

APPENDIX A: CENTRAL MASSACHUSETTS COMMUNITIES OF CARE RESOURCES AND SERVICES

Central Massachusetts Communities of Care (CMCC) is a six-year federally-funded and state-supported project. CMCC's mission is to coordinate a number of prevention and early intervention initiatives designed to divert youth with complex behavioral and emotional needs from the juvenile justice system, including through the implementation of PBIS in select Worcester County school districts.

Positive Behavioral Interventions and Supports: PBIS, sometimes referred to as *Schoolwide Positive Behavior Support (SW-PBS)*, is comprised of a broad range of systemic and individualized strategies for achieving important social and learning outcomes while preventing problem behavior with all students. SW-PBS is not a specific *model* but a compilation of effective practices, interventions, and systems change strategies that have a long history of empirical support and development, and individually have been demonstrated to be effective and efficient. PBIS is a systems approach that organizes local information and data, evidence-based practices, and implementation supports in order to achieve socially, academically, and culturally important outcomes. Through establishing a preventative continuum of behavior supports, PBIS has relevant application to all students, not just those with disabilities.

PBIS is the integration of four elements:

1. operationally defined and valued outcomes;
2. behavioral and biomedical science;
3. research-validated practices; and
4. systems change to enhance the broad quality with which all students are living/learning and to reduce problem behaviors.

PBIS involves the following elements of consultation, training, and support:

1. district level Leadership Teams to guide and coordinate school-based implementation of PBIS systems and practices;
2. evidenced-based practices and systems at the Universal (Schoolwide), Targeted, Intensive, and Classroom levels;
3. coaching and facilitation capacity to support initial and sustained school team implementation;
4. district and schoolwide data collection, decision-making, and evaluation through use of the:
 - a. Schoolwide Information System;
 - b. Team Implementation Checklist;
 - c. Effective Behavior Support Self-Assessment;
 - d. Safe Schools Survey; and
 - e. Schoolwide Evaluation Tool;
5. district and/or regional training capacity for preparing new schools and staff members and providing ongoing professional development on PBIS related systems and practices; and
6. district and school level organizational structures that enable sustained and accurate implementation of PBIS practices and systems.

The implementation of PBIS as outlined in this RFP will be integrated fully with other CMCC initiatives that are described briefly below.

- I. Youth and Family Center (YFC):** In September 2006, CMCC established a Youth and Family Center (YFC) in Webster, MA, that serves the South Central Massachusetts area. The YFC provides a wide range of services and supports for youth with complex emotional and behavioral needs and their families in partnership with families, schools, and other local public and private agencies to enhance and expand the existing provider network for provision of other required services. The YFC is a collaboration of parents, youth, and professionals who work with schools and providers to develop protocols for referrals, timely response and follow up, access to services, and integration of services with Individualized Care Plans as appropriate.

- II. Services and Supports:** The Youth and Family Center provides the following services onsite:
- A. **Support Groups** and related activities for youth, parents, and family members;
 - B. **Family Fun Nights and Parents' Night Out** for recreation and respite;
 - C. **Care Coordination** for eligible youth and families with complex emotional and behavioral needs who receive services from multiple agencies and providers; and
 - D. **Treatment and Community Activities** that are accessible to youth and family members.
- III. Information and Referral:** The Youth and Family Center provides information and makes referrals on a wide range of services and supports such as:
- A. Substance Abuse (SA) Treatment and Prevention Services;
 - B. Medical Services for Youth with a Co-Occurring Serious Emotional Disturbance and Chronic Illness;
 - C. Screening and assessment to facilitate appropriate referrals for further assessment and services as indicated;
 - D. Vocational Counseling and Rehabilitation and Transitional Services;
 - E. Therapeutic Recreation Activities, including the YMCA, Boys' and Girls' Clubs, and faith-based youth groups; and
 - F. Peer Support through CMCC's partnerships with the Parent/Professional Advocacy League (PAL) and the Community Connections Coalition (i.e., Department of Children and Families or DCF sponsored neighborhood networks). These resources provide strong linkages to peer support and advocacy for enrolled families. PAL provides support, education, and advocacy around issues related to children's mental health. The Community Connections Coalition is a network of families that have been involved with DCF and can provide support and advocacy in this area.
- IV. Evaluation Capacity:** CMCC has significant federally-mandated and supported evaluation resources that will allow CMCC to track project activities and to compare outcomes achieved for youth, families, and professionals receiving various services, and various combinations of services and supports. CMCC evaluation staff will provide technical assistance and support for the specialized PBIS evaluation components outlined in Appendix B.