

February Psych Corner: *This month I wanted to make our parents and teachers aware of some of the services that our local educational agency offers. Our local agency is the DM SELPA (Desert Mountain Region Special Education Local Plan Agency).*



Our SELPA office works closely with our school district in a variety of ways.

In our schools, our DM SELPA office helps with providing our district with **Support Specialists** as needed. This may include:

- Occupational Therapist (OT)
- Physical Therapist (PT)
- Adaptive Physical Education Specialist (APE)
- Deaf/ Hard of Hearing Specialist
- Blind/ Visually Impaired Specialist.

Our DM SELPA also works with all of our schools by providing **Mental Health Support Specialists**. These therapists/ counselors come to all of our schools and provide individual counseling services as needed for our students. They work with students who are on Medi-Cal as well as students on TriCare. They are professional/ trained specialists who are versed in a variety of therapy, including:

- Play Therapy
- ABA Therapy
- Cognitive Behavioral Therapy
- And More...

Additionally, our DM SELPA provides PBIS (positive behavioral intervention supports) Coaching to our schools' PBIS teams. The premise of PBIS is that continual teaching, modeling, recognizing and rewarding of positive student behavior will reduce unnecessary discipline and promote a climate of greater productivity, safety and learning.

PBIS schools apply a multi-tiered approach to prevention using disciplinary data and principles of behavior analysis to develop school-wide, targeted and individualized interventions and supports to improve school climate.

All of our district schools are involved in both RtI to support learning and PBIS to support behavior. As a result, our schools have had very high success rates for students, have drastically improved student involvement and motivation and have dramatically decreased behavioral problems!

For our High School Students with special needs, our DM SELPA works with us to help transition students from school into either the work force or college. Our **Transition Partnership Program** works with our SELPA office and the DOR (Department of Rehabilitation) to help our young adults gain career skills, explore career interest, and gain skills in interviewing, resumes, job applications and completing a high school portfolio. They also help our students get into on the job training and apprenticeship programs as well as community college certificate programs and regional occupational programs.



For young children (Birth to Age 5), who have significant impairments, our SELPA provides:

- CIS(Children's Intensive Services)
- SART (Screening, Assessment, Referral and Treatment) Program.

These programs offer a comprehensive process to improve overall functioning of children. These programs can provide things like: Behavioral Skills, Parent Education, Family Therapy, Building of Communication Skills, Help with Connecting to Resources and Mutually Developed Goals. They can do: Individual/ Family Psychological Therapy, Parent/ Child Interaction Therapy, Theraplay, Play Therapy, Occupational Therapy, Sensory Processing and Speech/ Language Therapy. For many of these services, parents must bring their young children to the Apple Valley DM SELPA office. These programs can also help families connect with other services in the area.

And our SELPA offers **Therapeutic Behavior Services** for foster children/ youth who are: Experiencing behaviors that jeopardize their home or school placement, Currently living in foster care or a group home, At risk of psychiatric hospitalization or have been hospitalized within the last 24 months.

In addition our SELPA offers numerous training opportunities for our teachers and our parents. The **Community Advisory Committee (CAC)** meets at the DM SELPA office 4 times per year from 5:30-7:15pm. The CAC is comprised of parents, students, teachers, paraeducators, education specialist, agencies and individuals with exceptional needs who are working towards the most appropriate education for special needs individuals. The CAC assists in parent education and encourage public involvement in the development and review of the local plan and act. The meetings that are held each year cover topics that are important to parents, students, teachers and administrators. This year's topics and dates were/ are:

- Oct. 23, 2014: Bully Prevention and Intervention for Parents and the Community
- Dec. 18, 2014: Supports/ Services for Students w/ Hearing Loss
- Feb. 19, 2015: Intensive Language Enhancement and Assessment Program (ILEAP)
- May 21, 2015: Support for Students on the Autism Spectrum

All meetings are offered free of charge. Parents wishing to attend are asked to register prior to the meeting at: www.dmselps.org/events.php to ensure that there are enough meeting materials.

If you would like to contact the DM SELPA, you can visit their online web page at: www.dmselpa.org

Finally, I've attached the link for some of our SELPA's eNews page that provides information on ways to help and work with children. Below are some of the topics they've shared.



How adults can help children self regulate:
http://dmselpa.org/index.php?content_id=1453



5 ways to teach respect in your school:
http://dmselpa.org/index.php?content_id=1447



Promoting student success and positive behavior at home:
http://dmselpa.org/index.php?content_id=1438