

# North Metro GNETS Newsletter



February 2022

## Director's Corner

### Monthly North Metro GNETS Eggs and Issues Updates

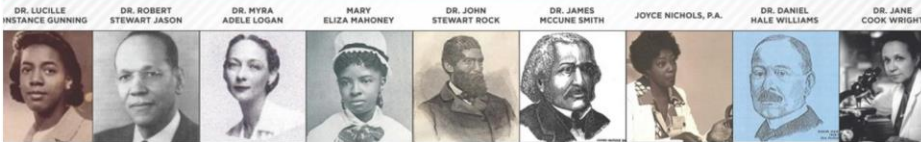
Team North Metro GNETS,

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Every February, the U.S. honors the contributions and sacrifices of African Americans who have helped shape the nation. Black History Month, also known as African American History month, celebrates the rich cultural heritage, triumphs and adversities that are a permanent part of our country's history. Black History Month is the brainchild of noted historian Carter G. Woodson and other prominent African Americans. This year's theme is "Black Health and Wellness" which pays respect to medical scholars and health care providers nationally and internationally as we enter into the third year of the Covid-19 pandemic. Please take time to celebrate Black History Month and embrace culturally responsive teachings and conversations so we can all learn more about each other and celebrate the uniqueness and beauty of us all.



DR. HILDRUS GUSTUS POINDEXTER DR. KEITH LANIER BLACK DR. LONNIE ROBERT BRISTOW DR. SARA WINIFRED BROWN DR. REBECCA LEE CRUMPLER DR. CHARLES R. DREW DR. JOYCELYN ELDERS DR. MARY MAYNARD DALY DR. SOLOMON CARTER FULLER

## BLACK HISTORY MONTH: PIONEERS IN MEDICINE AND SCIENCE



DR. LUCILLE INSTANCE GUNNING DR. ROBERT STEWART JASON DR. MYRA ADELE LOGAN MARY ELIZA MAHONEY DR. JOHN STEWART ROCK DR. JAMES MCCUNE SMITH JOYCE NICHOLS, P.A. DR. DANIEL HALE WILLIAMS DR. JANE COOK WRIGHT

*Cassandra Allen Holifield, PhD, RBT*

Director, North Metro GNETS

<https://nmgnets.org/>

<https://twitter.com/nmgnets?lang=en>



### February 2022:

- Enter all December DOW data prior to February 28, 2022
- Complete all NM GNETS Leadership Paperwork Guide tasks prior to February 28, 2022
- Complete all student packets due this month
- Complete all TKES, LKES, & Contributing Staff Formative Evaluations before February 28, 2022 (Paper/Pencil if you still do not have access to the TLSD Platform)

### Upcoming:

- Department of Justice (DOJ) & Georgia Advocacy Office (GA) Site Visits – March 2022 (Tentative Exact Dates TBD)

# Trauma Informed Care Update



Breaking down current and past stressors:

Domains:	Examples of Trauma:
Past or chronic stressors	Neglect, physical or sexual abuse, poverty
Recent and pending stressful life events	Divorce, death of Loved one, break ups, loss of housing, court dates, anniversaries of trauma, changes in schools, housing, routines, caregivers.
Medication Changes	Recent switches, changes in dosage, noncompliance
Peer Relationships	Conflicts with peers, changes in peer group, bullying, reinforcement of negative behavior by others
School Problems	poor academic performance, conflicts with teachers or peers, homework problems
*Taken from 321Insight’s Behavior Support Plan Success Guide – use as a guide for developing FBA/BIPS for students with a history of ACEs	

## Curriculum, Instruction, and Compliance Reminders:

Welcome to February! The Mid-Year diagnostic window has closed. Please ensure that all students have completed the diagnostic, and that teachers are checking students score to ensure they are placed appropriately. If you have a student who rushed, or scored in a placement that is not appropriate, alert your CIBC to assign the student a retest. The 5th Data Binder Check should have been completed by February 4th. Please ensure data binders are set up and data is being collected on all IEP goals and objectives as required. All objectives should be entered into Catalyst for all students on GAA. Please ensure that Catalyst data is being collected and entered into the data binder. Please make sure you are receiving, checking, and responding to any Smart Sheets emails regarding the IEP process. All draft IEP’s should be completed and checked prior to sending them home to parents. All parents should receive a draft IEP 1 week prior to the scheduled IEP meeting.

**Curriculum, Instruction, and Compliance Tip of the Month:** Teaching Strategies for Emotional and Behavioral Disorders

<https://www.positiveaction.net/blog/teaching-strategies-for-emotional-and-behavioral-disorders>

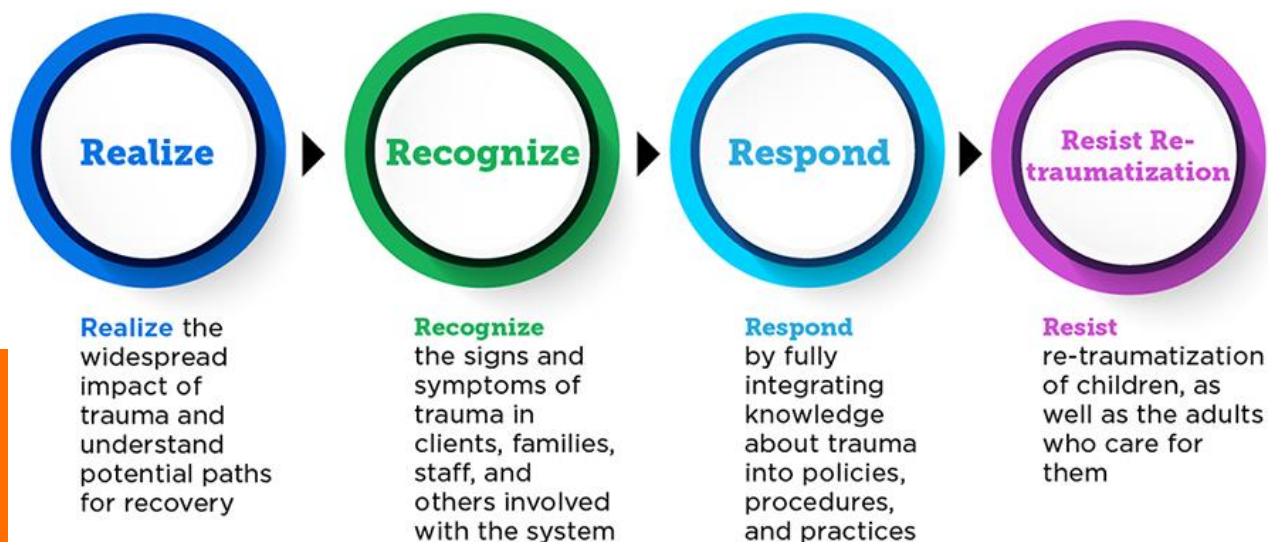
# Behavior Specialist Coordinators



Happy Black History Month! What's a common theme between Black History and some of the students we serve? TRAUMA

- Fortunately for us and our program, we are TRAUMA-INFORMED trained individuals!
- Whether we are supporting our students, colleagues or leadership, we must be **MINDFUL**, and **INFORMED** with how we show support through trauma-informed practices.
- Use this month and EVERY month going forward to be **INTENTIONAL** in recognizing signs of trauma so we can provide better support to everyone we interact with

## The Four Rs of Trauma-Informed Care



- **Student Packet Timeline**

	<b>Leadership</b>	<b>Case manager</b>
<b>Week 8</b>	Complete the FBA BIP adequacy rubric and other FBA questions, triangulation checklist, and develop an action plan as needed.	
<b>Week 7-6</b>	<ul style="list-style-type: none"> <li>- If the team determines to keep the current FBA BIP, conduct the NM GNETS BIP Implementation Fidelity Walkthrough and develop an action plan as needed.</li> <li>- If the team determines a new FBA BIP is needed, begin the process</li> </ul>	<ul style="list-style-type: none"> <li>-Continue to implement the FBA BIP with fidelity.</li> <li>-Take data and use team approach to redo the FBA BIP</li> </ul>
<b>Week 2</b>	<ul style="list-style-type: none"> <li>-Complete the NM GNETS IEP preparation checklist and provide feedback as needed. Repeat the process until a score of 100% is obtained.</li> <li>-Complete the Reintegration Plan once IEP Goals are drafted</li> </ul>	Complete a draft IEP and revise the draft as needed and complete reintegration checklist
<b>Prior to an IEP meeting</b>	Ensure all the items in the Student Packet are completed and meet the mastery criteria. Report the results to the DOW	Ensure all the items in the Student Packet are completed and meet the mastery criteria.

- **MindSet and LSCI**

- **Mindset**

- o One of the most useful tools of Mindset is the 4-step De-escalation process. This process can help decrease the chances of a crisis requiring physical intervention/restraints.
- o Keeping in mind, the escalation continuum, should the crisis escalate, resulting in a restraint, it is VERY important to continue the 4-steps once the student is calmed.
- o **4-Step De-Escalation:**

**STEP 1** - Say what you see and/or hear.  
**Purpose:** To let the person know they have your attention in a non-judgemental way.  
 BE CONCRETE  
 NON-JUDGEMENTAL  
 FOCUS ON BODY LANGUAGE

**STEP 2** - Establish the feeling.  
**Purpose:** To connect a feeling to a behavior in an effort to establish a base or understanding for further communication.  
 "SEEMS TO ME LIKE YOU'RE \_\_\_\_\_"  
 KEEP THE COMMUNICATION FOCUSED  
 FEELINGS DRIVE THE BEHAVIOR

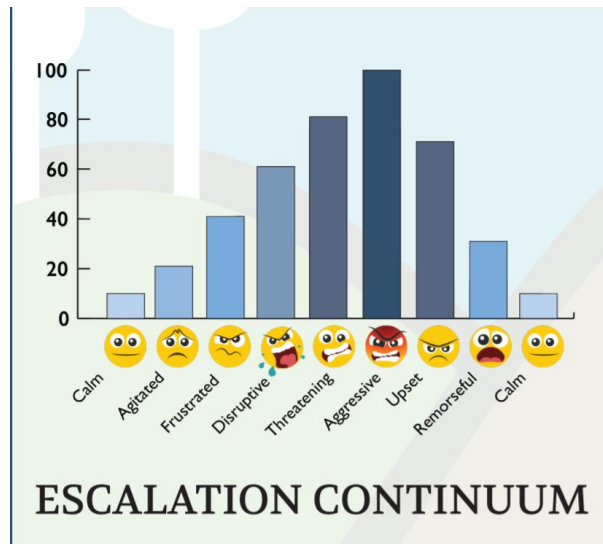
**STEP 3** - Connect the feeling to the source.  
**Purpose:** To connect the feeling to the source(s) of the distress, ask open ended questions.  
 "WHO, WHAT, WHERE, WHEN, HOW"  
 AVOID "WHY" QUESTIONS  
 ACTIVE REFLECTIVE LISTENING  
 REMOVE EGO AND USE EMPATHY

**STEP 4** - Develop a plan of action.  
**Purpose:** To assist the person in crisis toward establishing a plan of action to get their needs met in acceptable and safe ways.  
 WHAT DO YOU WANT?  
 WHAT HAVE YOU TRIED?  
 WHAT ELSE CAN YOU DO?  
 WHAT ARE THE PROS AND CONS?

- o **Escalation Continuum**

- Remain **Consistent** and **Follow-Through!**





- **LSCI**

- o The goal of LCSI is that, through certification in LSCI, adults learn what to do when a youth:
  - Acts out in stress toward unsuspecting helpers, sparking explosive and endless power struggles.
  - Makes poor decisions based on distorted thought patterns and perceptual errors.
  - Has the right intentions and motivation but lacks the social skills to be successful.
  - Is purposefully aggressive and exploitive with little conscience.
  - Acts in self-damaging ways due to being burdened with shame and inadequacy.
  - Becomes entangled in destructive peer relationships and is vulnerable to manipulation

**Life Space Crisis Intervention**

**The Interventions**

- Red Flag:** Identifying the real source of stress
- Reality Rub:** Learning new ways to perceive & understand
- New Tools:** Building pro-social skills
- Symptom Estrangement:** Fostering social responsibility
- Massaging Numb Values:** Nurturing self-regulation
- Manipulation of Body Boundaries:** Finding positive friends

Turning Problem Students into Learning Capable Kids

## PBIS at North Metro GNETS



Happy February!

As a PBIS program North Metro GNETS continues to establish a positive school culture to improve student behavior. That being said, let's continue to teach, model and reinforce positive behavior. This month North Metro GNETS can focus on three "P's" to continue to maintain a positive environment.

- **Proactive-** Continue to teach and model clear expectations for behavior.
- **Positive-** Continue to acknowledge and encourage good and appropriate behavior in positive ways such as praise, small rewards and special privileges.
- **Preventative-** Teachers and staff continue to examine office referrals and behavior data to prevent problem behaviors.

# Special Announcements & KUDOS!

## KUDOS TO LESLIE VISOR & ANGELICA BEASLEY OUR PHENOMINAL NORTH METRO GNETS SCHOOL COUNSELORS

*Thank you for all that you do for our students. We celebrate you today, tomorrow, and all year long!*



Mrs. Washington Beasley, Counselor



- Dedicated
- Team Player
- Loyal
- Helpful



# TRAUMA INFORMED CARE ACTIVITY OF THE MONTH....

February is a month of love. Love yourself as much as you love others. Self-care is important.

Happy Valentine's Day!

## Trauma Tidbit

YOUR GUIDE TO TRAUMA  
INFORMED CARE AT GOOD SAM!



### WORDS OF AFFIRMATION



This language is about affirming others using written or spoken words, such as by praising someone's accomplishments or affirming their character. Try sending notes or cards. Avoid criticism.

### QUALITY TIME



Quality Time is about giving someone undivided personal attention through quality conversations, shared experiences or small group dialogues. Try participating in team-building activities. Avoid long periods without interaction or interruptions.

### TANGIBLE GIFTS



Tangible gifts involve offering thoughtful, non-monetary gifts to those who appreciate them. Gifts should demonstrate value. Avoid forgetting special days!

### ACTS OF SERVICE



Acts of Service is about pitching in to help and get things done. Make sure to ask before helping and finishing what you start or it may backfire. Try action words like "I can," "I will," or "how can I help?"

### PHYSICAL TOUCH



Physical Touch may be a less valued form of appreciation than the other 4 languages, but can be still relevant in the workplace. You can fist bump or shake hands to show appreciation, just remember to respect others' boundaries.

### FREE ACTIVITIES TO TRY THIS WEEK

- 2/14 Friday 4:30-6pm Leon Valley Public Library Dance dance party for all ages
- 2/15, Valentine's In The Park at Travis Park

Trauma Tidbit Tuesdays is brought to you by the Trauma Informed Care (TIC) Committee. Please contact TIC@goodsamtx.org with any questions!



