



## Backpack Program Overview

The Backpack Program provides comprehensive, strengths-based, individualized support to children and youth, grades K-12 in the public-school setting. The mission of the program is to eliminate barriers to academic achievement; capitalize on child, youth, and family strengths; and promote positive social, emotional, and behavioral growth in children and youth. Our goal is to help children become successful, independent learners in their school community.

The programming we use to develop behavior plans, analyze data, and make treatment decisions is Applied Behavior Analysis (ABA). We have a licensed Board-Certified Behavior Analyst (BCBA) and Behavior Consultants who are trained healthcare professionals that specialize in creating plans to improve or change behaviors which are impeding a child's ability to access their education. How does the Backpack Program support kids and families?

- Improve availability for learning across academic settings
- Enhance positive peer and adult relationships
- Provide targeted individualized behavior supports
- Teach self-regulation and coping skills
- Build resiliency
- Support social skill development
- Promote positive school engagement, belonging, and inclusion
- Increase community connections and inclusion
- Utilize trauma-informed care practices
- Focus on the development of independence-based skills

### Services Offered

- Tier 3 one-to-one support services
  - 1:1 Behavior Interventionist
  - Positive Behavior Support Plan
  - Behavior Consultant
  - Case Manager
  - In-school Crisis Support
  - Family Support
  - Summer Programming
  - Family Involvement for Tier 3 Services

Within Backpack, a family can actively contribute to their individual child's success in the program in a variety of ways. These may include, but are not limited to:

- Monthly team meetings
- Communication with a Case Manager via telephone, email or through virtual meetings
- Individualized behavior plans that can be adapted for the home environment
- A wrap of services applied to student/family/school/home
- A home/school journal for written communication

With Backpack support, a family can be involved in programming for the child to the degree which they are able to do so. That will vary, depending upon the nature of the child, family unit, strengths, challenges, etc.

- Tier 2 one-to-five mid-level support services
  - 1:5 Behavior Specialist
  - Positive Behavior Support Plans
  - Behavior Consultant
  - Case Management Support
  - In-school Crisis Support
  - Social Skills Groups, if applicable Tier 2: Level of Intervention and Support

The Tier 2 support services Pod is a group of clients who receive individualized services at various times throughout a school day or week, primarily from the Behavior Specialist. These are children who do not need all day support but have areas of behavioral skill deficit that are impeding their ability to fully access their academics. The Specialist, with support from the Behavior Consultant, develops individualized plans to support the area of growth that has been identified for the client. The school case manager is the primary contact for the parent /guardians. There are monthly team meetings to review areas of growth and areas that need continued support/skills.

\*\*\*Please note, summer programming is not part of the Tier 2 support services.

- Case Management Services
- BCBA Consulting Services
- Individual Therapy Services

*Empowering Youth, Strengthening Families, Building Community*