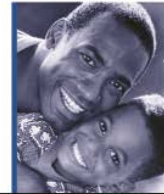
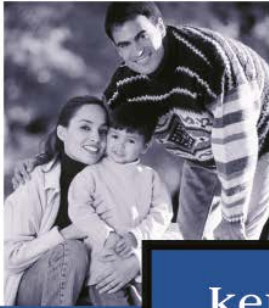




July 2016  
through  
May 2017



ken-ton family support center



**Ken-Ton Family Support Center  
Update**

Family Support Center Services were  
requested for 806 Families so far this  
school year  
Projected Total = 821



**996 STUDENTS/100 EMPLOYEES  
RECEIVED DIRECT SERVICES**

***THIS MODEL WORKS SYSTEMICALLY WITH  
THE ENTIRE FAMILY, ENGAGING PARENTS  
AND INCLUDING YOUNGER SIBLINGS THUS  
BENEFITING FUTURE STUDENTS AS WELL AS  
CURRENT STUDENTS***

**THE FAMILY SUPPORT CENTER**  
**2016-2017**  
**14 YEARS OF HELPING FAMILIES**

**Family Functioning**

**Community Partnerships**

- **We help families learn ways to improve their family functioning**
  - Parenting skills
  - Communication skills
  - Behavior management
- **We help keep children in safe nurturing environments by linking families with social services**

Food; housing; clothing; monetary assistance
- **We help families get intensive mental Health services**

Referral to Psychiatric services for children and adults

**Mental Health Agencies**

Horizon Health  
Catholic Charities  
Child and Family  
Child and Adolescent

**Universities:**

U.B.  
Canisius College  
Medaille

**Town & County Services**

Family Court  
Child Protective Services  
Kenmore Police

<b>Social/Emotional Adjustment</b> <b>40.5%</b>	<b>Behavioral Problems at Home &amp; at School</b> <b>44.4%</b>	<b>Other</b> <b>15.1%%</b>
<p><b>327 Families referred to the FSC because of adjustment problems</b></p> <ul style="list-style-type: none"> <li>• Anxiety (51) <i>(down from 148)</i></li> <li>• Depression</li> <li>• Social Skills</li> <li>• School or Family Change</li> <li>• Parenting</li> <li>• Grief (20)</li> </ul> <hr/>	<p><b>358 Families referred to the FSC because of child behavioral problems</b></p> <ul style="list-style-type: none"> <li>• Misbehavior at School</li> <li>• Misbehavior at Home</li> <li>• Poor Attendance</li> <li>• Involvement with the courts</li> <li>• Drug and/or Alcohol use</li> <li>• Social Media misuse</li> <li>• Self Injury (13 <i>down from 27</i>)</li> </ul> <hr/>	<p><b>Crisis Intervention and other reasons for referral to the Family Support Center</b></p> <ul style="list-style-type: none"> <li>• Assisted psychiatric hospitalizations (4)</li> <li>• Threats of Suicide (17)</li> <li>• Reports made by FSC to CPS (5)</li> <li>• Emergency Walk-ins (3)</li> <li>• Group Work (52)</li> </ul> <hr/> <p><b>95 visits to the food pantry since August 2016. Food instability continues to be a problem in our community.</b></p>

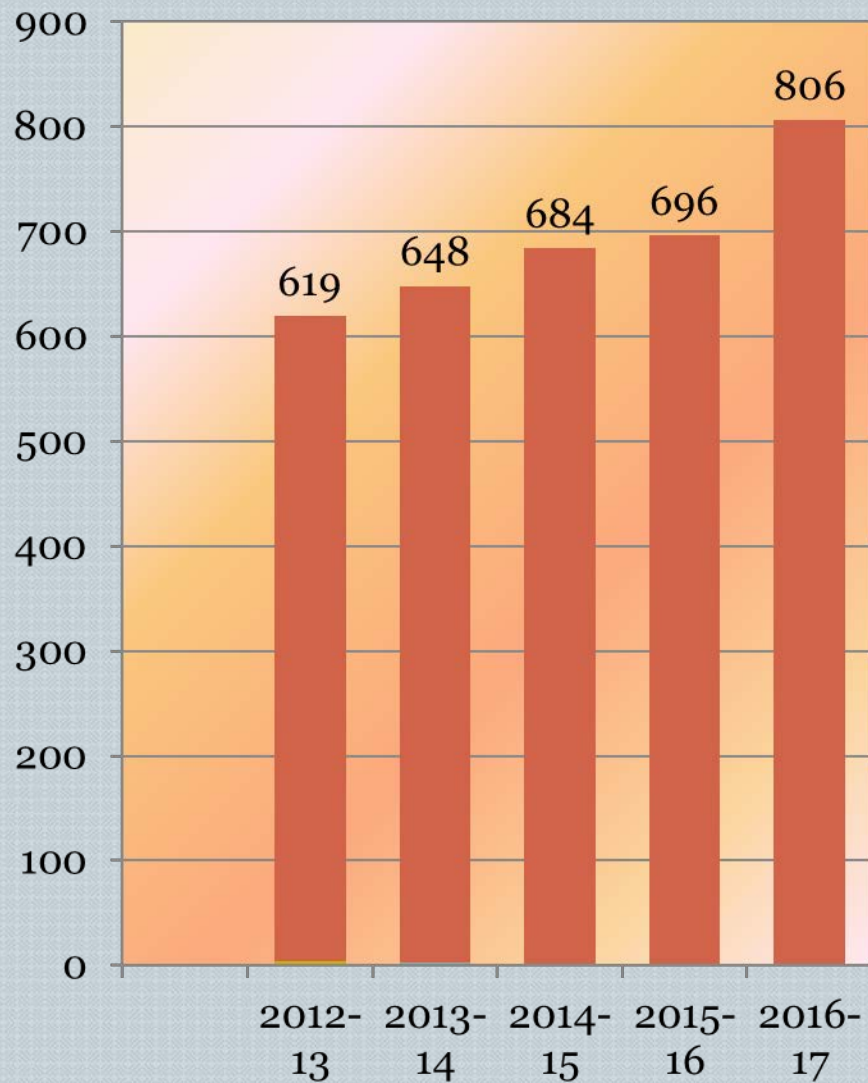


## Comparison of Families Served over 5 Years

( July – May)

We have seen a substantial increase in the number of families who have requested services this year.

These numbers represent “requests for services” This means that some of these families received counseling at the FSC while others were referred to other agencies.



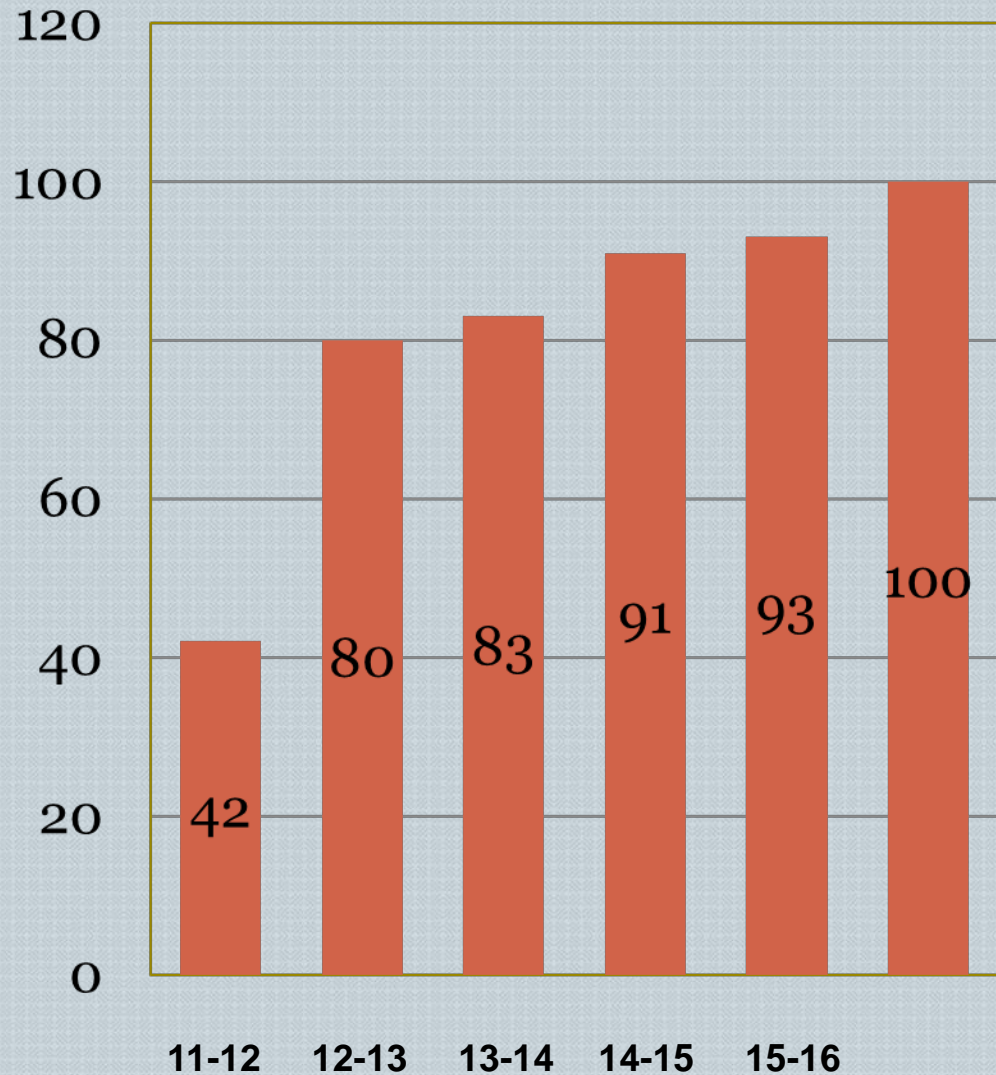


## Employee Request for Services

### Health & Wellness for Employees

This year we continued our “Health & Wellness” initiative for employees.

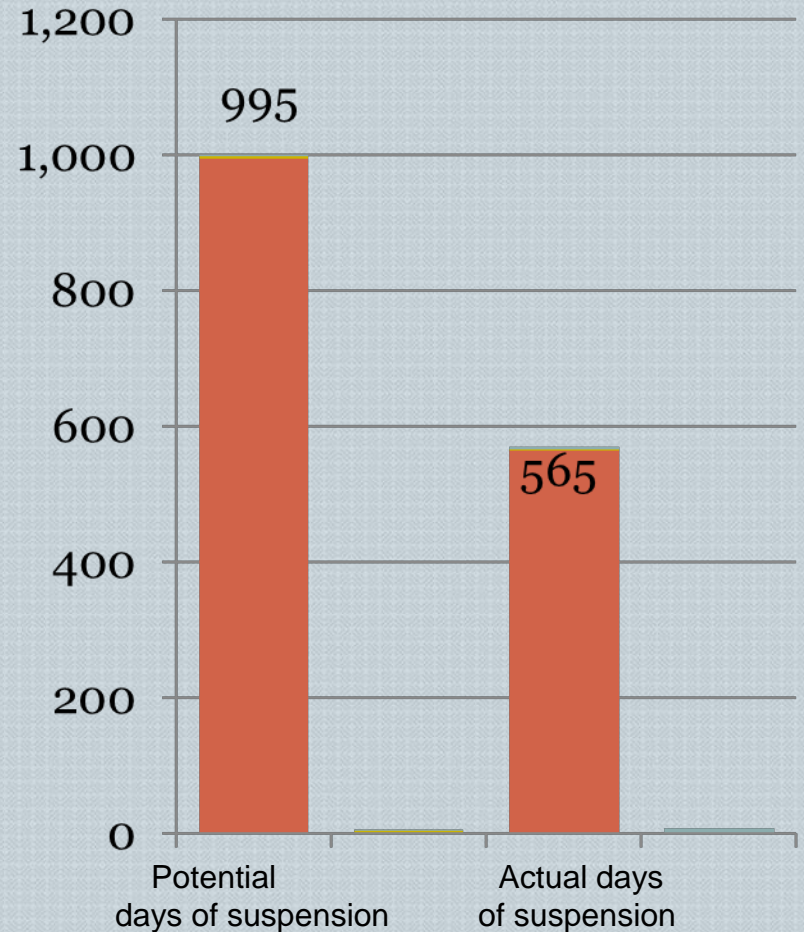
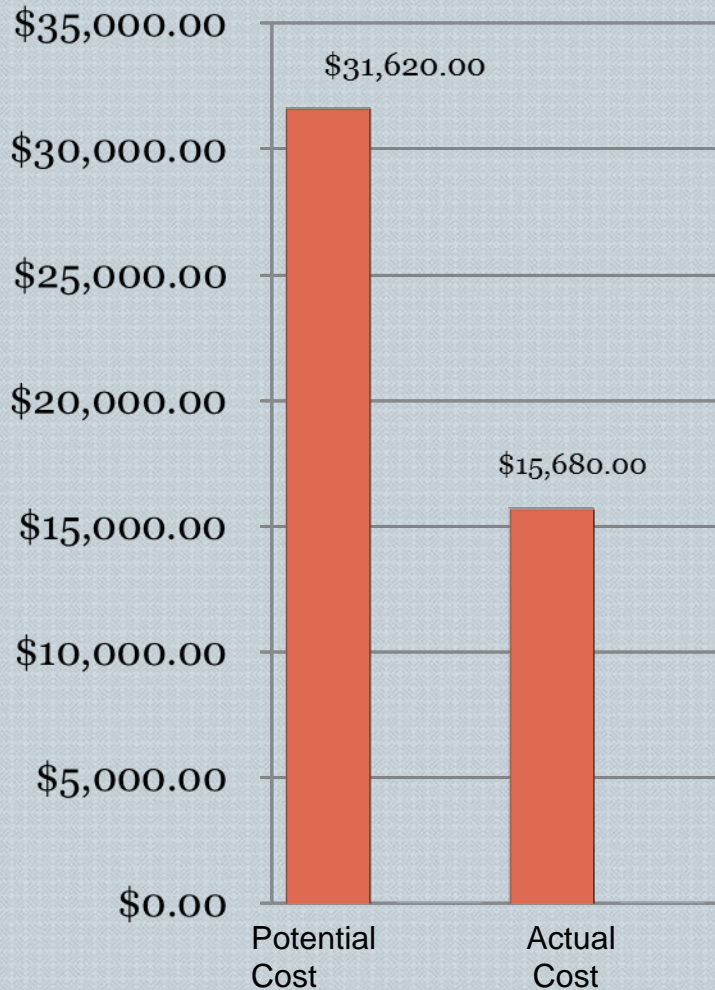
5 “iRest” meditation groups which taught stress relief techniques.



# Suspension Reduction Program

**This program saved the District \$15,980.00**

**This program saved 430 days of school**



\$15,680.00 Saved in home instruction costs

Students attended 430 days that otherwise would have been spent at home

# The Effects of Trauma On Children

**Current research points to early childhood trauma being the # 1 cause of childhood emotional disturbance**

<p><b>Children Experiencing Domestic Violence</b> 13.2%</p>	<p><b>Children Who Have Been Involved with CPS</b> 15.3%</p>	<p><b>Children who Self Injure</b> 13 <b>Death of a family member</b> 15 <b>Known Childhood trauma</b> 4 4%</p>
<p><b>107 Families have children who have been exposed to domestic violence.</b></p> <p><i>Note: Research on DV shows children's reactions to DV include significant acting out in disruptive or violent ways.</i></p> <p><i>Conflict resolution and safety is the focus of counseling</i></p>	<p><b>124 Families have been involved with CPS.</b></p> <p><i>Note: These are children who experience harm or neglect and are at risk of being removed from their home.</i></p> <p><i>Better parenting and child safety is the focus of counseling</i></p>	<p><b>32 Children referred Because of other signs of trauma</b></p> <p><i>Note: These children need a specific intervention and linkage to an agency that provides intensive intervention.</i></p> <p><i>We act as educators and support for the family and a referral source for the child.</i></p>

This represents over 30% of the kids who come to the FSC



# Group Work for Students at the FSC

## “Social Skills”

*Efficacy based program for kids with social skills deficits*

- *A group for 8<sup>th</sup> and 9<sup>th</sup> graders*
- *For kids who:*
  - *have difficulty making friends*
  - *Trouble interacting with peers*
  - *Frustrations related to expressing themselves.*
- *Designed to help develop social competencies*

## “HOPS Intervention”

*Homework, Organization, and Planning Skills*

- *A group for children to build organization and planning skills*
- *Increase homework completion*
- *Improve academic performance*
- *Develop skills to balance home and school life*
- *Ease the transition from Elementary to Middle School*

*Target Population: 5<sup>th</sup> graders with ADD/ADHD or share similar concerns*

# Group Work for Moms and Employees at the FSC

## Parenting with Love and Limits

Practical parenting

Six sessions on parenting styles, family structure and rules, expectations, consequences, punishments and rewards, and expressing and managing emotions/communication.

## iRest Meditation for “Employees” and iRest Meditation for “Women”

Meditative techniques to manage stress and address issues of:

- **Feeling overwhelmed**
- **Irritability**
- **Feeling Anxious**
- **Difficulty focusing on tasks**
- **Difficulty sleeping**

Techniques taught include but not limited to

- Breathing techniques
- Imagery
- Meditation
- Using “self help” apps.

## Mike

- Diagnosed with Autism, Anxiety and Auditory Processing Disorder
- Has been coming to the FSC for 5 years on and off
- History of suspensions and aggression towards peers and teachers.

FSC



- Mike is now in high school and has not had any suspensions or detentions.
- Mike made the honor roll every quarter
- Mike was just inducted into the honor society.

## Matt

- Multiple CPS involvements
- Long History of physical abuse
- Poor school performance.
- Multiple suspensions for fighting
- Multiple Superintendent Hearings
- Severe poverty
- Parental mental illness & alcoholism

FSC



- He graduated from H.S.
- He is now a journeymen plumber working for a large local plumbing business.
- Matt is a proud professional living in his own apartment. Matt has a girlfriend and has never gotten in any trouble since leaving high school.