Community Advisory Committee

Spring Meeting
Welcome & Call to Order

- **Voting Members Present**
- **Non-Voting Members Present**
  - SELPA Team Members
- **Non-Voting Members Present**
  - Parents
  - Partner Schools
  - Other Stakeholders
ACTION ITEM*

APPROVAL OF TODAY’S AGENDA
March 28, 2023, CAC AGENDA

Motion to Approve?
Public Comment Procedures

Members of the public to observe and offer comments telephonically or electronically when public comment is opened on the agenda item.

Participants may participate in the public comment by using the “raise your hand” function or request to speak in the chat box when public comment is opened on the agenda item.

Participants will be allotted 2 minutes for comment.

Removal of disruptive individuals may occur so long as the individual is first warned by the presiding SELPA chair that their behavior is disrupting the meeting and failure to cease such behavior may result in removal. If the behavior does not promptly cease, the individual may be removed.
Reminders about Zoom Participant Features

Mute/Unmute

Turn Camera Off/On
APPROVAL OF Previous Meeting MINUTES
January 24, 2023
SELPA UPDATES
No-cost Suicide Prevention Trainings for Students

LivingWorks Start, a 90-minute online training program, teaches life-saving skills to recognize and support those in need.

California students are invited to:
• Take LivingWorks Start, a 90-minute online training, for FREE!
• Earn community service-learning credit for students
• Learn the skills to support friends, classmates, and family
Guest Speaker

Educationally Related Mental Health Services

Katelyn James, School Psychologist, and Program Specialist
Under what circumstances are mental health supports & services provided at school?
Multi-Tiered System of Supports (MTSS)

Where does Mental Health fit within the Multi-Tiered System of Support (MTSS)?
Multi-Tiered System of Supports (MTSS)

Mental Health applies to all tiers

Universal Screeners
MTSS & Mental Health

- Universal SEL curriculum
- PBIS
- Responsive Classroom
- Wellness promotion

- Integrated SEL with Academic Instruction
- Restorative Practices
- Parent Engagement

Universal Screeners
MTSS & Mental Health

- Targeted SEL Skill Groups
- Short-term counseling
- (AVID) Programs
- Organizational Skills Coaching
- Check-in, Check-out (CICO)
- Mentoring Programs
- Targeted Parent Education
MTSS & Mental Health

- Individual social skills instruction
- Individual crisis counseling
- Wraparound services
- FBA/BIP

- Individual Counseling
- Parent Counseling
- Referral to community agencies
- *ERMHS

*ERMHS = Educationally Related Mental Health Counseling pursuant to an IEP
The need for ERMHS is determined by a specialized assessment within the context of the IEP process.
Educationally Related Mental Health Services (ERMHS)

- Assessments are conducted by a certified professional, often a school psychologist.
- Assessments consider emotions and behaviors manifested in the school setting that impact educational performance.
Educationally Related Mental Health Services (ERMHS)

- NOT seeking a diagnosis, nor offering a diagnosis.
- Determinations of eligibility are made by the student’s IEP team.
Students with IEPs may be assessed for mental health services when:

- A student exhibits maladaptive or atypical behaviors.
- A student has a significant change in their emotions or behavior that negatively impact their educational performance.
- A parent or doctor provides information that a student has a new diagnosis of a mental health condition.
Educationally Related Mental Health Services (ERMHS)

These related services may be required to help a student with a disability benefit from their education.

- Individual Counseling
- Counseling & Guidance
- Social Work Services
- Psychological Services
- Parent Counseling & Training
ERMHS Services & Providers

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*Services may be provided by a qualified intern under the direct supervision of an individual who holds the appropriate credential authorization (5 CCR 3051).
Professional Learning Updates
Upcoming Opportunity: Santa Clara County SELPA Parent Trainings

2022-23 ONLINE TRAININGS FOR PARENTS, GUARDIANS, FAMILIES OF STUDENTS WITH SPECIAL NEEDS

Hosted by Santa Clara SELPAs I, II, III, IV, & VII

Clink on the Titles to register online. Zoom login information will be sent to registered participants via email. There are no fees associated with these events.

PARENTAL RESOURCES AND SELF-CARE
April 25, 2023; Time: 4:00-4:30pm
Presenters: Susan Bobbit-Voth

Topics to be covered:
- Tips for managing day-to-day stress and maintaining physical and mental well-being including:
  - Relaxation and anxiety reduction
  - Mindfulness

SUPPORTING SIBLINGS OF CHILDREN WITH SPECIAL NEEDS
May 9, 2023; Time: 4:00-4:30pm
Presenters: Susan Bobbit-Voth and Garth Armit

Topic to be covered:
- Ideas for parents to help their non-disabled children feel supported and valued
Parent Series with Dr. Paul Porter

Four-part web module series for parents. Topics include:

- Communication
  https://www.youtube.com/watch?v=g8aChBdtR_E

- Conflict
  https://www.youtube.com/watch?v=vZ6jg76pN44

- Understanding and Navigating the Education System
  https://youtu.be/nVlbx85bN8w

- Positive Intent
  https://youtu.be/L8Ob4R5Ft7w
Key Professional Learning | 2022–23

1. Program Quality
   - Paraeducator Academy
     Hybrid Delivery | Fall - Spring 2023
   - Teacher Academy
     In-person and Virtual | Summer-Fall 2022
   - Leadership Academy
     In-person | Fall 2022
   - Education Specialist PLC
     Virtual | Fall – Spring 2023
   - SLP/ASHA Trainings
     Virtual | Fall – Spring 2023
   - Transition 101 - Ability Center
     Education
     Virtual | Fall 2022

2. Mental Health | Behavior
   - Diagnostic Center of Northern California
     18 offerings in SEL/Behavior
     Virtual | Fall – Spring 2023
   - Edwell
     SEL– Brain Based Learning
     Virtual | Fall 2022
   - School Psychologist Academy/PLN
     Virtual | Fall – Spring 2023
   - Living Works – Suicide Prevention Training
     Virtual | Fall – Spring 2023
   - CPI - Nonviolent Crisis Intervention
     In-person | Fall – Spring 2022

3. Compliance | ADR
   - Afterschool Special with Heather Edwards
     Virtual | Fall- Spring 2023
   - Managing Conflict with Dr. Paul Porter
     Virtual | Fall 2022
   - Facilitated IEP with Key2Ed
     In-Person | Fall – Spring 2023

Other offerings in SEL/Behavior
- Diagnostic Center of Northern California
- Edwell
- School Psychologist Academy/PLN
- Living Works – Suicide Prevention Training
- CPI - Nonviolent Crisis Intervention

Afterschool Special with Heather Edwards
- Virtual | Fall- Spring 2023

Managing Conflict with Dr. Paul Porter
- Virtual | Fall 2022

Facilitated IEP with Key2Ed
- In-Person | Fall – Spring 2023
250 PL Events
That’s a lot of trainings

10,932 Attendees
And a lot of educators across the state

100%
Learning together
The presenters highlighted a focus on student and parent voice, the statewide system of support, the impact of Robotics and STEAM, and the power of Inclusion.
School and Parent Updates
Success Stories

Please feel free to unmute yourself or use the chat feature to share any successes that you would like to highlight from the last school year or this current school year.
Assistive Technology & Augmentative and Alternative Communication

Assistive Technology Resources

- Assistive Technology Accommodations and Modifications to Consider
- Assistive Technology Checklist
- Assistive Technology Do's and Don'ts
- Flowchart for Addressing Assistive Technology
Social and Emotional Learning

Social Emotional Learning At Home

What is social emotional learning?
Social emotional learning (SEL) is the process of developing students’ self-awareness, self-management, relationship skills, and responsible decision making.

Benefits of social emotional learning
- SEL fosters resiliency, problem solving skills, and interpersonal skills.
- Students are more likely to have increased academic achievement.
- Improved behavior and attitudes.
- Cope better with everyday challenges.

SEL Activities:
- Journaling (self-awareness)
- Yoga (self-awareness and self-management)
- Write a letter or draw a picture for someone (relationship skills)
- Create a schedule (responsible decision making)
- Make a to do list (responsible decision making)

Strategies to support social emotional learning at home:
- Be an active listener.
- Provide acts of kindness together.
- Help your child express their emotions by identifying their feelings.
- Check-in on emotions/feelings daily and model identifying your own emotions/feelings.
- Cultivate your child’s self-esteem by providing developmentally appropriate tasks and recognizing a job well done and allowing them to make developmentally appropriate choices.
- Practice mindfulness (stretching or breathing exercises).
- Respect your child’s differences and provide encouragement during challenges.
- Model managing stress, disappointment, anger and conflict, respect, and empathy.
- Connect with your child’s school (attending school meetings, parent-teacher conference, and e-mail teacher).

Conversation starters to support SEL:
Ask your child more questions rather than guide to help them develop social emotional links.
- What qualities do you look for in a friend?
- What do you think your friend was feeling?
- How can you work to make things right?
- How was your day? What can you do to make your day better?

https://www.teacherspayteachers.com/Store/Tlc-Classroom-Edventures
Legislative Information Sharing Day

May 3, 2023
If interested contact Tanya Gustin at tgustin@edcoe.org
Future Meeting Dates

October 17, 2023
January 23, 2024
April 23, 2024

Please visit our Parent Resources page for meeting details and other resources.

https://charterselpa.org/parent-resources/
Call for Future Agenda Items
# CAC Contacts

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<thead>
<tr>
<th>Name</th>
<th>Region</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
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**About Us**

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Adjournment of Today’s Meeting

Motion to Approve?
Thank You!