

A YEAR IN REVIEW:

REFLECTIONS & FUTURE PLANS

July 2022



Resilient Southern Illinois welcomes Kristine Argue-Mason as the Executive Director of the Partnership for Resilience.

Before coming to Partnership for Resilience, Kristine served as an Instructional Resource and Professional Development Director with the Illinois Education Association – National Education Association (IEA-NEA).

Since 2016, her primary role was developing and delivering professional development to meet the IEA-NEA's objectives of building awareness of the research from the Kaiser Permanente ACEs study, the public health crisis of toxic-stress, and the importance of mitigating and preventing its impact on our youth. Kristine has worked diligently to help implement trauma-responsive practices in schools throughout Illinois. Additionally, Kristine also has over 15 years of classroom teaching experience in both the comprehensive high school and alternative high school settings. Kristine holds a Bachelor of Arts in English from Hampton University and a Master of Arts in Public Policy Administration from National Louis University.

Resilient Southern Illinois (RSI) is one of three initiatives of the statewide nonprofit the Partnership for Resilience (P4R). RSI and P4R work to improve academic, health, and social outcomes for children by fostering trauma-responsive schools and effective family, school, health, and community partnerships. RSI 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.



Thank you to our 2021-2022 district partners for striving to become trauma-responsive and for allowing RSI to support your efforts. Keep making a difference!

#RSIproud

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

**A special thanks
to the Poshard
Foundation for
the \$50,000
donation.**



"Together, we are working as a community to help improve students' lives. It's so important to educate the whole child, and through this program we are making sure that's happening across all of Southern Illinois. We are building strong students, strong schools and strong communities."

- Mary Jane Morris, IEA Director of Teaching & Learning

@ResilientSI



@ResilientSI_

Professional Development

The Bite-Size Professional Development Series consisted of 90-minute virtual sessions on Tuesday afternoons from 3:00-4:30 p.m. Sessions topics included ACEs, trauma, secondary trauma, self-care, resilience, social-emotional learning, PBS Learning Media, stress management, mindfulness, and more. P4R looks forward to offering this series again next year and expanding the topics. A huge shoutout to our community partners who have contributed to the success of the series. A new lineup will be shared in the fall for the 2022-2023 school year. We hope you'll join us!



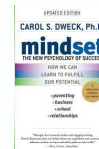
Throughout the year, P4R and RSI offered virtual SEL workshops including *Motivating Students with High Interest, Choice, and Motivation* and *Equity, Social Justice Learning Through Biographies, Videos, and Trade Books*. Thank you to Jackie Hodge and Kelly Holland for leading these trainings and sharing your expertise. Other titles in the series include: *Teaching Social-Emotional Learning Through Circles and More* and *Strengthening Family Partnerships*. If you are interested in learning more about scheduling a SEL workshop in your district, please contact Jenny Bruner at jbruner@partnership4resilience.org or (618) 534-4698.



RSI has offered seven asynchronous book studies since the summer of 2021, and each has been a huge success with a total of 233 registrants. Asynchronous book studies offer professional development opportunities for early childhood educators, K-12 educators, social workers, and counselors. They allow participants the flexibility to discuss a book virtually and respond to discussion prompts within an assignment timeframe.

According to the April 2021 survey conducted in RSI districts, the top 5 requested book studies for the 2022-2023 school year include:

- *Teach Like a Pirate: Increase Student Engagement, Boost Your Creativity, and Transform Your Life as an Educator* by Dave Burgess
- *Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom* by Heather T. Forbes, LCSW
- *Hacking School Discipline: 9 Ways to Create a Culture of Empathy and Responsibility Using Restorative Justice* by Nathan Maynard and Brad Weinstein
- *Mindset: The New Psychology of Success* by Dr. Carol Dweck
- *Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners* by Kristin Van Marter Souers and Pete Hall



Thanks to the Poshard Foundation for funding RSI book studies. Staff members working in RSI member districts or early childhood educators in SDA #16 are eligible to receive reimbursement in the form of a gift card to cover the cost of the book.

@ResilientSI



@ResilientSI_

www.resilientsouthernillinois.org

Professional Development



Thanks to Dr. Matt Buckman, Clinical Psychologist and Executive Director of the Stress and Trauma Treatment Center, Dr. Jacqueline Klossing, Clinical Psychologist at the University of Iowa Stead Family Children's Hospital, and Ginger Meyer, LCSW at the SIU School of Medicine and the Children's Medical and Mental Health Resource Network for providing a virtual PLC Series. This series was sponsored by the Trauma-Responsive Schools Bullying Prevention (TRS-BP) Project that was funded by ICJIA and included sessions that allowed participants to take a deep dive into topics such as stress management, de-escalation, and school climate. An additional thank you for inviting RSI districts to join the TRS-BP Celebration at John A. Logan College on June 6th and for the free regulation kits and numerous other resources.



Thanks to Cherie Wright with Southern Illinois Healthcare and Jessica Vicente with the Jackson County Health Department for presenting a Youth Mental Health First Aid Training at the Illinois Education Association Office in Carterville. Youth Mental Health First Aid teaches participants how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. RSI values our partnership and looks forward to offering more Youth Mental Health First Aid trainings in the future. For more information, visit www.mentalhealthfirstaid.org.



P4R and RSI are in the planning phase for the 2022-2023 school year. Thanks to those who completed our survey in April. Your input is greatly appreciated and helps guide professional development opportunities. The most requested topics included: social-emotional learning, motivating and engaging students and families, stress management, self-care, and Youth Mental Health First Aid. All survey participants were entered into a drawing to receive a \$10 gift card.

Congratulations to:

- Lindsay Arnold - Johnston City CUSD #1
- Kathy Bloodworth - Herrin CUSD #4
- Beth Blumenstock - Johnston City CUSD #1
- Jennifer Bunton - Carbondale ESD #95
- Brittany DeMond - Sparta CUSD #140
- Lisa Harris - Meridian CUSD #101
- Monica May - Murphysboro CUSD #186
- Nikki Reed - Carrier Mills-Stonefort CUSD #2
- Sara Sizemore - Herrin CUSD #4
- Jason West - Vienna HSD #13-3



@ResilientSI



@ResilientSI_

www.resilientsouthernillinois.org

Resilience Work



SHAPE, TRS-IA, and ACTION PLANS

During the 2021-2022 school year, RSI supported district resilience teams with the implementation of the Trauma-Responsive Schools-Implementation Assessment (TRS-IA) as a part of the action planning process. The TRS-IA is an evidence-informed self-assessment that can quickly and efficiently identify trauma responsive programming and policy domains of strengths, as well as areas with greater room for improvement. For more information, visit www.theshapessystem.com.



STAFF BELIEFS

The annual educator beliefs survey was distributed to all staff members in RSI districts during the fall. The newly updated beliefs survey included 44 items that targeted knowledge of Adverse Childhood Experiences (ACEs), trauma-sensitive schools, social-emotional learning, parent-community engagement, staff comfort level in developing a trauma-sensitive climate, and effective implementation of a trauma-sensitive climate. 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 used to guide action plans and priorities.



Stress & Trauma
Treatment Center, Inc.



REACH INITIATIVE

Many RSI districts and schools across Illinois are joining the Resilience Education to Advance Community Healing (REACH) Initiative through their Regional Office of Education. The REACH model builds schools' capacity to recognize the signs and symptoms of trauma and to meet the social-emotional and mental wellness needs of students and staff. REACH includes 7 SEL Hubs throughout the state and offers communities of practice, professional development, and support to participating districts. REACH is collaborative effort between the Illinois State Board of Education, the Center for Childhood Resilience at Robert H. Lurie Children's Hospital of Chicago, Illinois Department of Public Health, the Partnership for Resilience, and the Stress and Trauma Treatment Center. For more information, visit <https://www.isbe.net/Lists/News/NewsDisplay.aspx?ID=1402> or contact your Regional Office of Education.

@ResilientSI



@ResilientSI_

www.resilientsouthernillinois.org

District & Community Spotlights



Six RSI districts received scholarships to cover their 2022-2023 membership dues thanks to Dr. Buckman and Ginger Meyer through the Trauma-Responsive Schools-Bullying Prevention Project that was funded by ICJIA. These districts utilized the Trauma-Responsive Schools Implementation Assessment (TRS-IA) from the SHAPE System to create an action plan in at least one of the eight domain areas of a trauma-responsive school. Congratulations to Carbondale ESD #95, Carrier Mills-Stonefort #2, Eldorado CUSD #4, Herrin CUSD #4, Johnston City CUSD #1, and ROE #21-Project ECHO & STAR Quest.



Thanks to Dr. Buckman with the Stress and Trauma Treatment Center & the Trauma-Responsive Schools - Bullying Prevention Project for helping Carrier Mills-Stonefort CUSD #2 carry out their action plan on staff self-care and make improvements to their lounge.

SUCCESS PLANNING

Congratulations to Carbondale ESD #95 and Unity Point CCSD #140 for your acceptance into the Harvard EdRedesign Lab's Success Plan Community of Practice and for your efforts to lead the way in Southern Illinois. RSI wishes you safe travels to the Harvard campus in Cambridge, Massachusetts this summer.



CHILDREN'S CABINETS

An exciting collaborative partnership with Southern Illinois Coalition for Children and Families (SICCF), RSI, and the City of Carbondale is taking place. The Carbondale Community Cabinet for Children and Youth is working to bring families and stakeholders together to plan for a community that encourages children and families to thrive. After almost a year of planning, the 19 member cabinet is ready to officially launch in August 2022. The cabinet includes cross sector agency representation and families from different school districts reflecting the rich diversity of the community. For more information, email cdalechildrenscabinet@gmail.com.

Congratulations to Johnson County for your efforts to create a children's cabinet built upon the existing foundation of the Johnson County Safety Committee. The cabinet has expanded its work to include early childhood education and care by creating a corresponding committee that focuses on early childhood. School administrators serve as the steering committee to ensure both committees are working in alignment and improving the coordination of both services and resources. This will allow Johnson County to better address the unmet needs of children and youth through the collaboration of public and private stakeholders.

Early Childhood Initiative



RSI would like to welcome Colleen McLaughlin to the team as an Early Childhood Education Consultant. She joined our team in January 2022. Colleen has worked in the field of Early Care and Education for more than 25 years. She applied at a childcare center for a part-time job when she was in college and fell in love with the field. Over the years, she has worn many hats as a teacher of infants through school-age children both in childcare and public schools. She has also worked as a state assessor, program director, professional development provider, and adjunct faculty. Colleen earned her BA in ECE from Columbia College Chicago and her MSed in ECE from Southern Illinois University at Carbondale. She is a member of the ILAEYC governing board, the Southern Illinois Coalition for Children & Families as well as the Southern Illinois Early Childhood Action Team (SIECAT).

RSI received \$10,000 in funding for our early childhood initiative from the Illinois Children's Healthcare Foundation through the Building Companionate Communities Grant managed by Centerstone. This funding supported...



- A book study over *Managing Emotional Mayhem: The Five Steps for Self-Regulation* by Dr. Becky Bailey. Book study participants working in a RSI member districts or SDA #16 were eligible for reimbursement of the book cost.
- Virtual professional development opportunities by Elizabeth Priller Consulting.
- A Social-Emotional Resource Lending Library for programs/providers that will be housed at Child Care Resource and Referral (CCR&R) at John A. Logan College. Stay tuned for more details!



In October, all Pre-K staff in Johnston City and Herrin participated in *I'm a Pre-K Teacher: What's Your Superpower?* presented by Ginger Meyer, LCSW with the SIU School of Medicine and the Children's Medical and Mental Health Resource Network. This training was specially designed for Pre-K teachers to learn the art and science behind co-regulation. Practical examples and hands-on resources helped teachers bolster their superpowers of connection to create classrooms where learning can flourish.



Early Childhood Initiative



Pre-K staff at Northside Primary in Herrin finished up the *CARE in the Classroom* training this fall, which 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. Thanks to all who participated, and a special thank you to Dr. Buckman from the Stress and Trauma Treatment Center for providing this training.

RSI would like to thank CCR&R for your partnership and working to spread awareness on the importance of trauma-responsive practices in early childhood education.

In the past year, RSI 2.0 hosted in-person and virtual professional development sessions at CCR&R, Super Saturday, John A. Logan's early childhood courses, and at childcare centers. Some of the session titles include: *An Introduction to ACEs and Resilience*, *Social and Emotional Learning for Infants and Toddlers*, *Understanding Executive Function in Young Children*, and a movie screening and facilitated discussion over *Resilience: The Biology of Stress and the Science of Hope*.



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



If you are interested in learning more or scheduling a session for your program, please contact Colleen McLaughlin at cmclaughlin@partnership4resilience.org.

@ResilientSI



@ResilientSI_

www.resilientsouthernillinois.org

Parent Mentor Program



The Parent Mentor Program is a nationally recognized parent engagement model that builds deep and lasting relationships between students, teachers, and parents. Parent Mentors can help connect the school to the community and to other families, provide extra support to the teachers emotionally and physically, and give extra attention to students in need. They also provide another support person that the student can rely on.



Congratulations to Unity Point CCSD #140 and Jefferson Elementary School in Johnston City CUSD #1 for successfully implementing the Parent Mentor Program model in your schools during the 2021-2022 school year. Thank you for your dedication and making family engagement a top priority in your district.



"I am so lucky to have such quality Parent Mentors. They make my job enjoyable! This program is so amazing for our UP teachers and community!"

- Jennifer Goodman, Parent Mentor Coordinator for Unity Point School

"I found the Parent Mentor Program so beneficial to my class this year. My parent volunteer was so helpful and the kids loved having her in class! She helped with one on one reading, computer help, social emotional support and anything else needed. I have recommended to my fellow teachers to utilize the program next school year."

- Kristy Cheers, Kindergarten Teacher at Jefferson Elementary in Johnston City

The Parent Mentor Program also offers numerous trainings for volunteers. Trainings include:

- TIPTOP (Training for Instructional Purpose for Tutors, Organizers, and Parents)
- Personal development
- Self-care
- Recognizing Social-Emotional Needs in the Classroom
- Impact of Early Childhood Trauma
- Behavior Management 101
- ADHD 101
- Anxiety in School-Age Children
- Depression in School-Age Children
- Overview of Childhood Development and Autism Spectrum Disorder



For more information, visit www.parentengagement.institute/pmp or contact Ashley Zamot, P4R Lead Organizer for the Parent Mentor Program at azamot@partnership4resilience.org.

@ResilientSI



@ResilientSI_

www.resilientsouthernillinois.org

Broader Partnerships

Greetings!

A lot has been different this school year, but one thing that remains the same is the level of commitment that Partnership for Resilience has to you, our partners, through our vision and mission. Beyond working with your Resilience Teams, providing professional development, introducing parent mentors to your schools, and connecting students with physical and behavioral health resources, we are collaborating in other spaces to positively impact the amazing work that you are doing. Because of our collective work in developing trauma-responsive schools in Illinois, other stakeholders invited us specifically to partner with them this year.

Whole Child Task Force: Partnership for Resilience is a member of the Whole Child Task Force (<https://www.isbe.net/wholechild>), appointed by the State Superintendent of Education. The Whole Child Task Force was created for the purpose of establishing an equitable, inclusive, safe, and supportive environment in all schools for every student in this State.

Illinois Children's Mental Health Plan (ICMHP) Steering Committee: Partnership for Resilience was requested to be a part of the Steering Committee (<https://www.icmhp.org/our-work/childrens-mental-health-plan/>), and to co-chair one of the workgroups which is comprised of system experts, the ICMHP Interim Chair, ICMHP Director, and ICMHP staff. ICMHP is charged with developing and monitoring a plan to build comprehensive and coordinated mental health services, programs, and supports for Illinois children and their families. ICMHP and the State of Illinois are embarking on the process to develop a new Children's Mental Health Plan to improve the overall well-being of all Illinois youth and families.

Resilience Education to Advance Community Healing Initiative (REACH Initiative) Partner: Partnership for Resilience serves as a program management partner for the 2-year Resilience Education to Advance Community Healing (REACH) Statewide Initiative (<https://www.isbe.net/Lists/News/NewsDisplay.aspx?ID=1346>). In this role Partnership for Resilience serves as the lead of the program's co-development of the REACH Statewide Communities of Practice Business Model along with Lurie Children's Center for Childhood Resilience, facilitator of Communities of Practice, and management of the Community of Practice Business Model Implementation. The Partnership for Resilience also serves as a key member of the program leadership team for the areas of the Regional Office of Education Social Emotional Learning Hub Training of Trainers and the REACH Designation Model.

Harvard Graduate School of Education: The Partnership for Resilience is a community of practice within the EdRedesign Lab By All Means Initiative at the Harvard Graduate School of Education. (<https://edredesign.org/who-we-are>). The EdRedesign Lab launched By All Means initiative in 2016 to rethink education and child development systems in partnership with the Partnership for Resilience and 8 other communities in the United States.

Enjoy the remaining days of summer and be confident that we will continue to partner broadly with others to elevate the challenges you face as well as the good work being done to make a difference in the lives of the students that you work with every day.

Sincerely,

Kristine Argue-Mason

Kristine Argue-Mason, Executive Director
Partnership for Resilience



www.partnership4resilience.org

@ResilientSI



@ResilientSI_

www.resilientsouthernillinois.org