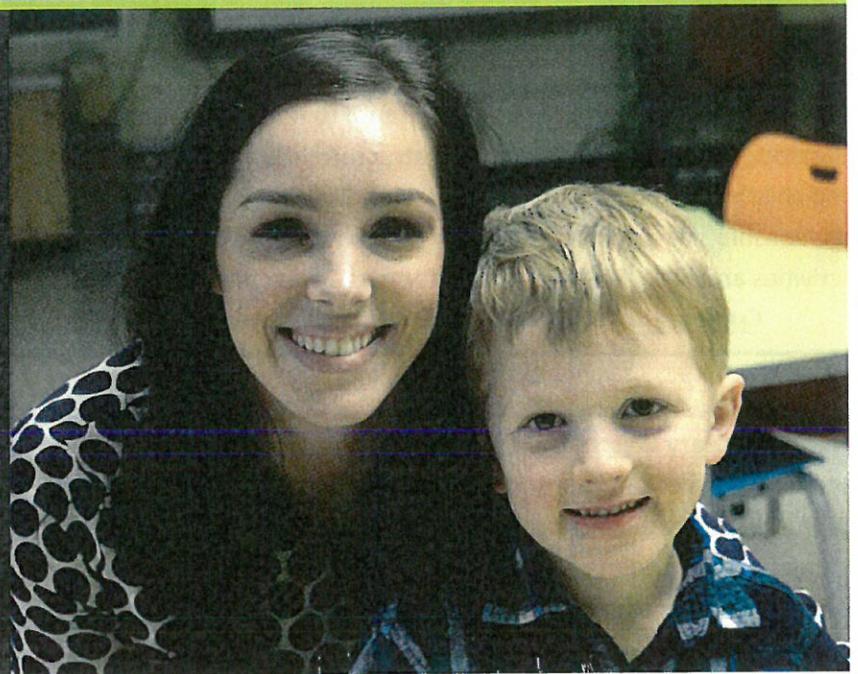


SCHOOL BASED PROGRAMMING

Four Oaks has collaborated with local school districts across the state of Iowa to create unique and innovative school-based programs to meet the needs of at-risk students. Programs are focused on assisting students in understanding the impact of their behavior choices, identifying alternative strategies and practicing self-management skills in order to help them successfully re-enter school and increase their chances for future academic success.



◆ ALTERNATIVE CLASSROOM

Middle school or high school aged students who struggle with anger management, substance abuse behaviors, etc. The behaviors have predictable and identifiable triggers.

◆ THERAPEUTIC CLASSROOM

Middle school or high school aged students who have difficulty managing their mental health and have experienced significant trauma. These behaviors are unpredictable and do not have identifiable triggers.

◆ ELEMENTARY CLASSROOM

Exactly the same as the therapeutic classroom, but focusing on elementary aged youth.

◆ TRAUMA-INFORMED PROFESSIONAL DEVELOPMENT & CONSULTATION

Customized professional learning for educators on trauma-informed care topics to build staff capacity in meeting the ever-changing and challenging needs of the students they serve.

A TRAUMA INFORMED APPROACH

- Four Oaks uses Trauma Informed Care in all of our programs, allowing us to look beyond a child's behavior to the deeper trauma that caused it.
- "What happened to you?" is the question that matters.
- This approach helps heal the child so he or she can truly move successfully into adulthood.
- Skill sets that are internally adopted through safe interactions and progressive mastery result in long-term success.

FOR MORE INFORMATION:

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FOUR OAKS FAMILY AND CHILDREN'S SERVICES

5400 Kirkwood Blvd SW
Cedar Rapids, IA 52404

Four Oaks Education Services– Descriptions

The **Alternative Education Program** may be offered to families whose child has been suspended, expelled or otherwise placed by an IEP team. Daily social skills group activities address social skills such as decision making, anger management, relationship skills, emotional control, character education and Soft Skills. Four Oaks utilizes ART (Aggression Replacement Training), an evidence-based social emotional learning curriculum.

Current Sites: Marshalltown West Des Moines Dubuque

The **Therapeutic Classroom** may be offered to families who child has struggled to manage mental health issues within the classroom and would benefit from a structured classroom, with staff who are trained in a variety of mental health diagnoses and childhood trauma. Daily social skills group activities address social skills such as decision making, anger management, relationship skills, emotional control and Soft Skills. Four Oaks utilizes “parts talk” (a form of Narrative Therapy), Theraplay activities and KINNECT (a Trauma Informed Care training model which focuses on safety).

Current Sites: Marshalltown West Des Moines Dubuque

The **Elementary Classroom** may be offered to families whose child has struggled for a variety of reason within the classroom and would benefit from a structured classroom, with staff who have received extensive training including: Trauma Informed Care, Mandt Crisis De-Escalation, Behavior Groupings: How to differentiate what interventions are appropriate based on Mental Health/Trauma and many other assorted trainings. Daily social skills group activities address social skills such as decision making, anger management, relationship skills, emotional control and Soft Skills. Four Oaks utilizes “parts talk” (a form of Narrative Therapy), Theraplay activities and KINNECT (a Trauma Informed Care training model which focuses on safety).

Current Sites: Marshalltown Winterset

Trauma-Informed Care Professional Development is available to schools or districts hoping to better understand the social, emotional, and behavioral needs of their students. Our professional learning options are customized to match the needs of your school. We offer four core sessions: Intro to Trauma– ACEs & Basics of Neuroscience; Importance of Relationships; Understanding Trauma Triggers & Re-enactment; and Compassion Fatigue & Staff Self Care. Learning about trauma-informed care is not a ‘one and done’ session. Understanding childhood trauma and its long-term developmental effects on the brain and body is a complex endeavor. We will work with you to collaboratively design a plan to best meet the needs of your staff and students.

Current Sites: Grundy Center Washington Cedar Rapids

We offer **Trauma Sensitive School Coaching & Consultation** in order to help school staff develop their internal capacity of becoming a trauma sensitive school. Our team is ready to facilitate long-term plans with building leadership teams that will guide the process of transforming a school’s culture to be one that is less punitive and more restorative in nature. We help facilitate development of *Trauma Champions* within schools and districts through direct training experiences and participation in our growing network of educators with the similar goals across the entire state. We offer great flexibility in the service options and customize the product to fit your needs; ultimately helping staff learn how to apply using a trauma sensitive lens to both current practice and future policy and initiatives. Grundy Center Washington Cedar Rapids