

# CPI REGIONAL FORUMS



## ALL COOKS TO THE KITCHEN! Recipes for Wellness & Success



Christina Borbely, Ph.D., RET Partners  
Tad Kitada, CSUS School Social Work

Sacramento, Garden Grove, & Monterey, CA~ June 2012

# Goal

The goal of this session is to help increase awareness of interventions and strategies that promote learning and wellness for all youth, including those who experience AOD use and/or mental health needs.



# Objectives

- Understand the relationship between learning and mental wellness
- Recognize the benefit of cohesive systems to support learning and youth wellness
- Learn proven strategies that promote a positive climate and mental health in school and in the community.

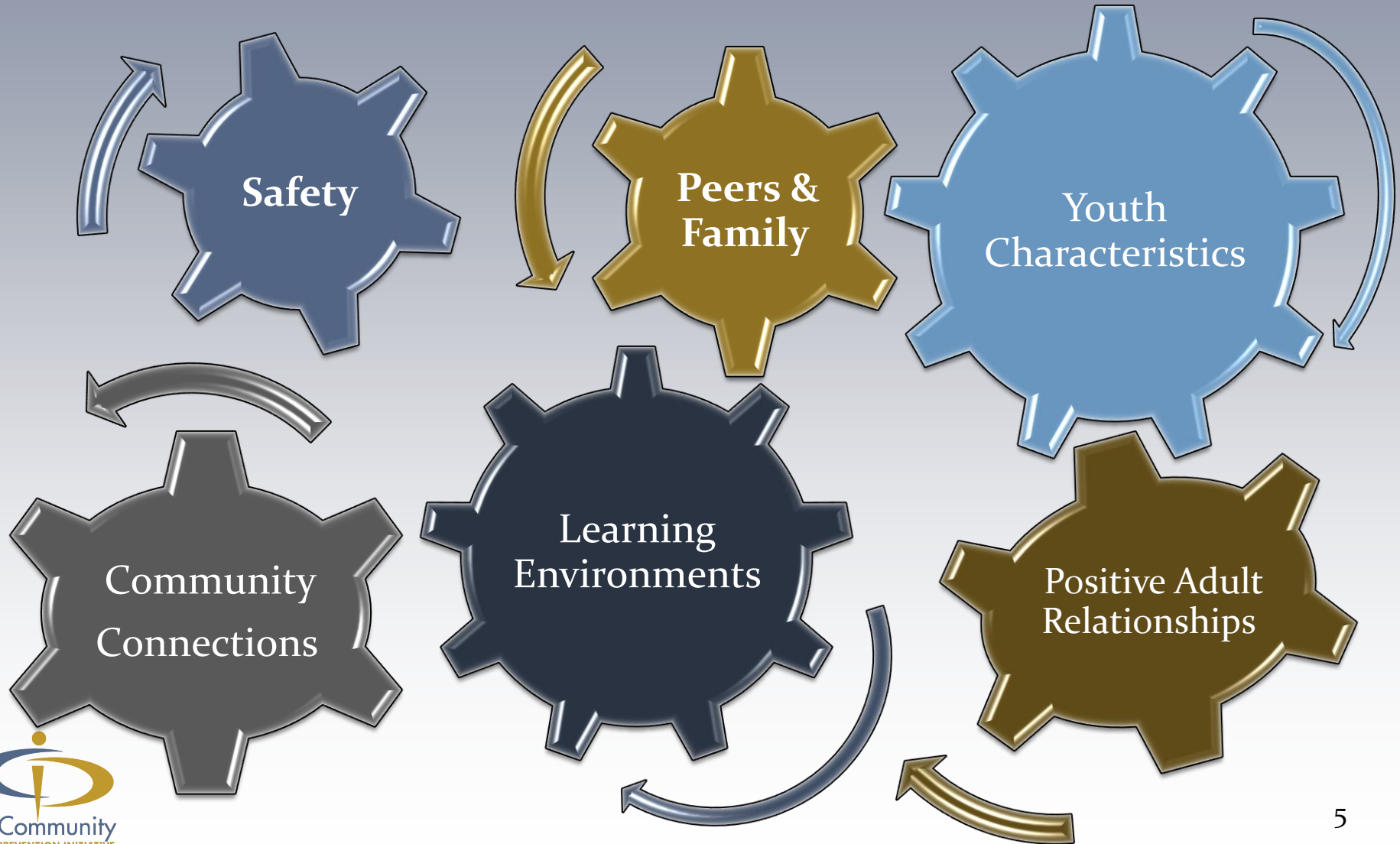


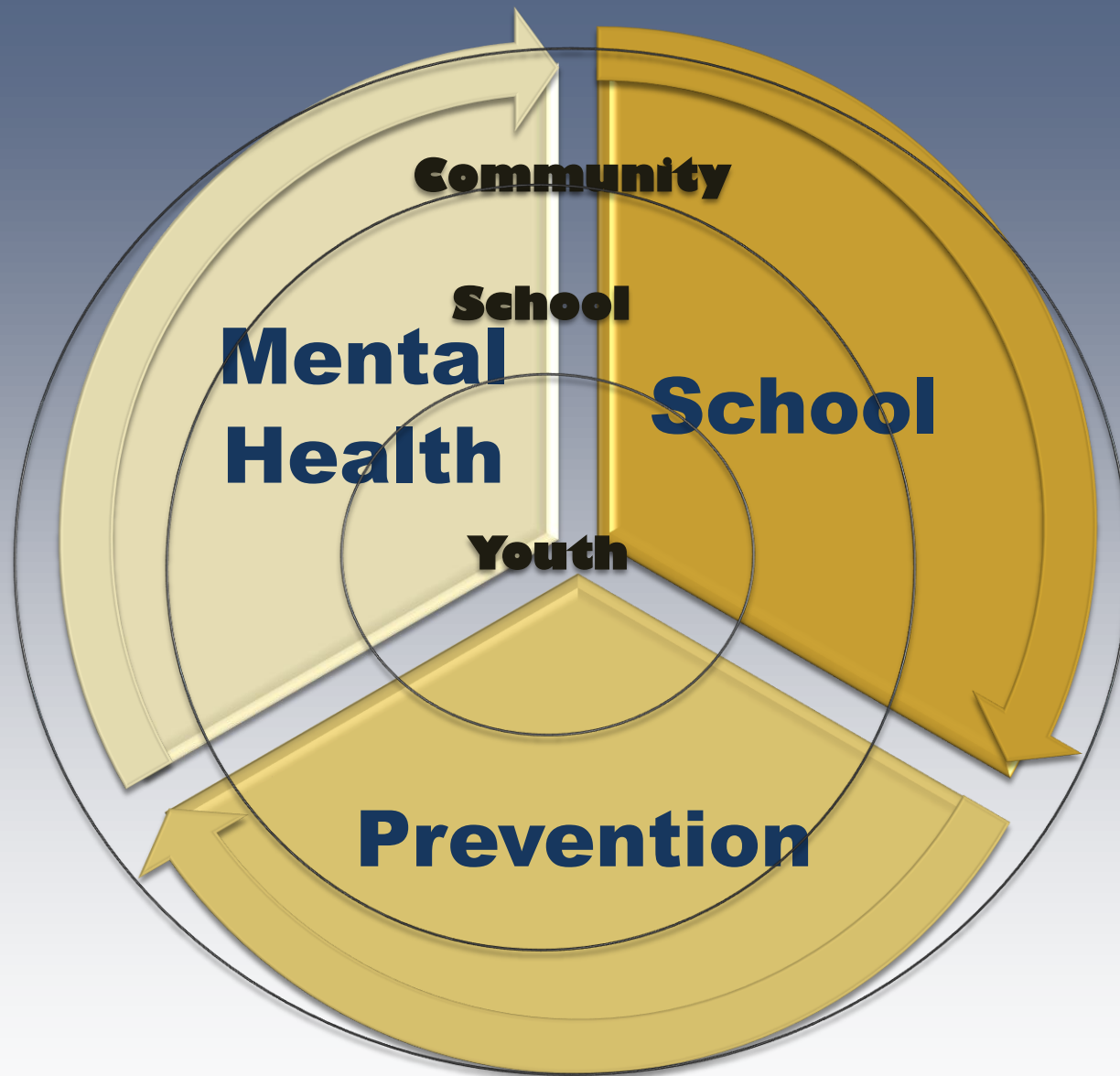


# HEALTHY, EDUCATED KIDS WHO DON'T DO DRUGS

How do I get one??????????????

# The Context of Wellness







# FORMULA FOR YOUTH WELLNESS

---

MENTAL HEALTH

X

EDUCATION

X

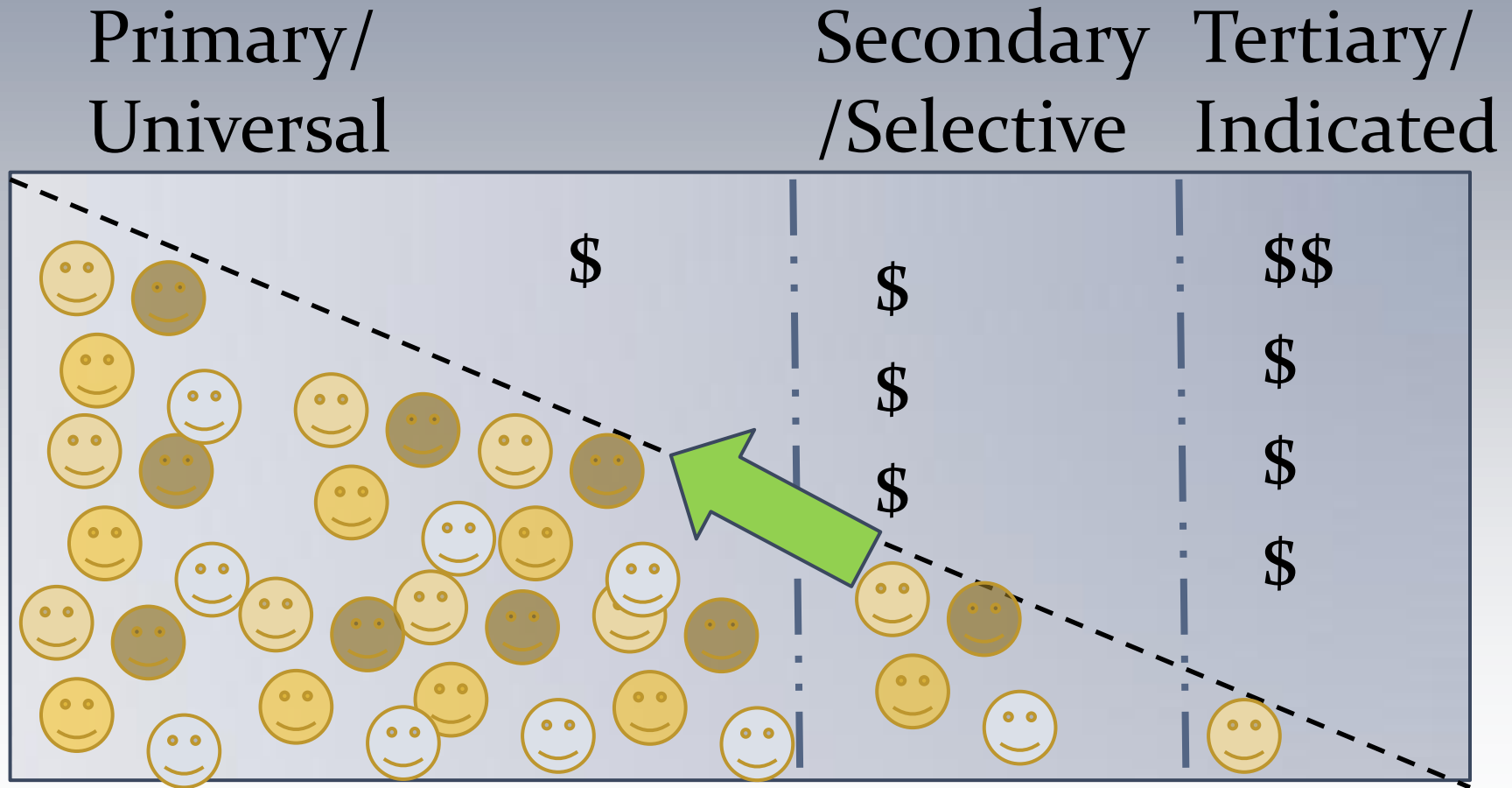
AOD PREVENTION

# Youth Getting Help V. Youth In Need

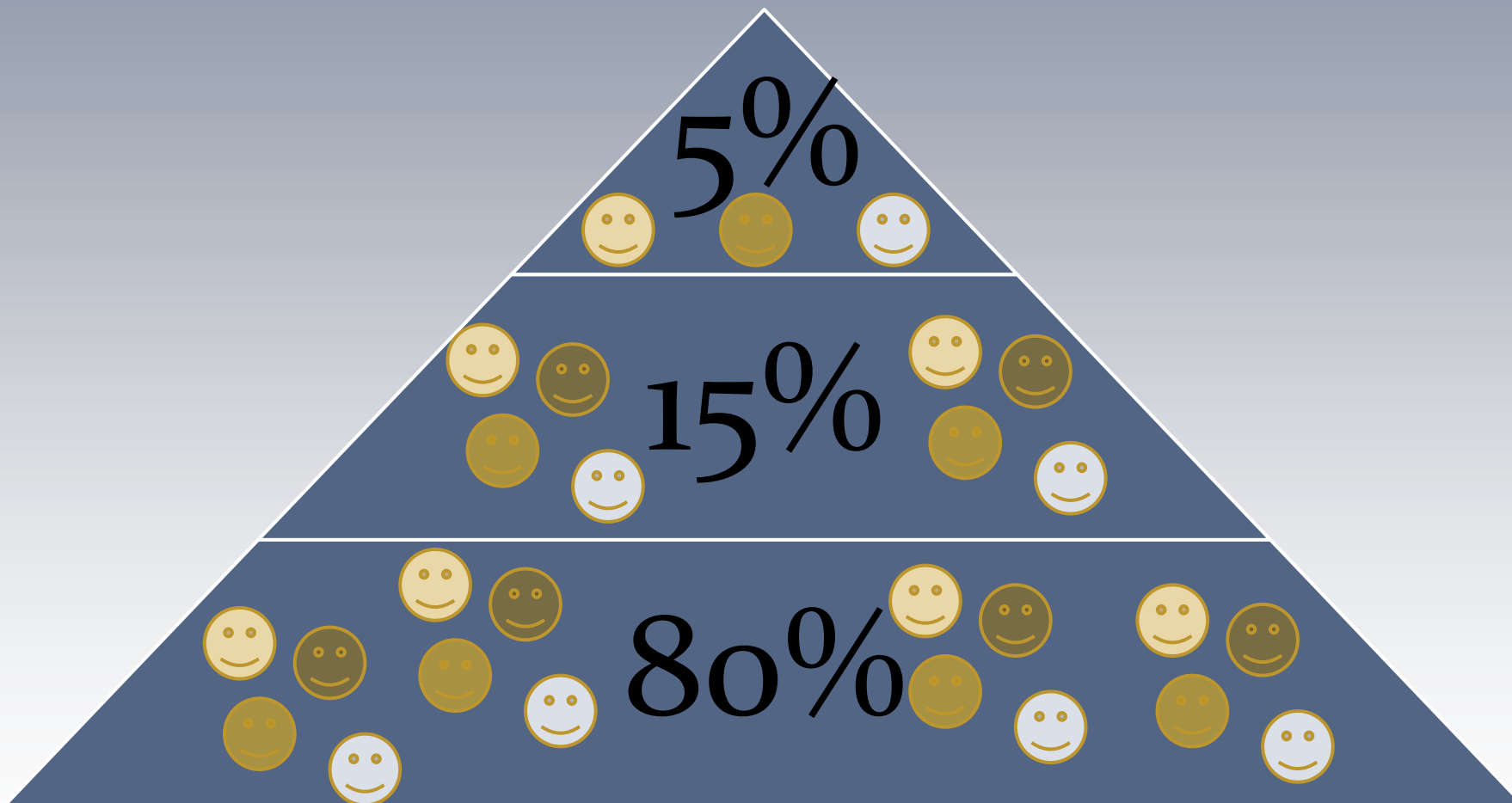




# Resources: Youth Impacted



# Rtl Pyramid



# CREATING SAFETY

Positive, Consistent, Predictable

- PBIS
- Nurtured Heart
- Response to Intervention
- BTSA
- School Safety Plans
- Bullying Prevention
- Strengthening Families
- CMCA
- Too Good for Drugs
- All Stars
- FST
- SST
- SART
- PLC
- 504
- Healthy Start
- SAP/Project SUCCESS
- BBBS
- ED
- SDC
- Residential
- RSAP
- Seven Challenges
- Teaching Kids to Cope

# Positive School Climate

- When school members feel safe, valued, cared for, respected, and engaged, learning and wellness increase.

A shared mission, created and sustained by students, parents, and school staff, and supported by the community, for systematic safety, support and inclusion of every child.

# Positive (School) Climate

- **Definition:** Perceptions about the overall setting where learning and development take place
- **Primary goal:** To support and instruct to a range of individual differences while sustaining a caring atmosphere

EVERY CHILD  
EVERY DAY  
NO MATTER WHAT IT TAKES

# S3 Model for Positive Climate

## Engagement

- Relationships
- Respect for Diversity
- School Participation

## Safety

- Emotional Safety
- Physical Safety
- Substance Use

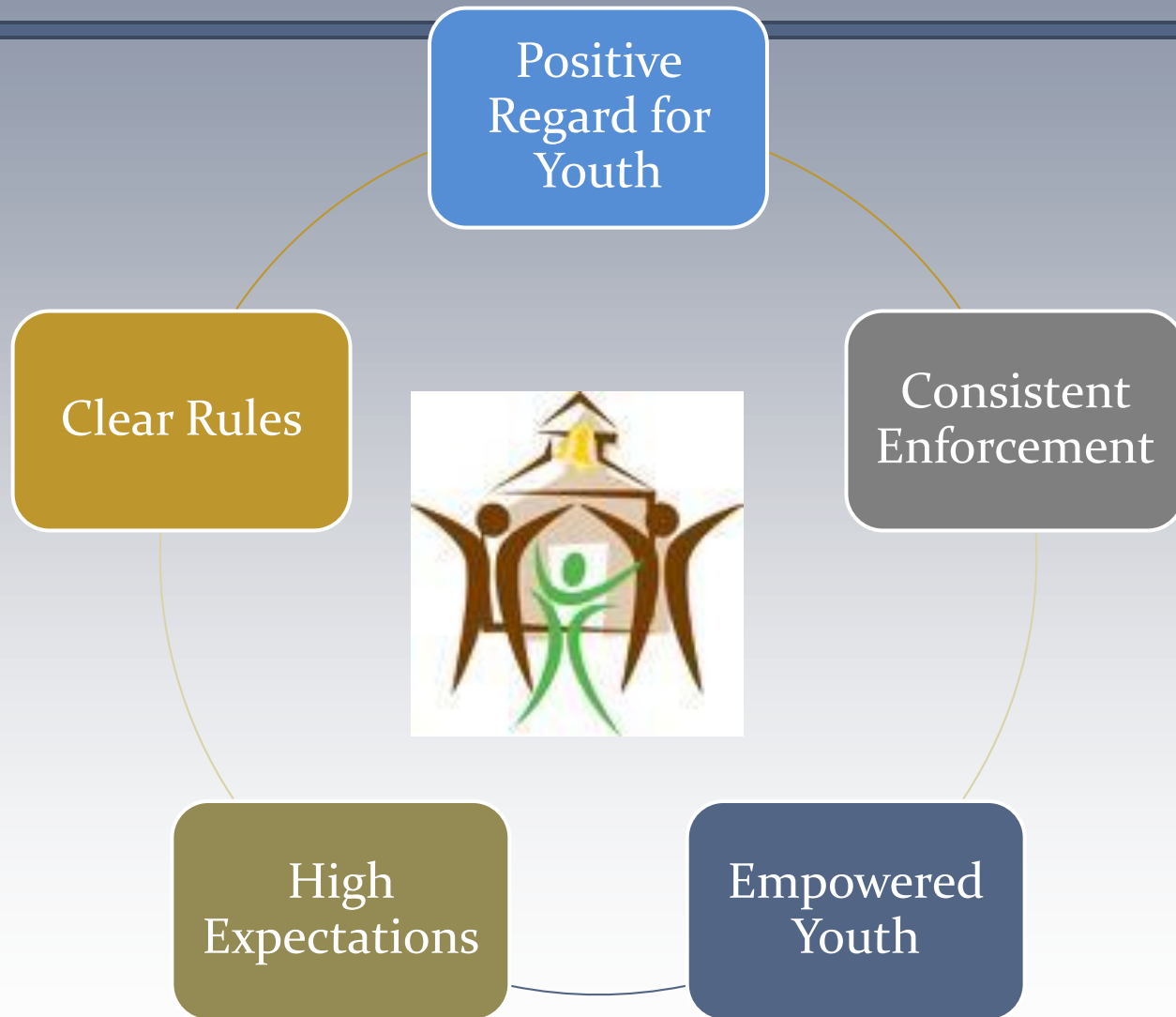
## Environment

- Physical Environment
- Academic Environment
- Wellness
- Discipline Environment

Safe and Supportive Schools: A Federal Initiative of USDE



# Promoting Wellness





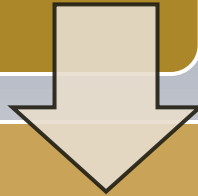
# **TOWARD BUILDING CAPACITY**

Activity

# Toward Capacity Building

1

I know my  
ISSUE or  
DESIRED  
OUTCOME



Identify  
interventions/  
resources



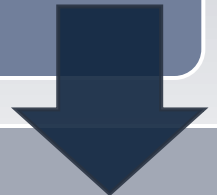
Recipe for  
the cooks

2

I know my  
INTERVENTION  
or RESOURCE



Identify  
associated  
multiple  
outcomes



Recipe for  
the cooks

# Resources

---

## Interventions

- National Registry of Evidence-based Programs & Practices
- CDE's TETRIS: *Eliminating Barriers to Learning Through Early Identification of Student Mental Health Issues*

## Data

- Kidsdata.org
- School/district attendance & discipline records

# Thank You!

---



**Christina Borbely, Ph.D.**

[www.retpartners.com](http://www.retpartners.com)

[christina@retpartners.com](mailto:christina@retpartners.com) 415-683-0073

**Center for Applied Research Solutions  
(CARS)**

[www.cars-rp.org](http://www.cars-rp.org)



**Community Prevention Initiative (CPI)**

[www.ca-cpi.org](http://www.ca-cpi.org)

Toll-free: 1 (877) 568-4227