



HOW THE GOT IT! PROGRAM RUNS IN SCHOOLS

Getting on Track in Time – Got It! aims to reduce the frequency and severity of disruptive behaviours and support emotional and social development with the goal of reducing the incidence of conduct problems amongst children.

NOTE: Principals will need to complete an expression of interest and negotiate an availability for program delivery.

The Got-It! team is involved with school for 6 months over 3 terms, providing:

- Emotional, behavioural and social screening for all K–Yr2 students using the Strengths & Difficulties Questionnaire (SDQ)
- Training for teachers to deliver a universal social and emotional learning (SEL) program
- Assessment and support for families who screen with challenges across the SDQs
- Delivery of a 10-week targeted small group therapeutic intervention for chosen children and their parent/carer needing more intensive support
- Specialist mental health information and referrals to services as required

All parents/carers with children in K-2 are asked to fill in a questionnaire called the Strengths and Difficulties Questionnaire (SDQ) which is attached to this letter (yellow paper).

This questionnaire explores the way a child thinks, feels, and behaves by asking questions about a child over the last 6 months.

All K-2 teachers will also be completing the form for all children in K-2 following parent consent.

For children whose scores are above average and require further consultation, parents may be offered a family appointment.

Program participation is founded on results from the questionnaires and information obtained from family appointments.

The Got It! Team will arrange support for the families not selected to participate in the program and for participants after completing the program.

Term breakdown of Got It! program delivery

TERM A

Professional Development for Teachers

The Fundamentals of Social & Emotional Learning (SEL) & Program Overview – ‘Second Step’

- Overview of the fundamentals of Social and Emotional Learning such as; Social Emotional Learning in schools, attachment theory, trauma informed principles, sensory development, child/brain development, diagnosis, emotion coaching and more.
- Overview of the universal whole of school SEL program Second Step. *More information can be found at www.secondstep.org.*

Universal Parenting Support & Targeted Screening

- Parenting Seminar: Information for parents on positive behaviour strategies, attachment, emotions, trauma, sensory, development, social skills, emotion coaching and more
- Screening completed by teachers and parents for all K-2 children through the Strengths and Difficulties Questionnaires to assess their suitability for the targeted Exploring Together Program.
- Individual family assessments for children who identified through the screening.
- Classroom observations of children who have been shortlisted.
- Referrals for families to appropriate services if not selected for the group.

TERM B

Exploring Together Program Delivery – small group targeted therapeutic intervention

- Evidence based intervention program for up to 8 families, run by 4 specialist clinicians and a K-2 teacher or LAST who actively participates in the group delivery.
- Funding is available to cover teacher release time for:
 - o K-2 teacher completion of screening forms
 - o K-2 teacher consultations on short-listed children
 - o 1 x K-2 teacher or LAST participant to co-facilitate the weekly group program
 - o K-2 teachers' attendance at consultation points throughout the program.

TERM C

Exploring Together Program Review and Follow up