



Starr Commonwealth, in partnership with Summit Pointe,
Battle Creek Family YMCA, and participating Calhoun County Schools

STUDENT RESILIENCE & EMPOWERMENT CENTER

STARR COMMONWEALTH

Starr Commonwealth in partnership with Summit Pointe, Battle Creek Family YMCA, and local school partners will be launching a new program. The program's purpose is to create a dynamic environment for middle school students that fosters resilience and helps them develop confidence, positive self-esteem, and a growth mindset. The goal of the program is to match students with supports that allow them to develop and flourish.

Starr Commonwealth is a Michigan-based organization focused on identifying, treating, and healing behavior potentially stemming from toxic stress, while building resiliency in children and adolescents. Starr's philosophy is rooted in seeing the good in every child.

OUR PARTNERS

SUMMIT POINTE

Summit Pointe, a local community mental health provider, will be the key mental health partner. Summit Pointe provides mental health and substance use resources and support for individuals and families in Calhoun County. It is Summit Pointe's mission to provide the highest quality behavioral health services to help individuals maximize their potential. Starr and Summit Pointe have jointly offered behavioral health services and referrals for intervention services with local school children in the past, and will now partner for this program.

YMCA

The Battle Creek Family YMCA is a nonprofit organization dedicated to building stronger communities and families throughout Calhoun County under the pillars of healthy living, youth development and social responsibility.

CALHOUN COUNTY SCHOOLS

Current participating school districts include Battle Creek Public Schools, Lakeview Schools, Harper Creek Community Schools, and Marshall Public Schools.



THE STUDENT RESILIENCE & EMPOWERMENT CENTER

at the
Battle Creek
Family YMCA

The Student Resilience & Empowerment Center is a county-level program to help students improve their academic and social development. The program will be individualized to meet student needs. Below are general program highlights:

- 6 WEEK PROGRAM (OR MORE)
- 5 DAYS PER WEEK
- 2-1/2 HOURS PER DAY
- INCLUDES TRANSPORTATION TO AND FROM SCHOOL
- INCLUDES A HEALTHY SNACK
- AT NO EXPENSE TO THE FAMILY*
- FAMILY ACTIVITIES
- PARENTAL ENGAGEMENT
- FAMILY MEMBERSHIP TO YMCA

*Insurance billing may be utilized for behavioral health services if applicable.

THE BENEFITS



Matches students to a continuum of holistic supports and services (academic and behavioral health).



Provides behavioral health services that will support and improve students' social and emotional skills.



Offers experiences that will foster students' development of resilience characteristics.



Offers strength-based opportunities that allow students to see their own progress and builds their self-efficacy (growth mindset).



Offers and monitors academic opportunities that will improve student academic engagement in school.

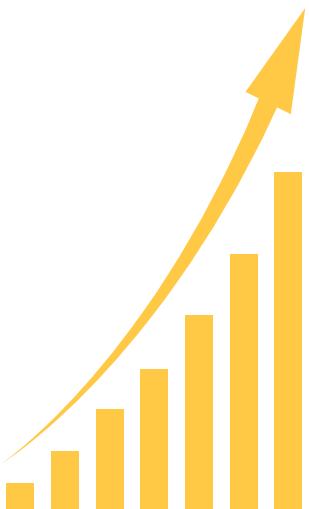


Makes more accessible individual and family behavioral health services to students as needed.



Creates a multidisciplinary "Advisory Team" that consists of school-based staff, community & service providers, and Student Resilience & Empowerment Center staff to work together alongside the student and their family in creating supportive plans that increase students' success from a whole-child, trauma-responsive approach.

*Starr Commonwealth
leads with courage
to create positive experiences
so that all children, families,
and communities flourish.*



DESIGNED TO **IMPROVE**

- Resilience characteristics
- Engagement in school/class
- Academic engagement
- Social and emotional skills
- Peer to peer relationships
- Growth mindset
- Self-confidence

COMMUNITY CONTRIBUTIONS

SCHOOL DISTRICT

School district will provide:

- Resources for academic/instructional program planning, implementation, and assessment.
- Transportation on half-day intervals.
- Breakfast for AM students, lunch for PM students.
- Academic materials and daily progress reports.
- Providing technology for students to access their coursework.

YMCA

YMCA will provide:

- Access to the Battle Creek Family YMCA facilities.
- Participants and their family will be provided with FREE access and membership to the YMCA.
- Recreational services that support development of social/emotional skills, positive peer engagement, and student self-efficacy.

SUMMIT POINTE

Summit Pointe will provide:

- Behavioral health services for students and families via telehealth and in-person services when appropriate.

STARR

Starr Commonwealth will provide:

- Expertise and oversight of the program and professional training for the school teams.
- Working with each school each month to ensure student progress, growth and outcomes.
- Provide highly trained staff focused on supporting each student's success.

YOU

Students and families will:

- Engage in behavioral health services when appropriate.
- Fully participate in daily programming with their best effort.
- Support your child through activities planned at the center or through growth planning meetings.



FAMILY-FOCUSED

Starr and participating schools districts recognize that acting out behaviors are an indicator that the student may be experiencing some form of toxic stress (social, emotional, behavioral, or racial trauma). **It is the stress, not the behaviors**, that are the primary concern with the Student Resilience & Empowerment Center model—and where long term and lasting growth and change can occur. The program works in partnership with in-school support, so each student will be fully supported regardless of setting.

Student enrollment is voluntary and there is no charge or fee. Participation is ultimately an agreement between the parent/caregiver and school—much more empowering if the student is a part of such an agreement.

To best identify your child's needs, Starr will gather feedback from participants in the program, parents/families, and school personnel. We value the input from you and your student!

**WE VALUE
YOUR INPUT!**

Throughout a child's experience, parents/guardians will receive regular reports and updates on the child's progress. In addition, Resilience Center staff will provide ample opportunities for parents to provide feedback.

A WEEK AT A GLANCE

Welcoming &
Inclusion Activities



Family Meetings
with Clinician



Community
Snack



Academic
Support



Mind Body Skills
Practice



Social-Emotional
Practice and
Support



Peer to Peer
Group Support



- 2.5 HOURS A DAY
- 5 DAYS A WEEK
- 6 WEEKS (OR MORE)



Community Circle
& Goal Setting



Guided & Mindful
Movement



Individual
Meetings with
Clinician



Social &
Emotional
Growth Activities



Structured Sensory
Interventions



Optimistic
Closure

THE DETAILS

Each student will engage in a minimum of a 6-week enrollment at the Student Resilience & Empowerment Center. Maximum/optimal length of participation may be adjusted on an individualized basis dependent on the student's unique strengths and needs in collaboration with the Student Resilience & Empowerment Center Advisory Team.

Students participating in the program will receive the following services, supports, and interventions on a daily and/or weekly basis (including but not limited to the below list):

- ✓ Develop social-emotional skills.
- ✓ Academic support and enrichment.
- ✓ Individual, group, and family-based supports weekly or as needed.
- ✓ Wraparound support for the student and family.
- ✓ Transitional support upon completion of the program.
- ✓ A student centered environment designed for each child's success.
- ✓ Support and coaching for each student.

HOW TO SIGN YOUR CHILD UP

CONTACT YOUR SCHOOL FOR MORE INFO:



We believe that when trauma-informed and resilience-focused adults work within trauma-informed and resilience-focused systems, the health and well-being of children will improve. Ultimately, when you look beyond behaviors and treat a child with dignity and respect and provide a sense of belonging, independence, mastery and generosity, it changes a child's heart and mind, and that in the end builds resilience and changes a child's life.



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Starr Commonwealth is a nonprofit organization serving children and families,
regardless of race, religion, color, or national origin.

Starr Commonwealth is accredited by the Council on Accreditation.

Founded in 1913, Starr is licensed by the State of Michigan.

The Albion campus is a Michigan Historic Site.

Starr Commonwealth receives funds from social agencies, foundations, corporations, and individuals.



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