

A Year in Review

Reflections & Plans for the Future

"What lies behind us and what lies before us are
tiny matters compared to what lies within us."

-Ralph Waldo Emerson



Resilient Southern Illinois is an initiative of the statewide nonprofit Partnership for

Resilience. The Partnership for Resilience and Resilient SI work to improve academic, health, and social outcomes for children by fostering trauma-responsive schools and effective family, school, health, and community partnerships. Resilient SI is a multi-year effort in the southern Illinois region and strives to spread awareness and meet the needs of children impacted by childhood trauma and toxic stress. The initiative includes resources, tools, and networking opportunities for educators and other personnel in member districts that are designed to support the needs of the "whole child." Tools and resources focus on primary care and wellness, trauma and behavioral health, and family and community engagement.



District Spotlights



Congratulations to Sparta CUSD #140 for your acceptance into the Enhancing School Mental Health through TEAMS Program sponsored by the American Academy of Pediatrics. Resilient SI looks forward to learning with you throughout the process and supporting your team in their efforts and partnerships to better support your students, staff, and families.



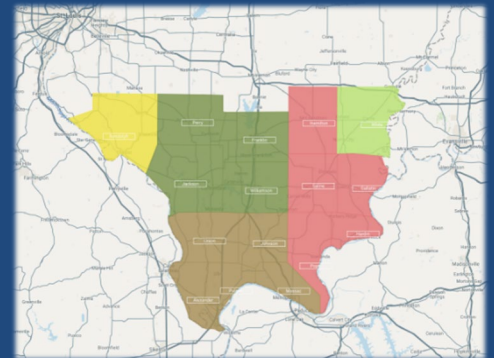
A special thanks to the Southern Illinois Community Foundation for awarding Illinois Healing Library Grants to Giant City CCSD #130, Meridian CUSD #101, & Sparta CUSD #140. Each district can utilize the funds to purchase books that promote racial healing. Be sure to check out the SICF website at www.sicf.org.

Congratulations to Unity Point CCSD #140 for your efforts to provide wraparound services by instituting Individualized Student Success



Plans (ISSPs) for all students in grades Pre-K – 8th and for being featured in a recent publication by the Harvard EdRedesign Lab titled [*Collaborative Action in a Rural Setting: Insights from Resilient Southern Illinois*](#).

Resilient SI would like to thank our member districts for the 2020-2021 school year. We know the past year has been one of the most challenging ever, and we look forward to continuing to support your district in the days ahead. Keep up the great work! #RSIproud



Carbondale ESD #95
Carbondale HSD #165
Carrier Mills-Stonefort CUSD #2
Eldorado CUSD #4
Giant City CCSD #130
Grayville CUSD #1
Herrin CUSD #4
Johnston City CUSD #1
Meridian SD #101
Murphysboro CUSD #186
ROE #21-Project ECHO & STARQuest
Sparta CUSD #140
Unity Point CCSD #140
Vienna PSD #55
Vienna HSD #13-3

District Spotlights



Debbie Wiley, a school social worker at Vienna Elementary, has been working to promote empathy with a series of lessons in Melissa Corbit's 6th grade classroom. The lessons included restorative circles, videos, lessons, and projects helping students understand the importance of sharing and understanding the feelings of others. Check out their "Kindness is a Game Changer" t-shirts that students completed in Nathan Corbit's art class.



Please email jbruner@partnership4resilience.org to spotlight work taking place in your district.

Staff Beliefs Surveys

In September, an online beliefs survey was distributed to all staff members in Resilient SI districts and to all early childhood staff members in the three pilot districts. The beliefs survey consists of 33 items and specifically targets staff knowledge of adverse childhood experiences (ACEs) and trauma-sensitive schools, staff comfort level with developing a trauma-sensitive school climate, and effective implementation of a trauma-sensitive climate for students. Participants were asked to rate each item on a five-point scale from strongly disagree to strongly agree. The results were shared with each district and analyzed by district teams to guide district action plans and priorities.



Professional Development

In August of 2020, Resilient SI hosted *What We Know to Be True When We Reopen Our Schools* by Jim Sporleder and *SEL Strategies to Flip the Script Around Student and Staff Supports* by R. Keeth Matheny. Sporleder's session focused on maintaining relationships as the heart of trauma-responsive work, and Matheny focused on specific classroom strategies to support social and emotional learning. Both sessions were a success and helpful in preparation for returning to school during a pandemic.

Educators in Resilient SI member districts are invited to join us this summer for our free professional development opportunities. Resilient SI will host an asynchronous book study, and educators will have an opportunity to receive PD Hours provided by the Illinois Education Association for participation. In addition, administrators and teachers from Unity Point CCSD #140 will host an informative session on Individual Student Success Plans (ISSPs) in late June. More information on professional development opportunities and registration will be shared as it becomes available.

"You might not be able to reach 100% of the kids, but you can love 100% of the kids."

-Jim Sporleder

During the summer months, Resilient SI will be busy planning for the 2021-2022 school year. We will continue to focus on reaching out and building relationships with community partners, seeking grant opportunities, and meeting with district resilience teams to finalize district action plans.



Due to the success of the virtual Bite-Size PD Series, the Partnership for Resilience and Resilient SI plan to continue with a similar schedule for 2021-2022. The training schedule included 90-minute virtual sessions from the *Building Trauma-Informed Systems Training*. Session topics included ACEs, trauma-responsive schools, social-emotional

learning, resilience and restorative practices, family and community engagement, and executive function. Resilient SI will continue to add to the virtual series and reach out to community partners to offer a variety of options for next year. Some of these trainings can also be scheduled by member districts for both virtual and in-person sessions. In addition, Resilient SI is also preparing to launch a SEL Integration Workshop Series. These sessions will be held throughout the year and include session titles such as *Strengthening the Family Partnership*, *Teaching SEL Through Circles*, *Motivating Students with High Interest and Choice*, *Equity & Social Justice Through Biographies*, and *Service Learning*.

Resilient SI also hosted three virtual Professional Learning Community (PLC) sessions throughout the 2020-2021 school year to bring district resilience teams together. All PLCs were recorded and posted in Basecamp for districts unable to attend the live session.

"No significant learning occurs without a significant relationship."

-James Comer

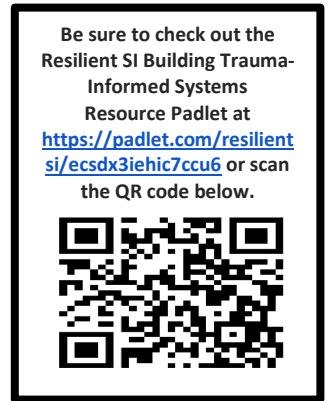
The first PLC in October was *Co-Regulation During COVID-19*. Dr. Buckman from the Stress and Trauma Treatment Center reviewed toxic stress and the toll of COVID-19, discussed the importance of attaining compassion satisfaction as educators, emphasized that relationships are the best protective factor, and reminded participants that support is possible even when fatigued.

At the January PLC, Dr. Buckman presented *SEL and Developing a Multi-Tiered Social-Emotional Learning Support System*. This session focused on the foundations of social-emotional development in respect to trauma-responsive schools and the development of resilience in students and staff. In addition, Dr. Buckman shared strategies for building resiliency and social-emotional development within a whole-school, multi-tiered approach.

The final PLC in March was *Team Building and an Introduction to the SHAPE System and the Trauma-Responsive Schools Implementation Assessment*. Teams met to discuss a case study and their next steps for moving forward as a district resilience team. In addition, Dr. Jacqueline Klossing introduced the SHAPE System and the TRS-IA to guide the action plan process. For more information on the SHAPE System and the TRS-IA, visit www.theshapesystem.com.



Resilient SI and the Partnership for Resilience are in the planning phases for the 2021-2022 school year and will use the training survey that was conducted in April to guide our planning process for all professional development opportunities. We look forward to another successful lineup of professional development opportunities that will help our member districts continue to build upon their resiliency work.



Resilient SI Survey Results

Thanks to all who completed the Resilient SI survey in April. Your input is greatly appreciated and helps us to plan for the days ahead. All participants were entered into a random drawing to receive a \$10 McDonald's gift card. Congratulations to:

Shania Craig – Carrier Mills-Stonefort CUSD #2
Cristy Desormeaux – Murphysboro CUSD #186
Shirley Gregory – Vienna PSD #55
Carl Harris – Johnston City CUSD #1
Bailey Hicks – Murphysboro CUSD #186
Hannah Parker – Sparta CUSD #140
Stacie Tefft – Murphysboro CUSD #186
Rachel Thies – Sparta CUSD #140
Kira Walker – Johnston City CUSD #1
Melissa Williams – Murphysboro CUSD #186



Top 5 Requested Book Studies

- *The Trauma-Sensitive Classroom: Building Resilience with Compassionate Teaching* by Patricia Jennings
- *Better than Carrots or Sticks: Restorative Practices for Positive Classroom Management* by Smith, Fisher, & Frey
- *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment* by Dr. Tal Ben-Shahar
- *Maslow Before Bloom: Basic Human Needs Before Academics* by Dr. Bryan Pearlman
- *Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom* by Kristin Souers with Pete Hall

Top PD Topics

- Stress Management
- Motivation (Engage and Motivate Students)
- Social-Emotional Learning (Classroom Strategies and Practices)
- Family and Community Engagement
- Adverse Childhood Experiences (ACEs)
- Cultural Competency (Implicit Bias)
- Mindfulness (Connection and Learning for Classroom Implementation)
- Differentiated Instruction Across the Content Areas
- Positive Leadership
- Self-Care
- Individual Student Success Plans (ISSPs)
- IEP (Understanding & Implementation for Regular Ed. Teachers)
- Youth Mental Health First Aid
- Social Emotional Learning (Self-Assessment for Staff)
- Mindset (Fixed vs. Growth)

Early Childhood Initiative



Resilient SI would like to welcome Beldora Grove to the team as an Early Childhood Education Consultant. Bel' is a graduate of Eastern Illinois University in the area of Early Childhood/Special Education and General Education. She has worked in the field

for over 20 years and has taught birth through sixth grade including early childhood special education. In addition, she has experience working with licensed day care centers and home day care centers/providers.



All Pre-K certified and non-certified staff from Vienna Early Learning Center, Vienna Elementary, and Northside Primary in Herrin participated in the CARE in the Classroom training with Dr. Matt Buckman from the



Stress and Trauma Treatment Center in Eldorado. CARE in the Classroom is a trauma-informed set of skills that can be used by any adult in any setting to

improve attachments and strengthen relationships while reducing behavior concerns and increasing compliance. From the evaluations, it was easy to see that this training was a success. Thank you to all the participants and a big thank you to Dr. Buckman for making this possible!



Resilient SI hosted two virtual ACEs 101 sessions for day care providers. Thanks to all who participated! As Resilient SI works to spread awareness, we appreciate our partners at Child Care Resource and Referral for helping us make our early childhood initiative a success.



For more early childhood resources, please visit <https://padlet.com/resilientsi/Bookmarks> or scan the QR code below. Resilient SI 2.0 will continue to expand early childhood resources as they become available.



As Resilient SI 2.0 continues to expand its focus in early childhood, we are finding additional ways to support early childhood providers. Thank you to everyone who participated and helped us lay the foundation for this work in southern Illinois.



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For more information, contact Mary Jane Morris at MaryJane.Morris@ieanea.org, Jenny Bruner at jbruner@partnership4resilience.org, or Beldora Grove at bgrove@partnership4resilience.org.