

## POSSIBILITIES

### How can we support your district, schools, staff, families, and students?

- **Possibilities Warmline:** School staff can call 607-257-1555 ext. 5046 for anonymous consultations about challenging situations. Unanswered calls will be returned within one school day.
- **Traditional Possibilities Case Management.** Possibilities Specialists work collaboratively with a student, family and the school team over a period of about three to four months to assess strengths and challenges, identify goals and practice strategies, while creating a comprehensive plan to support enduring well-being and success
- **Family and Student Supports to:**
  - Address student and family basic needs such as housing, food and medical care through referrals to community resources and natural community supports
  - Increased academic engagement
  - Connection to community mental health support
  - Social and emotional skill development
  - Executive functioning skill development
  - Connections to recreational engagement and community support
  - Culturally appropriate mentorship/adult support
- **Short term, targeted skill-building groups for students:** On-site/virtual groups that can help students deal with affect management, executive functioning, peer relations and more. These groups can be implemented collaboratively with school staff with a turn-key curriculum to support capacity building and sustainability.
- **Lamplight Consultations:** Participating schools can request an on-site/virtual consultation to explore new approaches and resources to support a student who may be struggling with social and /or emotional challenges that interfere with school success. Consultations may happen independently or with parent input. Consultations are targeted, specific and site-based. *\*Please note if information is to be shared with us that falls under HIPPA/FERPA protection, we will require our normal consents and ROI's.*
- **Onsite Strengths-Based Observations** of classrooms, grade levels and/or schools: Possibilities Specialist can observe a classroom, grade level or any school setting and then share insights with the school team through a solution focused approach. A Possibilities Specialist will work collaboratively with school teams to develop new strategies to inspire positive change.
- **Whole School/District Collaborative Planning to Support Positive School Culture:** Possibilities staff can support a collaborative, solution-focused planning process to create and/or support learning environments that are trauma-responsive, restorative, and resilient. These consultations can be with administrative teams, classroom teams, grade levels or school-wide in scope.
- **Possibilities Office Hours:** Possibilities Specialists can be available for single or regularly scheduled meetings for support and consultation on a regular basis. This could be district-wide or building-focused.
- **Professional Development: Possibilities** staff offer training and capacity-building on a variety of topics including Trauma- Responsive Education, Building Resilient Classrooms and Schools in Challenging Times, Staff Self-Care and Resilience, Mindfulness in the Classroom, Solution-Focused Methods for Schools, Suicide Awareness, Prevention and Post-vention as well as site-specific needs identified by the district. We continue to expand and grow our services to meet district needs and other training can be developed as needed
  - Individualized Training
  - Learning Communities (4–6-week series on-site series):

## **Possibilities**

### **How do we access support?**

Districts must purchase slots through their BOCES Service Contract. Each unit provides approximately 100 hours of service (or 2 cases). Districts may cross contract with other districts to purchase slots if they need additional slots or did not purchase slots outright.

### **How do families access services?**

Districts must submit a complete referral including both school referral and family referral. Once the referral has been submitted, it will be reviewed and the primary contact from the district will be contact, as well as the family, for a brief screening. Once the district and family are in agreement that services are wanted (the program is entirely voluntary), families will be asked to sign consent forms. Once consent forms have been signed, a Possibilities Specialist will be assigned. Both the family and District will be notified of which Possibilities Specialist will be working with the family and when supports have started for the family.

### **What can we expect once families start with Possibilities?**

Once a Specialist is assigned, they will begin working with the family to establish a relationship and determine what goals the family would like to reach. A Possibilities Specialist on average will work with a family for approximately 6-8 weeks. The district will get updates and reports throughout the process.

### **What can we do to help support families and the Possibilities Specialist while they are working with Possibilities?**

Continue to keep an open line of communication with the Possibilities Specialist. Invite them to meetings in regards to the student (ie. 504 meetings, IEP, Team, etc.). Share developments such as attendance, behavior and academic work with both the family and Possibilities Specialist.

### **How can we request support for a district, building and/or classroom teacher either as a consultation or for professional development?**

Districts may submit an application (Please use the District Support Request Form) or contact the Program Director (utilizing the Warm-Line or via email). We are happy to review, discuss or support you at any time.

#### **Possibilities Team**

Cathryn Sellers, Possibilities Program Director

Possibilities Specialists:

Wendy Gutman

Nora Rucker

Jessica Brown

Nigel Gannon

Alida Osetek



**Possibilities is a collaborative program between TST BOCES and Racker.**