



# Student Support Resource Guide

2023-2024

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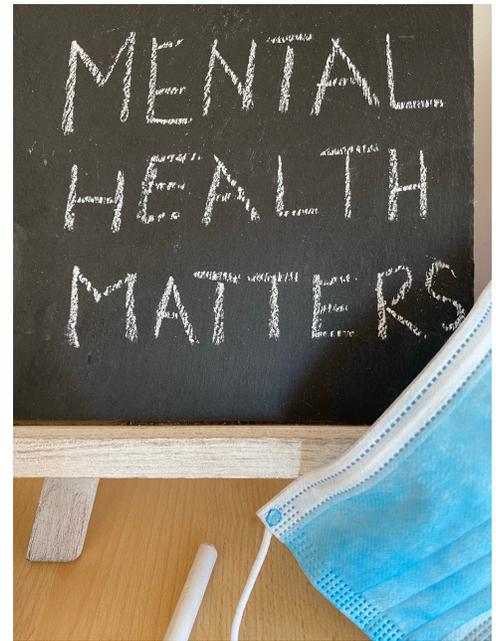
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# Introduction

**Waterbury Public Schools has developed and provided a continuum of support resources to meet the needs of our students.**

The following student support services are part of the Waterbury Public Schools district. The student support resources can aid and provide fostered care and assistance to students who desire additional support in the areas of emotional, behavioral, educational support and guidance to help ensure each student is best equipped to thrive in their learning environment.

This Student Support Resource Guide was created to provide focused information and resources to enhance the promotion of mental health and social and emotional well-being among students.



Like physical health, positive mental health promotes success in life. As defined by the Centers for Disease Control and Prevention (CDC), “[m]ental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.”

The COVID-19 pandemic exacerbated this mental health crisis, accelerating the need to provide school mental health support at an even larger scale to meet the needs of our nation’s youth.

Waterbury Public Schools wants all students to graduate ready to transform their world! We are committed to providing all the necessary resources to provide a foundation of a high-quality education.

# Our Mission

## Goals and Purpose

Waterbury Public Schools strives to see success and improvement in each of its students during their time in Waterbury.

The student support resources work to provide a:

- Positive school climate
- Increase in attendance
- Early warning systems
- School improvement efforts
- Student engagement
- Graduation
- Accommodations for students with disabilities
- Bullying prevention
- Suicide prevention
- Drug abuse prevention
- Dropout and child abuse prevention
- Mental health services
- Threat assessments



Nearly 3.5 million Adolescents

...

Received Mental Health Services in  
Education Settings in 2018

# Grades K-12 Resources

PROGRAM	DESCRIPTION	BENEFIT
Crisis Intervention Team for Youth (C-I-T-Y)	Two bilingual C.I.T. Youth Social Workers assist Waterbury Police Department with crisis calls involving youth during evening shifts along side responding Waterbury police officers.	<ul style="list-style-type: none"><li>• Connect students who struggle with mental health (including but not limited to suicidal/homicidal ideation), de escalating behavioral crisis and traumatic experiences to the next level of care.</li><li>• Bridge home and school supports.</li></ul>
Varsity Tutors	Varsity Tutors will provide high dosage virtual 1 on 1 tutoring in math and reading in grades K-12 in English or Spanish. The service also includes unlimited access to the Varsity Tutors Learning Lab.	Tutoring can be initiated by students, teachers, or parents. Progress reports provided. Feedback provided on writing samples within 48 hours. Additional subjects can be added at the discretion of the district. Orton-Gillingham tutoring is available to meet required needs in teacher shortage areas.

# Grades 6–12 Resources

PROGRAM	DESCRIPTION	BENEFIT
Connecticut Junior Republic (CJR)	<p><b><u>Success Always Follows Education (SAFE):</u></b></p> <ul style="list-style-type: none"> <li>• Support teens to focus on the ability to make good decisions about identified life options.</li> <li>• Promote positive growth &amp; development of youth.</li> </ul> <p><b><u>Behavioral Health Clinicians</u></b></p> <ul style="list-style-type: none"> <li>• Caseload 20–25 students</li> <li>• 24 hours on call</li> <li>• Improve student attendance.</li> <li>• Add layer of support to teachers &amp; support staff</li> <li>• PPTs, facilitate groups, case management &amp; outreach, crisis intervention.</li> <li>• Professional learning for staff (mental health related topics)</li> <li>• Remove barriers to services.</li> <li>• Individual, group &amp; family counseling</li> <li>• Wellness Center Access (w/parental consent)</li> <li>• Psychiatric services</li> <li>• Summer/vacation support</li> </ul>	<p>SAFE Program:</p> <ul style="list-style-type: none"> <li>• Improved attendance</li> <li>• Noticeable academic progress</li> <li>• Exposure to new areas of interest, skill, or sport</li> </ul> <p>Behavioral Health Clinicians:</p> <ul style="list-style-type: none"> <li>• Remove barriers to services, increase school attendance and add additional layer of support to the school.</li> </ul>

Sandy Hook Promise – Say Something Anonymous Reporting System (SS-ARS)

A program that teaches students how to recognize for warning signs, signals, and threats from individuals who may want to hurt themselves or others and to Say Something to a trusted adult, OR use the Anonymous Reporting System (App, Website or 24.7 Crisis Telephone Line) to get them help.

Provides a system and process for addressing school threats.

- Managed by trained experts.

# Elementary & Middle Resources

PROGRAM	DESCRIPTION	BENEFIT
Second Step Curriculum for Social Emotional Learning (SEL)	A Social Emotional Learning (SEL) curriculum on a digital platform for staff (SEL for Adults) and students (Grades K-8) to teach staff and students the skills they will need to problem solve, create and maintain healthy relationships, have empathy for others, and manage their own emotions.	Second Step for students teaches strategies for problem solving and maintaining healthy relationships, to name a few.  SEL for Adults teaches strategies for building trust, managing stress to name a few.

# High School Resources

PROGRAM	DESCRIPTION	BENEFIT
Student Success Agency (SSA)	Student Success Agency provides students access to a digital platform where Agents are available after school and on the weekends to provide the resources and opportunities students need to succeed.	<ul style="list-style-type: none"><li>• Mentoring</li><li>• Goal setting</li><li>• Guidance through financial aid and FAFSA processes</li><li>• ACT &amp; SAT prep</li><li>• College &amp; Career Advising</li><li>• Job application assistance</li><li>• Skill Development</li><li>• Social emotional development</li></ul>

# Select School Resources\*\*

PROGRAM	DESCRIPTION	BENEFIT
Community Mental Health Affiliates (CMHA)	Provide Bounce Back and Cognitive Behavioral Intervention for Trauma In Schools (CBITS), which are school-based, group and individual intervention designed to reduce symptoms of trauma.	<p><u>Bounce Back</u> - aimed at relieving symptoms of child traumatic stress, anxiety, depression, and functional impairment among elementary school children ages 5-11</p> <p><u>CBITS</u> - designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems among students in grades six to twelve (ages 10 to 17) exposed to traumatic life events</p>
<p><b>**Schools: Sprague Elementary - Bounce Back (grades K-5) Only</b>  <b>Jonathan Reed School - Bounce Back (grades K-5) and CBITS (grades 6-8)</b></p>		

Department of Children and Families (DCF)

Three Family Support Liaisons are assigned to provide:

- Training, education, & professional development to staff and families regarding prevention services
- Connect families with outside supports and services.

Increase in connecting families to prevention services for basic needs, medical services, behavioral, and mental health services, to name a few.

Provide school staff the training to recognize when students and families have a need for prevention services and make the appropriate referrals.

Decrease in Careline referrals.

**\*\*Schools: Bucks Hill Elementary School, Jonathan Reed School, M.M. Generali Elementary School**

# +17K

WPS Student Benefit  
from Programs Listed

# +\$1.2M

Annual District Funding Supporting Student Resource  
Programs



# Take Action and Help Us Support Our Future Leaders!

## Inquiries

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*Thank  
you!*

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