

Introduction to COST: Building Communities of Care



Presented by the Center for Healthy Schools and Communities:

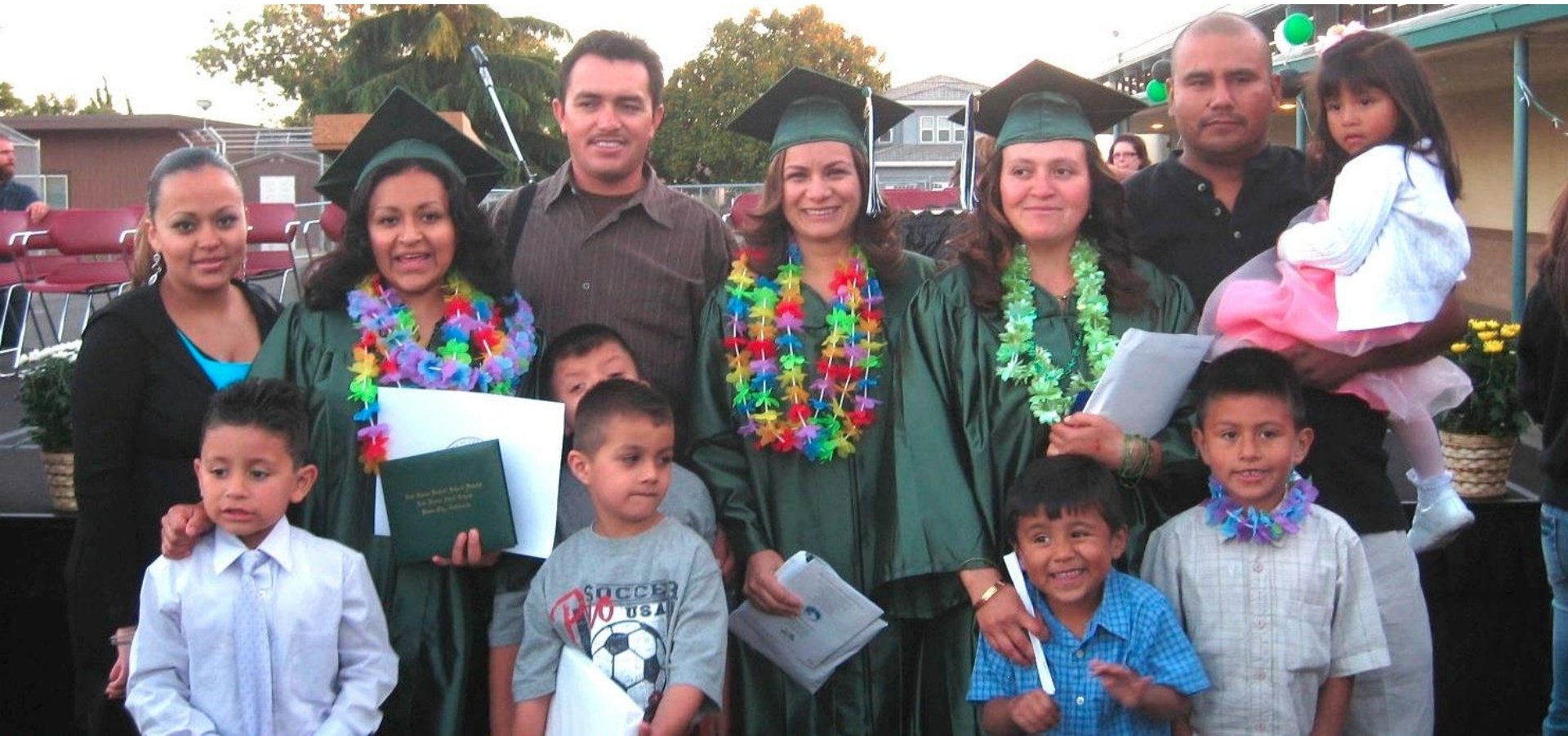
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California School-Based Health Alliance Conference

Welcome

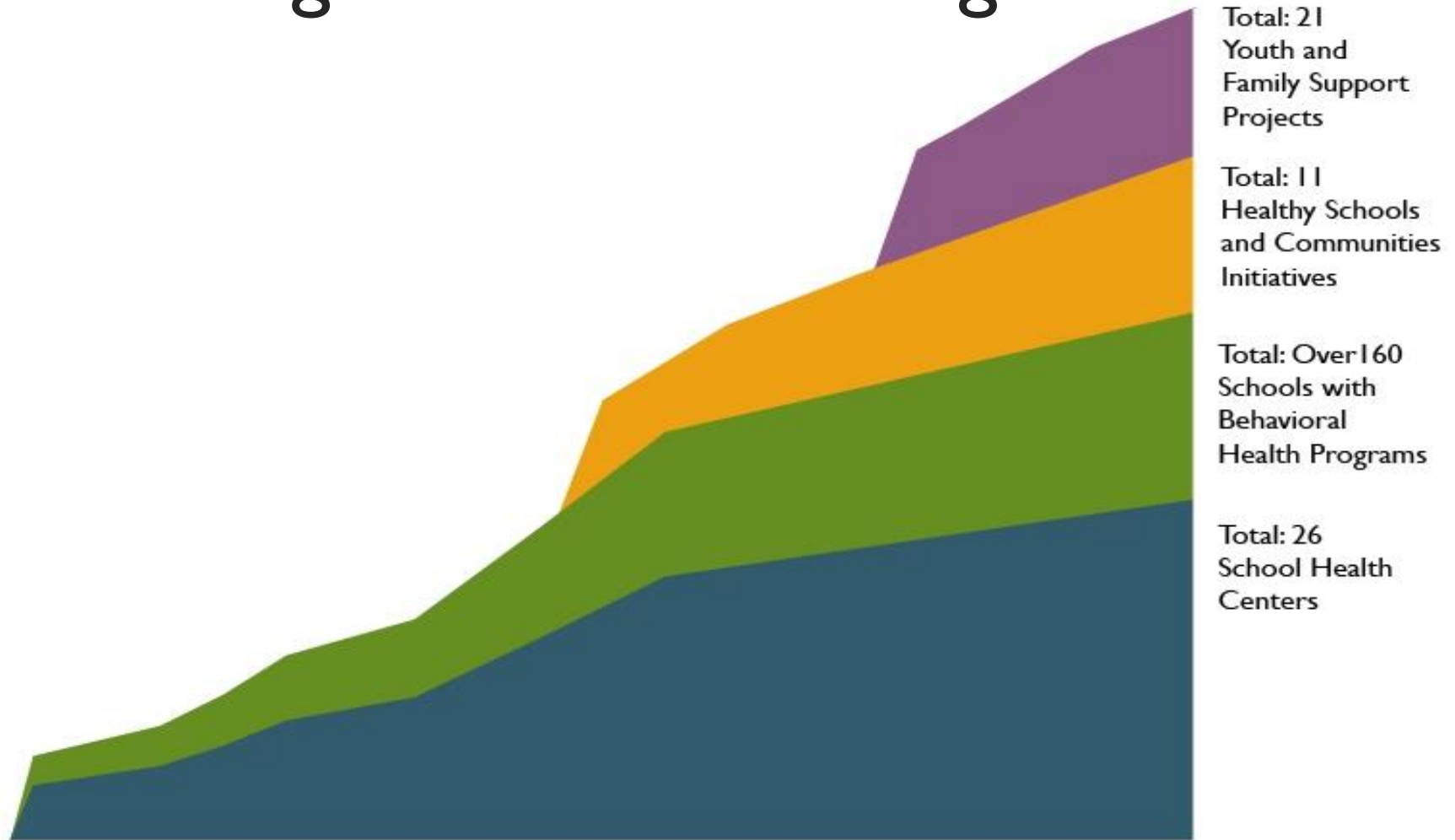
At the Center for Healthy Schools and Communities (CHSC), our vision is for ALL youth in Alameda County to graduate from high school healthy, and ready for college and careers.



Results Framework



Our Programs are Growing



The Center is impacting more and more students and families across the county in a broad range of programs.

Goals for Today

You will be able to:

- describe Coordination of Services Teams (COST), e.g. the basic purpose, structure, functions, and benefits.
- explain the five components of a COST service delivery system, and considerations for getting started.
- design or strengthen COST at your site, based on experiencing a mock COST meeting and taking back related tools.

Agenda

1. Welcome & Introductions
2. What is COST
 - The whats and whys
3. COST Components
 - Setting Up for Success
 - 5 Components of Service Delivery System
4. Mock COST Meeting
5. Wrap Up



Opening Question

- Read the scenario provided:
 - What would you do in this situation?
 - What are the challenges you would face?



What is a Coordination of Services Team (COST)

What is COST?

Coordination of Services Teams – COST - is a strategy for coordinating learning supports and resources for students.

- Students with needs get appropriate services
- System of student learning supports is well coordinated
- Resources are aligned with student needs

What is a COST team?

COST is a multidisciplinary team of school staff and providers who:

- Create a regular forum for looking at needs of individual students and the school overall
- Collaborate around linking referred students to resources and interventions
- Support students' academic success and healthy development

What do COST teams do?

COST teams perform four major tasks:

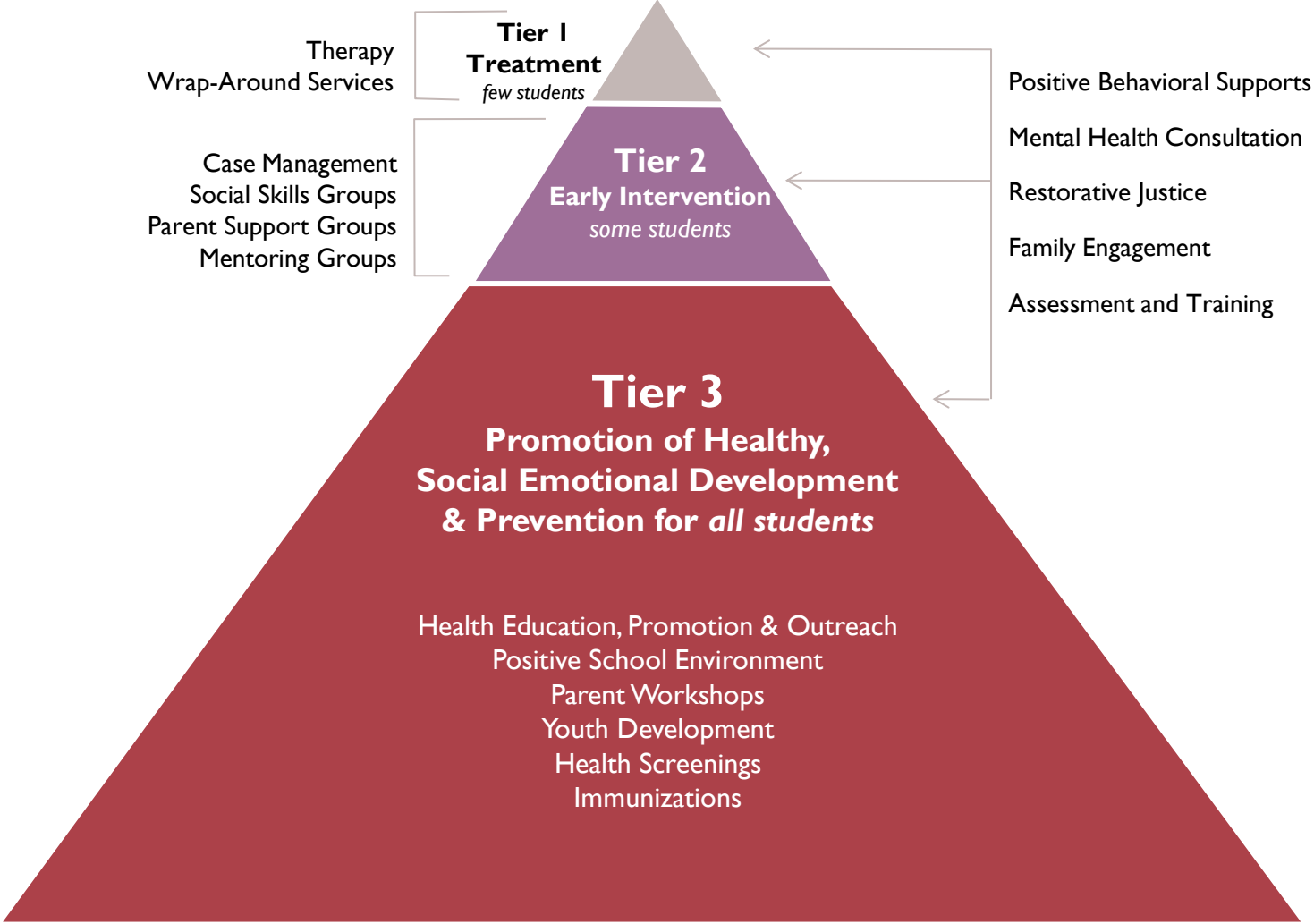
- Identify students through school-wide referral system
- Assess referred students, explore strengths and support needed
- Coordinate ongoing efforts to link students to appropriate supports, track progress, and tailor interventions over time
- Strengthen learning supports to meet student and school needs

What are the Benefits of COST?

COST Teams improve coordination, communication, and collaboration across disciplines, which leads to **improved**:

- Capacity to tailor interventions to student needs
- Efficiency and use of limited resources
- Sense of belonging and quality of services among providers on the team
- Services to students across a full-continuum of prevention, early intervention, and intensive intervention

Connection to Response to Intervention (RtI)



COST Components

Setting Up for Success – Preparing the School & Building the Team
Five Components of a COST Service Delivery System

Getting Started - Set Up for Success

First Step - Align and Build Buy-In!

- Assess Organizational Culture
- Map Existing Systems
- Introduce COST to your School
- Build Your COST Team...

What is the COST make-up?

- School Administrators
- School Counselors
- Teacher Representatives for SST, IEP, 504
- School Nurse
- School Psychologist
- Special Education Staff Member
- Parent Liaison
- Social Workers or Clinical Case Managers
- After School Providers
- School Health Center staff
- Other student or family support providers

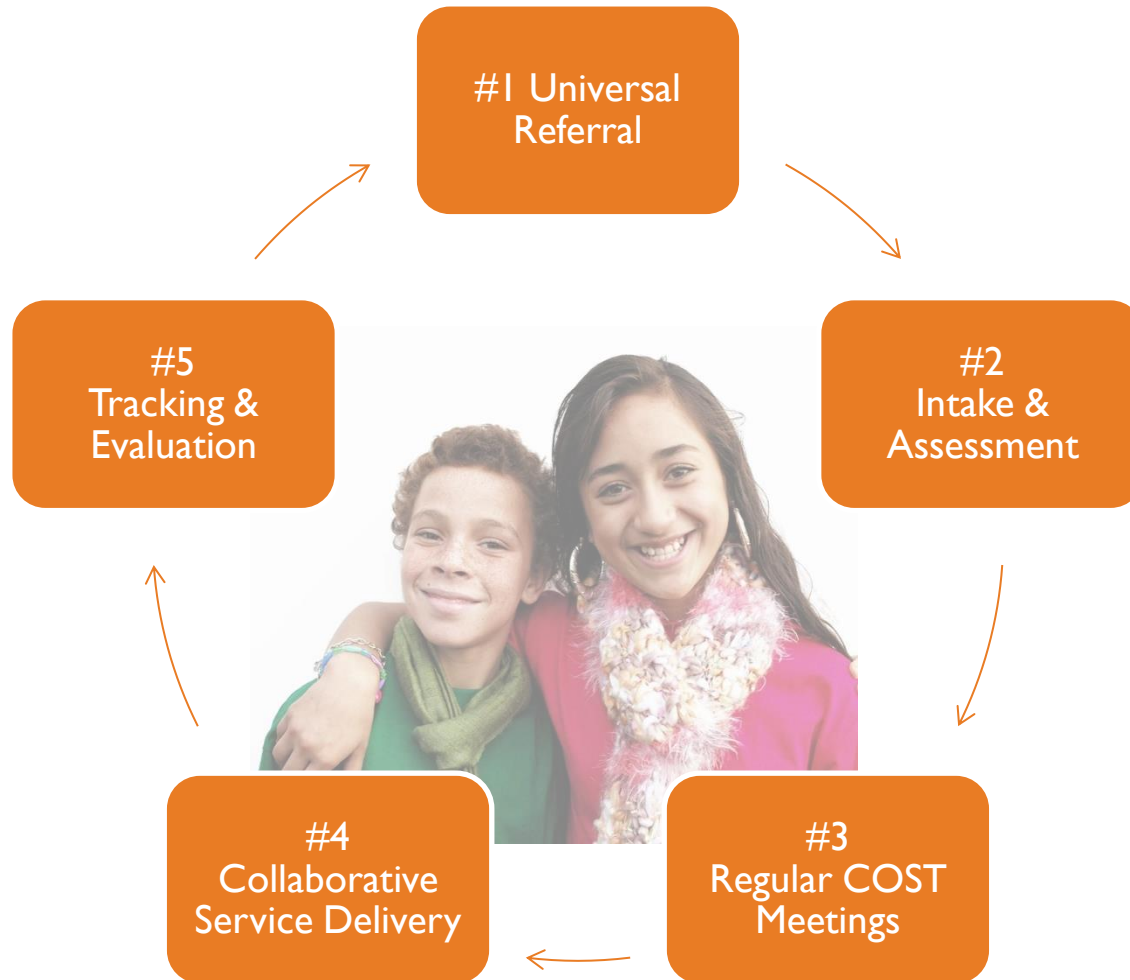
Why are COST Leaders Important?

Cost leaders become change leaders by:

- Bringing together a team to work in new ways
- Challenging the team to create solutions and supports
- Guiding the team and setting high expectations



5 Components of a COST Service Delivery System



Sample Referral Form

STUDENT INFORMATION:				
Student Name	School	Grade	Date of Birth	Sex M/F
Is student aware that you are making this referral? <input type="radio"/> Yes <input type="radio"/> No				
PARENT / GUARDIAN INFORMATION:				
Parent/Guardian Name	Relationship	Street Address	Zip Code	
Home	Work	Cell	Other	
Primary Language Spoken at Home?				
Has the family been informed that you are making this Referral? <input type="radio"/> Yes <input type="radio"/> No If so, who?				
REASONS FOR REFERRAL: CHECK ALL THAT APPLY				
Academic/School Needs	Emotional/Behavioral Needs	Social Needs	Health/Basic Needs	
<input type="radio"/> Attendance/truancy <input type="radio"/> Academic concerns <input type="radio"/> Behavior in classroom <input type="radio"/> Suspensions <input type="radio"/> Expulsions <input type="radio"/> Learning difficulties	<input type="radio"/> Anger management <input type="radio"/> Self esteem/self image/self worth <input type="radio"/> Possible depression feelings <input type="radio"/> Suicidal thoughts or feelings <input type="radio"/> Self-injury/mutilation/cutting <input type="radio"/> Possible ADHD/attention issues <input type="radio"/> Violence-related issues <input type="radio"/> Trauma/possible PTSD <input type="radio"/> Grief-related issue	<input type="radio"/> Parent-family-child-relationships/conflicts <input type="radio"/> Dating/partner issue <input type="radio"/> Gender/sex identity issue <input type="radio"/> Sexualized behavior <input type="radio"/> Sexual harassment <input type="radio"/> Gang involvement <input type="radio"/> Child in foster care <input type="radio"/> Peer conflict/bullying	<input type="radio"/> Eating concerns <input type="radio"/> Substance abuse/ use <input type="radio"/> Basic needs: food, shelter, clothing <input type="radio"/> Health issues: vision, dental, stomach, headaches, etc. <input type="radio"/> Sexual health issue <input type="radio"/> Health insurance	
Please provide a brief description of the reason for referral:				
ADDITIONAL SERVICES				
District Services		Community Services		
Does student currently have, or has student been referred to:		Is the student on probation? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure		
SST <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure Active IEP <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure Special Education Assessment <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure SARB <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure SART <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure DHP <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure		To the best of your knowledge, are the student and/or the family working with anyone else on this issue? [i.e.: therapy, outside community provider] <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unsure If so, who?		
REFERRED BY				
Name	Title	Date	Referred To	

Sample Tracking Form

COST REFERRAL TRACKING SHEET			
STUDENT NAME: Johnny T.		GRADE: 12TH	
<p>Directions: COST leaders will share this doc with all COST members who have been referred to the student's case at the COST meetings. Each staff member should individually record all date(s) of contact with the student, as well as all dates when they met with other COST members to discuss case coordination. COST leaders also have viewing access to this document and will check periodically to track progress of coordination.</p>			
<i>(COST COORDINATOR COMPLETES)</i>		<i>(ASSIGNED STAFF COMPLETE)</i>	
Referred By	Referred To	Date(s) of Contact & COST Member Name	Date(s) of coordination btw COST Members & Names
Ms. Martin	Nurse Jones Mr. Smith	Nurse J, 12/7/12 Mr. Smith, 12/8/12 Mr. Smith, 12/9/12 Mr. Smith 12/12/12 Nurse J. 12/17/12	Nurse J & Mr. S, 12/18/12

Quick Self-Assessment

As we transition to Mock COST, think about the 5 components of the Service Delivery System:

- What do you already have in place?
- What are your biggest opportunities?



Mock COST Meeting

Mock COST Meeting



COST Meeting Agenda

- Welcome
 - Reminder of group agreements
- Coordination of services for individual students
 - James
 - Present student referral and assessment information
 - Discuss possible interventions and resources
 - Assign point people for chosen interventions
 - Identify coordination strategies among providers

Debrief

- What did you observe?
- How can this process improve educational outcomes for students?
- How can this process improve alignment between providers?
- What questions do you have?

Tools to Get You Started

- COST Overview
- Referral Form
- Confidentiality Form



Introduction to COST: Building Communities of Care

Thank you for your time!



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