

Jags Growing Up

...High School and Beyond

Basic Tips for HS success:

Encourage your Child to:

- Advocate for their needs - communicate with teachers
- Follow their performance on FOCUS
- Turn in all work and HW
- Go for extra help
- Become involved on campus
- Keep an agenda- manage time (organized)
- Avoid social media over use

Parents:

- Praise *effort* and commitment
- Help set *goals*
- Keep open lines of *communication*
- Show interest in their interests
- Stay involved in their lives
- Help focus on solutions
- Follow their performance on FOCUS

Develop Grit

What Grit is Not:

- Intelligence
- Skill
- Grades
- Luck
- Working in the moment

What Grit Is:

- How hard you work
- Perseverance
- Resiliency
- Determination
- Passion

Put a CHALLENGE in Front of Them

- ❑ Encourage kids to try new things
- ❑ True achievement happens when a child has a *chance to triumph over something difficult*
- ❑ Confidence builds in the *ability to confront a challenge* and a chance to experience one's potential
- ❑ Don't get upset by *mistakes*...Progress comes in increments

Promote Perseverance

steadfastness in doing something despite difficulty or delay in achieving success

- Skill and ability comes with *practice* even for the naturally gifted
- Pushing through discomfort* is a natural part of the learning process
- Celebrate *effort*
- Don't QUIT...hold them accountable to see task through
- Praise perseverance in all areas

“It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings”

~Ann Landers

Be a Nudge

- ❑ Let your child know you *expect* them to do their BEST
- ❑ Schedule practice/ study time
- ❑ Insist on practice/ study time → **consistently**
- ❑ Embrace *Imperfection* ...things won't always go their way

Welcome Boredom, Confusion, Frustration

- Learn how to solve, overcome, and deal with adversity
- Help them own *their problem* along with providing a supportive space
- Allow child to hit roadblocks and *problem solve* before jumping in
- Success rarely comes on the first try
- Learning isn't supposed to be easy all the time

Help kids to think through
steps to
solve
problems
instead of doing for

Let them FAIL

- ❑ Tolerate failure- Failure is inevitable...nothing to be afraid of
- ❑ Without opportunities to experience safe/ acceptable failure- kids will be vulnerable to anxiety when failure does occur
- ❑ Only through trial and error can kids become resilient
- ❑ Failure connects children's actions with consequences which helps them gain ownership of their efforts.
- ❑ *Builds strength, character and drive!*
- ❑ *Teaches:* commitment, patience, determination, problem solving, and humility
- ❑ Model how you bounce back / recover

“Frustration, although quite
painful at times, is a very
positive and essential part of
success”

~Bo Bennett

SUCCESS



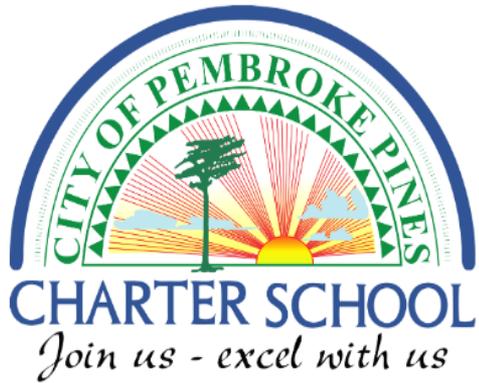
**WHAT PEOPLE THINK
IT LOOKS LIKE**

SUCCESS



**WHAT IT REALLY
LOOKS LIKE**

School-Based Mental Health Supports



School-Based Mental Health Support

- Students are 6x more likely to engage in mental health treatment in their school rather than in the community (National Center for School Mental Health and MHTTC Network and Coordinating Office, 2019)
- Studies have shown that comprehensive school-based mental health programs correlate with:
 - Better academic achievement (Durlak et al., 2011)
 - Fewer discipline referrals and improved behavior (Taylor et al., 2017)
 - Developed social, self-awareness, and relationship skills (Durlak et al., 2011)
 - Improved school safety (National Center for School Mental Health and MHTTC Network and Coordinating Office, 2019)

Overview of the Student Assistance Program (SAP)

Tier III

Individualized intensive interventions

Individual Therapy sessions (30 min.); monthly parent calls; monthly mental health screening

Tier II

Targeted small group interventions for at-risk students

Group therapy; supportive counseling (check-ins for 15 minutes); teacher consultations and class observation (e.g., TCIT); monthly mental health screening

Tier I

Whole class research-based core instruction

Teacher and community provider in-service training; Parent forums and presentations; newsletter tips

SAP was modeled after the MTSS approach to behavior and academics. At Tier 1, the universal level, all students will have general mental health supports. SAP accomplishes this by providing training and support to primarily to teachers, providers, and parents on various mental health topics. SAP compliments existing Tier 1 resiliency education curriculums being utilized at school settings (e.g., Rethink Ed.). At Tier 2, the targeted level, SAP provides group therapy as well as in class consultative supports for teachers (i.e., TCIT). Lastly, at Tier 3, the intensive level, SAP provides individual therapy to students identified as most at-risk based on mental health screening and referrals.

Rethink Ed

- Broward County Public Schools (BCPS) is partnered with Rethink Ed to offer resources that include lessons, training, mental health support, self-assessments, and additional materials in support of Life Skills and Wellness (LSW).
- Students, staff, educators, and families can receive support via RethinkEd's:
 - Video-based on-demand professional learning modules
 - K-12 multi-tiered wellness curriculum
 - Interactive online student activities
 - Norm-referenced wellness student surveys for grades 3-12
 - Family portal to make home connections
 - Administrative dashboards provide uniformity and transparency across the district
- https://get.rethinked.com/support_broward_county

Week 3 Relationship Skills

9	Groups or Cliques	Your students probably think every other classmate's life is simple compared with theirs. Allow your students to see the light by putting them in pairs and asking them to write a short biography about each other. Get creative with the pairing! You might be able to create lifelong friendships!
10	Reciprocity and Relationships	
11	Shifting Relationships	
12	Building Healthy Relationships	

Sample of SAP Student Talks YTD

Date	Title of Training	Audience	Attendees
8/14/25	Decision Making and Self Control	Central Middle	646
09/05/25	Stress Management	Central Middle LSW Students	137
09/17/25	Suicide Prevention and Awareness	AVH	31
11/19/25	Strategies for Coping with Difficult Emotions	East	112

SAP Parent Presentations for 24-25 SY

Date	Title	Number of Attendees	Audience
7/22/2024	Jaguar Pointer Series: How to Help Your Child or Teen Confidently Cope with Anxiety	1,065	Parents (K-12)
8/29/2024	Supporting the Mental Health of Your Children	105	East Elem Parents
11/20/24	School Safety & Mental Health Protocols for Students	1,316	Parents K-12
2/1/25	Jaguar Jumpstart: Empower Your Child for Success	261	AV parents (incoming 9th)
2/6/25	Supporting Your Child Through Their Testing Worries and Nervousness	94	FSU Parents
04/22/25	Raising Positive Children: Managing Burnout as a Parent	282	Parents (K-12)
TOTAL		3,123	

Sample of Professional Development 24-25

Date	Title	Number of Attendees	Audience
7/31/2024	Summer Institute: SAP Working with Students with Anxiety in the Classroom K-12	15	Charter Teachers (K-12)
8/5/2024	Enhancing SRO and School-Based Mental Health Team Collaboration: Student Assistance Program (SAP)	9	PPPD TAT Team
10/1/24	Using TCIT Skills for Misbehavior in the K Classroom	26	Central, East, and FSU Elem Teachers
11/5/24	Stress Management for Educators	64	FSU Staff
12/10/24	Suicide Awareness and Prevention for Educators	69	FSU and AV staff
12/12/24	Coping and Resiliency Skills for East Campus	34	East Elem Teachers
7/30-9/18/25	SAP Understanding Attention & Focus: Strategies for Student Success	134	Charter Teachers (K-12)

Referrals to SAP

SAP referrals are generated via school counselors, RtI support staff, ESE support specialist, or administration. If you believe a student might benefit from additional therapy supports, please consult with one of these professional at your school site. Therapy services are provided by licensed clinicians or clinicians under the supervision of licensed psychologist.

SAP Staff:

- Director, Laura Cruz, PhD
- AVH and AVM, Angella Hyatt, LCSW and Traci Smith, LCSW
- Central Elementary and Middle, Jennifer Marquez, LMHC
- East Elementary, Lauren Cruser, LCSW
- FSU, Laura Cruz, PhD
 - Haley Kosnik, MS, intern
 - Brianna Borge, MS, intern
- West Elementary and West Middle, Hayley Rotstein, LMHC



SAP Welcome Video

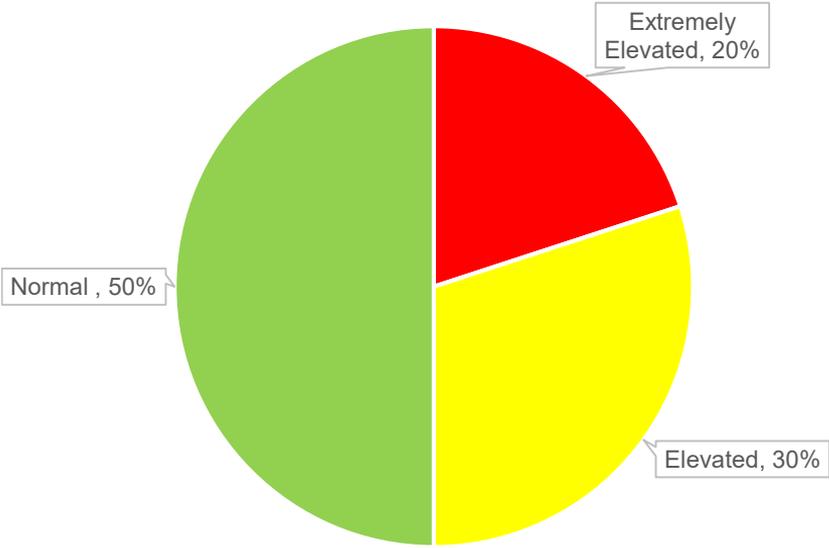


Empowering students for the possibilities of tomorrow



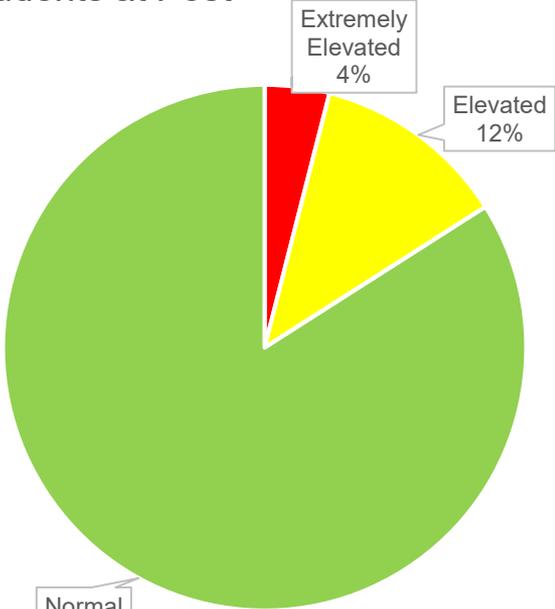
Cumulative Charter Pre and Post Data for 24-25 SY

% of Students at Baseline



■ Extremely Elevated ■ Elevated ■ Normal

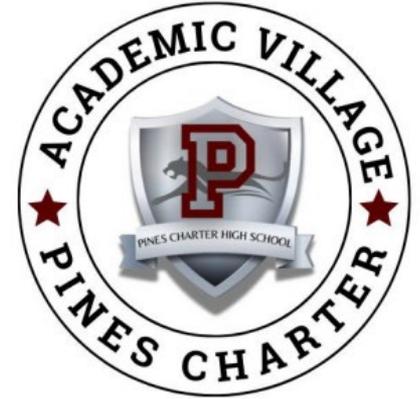
% of Students at Post



■ Extremely Elevated ■ Elevated ■ Normal

Data based on 180 students with available pre and post measures

Thank You!



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