



# Connect 2 Kids: Understanding the Challenges

## Some of the Adversities Students Faced Outside the Classroom

As reported by JPA partner schools

- Students who live with a parent/caregiver with a mental health problem
- Students who have been exposed to substance abuse of an adult in the home or family
- Students who have been exposed to not having enough to eat or not having clean clothes to wear
- Students who have had a close relative/friend killed or harmed by violence
- DCFS involvement with the family
- Students in foster care
- Students with a history of abuse or neglect
- Student with single parents/caregivers
- Students who have experienced housing instability
- Students with undocumented parents

According to the Illinois ACEs Response Collaborative (2011), Adverse Childhood Experiences (ACEs) are often the root cause of serious learning disabilities, health problems, social challenges and behavioral problems that impact a child's ability to learn.

## Most Common Challenges in the Classroom

As reported by JPA partner schools

- Students who require 1 to 1 attention to engage
- Students who exhibit negative attention seeking with teacher
- Students who are withdrawn or isolate themselves
- Students who have difficulty maintaining physical boundaries
- Students who are sad, depressed, or hopeless
- Students who have difficulty understanding/ following directions

## Other Common Challenges Discussed in C2K Consultation

- Students who are often angry or have aggressive outbursts
- Students who become upset when not getting attention from teacher(s)
- Students who pick on other students or takes things from others
- Challenges in working with parents



## Connect 2 Kids: How We Can Support You

**What kinds of challenges can your C2K consultant help with?**

*Common behaviors and issues that may be the focus of consultation include but are not limited to:*

### Emotional Challenges

- Student quick to get angry/meltdown
- Student easily frustrated
- Student often tearful
- Student displaying excessive anxiety/worry
- Student who appears fearful or tense
- Student who reacts negatively to touch
- Student who reacts negatively when things do not go his/her way
- Student who reacts negatively (shuts down, acts out, becomes highly emotional) when corrected or re-directed

### Social Challenges

- Student displaying aggression that is directed towards others
- Student who isolates himself/herself from other students
- Student who withdraws from small or large groups
- Student who is shunned by other children
- Student reluctant to participate in class discussions
- Student who picks on other students
- Student disturbing other students while they work
- Student who is overly dependent on teacher/ other adult in the room

### Other Challenges

- Student who has difficulty starting work independently
- Student who has difficulty understanding/following directions
- Student who has difficulty concentrating on material
- Student who hides, wanders or is often fidgeting in the classroom
- Student who runs from the classroom/teacher without permission
- Student who inappropriately touches another student and/or exposes themselves
- Challenges that arise in working with parents



## Connect 2 Kids: Goals for Teacher Consultation

Positive relationships between students and their teachers predict long-term outcomes, including strong academic performance and fewer behavioral problems.

C2K Consultation provides educators with a supportive, non-judgmental environment during which a mental health consultant and educator collaborate to work towards the following goals:

- Increased understanding of the **developmental and social emotional needs** of students
- Increased understanding of the **meaning behind challenging behaviors**
- Development of **strategies** for helping students & responding to challenging behaviors
- Development of **positive relationships** between educators and students



Work towards each of these goals will support C2K goals for student outcomes, which are related to the Illinois State Board of Education Social Emotional Standards:

**ISBE Goal:** Use social-awareness and interpersonal skills to establish and maintain positive relationships.

**C2K Goal:** Students will have better relationships with their teachers and the school community.



**ISBE Goal:** Develop self-awareness and self-management skills to achieve school and life success.

**C2K Goal:** Students will exhibit increased regulation and lower levels of stress and anxiety.



**ISBE Goal:** Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

**C2K Goal:** Students will have fewer behavioral problems in the classroom.



**Students are better able to learn!**

Additionally, consultation can also be a time for educators to discuss and manage any stresses related to teaching or in their own lives that impact teaching.



## Interested in bringing this program to your school?

The support of the school's administration (e.g., Principal, Assistant Principal, Deans, and Academic Coaches) is **required** to create a strong foothold for this program to be successful. Additional elements that are required include:

- ✓ Commitment from the principal to actively support C2K with teachers and staff and to meet with C2K staff to help create the initial implementation plan, a mid-year review, and to share the YE evaluation. We ask that school leaders be available to help address implementation issues should they arise
- ✓ The support of the teaching staff participating in consultation
- ✓ Permission from the school to enter classrooms for observations
- ✓ 1-hour of protected time each week designated for consultation with the teaching staff
- ✓ Commitment from teachers to complete surveys about each student who is the focus of consultation twice each year
- ✓ Consent forms completed by families for those children who are evaluated using the Teacher Rating Form
- ✓ Commitment from teachers to allow JPA clinician to lead or co-lead classroom groups during the year

For any questions you have about C2K, please contact:

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