

## CARE Team Interventions

- Tier I
- Tier II Groups
- Tier III Individual Services
- Counseling Support (e.g., CICO)
- Referral to school-based community partner or external agency
  - **Mentoring**
  - **Pregnant/Parenting**
  - **Case management**
  - **Substance abuse**
  - **Crisis intervention**

Tier II refers to students who display patterns of impulsive aggression and social withdrawal

### Think First

- Students with a pattern of impulsive and proactive & reactive aggression
- Approximately 10 sessions
- Small groups (6-8 students)

#### Target/Skill Areas

- Goal setting
- Increasing locus of control: personal choice behaviors
- Anger management training: Anger cue recognition; palliative anger regulation; Self-instruction in anger regulation
- Social Problem Solving: problem identification; response generation and enactment

### CBITS

Students exposed to traumatic events demonstrating clinical symptoms  
Approximately 10 sessions  
Small groups (6-8 students)

#### Target/Skill Areas

- Reduce symptoms of Post-Traumatic Stress Disorder (PTSD), depression, and anxiety
- Recognition of normative responses to trauma
- Relaxation
- Processing traumatic memories
- Coping strategies for managing exposure to associated events
- Social problem-solving

## Who Gets Referred to CARE Team?

- Students with social/emotional issues that are negatively impacting academic and social functioning at school
- Students with problems with anger
- Students exposed to trauma
- Students at risk or who demonstrate other behavioral health problems
  - Symptoms of depression or anxiety
  - Substance use
  - Family or peer issues

Programs/supports we have:

### **CARE Team**

- The CARE Team is a school-based group of school counselors, school social workers, school psychologist, community mental health provider, and administrators that address the needs and problems of a school's at-risk students.

### **KTP (Keep The Peace)**

- A small group maintaining peace between students and reestablishing social relationships after conflict has occurred

### **Homeless Shelters**

### **Food Banks**

- Greater Food Depository  
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