

# Trauma Informed Interventions Sierra High School

San Bernardino Unified School District

Presentation - 2023



<https://sierra.sbcusd.com/students/wellness-center>





Sierra High School (Continuation)  
San Bernardino Unified School District  
Students: 16 years and older, 10th- 12th,  
& 5th year seniors



# Universal Screener

1. Have you ever had an IEP?
2. Are you a parent or pregnant?
3. I was in foster care.
4. I am currently in foster care.
5. I share a home with another family.
6. I live in a hotel/motel or don't have a stable residence.
7. I experienced the death of a loved one in the last 6 months.
8. I experienced the death of a loved one a year to more than a year ago.
9. Have you been feeling very sad or not wanting to talk to people  
(For example: crying regularly, tired, or feeling unmotivated)?
10. Have you had drastic changes in behavior, personality, or sleeping habits  
(For example: not being able to sleep, or feeling irritated/agitated)?
11. Have you had extreme difficulty in concentrating or staying still that can lead to failure in school?
12. Have you had intense worries or fears (stress) that get in the way of daily activities, like hanging out with friends or going to classes?
13. IN THE PAST TWO WEEKS Have you had upsetting thoughts or images about an event (something) that happened to you? OR Have you been acting or feeling as if the event was happening again, (for example, nightmares or hearing something or seeing a picture about it and feeling as if you were there again)?
14. Do you have health insurance?
15. When was the last time you went to the doctor?



# Request for Intervention

## Primary Area of Concern (root cause)

- Physical Health
- Mental Health
- Speech
- Basic Needs (food, clothes, shelter)
- Lack of academic performance
- Behavior
- Language (ELL)
- Period attendance
- Full Day Attendance
- Frequent Wandering
- Suspected substance use and/or under the influence

## Secondary Area of Concern/ Comments

## Unsuccessful Classroom Interventions

(please check at least three before you're referring the student for intervention)

- Week 3 student Conversation
- assignment modification
- extra time
- peer tutor
- schedule change
- skeleton notes/ graphic organizers
- Agendas or other time management strategies
- student intern/ resident sub
- checking for understanding
- working with a partner
- positive feedback and interaction
- breaks from instruction
- condensed (chunked) instructions
- SpEd or EL Tutor
- Other:

## Successful Classroom Interventions

(what have you tried successfully OR what are you planning to try next)



# Tiered Interventions



## Tier 1

### Individual Student Support

- New Student Survey/ Meetings
- Wellness Survey
- Graduation Check Meetings
- Request for Intervention

### Classroom Instruction/ School-Wide Events

- How to Thrive at Sierra
- Life After High School, CCB class
- SBVC Presentations class
- Mental Health and Wellness Class
- Monthly Campaigns



## Tier 2

### Small Group Support

- DBT (Group Dialectical Behavioral Therapy)
- Sunshine Crew
- Progress Reviews
- Essential Skills for Success Lessons
- College/ Career/ Financial Aid

### Individual Student Support

- Counseling Appointment Requests



## Tier 3

### Individual Student Support

- Individual Counseling
- Individual Therapy- Loma Linda
- Partners Against Violence
- IEHP Navigator
- Hazel Health, Crisis Care
- RISE Meetings