerstone for cultivating life skills and fostering resilient communities. Prioritizing mental wellness positively impacts overall well-being, relationships, productivity, and lasting happiness. ACPS is pleased to collaborate with mental wellness resources dedicated to achieving lasting effects on our students and families.

## CONTACT US



[www.sbac.edu](http://www.sbac.edu)



@AlachuaSchools



Fearnside Family Services Center  
3600 NE 15th St. Gainesville, FL 32609



## WELLNESS ROOMS

Developing safe spaces for students to self-regulate. Howard Bishop (Community School), SFHS (HPW Health Coalition), Ft. Clarke (Cook Foundation), and six targeted schools through UnitedHealth (Shell, Hawthorne, Rawlings, Metcalfe, Howard Bishop and Ft. Clarke updates). The six schools will be trained to use a wellness system to monitor/track quarterly progress across two school years.



## PARENTGUIDANCE.ORG

Parentguidance.org offers a full library of on-demand courses for parents, FAQs from licensed mental health professionals, and one-on-one 30-minute coaching sessions for parents on a weekly basis. This resource equips parents with the tools they need to help their children with everyday challenges. The coaching sessions are available to ACPS Staff as well.



## PARENT ACADEMY WEBINARS

In collaboration with the Cook Center, ACPS hosts a mental health-focused webinar on the fourth Thursday of each month in English and Spanish. These webinars are centered around sharing information signs and symptoms of mental health challenges and support for students and families.



## GATOR CONNECT

A university-community partnership designed to expand school-based mental health services for our high needs schools. Services are provided by UF graduate students in School Counseling, School Psychology, and Social Work. Interns are supervised by university faculty and certified ACPS school counselors and psychologists. High need populations are designated for this grant.



## BEYOND THE BELL COUNSELING

After-school counseling consultation for students at schools that are not operating with a full counseling staff. Students and parents will have an opportunity to speak with a counselor and ask 'counselor-related' questions in a virtual setting.



# ACPS FOCUS ON STUDENT BEHAVIOR



# Helping People To Grow Better Together.



## SUMMER BEHAVIOR INSTITUTE

Two-day District-Wide Training occurred in the summer for school teams. Teams were acclimated to the Student Behavior Support Website and direct focus on MTSS. The CORE, PBIS, Insights to Behavior, Restorative Practices, and Mental Health. All employees received training on Day 2 professional development at the start of the school year. Quarterly meetings are occurring with all schools to review data and processes used to ensure interventions are used effectively.

## IN HOUSE RESOURCES



Behavior Resource Teacher (BRT)/Deans



Mentorship



ACPS behavior support website



Elopement guide and behavior tools



Multi-Tiered System of Supports (MTSS)



Individualized Education Plan (IEP) Support



The CORE



New Employee Orientation

## SERVICE REFERRALS



Mental Health Services



Restorative Practices



## INSIGHTS TO BEHAVIOR

Behavior management company that offers online resources to assess student behavior, help develop intervention plans, and track progress. This is a great resource to assist staff with writing Behavior Intervention Plans and Functional Behavior Assessments. All schools have had some level of training in the use of Insights to Behavior.



## PBIS

"Positive behavioral interventions and supports (PBIS) is a schoolwide systems approach aimed at establishing positive student culture and individualized behavior supports necessary to create a safe and effective learning environment for all students" (Sugai & Horner, 2009). We are a full PBIS District with 100% of schools having completed PBIS Training.

## WHY BEHAVIOR?

We want to go beyond reducing discipline referrals and minimizing disruptions in class. We strive to help students learn how to self-regulate behaviors, use appropriate coping skills, and ask for help that allows them to engage in an entire schooling process in a successful manner. Appropriate behavior among all stakeholders exemplifies positive climate and culture throughout our educational organization and can help students become successful citizens in our community and global workforce.



## BASE

Developed to design a healthy learning environment for students. Modules are available to assist students to "express emotions, identify effective coping strategies, and learn empathy." BASE is used within In-School Detention Rooms, with counselors, and offers parent engagement opportunities as well.

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## CLASSROOM MANAGEMENT PROFESSIONAL DEVELOPMENT

Our district's professional learning department offers wide variety of classroom management training. Additionally, ACPS Student behavior specialists and other student services team members offer direct support to faculty at schools.