



DISTRICT OF COLUMBIA PUBLIC SCHOOLS

Office of the Chief of Schools

Summary

In an effort to address typical developmental challenges of students as well as those more serious manifestations of chronic stress and trauma related to emotion and behavior that disrupt learning, the Office of the Chief of Schools (COS) has invested in the Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) behavioral health intervention.

SPARCS is a recognized evidence-based treatment designed specifically for implementation in the school setting. In this treatment program, trauma exposed students will be recipients of a therapeutic intervention expected to reduce Post Traumatic Stress Disorders (PTSD) symptoms.

SPARCS is a 16-week group counseling program that will require your commitment to allow your social worker protected time, one hour per week for implementation. Parental consent is required and students will be screened for appropriateness to participate.

SPARCS

A little bit of light can push away
much darkness...

FAQ's

Q: What data is collected during the intervention?

A: During the reporting period, progress measurements will be captured from students, teachers, parents and social workers for aggregate reporting by OSI. Social workers will also document services delivered to students and teachers.

Q: How does the intervention relate to principal scorecard? How participation and performance will (can) be tied to IMPACT?

A: Teachers and School Leaders are held accountable for key performance measures that are improved when student well being is fostered, including improvements in test scores, school safety, and student attendance and disruption-free classrooms.

Your Role as Principal

- To ensure social workers have protected time and a private meeting space for the continuity and consistency of session times and location to ensure the greatest probability of positive behavior outcomes for participants
- To schedule staff coverage to manage student crises during SPARCS group times to ensure minimal interruption of the sessions

The Importance of SPARCS

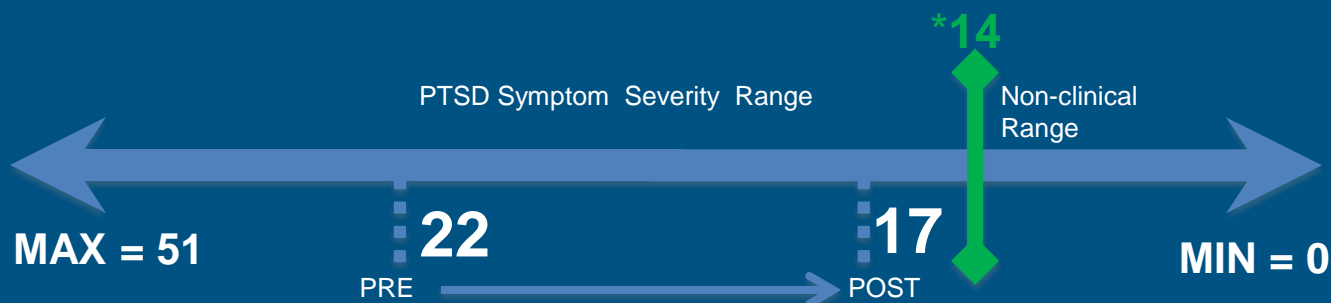
- Students are receiving services at drastically higher rates within schools vs. community services
- Research has found correlations between trauma and anxiety problems with depressive symptomology, dissociation, absenteeism, decreased IQ, declining reading abilities, and higher dropout rates

How This Affects You

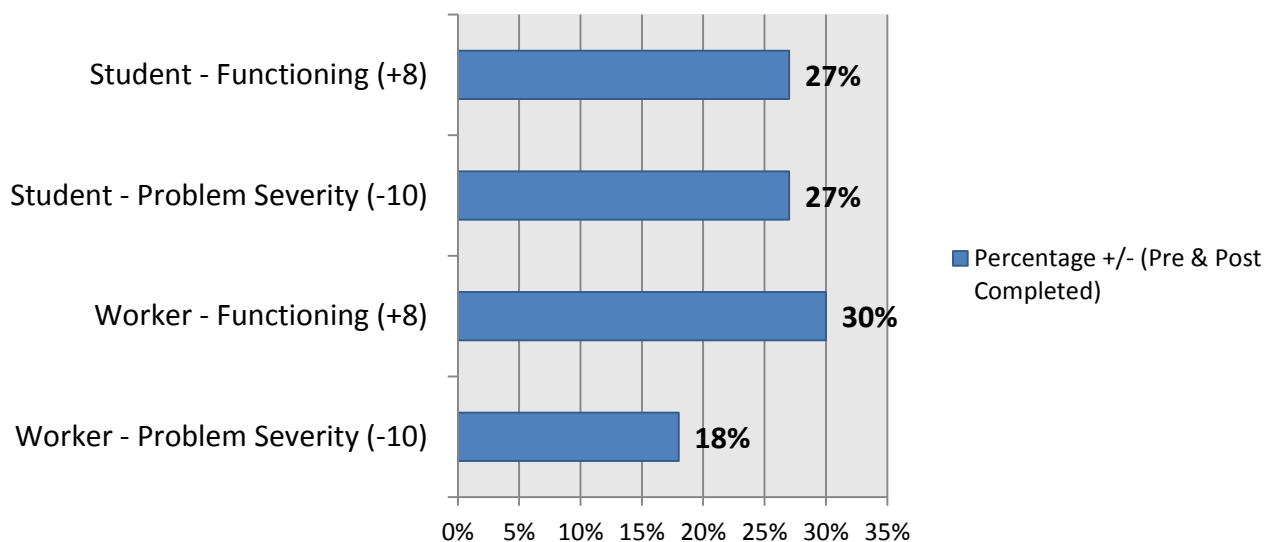
- Possibility of increased test scores, improved school climate, safety, disruption-free classrooms
- Seeing symptom/functioning scores correlated with number of infractions

SY 12-13 Outcomes - Child PTSD Symptom Scale Results

61% of SPARCS participants reported reduced PTSD symptom scores by the end of the intervention.



Percentage of Clinically Significant Change in Behavior and Function Domains



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Office of the Chief of Schools

Questions? Please contact Deitra Bryant –Mallory
via email: deitra.bryant-mallory@dc.gov