

What is G.R.O.W.?

G.R.O.W. is a therapeutic wellness model designed to serve students who have difficulty accessing their education due to their emotional and behavioral needs. The G.R.O.W. framework draws from many branches of science, including evidence-based research in education, child development, school/clinical psychology, trauma, behavioral science, and interpersonal biology in order to create a comprehensive program that sees the whole student versus just their areas of challenge and need. Although comprehensive, G.R.O.W. program components are also highly individualized in order to meet the unique needs of each student. In G.R.O.W., every student is valued and belongs.



Contact Us

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Santa Barbara County
Special Education Local Plan Area
A Joint Powers Agency

G.R.O.W.

Growth-Mindset, Resilience,
Others-Centered, Work Ethic



**A Class-Wide
Framework to Help ALL
Students "Grow" in
School**

G.R.O.W. Components:

ACADEMICS

Nurturing Environment
Effective Academic Instruction
IEP Data Tracking

SELF-REGULATION

Breathing & Wishing Well
Brain States & Coaching Modalities
Collaborative & Proactive Solutions
Brain States
Safe Zone

SOCIAL-EMOTIONAL WELLNESS

Connected Relationships
The "GROW Family"
Wellness Time
Individual & Group Counseling
G.R.O.W. & SEL Lessons



OUR LENS

In G.R.O.W., we believe that *ALL* students are doing the best they can with the skills they have at the time. Students present with challenging behaviors when the demands of their environment exceed the skills they have to respond adaptively.

OUR APPROACH

It is our job, as the educators, to identify each student's lagging social-emotional, behavioral, and/or academic skills, and to work collaboratively with each student to solve the problems that are getting in their way. As these problems are solved, students learn the skills they need to get the most out of their education.

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Do the best you can
until you know better.
Then when you know
better, do better.

“

- Maya Angelou

STAFF SUPPORT IN G.R.O.W. PROGRAMS:

- Special Education Teacher
- Mental Health Therapist
- Behavior Specialist
- Paraprofessionals

