



Communities
In Schools

Central Texas

Communities In Schools @ Lanier HS Back to School Newsletter

Date (August, 2018)

•• CIS Team ••



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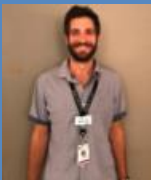


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•• CIS Community Partners ••



Adam Klaybor
**Expect Respect
(Boys)**



Zarina Moreno
**Expect Respect
(Girls)**



Maribel Gomez
YWCA



Sarah Kapostasy, MA, LPC
Out Youth



Chloe LaPorte
**Girls Empowerment
Network**

Welcome to the 2018- 2019 School Year!

This year Lanier High School CIS is expecting to serve students through:

- **Support Groups**
 - Male and Female Expect Respect Groups
 - Girl's Empowerment Group
 - Male Leadership Groups, including:
 - Phase 1: 5 R's- Learning about Respect, Responsibility, Role Modeling, Reaching Out, and Relationships
 - Phase 2: Leadership Group
 - Phase 3: Ambassador Group
 - Social Skills and Self-Esteem Group
 - Behavioral Health Skills Group
- **Individual Counseling** (limited space available)
- **Crisis Intervention**
- **Shared Psychiatric Services**, LifeWorks partnership provides quality affordable and accessible psychiatric services (limited space available).
- **Enrichment Opportunities**
- **College and Career Readiness Services**, including job shadowing, scholarship and application assistance, and internship help.
- **Basic Needs Assistance**, including support with school supplies, hygiene products, vision vouchers, and city bus passes.
- **School-Wide Services**, including events to promote school climate and teacher support.
- **Open Lunch**- Monday-Friday in the CIS Office.



CIS Mission

Communities In Schools surrounds students with a community of support, empowering them to stay in school and achieve in life.

5 Things Every Child Needs & Deserves

1. A one-on-one relationship with a caring adult
2. A safe place to learn and grow
3. A healthy start and a healthy future
4. A marketable skill to use upon graduation
5. A chance to give back to peers and the community

Our Results

CIS serves more than 50,000 clients every year. Of students served intensively, 99% stay in school and 84% improve grades, behavior, or attendance.

Resources for a New Year

- **TBRI for Teachers- Tools for Trauma Informed Classrooms:**
<https://child.tcu.edu/tbri-for-teachers/#sthash.ykqSwgpX.cPEK3Xx6.dpbs>
- **Three Ways to Calm Stress Response:**
https://www.edutopia.org/blog/brains-in-pain-cannot-learn-lori-desautels?utm_source=facebook&utm_medium=socialflow
- **Daily Meditation: A Bold Approach to Reducing Student Stress:**
<https://www.edutopia.org/stw-student-stress-meditation?platform=hootsuite>
- **Taking Care of Yourself: Resources to Help with Teacher Self-Care:**
<https://www.aeteachers.org/index.php/blog/1760-taking-care-of-yourself-resources-to-help-with-teacher-self-care>
- **Supporting Students with Chronic Trauma:**
https://www.edutopia.org/article/supporting-students-chronic-trauma?utm_medium=socialflow&utm_source=facebook

Want to Recommend a Student for CIS?

- Log onto ECST
- Search students name
- Under the services tab click "Notify CST Chair" and fill out information
- Please reach out with any questions!

CIS room number: 20
CIS office hours: 8:30-4:30

Communities In Schools of Central Texas
We're #allinforkids
ciscentraltexas.org