Est. 2021

THE CLOCK TOWER SCHOOLS

A Guide for Families



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INTRODUCTION

Who are we?

The Clock Tower Schools, under the guidance and vision of Executive Director Dr. Christopher R. Spriggs, has developed a trauma-informed program model that provides an enhanced approach to the protection, safety, and well-being of every student in a rehabilitative environment conducive to fostering the positive growth of our youth.

The Clock Tower Schools (CTS) understands the impact that trauma has on young minds, and has developed a holistic, student-centric model of youth care that not only adopts a trauma-informed culture shift, but also provides nurturing supports in every aspect of a student's treatment. This includes a strengthened family engagement component with a focus on transition planning from day one.



"Our new model of youth care forgoes the traditional paradigm of control, for one of comfort, in order to provide students with the environment they need to feel safe and grow. This approach builds student confidence, helps students identify their positive personal attributes, and assists students with developing thinking skills necessary to continue making positive life choices, long after they have completed their stay at our school."- Dr. Christopher R. Spriggs



Utilizing a trauma-informed framework has assisted The Clock Tower Schools in adopting a student-centric philosophy, which ensures that the safety and security of our students are the foundational principles of our organization. All members of our school community are able to realize, recognize and respond to trauma. The model at The Clock Tower Schools was built with consideration for best practices, emerging research, consultation with experts and consideration for the recommendations made from numerous recent statewide studies.

Student-Centric Philosophy

Holistic Practices

All organizational practices have been aligned with a holistic approach to rehabilitating our youth in mind

Student & Family Voice

Students and their family have a voice in developing treatment and resiliency goals, through family engagement opportunities and through our proprietary app



Trauma-Informed Culture

Every employee is provided with ongoing trauma-training in order to stay at the forefront of trauma-informed research and practices, ensuring our youth receive the very best care possible

Safety and security

Our organization-wide safety culture assures all staff members prioritize safety, security and transparency above all else



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Discover how we prioritize empowerment, ensure safety, establish trustworthiness, encourage collaboration, and appreciate cultural differences.

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06 STUDENT SAFETY

Review our plan for ensuring that students and families have a voice. Our layers of oversight allow us to achieve a strong safety culture, a major tenet of trauma-informed care.

07 FAMILY ENGAGEMENT

Uncover how our family engagement model puts students and families at the heart of our program, involving families in the decision-making process from day one.

08 ACADEMIC MODEL

Discover our trauma informed classrooms, co-teaching model, flexible seating, and classroom safe spaces that re-inspires our students to learn and grow.

09 INDIVIDUAL TREATMENT AND RESILIENCY PLAN

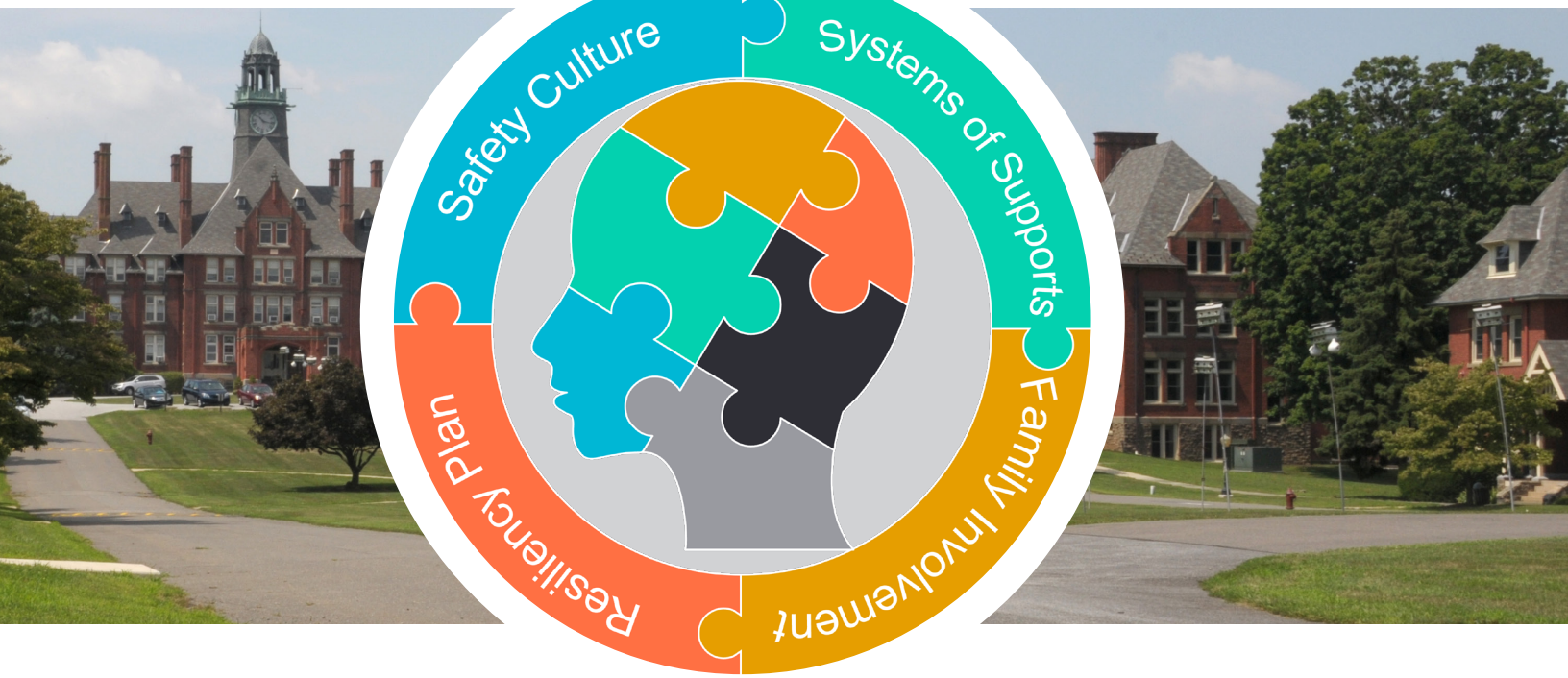
Discover how the Individual Treatment and Resiliency Plan (ITRP) combines the critical aspects of a student's life into one meaningful treatment plan.

10 CLINICAL RESEARCH

Review our plan for assessing and treating student trauma. This clinical research will enable us to study the effectiveness of our service delivery to youth.

11 STAKEHOLDER APP

Uncover our newest application that brings families closer together than ever before. Family engagement has never been so engaging!



STUDENT-CENTRIC APPROACH

What is a student-centric approach?

Utilizing a trauma-informed framework enables The Clock Tower Schools (CTS) to embrace an organizational evolution, prioritizing a student-centric philosophy, ensuring students and their families are at the heart of our program.

The safety and security of our students are the foundational principles of our organization. Our robust safety culture assures that all members of our school community feel a personal responsibility towards maintaining a safe and secure campus for all.

Families are involved:

- When a student first arrives
- With day-1 discharge planning
- During incremental treatment planning & goal setting
- With every major decision
- During campus visits
- And in so many other ways...

(Visit ClockTowerSchools.org to learn more)



TRAUMA-INFORMED CARE

To provide our students with the most comprehensive and meaningful trauma-informed experience, we have developed a tiered system of trauma- informed supports.

All students receive numerous universal trauma supports, which are designed to encourage their holistic growth, develop students' abilities to set goals and improve their critical thinking skills. Students also have access to enhanced or intensive supports. Each additional level of services allows our program to respond to the unique needs of each student.

6 Pillars of Trauma-Informed Care

- **Ensure Safety**
- **Encourage Peer Support**
- **Prioritize Empowerment**
- **Establish Trustworthiness**
- **Encourage Collaboration**
- **Understand Culture**

(SAMHSA.gov)



Staff at The Clock Tower Schools

Realize the widespread impact of trauma and understand potential paths for recovery

Recognize the signs and symptoms of trauma in clients, families, staff, and others

Respond by fully integrating knowledge about trauma into policies, procedures, and practices

Resist re-traumatization youth in our care through compassionate interactions

To learn about our rigorous hiring and on-boarding process, visit our website!

STUDENT SAFETY

One major tenet of trauma-informed practice is ensuring all students feel safe. Unless a student feels safe, they will not be able to utilize their executive functioning in order to learn, set goals, and grow."

Regulatory Compliance personnel are embedded in each residential living space during waking hours. The compliance personnel are independent of the facility's direct care staff and the facility management and:

- **Ensure student safety and program compliance**
- **Provide additional support to our students**
- **Measure compliance, student safety, and staff professionalism**
  - **Includes random student safety checks, physical inspections, staff interviews, and medication**

Ukeru® - A safe, comforting, and restraint-free approach to crisis management

In 2015, Grafton Integrated Health Network® launched Ukeru Systems®, a safe, comforting and restraint-free crisis management program developed by and for behavioral health professionals, educators and parents. The Clock Tower Schools (CTS) has formally adopted Ukeru to significantly reduce the number of physical restraints using this intervention protocol, with the goal of eliminating the use of physical restraints at our school.





Camera System

CTS has a multi-departmental security camera system located across campus, with multiple cameras views in each building. The system captures movement 24 hours a day and video can be viewed live. All cameras have a 30-day storage limit with no erase function. Security cameras allow CTS to monitor the safety of students and staff. This system gives us the ability to review all incidents, improving accountability and transparency for all. Footage can also be used to train staff on positive de-escalation techniques, further improving our safety culture.

DOJ-Aligned Grievance Process

To further ensure student safety, we have aligned our grievance policy with the Department of Justice. This process was designed to not only provide students and parents with an anonymous avenue to file a grievance, but also to give students a voice that extends outside of our organization. There are multiple grievance boxes on campus, providing students with opportunities to file a grievance in their own living space, or anonymously. Students and families are provided updates on actions taken to remedy issues and all stakeholders will be notified at the conclusion of the process. Grievances forms are also available through the Stakeholder App Portal.





The Mandt System®

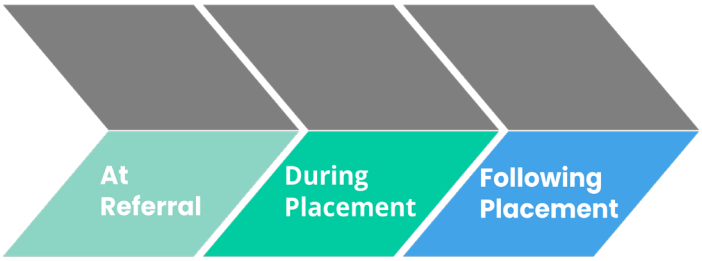
The Mandt System® is a person-centered, values-based process used to encourage positive interaction with others. The concepts offered in Mandt promote respect and dignity for all people. There is emphasis on the team approach to ensure well-being and safety in both non-physical and physical interactions. Physical strategies are taught as a last resort and least restrictive option in the event a student's behavior poses a substantial and immediate threat of harm. The Mandt System prohibits all floor restraints.

FAMILY ENGAGEMENT

Seeing children in the context of families

The Clock Tower Schools (CTS) utilizes a collaborative, family-centric approach to decision making. Family engagement encourages and empowers families to be their own champions, working toward goals that they have helped to develop based on their specific family strengths, resources, and needs. This partnership between CTS and families rests on the principle of communicating openly and honestly, in a way that supports unique family culture, family dynamics, and personal experiences to meet the individual needs of every family and child.

Our **goal** is to help families feel integral to the success of their children...



A Family-Driven Family Engagement model is a logical extension of our trauma informed approach to youth care. CTS has utilized "Engage Us: A Guide Written by Families for Residential Providers" as our guide for family engagement. This guide was written by the Building Bridges Initiative's Family Advisory Network and was based on the experiences of families whose children have been in residential care. The Clock Tower Schools is committed to Family Engagement and to the goal of "seeing children in the context of family." To this end, we have made a series of pledges to support families through all stages of service delivery.

Learn more about our pledge to families on our website!



CTS FAMILY ENGAGEMENT MODEL

Our partnership with families is founded on the principle of communicating openly, in a way that supports unique family culture, dynamics, and personal experiences to meet the individual needs of *every* family and child.

Flexible Communication

Our family Welcome Center will assure that all students can communicate with their families, regardless of technology limitations

Resiliency Plan Collaboration

Our multi-disciplinary team collaborates with the student, and student's family to create and set treatment goals

Expanded Visitation

Visitation hours will be flexible, allowing for families to visit on schedules that works for them

Stakeholder App

Our proprietary stakeholder app ensures families can always monitor a student's progress, get alerts and even file a grievance

Family Welcome Center

Our new family Welcome Center will welcome a new student upon arrival, encourage families to be part of the onboarding process and support numerous family engagement initiatives

ACADEMIC MODEL

CTS employs a co-teaching model with state certified teachers.

When children live in a persistent anxious state, they are less able to access the parts of their brain needed for learning. Recognizing the prevalence of trauma in the youth we serve, and understanding that trauma directly affects students' executive functioning (their ability to learn), we redesigned our educational delivery with the assumption that all students carry some level of trauma. Doing so benefits **every** student we serve, regardless of their trauma exposure.

Large Learning Spaces

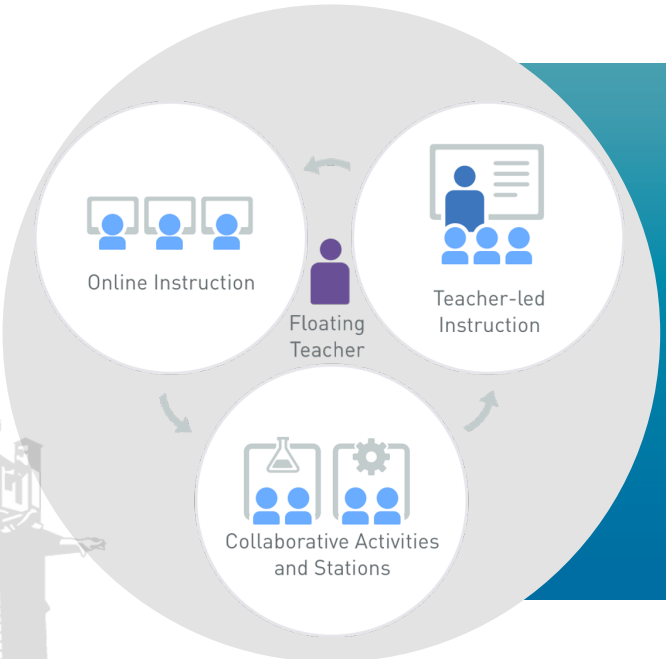


Flexible Seating Options



Safe Spaces for Comfort





Station-Rotation Model

Our blended learning environment encourages movement through stations, in order to provide students with an optimal learning experience.

The station-rotation model provides students with opportunities to engage with different teachers, collaborate based on learning needs and encourages students to develop independent learning skills and collaboration skills, in addition to teacher-facilitated learning.

CAREER & TECHNICAL EDUCATION (CTE)

Exposure to clubs, extracurricular activities and athletics boosts students' self-esteem, which correlates with academic improvement. We balance the importance of credential-driven CTEs and competency-based CTE programming, with options for students to engage in leisurely clubs, so they also have an opportunity to experiment with new interests.

Credentialing CTEs

Our Credentialing CTE programs provide students with in-depth curricula, which results in a credential and the development of soft skills.

Competency-Based CTEs

Our Competency-Based CTE programs also follow a curriculum and result in the development of competencies and soft skills that will assist students in gaining employment once they return home.

Clubs

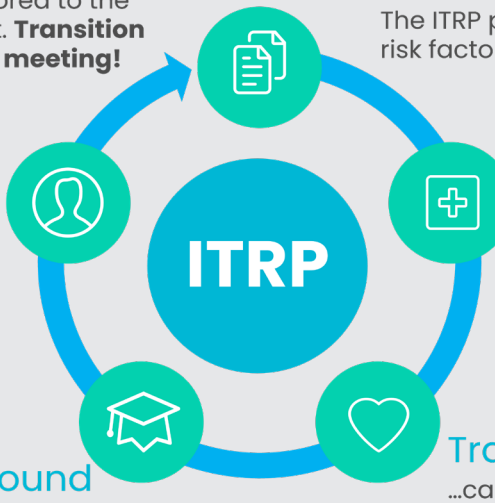
Clubs, which run concurrently with a student's Credentialing or Competency-Based CTE, allow students to experience other career and technical programming, in an exploratory capacity.

INDIVIDUAL TREATMENT & RESILIENCY PLAN (ITRP)

The Individual Treatment and Resiliency Plan (ITRP) is a collaborative growth plan that evolves along with each individual student as they progress through our program. Shortly after the student and their family are welcomed on to our campus, transition goals will be collaboratively identified and the ITRP will be developed with the support of the student's family and our Student Success Team. The Student Success Team is a multidisciplinary team of advocates such as the Credentialed School Counselor, Teacher, Special Education Coordinator, Student Success Staff and/or others, depending on which services and supports the student is receiving. This team approach results in considerable buy-in by the student, making each success their own. Students will feel the power of the trauma-informed approach as multiple professionals continually advocate for their success.



ITRP development is a collaborative process involving a student's family and our Student Success Team. ITRPs are tailored to the unique needs of each student. **Transition planning occurs at the first meeting!**



Level of Service

The ITRP process takes a student's risk factors into consideration...

Student Aspirations

...and combines all these factors into a treatment and resiliency plan, which keeps student's strengths, hopes and aspirations at the forefront, to provide a meaningful system of rewards.

Mental Health Needs

...incorporates their unique mental health needs ...

Educational Background

...identifies educational deficits, strengths and goals...

Trauma Considerations

...carefully takes in to account a student's potential past trauma...



CLINICAL RESEARCH

F.R.E.S.H. S.T.A.R.T.S. Project
Fostering Resilience and Encouraging Students through Hierarchical Supports To Assess and Resolve Traumatic Stress



DR. STEVIE N. GRASSETTI
LICENSED PSYCHOLOGIST
WEST CHESTER UNIVERSITY

Leading psychologist Dr. Stevie Grassetti and her team provide tiered psychological services to the students at The Clock Tower Schools

Project FRESH STARTS is a clinical research project with three objectives:

- To advance our scientific understanding about how to best treat traumatic stress among youth
- To provide enriching educational opportunities for West Chester University (WCU) students and The Clock Tower Schools' (CTS) staff to gain supervised clinical training in trauma interventions
- To build capacity for these supports to continue at CTS after the research period has ended

This voluntary program identifies Post-Trauma Symptoms (PTS) and empowers students to seek support:

- Within 2 weeks, each student will have the opportunity to be screened to assess the students' strengths, trauma exposure, and post-trauma symptoms (if any)
- Students with PTS symptoms will have the option to begin 5 sessions of CBITS group therapy (Cognitive Behavioral Intervention for Trauma in Schools)
  - A reassessment of symptoms will occur after session 5
- Students whose symptoms are still in the clinical range may advance into individual services
  - These services will continue until the teen and therapist determine that goals have been met
- Students can opt out of treatment at any time
- Students also have the option to receive treatment without providing anonymous data for purposes of the study

CLOCK TOWER SCHOOLS (CTS) APP PORTAL

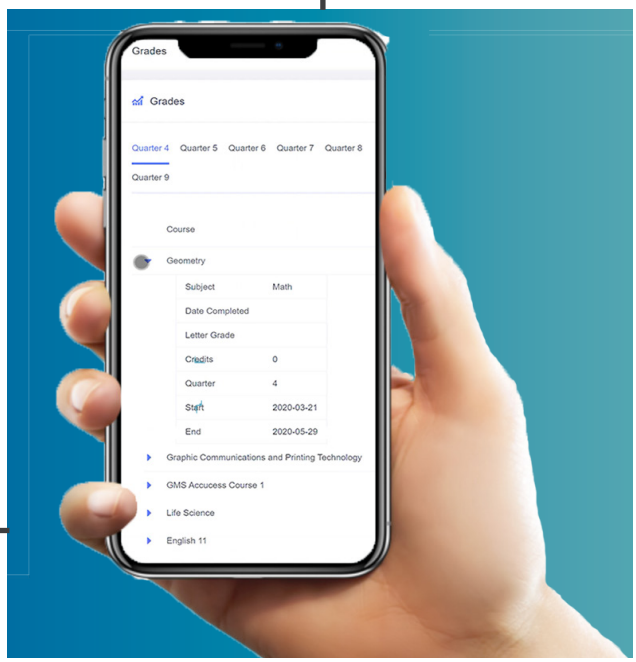
To increase transparency, ensure better communication with parents/guardians, and to provide a more inclusive way for families to monitor the progress of their child, The Clock Tower Schools (CTS) developed a state-of-the-art smart phone portal application designed to increase family engagement and transparency.



Parent Data Includes:

-Contact Information
-Student Schedule
-Student Academics
-Program Updates
-Accomplishments
-Student Goals
-Downloadables
-Program Overview

SCAN ME FOR DIRECT PARENT ACCESS!



THE CTS APP PORTAL...

Achieves:

- Transparency
- Better communication
- Family inclusion
- Connectivity
- and Convenience

Features:

- Clean interface
- Modern controls
- User friendly operation
- Multiple views
- Rich variety of useful information

Is Available On:

- Your computer
- iPhone or Android
- CTS Website





Discover how trauma-informed care can make a difference in the lives of our young men.

Visit our website to learn how CTS is redefining the future of juvenile care!

SCAN ME

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VISIT US AT

WWW.CLOCKTOWERSCHOOLS.ORG