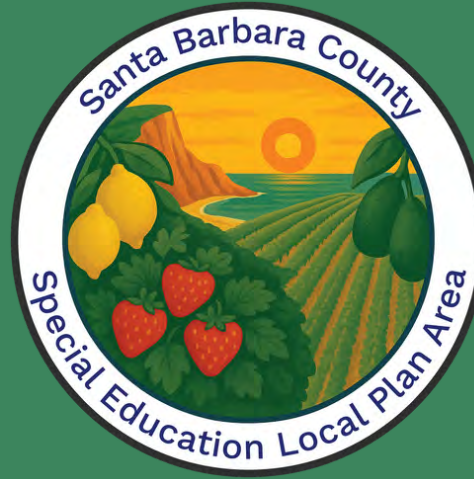
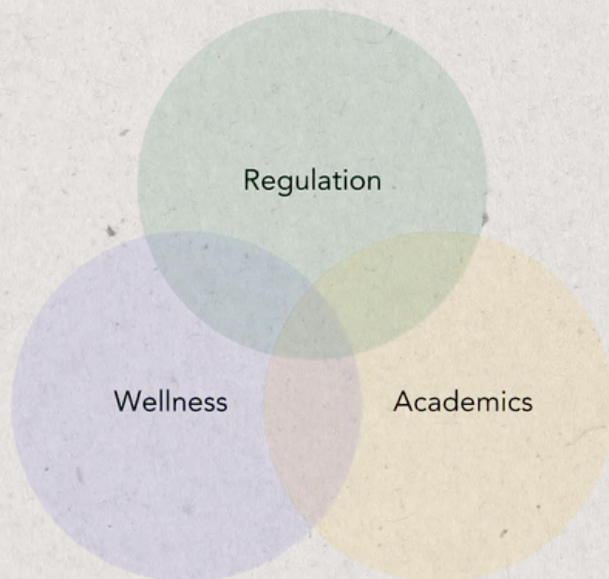


What is GROW?

GROW is a therapeutic wellness framework that sees and educates the *whole* child. GROW places an emphasis on supporting staff and students to regulate their nervous systems through evidence-based strategies, therefore helping them to feel **safe, connected, and ready to learn**.

By creating a nurturing space for students to build adaptive problem solving, educators can empower students to effectively navigate challenges with resilience. The GROW model involves key practices that fall within three main components: **Wellness, Regulation, and Academics**.



Contact Us

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Visit our website:

<https://www.grow.sbcselfpa.org/>



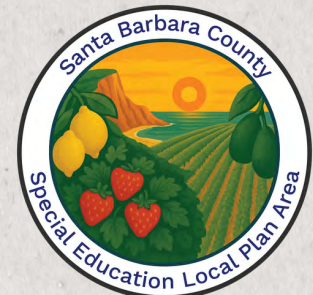
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GROW

a classwide
framework to help all
students GROW in
school



GROW Components

Regulation

- Brain States & Coaching Strategies
- Collaborative and Proactive Solutions
- Brain Breaks
- Chill Space

Wellness

- Connected Relationships
- The GROW Family
- Wellness Time
- Social Emotional Learning
- Counseling

Academics

- Nurturing Environment
- Data Tracking
- Effective Academic Instruction

The GROW framework integrates the latest research across the fields of **child development, neuroscience, and psychology**. The GROW model was designed to support the needs of students with emotional disabilities comprehensively and holistically.

Multidisciplinary teams support students in GROW programs including:

- Special Education Teachers
- Mental Health Therapists
- Behavior Specialists
- Paraprofessionals
- School Psychologists



Our Lens

In GROW, 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.