## 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.





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

#### **Contact Us**

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# **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

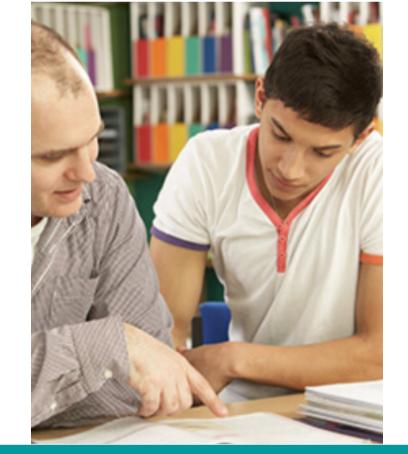
Nurturing Environment Effective Academic Instruction IEP Data Tracking

#### **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.

### 99

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

### 66

- Maya Angelou

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

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

