

# Capacity-building programs for schools



australian  
childhood  
trauma  
group

**Our schools programs lead to decreased disruption in the classroom and fewer incidents in the playground. This allows teachers and kids to get on with learning and playing.**

## Smarter Schools Program

This program builds your school's capacity to manage challenging and disruptive behaviour, while maximising educational outcomes for all students. These outcomes include:

- reduction in staff stress levels
- an improved learning environment
- better tracking of mental health of students and staff
- cultivation of students' social and emotional wellbeing, maximising their capacity to learn and play.

### 20+ Years of Proven Outcomes

The core of the program is trauma-informed leadership and teaching. Smarter Schools has been refined over 20+ years, with proven outcomes for both primary and secondary schools.

### In Action

We work in partnership with you to tailor a package of services that best suits your school. Whether that be specialist ACT Group clinicians providing trauma informed consultations to staff on request, or embedded clinicians providing therapy and assessment in your school, providing your most in need students with regular support.

### How It Works

There are three price tiers – Smarter Schools Lite, Smarter Schools Lite Plus, Smarter Schools Premium. The services available depend on the tier you select.



Staff support and capacity building			
Teacher consultation			
Tailored professional learning			
Facilitated reflective sessions for teachers and support staff			
Access to online support videos and tip sheets			
Telephone and video conferencing consultation and support			
Pay-as-you-use ad hoc consultation as needed			
Student support and capacity building			
Individual assessment and intervention planning			
Individual therapy			
Social skills development groups			
Leadership training			
Resilience building			
Parent/carer support and capacity building			
Parent/carer support groups			
Parent/carer evenings			
Parent/carer coaching			
Family therapy			
Program support			
Implementation of the Positive Choices Program (see overleaf)			
Embedding of specialist clinical staff in your school			
Outcomes tracking of student and staff mental health and wellbeing			
Flexible hours to draw down on when needed			
Admin support			
Dedicated ACT Group coordinator to organise program delivery			
Dedicated online team communication tool			

# Positive Choices Program

This behaviour management program encourages ownership, pro-social and cooperative behaviours using a positive reinforcement approach.

## In Action

Our clinicians train and support your staff in teaching students about the role they play in their own behavioural choices. This is facilitated by in-school staff training by experienced clinicians and specially designed video and teaching resources, with the program focusing on two areas:



## Classroom Component

- › Students work collaboratively towards a target behaviour.
- › Throughout the day teachers reinforce the positive choices students are making.
- › At the end of the day teachers and students reflect on their achievements.

## Playground Component

- › Students are rewarded for demonstrating positive behaviour choices.
- › Students' individual efforts contribute towards a class's overall good choices.
- › Over time, individuals' efforts accumulate and their classroom can receive a Principal's Reward.

The program can be adapted to meet your school's values, or you can embed the Positive Choices values:

**Smart thinking**

**Co-operation**

**Self-care**

**Cultural identity**

**Self-love**

**Connectedness**

**Empathy**

**Safety**

## TO GET STARTED

- › Just give us a call or send us an email
- › We will assess your needs and propose a program of support for you to consider
- › Together we will fine tune it to make sure it fits your goals, needs and budget

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