

PIP/Special Friends Program

Folsom Cordova Unified School District
Office of Student Support Services

Supported by grants from the
Early Mental Health Initiative



What is the PIP/Special Friend Program ?

The Special Friends Program or Elementary Intervention Program is designed as a prevention/intervention program to help primary grade children grow socially and emotionally, so they are more effective learners and get along more successfully with their peers in school.



Where are we?

11 Elementary Schools

Blanche Sprentz
Sandra J. Gallardo
Gold Ridge
Rancho Cordova
White Rock
Williamson

Oak Chan
Natoma Station
Theodore Judah
Peter J. Shields
Cordova Meadows

4 Preschools (First Five Grant)

Rancho Cordova
Cordova Villa

Williamson
Cordova Lane



Program Features

- * Use of Child Assistants – Special Friends - to deliver service to students
- * Supervision by school psychologists, weekly group training and individual supervision
- * Using Child Assistants keeps program cost efficient
- * Collaboration with Cooperating Mental Health Entity - CHW Children's Center



What is a Special Friend?

- * A trained Child Assistant selected for their positive interpersonal qualities
- * A person who can establish accepting and supportive relationships with students
- * Trained and supervised by school district mental health professionals



Student Selection



*Target population

*Students with “mild to moderate” social adjustment difficulties

Student Selection

Students who are:

- * Shy, withdrawn
- * Distractible, overactive
- * Low self-confidence
- * Aggressive, acting out
- * Experienced significant life event



Significant Life Events

- * Parental divorce, separation
- * Frequent moves
- * Death in family
- * Birth of a sibling
- * Living in out of home placement
- * Major illness; parent away in military
- * Loss of job



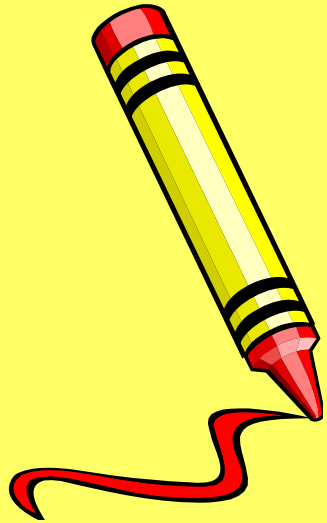
Selection Process

- * First grade teachers complete rating scales – subs available
- * Selection Team Meeting
 - Teacher
 - Principal
 - Project Coordinator/SBMHP
 - Special Friend

- *Teacher contacts parent for permission



How does the program work?



- * Weekly, individual or group sessions
- * Approx. 30-40 minute each week
- * Nondirective, therapeutic play
- * Social skill groups (Positive Action or Second Step)
- * Short-term; approx. 15 sessions

What is Non Directive Play?

Play is the “work” of a child

- * Learn different roles
- * Develop self-control
- * Form positive adult connection
- * Builds relationship skills



Play is.....



A form of communication

Child directed (the aide follows)

Form of self-expression





















Positive Action



- * 12-15 weekly lessons
- * Designed to improve self-concept, healthy choices, self-management, social skills, honesty and continued self-reflection

1st Core Element: Philosophy

You feel good about yourself
when you do positive actions,

and...

there is always a
positive way to
do everything.



2nd Core Element

Thoughts – Actions – Feelings Wheel

Thoughts lead to actions

Actions lead to feelings
about yourself

Feelings lead to more thoughts

The Circle can be **positive**
or it can be **negative**



Positive Action Lessons

- * activity sheets
- * puppets, flannel board characters
- * games
- * role playing
- * stories with Q&A
- * visual aides and music





Response to Intervention (RTI)

Academic Systems

Behavioral Systems

Tertiary Interventions

- Individual students
- Assessment-based
- High intensity

Secondary Interventions

- Some students (at-risk)
- High efficiency
- Rapid response
- Small group interventions
- Some individualizing

Universal Interventions

- All students
- Preventive, proactive

Tertiary Interventions

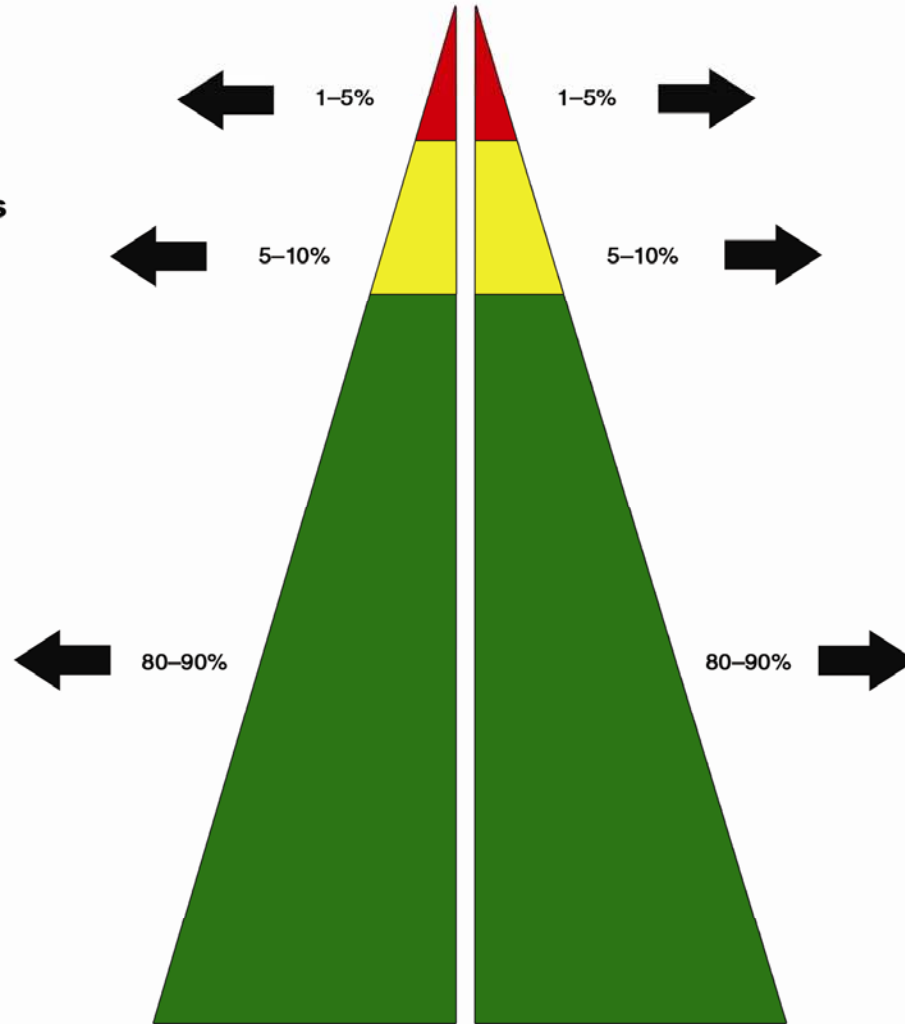
- Individual students
- Assessment-based
- Intense, durable procedures

Secondary Interventions

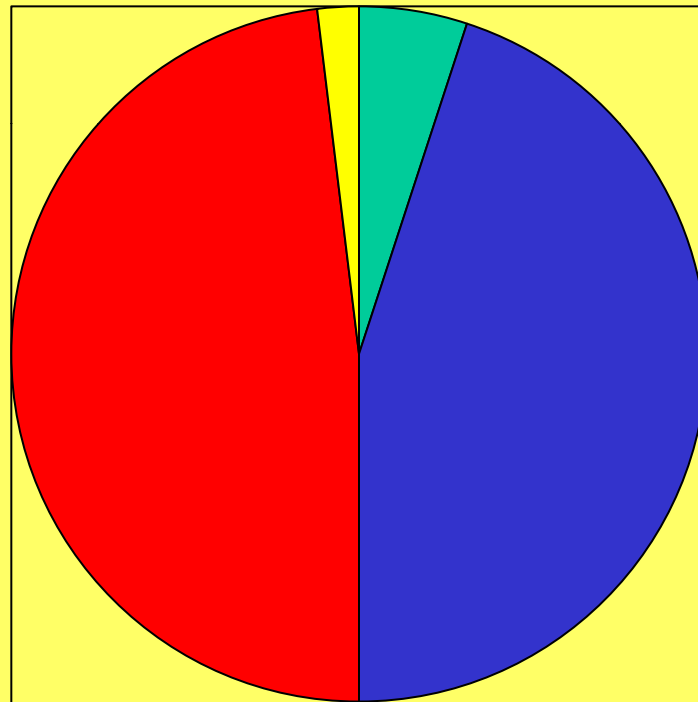
- Some students (at-risk)
- High efficiency
- Rapid response
- Small group interventions
- Some individualizing

Universal Interventions

- All settings, all students
- Preventive, proactive



Budget Estimates



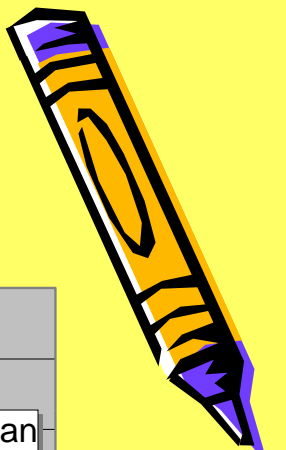
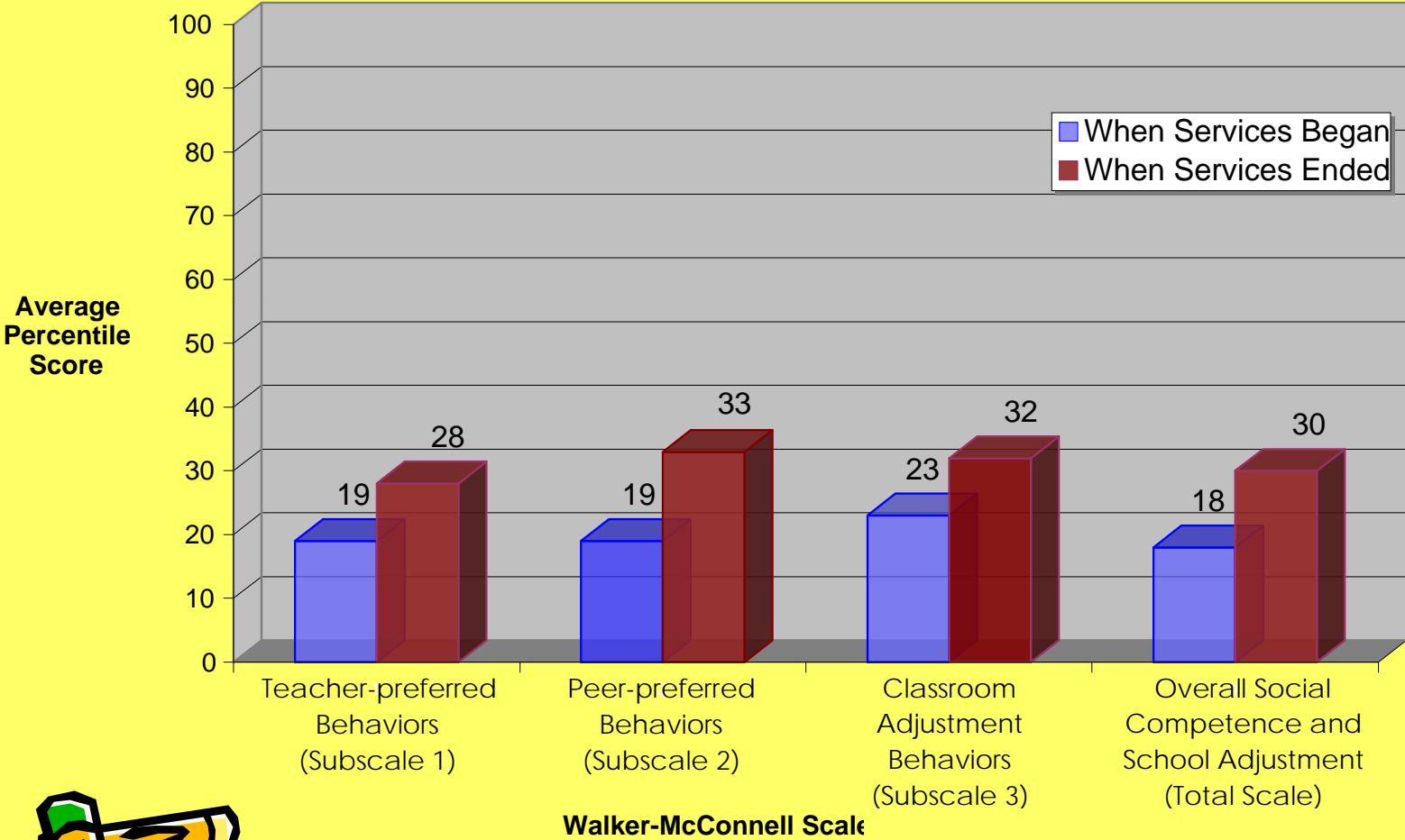
- School Contribution - 5%
- District In Kind - 45%
- Grant Amount - 48%
- CHW In Kind - 2%

How are results measured?

- * Pre-post teacher rating scale
- * Teacher preferred social behavior
i.e., empathy, social problem solving
- * Peer preferred social behavior
i.e., plays with peers
- * Classroom behavior
i.e., stays on task, completes work



CHART 8 PRE-POST SCHOOL ADJUSTMENT RATINGS FOR LOCAL PARTICIPANTS

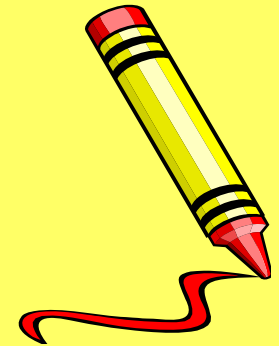


EMHI Site Visit

The Early Mental Health Initiative (EMHI) program is well established in the Folsom Cordova Unified School District (FCUSD). Successful programs have been operating for years and the addition of another "Special Friends" program (Other Model and PIP) is no exception. Your success is clearly reflected in the Folsom Cordova USD Local Evaluation Report for 2110/11 as reported by Duerr Evaluation Resources. The combined report (n = 399) for all four of your grants that participated in the evaluation process reflect a net percentile change of 12 points and a P-Value of $<.001$. More impressively, the average pre Walker McConnell percentile score of 18 is in the "target population" while the post Walker McConnell score of 30 is in the "adjusted" range. As these results are based upon teacher impressions they truly reflect the effectiveness of the "Special Friends" program.



Future Plans



- * New 2012-13 RFA to be issued soon
- * Anticipating a new grant for two existing schools (Cordova Meadows & Peter J. Shields)
- * Possibly adding a new school (Folsom Hills)
- * Three schools go off grant – Sprentz, Gallardo, Gold Ridge



Future Issues

- * EMHI funding continues to exist in Governor's budget
- * Closing of the state Department of Mental Health
- * EMHI is to be transferred to Department of Education
- * Implication is unclear?



Where to find out more?



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Suzanne Holt, MS
Student Support Services
Folsom Cordova USD
(916)363-0162, ext 128**

✓ **Early Mental Health Initiative
CA. Dept. of Mental Health
(916) 654-2149**

✓ **Children's Institute
University of Rochester
(877) 888-7647
www.childrensinstitute.net**