2022 - 2023

Programs & Services Guide



COMMUNITY MATTERS

Empowering Youth
Transforming Communities

Programs & Services

COMMUNITY MATTERS

Community Matters offers a variety of programs & services that support safe, connected, welcoming and inclusive schools and communities.

Our programs are designed to meet the needs of the clients we serve, so we offer virtual, online and in-person program delivery for:

- Administrators
- Staff
- Students
- Parents/Families
- Community

All programs & services prices are based on:

- Travel within the continental United States. Additional cost may apply for international services, remote or extremely rural locations.
- A one-person delivery of service; if more than one person is needed to deliver a service, additional costs will apply.
- Pre-written deliverables as described in this Guide. If customization is needed it may change the cost of the service.

For more information, to schedule training, discuss customized training or consultation options contact Community Matters.



For more information contact us at 707-823-6159 or info@community-matters.org.

Safe School Ambassadors

COMMUNITY MATTERS

COMMUNITY MATTERS FLAGSHIP PROGRAM OVERVIEW



Safe School Ambassadors
Grades 4 - 12

The Safe School Ambassadors® (SSA) Program is included on SAMHSA's National Registry of Evidence-based Programs and Practices as a Legacy Program. In 2010, results from the study showed that during the designated time period:

- SSA schools showed suspension rate decreases of 33%
- Non-SSA control schools showed suspension rate increases of 10%

When the Safe School Ambassadors program is implemented and delivered with fidelity, the following results are reported:

- Decreased incidents of bullying, harassment, cyber bullying, violence, exclusion and other forms of harmful behaviors and mistreatment
- Increased attendance and academic performance
- Reductions in the costs and losses in both time and money related to suspensions
- Improved relationships among and between students and adults
- Increased respect for diversity and different ways of thinking and acting
- Increased feelings of connectedness to school and each other

The SSA Program is most effective when implemented over a 3-year time frame, which allows it to develop strong roots that anchor it firmly into school culture and practice. After the first three years of Community Matters providing the SSA Training, eligible schools are provided the opportunity to move into a Training of the Trainer (TOT) sustainability model. When schools move to the TOT, Community Matters partners with the school to support the program in a long-term sustainable way. With this approach, the SSA Program and the premises on which it stands become embedded into the school practices as a way of thinking, communicating and behaving.

For more information contact us at 707-823-6159 or info@community-matters.org

Safe School Ambassadors

PROGRAM OPTIONS

Safe School Ambassadors
$6,900
Virtual &
In Person
Training Options

Safe School Ambassadors (SSA) is a highly effective training that equips 4-12th grade socially influential students with skills they can use with their peers to prevent and stop, bullying, violence, harassment and other forms of mistreatment. The Initial and Expansion Trainings are for new students and adults. Each option includes technical assistance and program implementation support, digital program guides, web tools, and resources for a year-round program.
Community Matters trains up to 40 new 4th -12th grade students and 5-8 adults. (1:6 adult to student ratio for each day).

- In Person Training is delivered over 2 full and consecutive school days.
- For SSA Expansion Training (2nd and subsequent years): Schools may also opt to invite up to 12 previously-trained veteran Ambassadors on Day 2.

Safe School Ambassadors Refresher
$3,900
Virtual &
In Person
Training Options

This training is for experienced, previously trained student Ambassadors and program adults only. It is intended to re-invigorate the program, provide skills review, and assist with annual program planning. The Refresher includes training, digital program guides, tools, resources, and coaching.
For up to 50 veteran SSA students and a 1:6 adult to student ratio.

Safe School Ambassadors Training of Trainer (TOT)
Price Varies
Pricing varies on number of participants and school site licenses

This training model is designed for a team of people within a school, district or county office to be trained to conduct SSA Expansions & SSA Refreshers for schools that have been running the SSA Program with fidelity for at least 2 years and have an SSA Site License. Contact Community Matters for eligibility requirements.



For more information contact us at 707-823-6159 or info@community-matters.org

Safe School Buddies

PROGRAM OVERVIEW



Safe School Buddies
Grades 1-3

The Safe School Buddies (SSB) Program is designed for students in first through third grades. The training provides the Buddies with examples of mistreatment and helps them understand what mistreatment looks and feels like. They learn and practice age-appropriate "Buddy Actions" they can use when they see different types of mistreatment such as teasing, put downs and exclusion. They also learn age-appropriate ways to effectively resolve conflict and problem solve. When the SSB Program is implemented and delivered with fidelity, the following results are expected:

- Increased awareness and understanding of what it means to be a good friend and positive influence in a peer group
- Decreased incidents of mean spirited and hurtful behaviors
- Increased ability to peaceably resolve conflicts and problem solve
- Increased respect for diversity and different ways of thinking and acting
- Positive feelings of connectedness to school and each other

The SSB Program is most effective when implemented over a 3-year timeframe, which allows it to develop strong roots that anchor it firmly into school culture and practices. After the first three years of a Community Matters trainer providing the 2-day SSB Training, the school can move into a Training of the Trainer (TOT) model whereby selected adults at the school are trained to provide the 2-day SSB training for the students and to keep facilitating the program. When schools move into the TOT model, Community Matters partners with the school to support the long-term sustainability of the program. With this approach, the core values and principles of the SSB Program become imbedded into the school practices as a way of thinking, communicating and behaving.

For more information contact us at 707-823-6159 or info@community-matters.org

Safe School Buddies

PROGRAM OPTIONS

Safe School Buddies
$6,900
In Person Training

The SSB Program empowers and equips socially influential students to promote kindness, respect for others, and to be positive role models with their peers. At its core, the SSB Program prepares younger students to become upstanders, to set positive and inclusive social norms on campus and to become Safe School Ambassadors when they enter 4th grade.
1st Year Implementation (Initial Training):
Community Matters trains up to 30 new 1st -3rd grade students and 6-8 adults.

2nd and subsequent years (Expansion Training):
Community Matters trains up to 30 new 1st – 3rd grade students and 6-8 adults; on Day 2 schools may add up to 10 previously-trained experienced Buddies.

Safe School Buddies Refresher
$3,900
In Person Training

This training is for experienced, previously trained Safe School Buddies and adults. It is intended to re-invigorate the program, provide skills review, and assist with annual program planning. The Refresher includes training, digital program guides, tools, resources, and coaching.
For up to 30 students and a 1:6 adult to student ratio.

Safe School Buddies Training of Trainer (TOT)
Price Varies
Pricing varies on number of participants and school site licenses

This training model is designed for a team of people within a school, district or county office to be trained to conduct SSB Expansions & SSB Refreshers for schools that have been running the SSB Program with fidelity for at least 2 years and have an SSB Site License. Contact Community Matters for eligibility requirements.



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SSA & SSB

SUPPLEMENTAL SUPPORT

SSA or SSB Adult Leaders Workshop
$1,500 - $3,900
Full and Half Day
Virtual &
In Person
Training Options

This workshop is designed to empower Program Advisors and adult leaders involved in the SSA or SSB programs to achieve the highest level of outcomes from their investments. Participants are provided the opportunity to connect, network and collaborate with other local school leaders and Community Matters staff. Topics include; overcoming program obstacles, student engagement, family group meetings and activities, data collection support and best practices for operating with fidelity to achieve desired results.
For up to 40 adults.

SSA or SSB TOT Practicum
$7,900
For eligible TOT participants and licensed school sites

Practicum Training includes the cost of the 2-day SSA Expansion training and two to three TOT participants co-delivering the training under the guidance of a Community Matters Senior Trainer. In addition, the CM Trainer provides pre-coaching, and post training mentoring and feedback.

SSA or SSB TOT Refresher
$3,900
For eligible and experienced TOT participants

This training is intended to refresh and re-invigorate TOT Participants. Includes training, tools, resources, andcoaching.
For experienced, previously trained TOT participants only.



For more information contact us at 707-823-6159 or info@community-matters.org

Student Assemblies

ENGAGE & EMPOWER THE WHOLE STUDENT BODY

Student Assemblies
$3,900
Virtual &
In Person
Assembly Options

Our student assemblies can be easily incorporated into existing school bell schedules. Up to 4 Assemblies per day (if additional are needed, please inquire).

- Elementary School - up to 125 students.
- Middle & High School - up to 250 students.

Waking Up Courage Assemblies

A powerful, student-centered experience that engages, unites, and empowers K-12 students to stand up and speak up when they see bullying, cyberbullying and mistreatment among their peers. It introduces them to youth-friendly language and skills they can use to safely and effectively defuse, de-escalate, and stop bullying behaviors and promote kindness and compassion.



For more information contact us at 707-823-6159 or info@community-matters.org.

Youth Empowerment

COMMUNITY MATTERS

YOUTH VOICE & ENGAGEMENT, BULLYING PREVENTION, PEER-TO-PEER PROGRAMMING

Empowering Student Athletes to be Upstanders
$3,900
Virtual &
In Person
Training Options

Students athletes have a major influence on most campuses, yet in many schools, athletes are an underutilized resource for creating positive change in school climate. This hands-on dynamic workshop inspires and equips athletes on campus to harness their social capital and influence to create a more inclusive and safe school climate where all students thrive.
For up to 40 students and 5 adult leaders.

ATOD Peer to Peer Prevention Program
$6,900
Virtual &
In Person
Training Options

In this Peer-to-Peer Prevention Program, socially influential students are equipped with the knowledge, motivation and skills to speak up against the peer pressure to participate in ATOD (Alcohol, Tobacco & Other Drugs) use. In the 2-day training students engage in activities and conversations with their peers that help them understand the cost and consequences of using substances. The students learn safe and effective intervention techniques that allow them to retain status and credibility while speaking up against substance use and promoting healthier decisions.
For up to 40 students and 5 adult leaders.

LGBTQ+ Youth Ally Training
$3,900 - $6,900
One or Two Day
Virtual &
In Person
Training Options

This training equips diverse student leaders with the knowledge, motivation and skills to prevent, interrupt and stop incidents of bullying, harassment and cyberbullying targeting LGBTQ+ students. Provides students with the confidence and competence to act as “upstanders”, reduces disciplinary incidents, saves time and money and improves overall school climate.
For up to 40 students and 5 adult leaders.



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Youth Empowerment

YOUTH VOICE & ENGAGEMENT, BULLYING PREVENTION, PEER-TO-PEER PROGRAMMING

VoiceUP! Sexual Abuse & Molestation Prevention
$795
per school
Online Training

This online, self-paced training is designed to empower students to identify, prevent and get help for issues surrounding sexual abuse and molestation.
The training empowers students by creating and maintaining healthy boundaries and supporting their friends. At the end of the training students will be equipped with tools to recognize, prevent and report when they see, hear, know and feel that boundaries have been violated.

Student Introduction to Tapping (EFT) for Self-Healing
$600
2-Hour Virtual Training

This workshop provides students with tools to help alleviate stress through Tapping or EFT (Emotional Freedom Technique). Tapping is an easy to implement self-healing tool that uses a sequence of light physical "tapping" on external acupuncture points to ease stress and anxiety.
Two workshop session options available:

- One 2-hour workshop for up to 40 students and at least 1 adult (allows more time for practice)
- Two 1-hour workshops for up to 40 students and at least 1 adult



For more information contact us at 707-823-6159 or info@community-matters.org

Restorative Practices

DISTRICT AND SCHOOL ADMINISTRATORS, SCHOOL STAFF, COMMUNITY LEADERS



Restorative Practices is an emerging social science that provides an alternative to punitive discipline policies often associated with high suspension rates and challenged school climates. By focusing on and encouraging healthy relationships, Restorative Practices help staff members build stronger connections to students and each other, help students create social norms based on empathy and understanding, and help all stakeholders to build trust, repair harm and restore community.

The Restorative Practices training services listed below have been developed to support staff, administrators, students and parents in understanding and implementing Restorative Practices in their schools and communities.

Overview of Restorative Practices

$2,600

3 Hour - Virtual & In Person Training Options

This training is designed for staff and administrators. It provides a foundation for individuals interested in using restorative practices with their students and staff - to deepen their understanding of its roots in restorative justice and effectiveness in achieving positive behavioral outcomes. The training is experiential and provides skills practice with affective statements, impromptu dialogue, and the use of circles, which are essential elements in the restorative practice continuum.

Participants will develop skills for immediate application and understand how to integrate theory into practice, by

- Creating agreements
- Utilizing affective statements
- Facilitating community building circles
- Responding restoratively to conflict and misbehavior

For up to 30 adults.

For more information contact us at 707-823-6159 or info@community-matters.org

Restorative Practices

COMMUNITY MATTERS

DISTRICT AND SCHOOL ADMINISTRATORS, SCHOOL STAFF, STUDENTS, COMMUNITY LEADERS

Restorative Practices for Administrators Training

$3,900

Virtual & In Person Training Options

This full-day training is intended for administrative-level staff with responsibility for school safety, climate, and discipline. It provides an overview of Restorative Practices and its relationship to discipline, school climate, and its roots in restorative justice. Participants will learn how to effectively establish school-wide restorative practices by building buy-in of staff and families, developing policies and procedures, training staff and leadership, and utilizing best practices and lessons from the field. For up to 30 adults.

Strengthening & Sustaining a Restorative School Culture

$3,900

One Day Virtual & In Person Training Options

For district administrators, teachers and all staff members who have been trained and involved in Restorative Practices for schools. Supporting and sustaining a restorative school culture requires ongoing efforts and teamwork. Keeping the momentum towards attaining a restorative school wide culture while not allowing obstacles to block the progress is key. This interactive training will explore ways to keep restorative efforts strong and sustainable while also expanding the impact. Guidance will be provided for school teams to identify connections between current initiatives and Restorative Practice plans. For up to 30 adults.



For more information contact us at 707-823-6159 or info@community-matters.org

Restorative Practices

COMMUNITY MATTERS

CIRCLES TRAINING FOR STAFF

Circles Training - Two Day

$6,900

In Person Training

This training is designed for staff and administrators. It provides a foundation for individuals interested in using restorative practices with their students and deepening their understanding of its roots in restorative justice and effectiveness in achieving positive behavioral outcomes. The training is experiential and provides skills practice with affective statements, impromptu dialogue, and the use of circles, which are essential elements in the restorative practice continuum.
For up to 30 adults.

Circles Training - One Day

$3,900

Virtual &
In Person
Training Options

This training is a compressed version of the 2-day training. It provides an overview for individuals interested in using restorative practices with their students and deepening their understanding of its roots in restorative justice and effectiveness in achieving positive behavioral outcomes. Experiential introductions to affective statements, impromptu dialogue and community building circles are presented.
For up to 30 adults.

Connecting with Students Online Using Community Building Circles

$3,900

Virtual Training
Four Consecutive
1.5-hour modules
(6 hours total)

This series of 4 interactive modules will engage and motivate participants as they delve into the beneficial possibilities of using Circles with their students for in-person and online instruction. Community Building, Responsive, Curriculum and Restorative Circles will be explored as participants join in and design Circles they can immediately implement with their students.

Over the course of the training, participants will leave with 4 customized circles ready for implementation with their students. Join us as we create and offer tips for designing, managing, and facilitating Community and Responsive Circles.
For up to 30 adults.



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Restorative Practices

COMMUNITY MATTERS

DISTRICT AND SCHOOL ADMINISTRATORS, SCHOOL STAFF



Formal Restorative Conferencing

$6,900

Two Day Virtual & In Person Training Options

CM partners with the International Institute of Restorative Practices (IIRP) to provide this Formal Restorative Conferencing Training. This 2-day training is designed for individuals experienced in Restorative Practices who are interested in facilitating restorative conferences. Participants will:

- Learn how to plan and coordinate pre-conference activities, which are essential to the success of Restorative Conferences
- Gain skills needed for effectively facilitating conferences
- Understand how to develop and monitor high quality follow-up plans
- Recognize the benefits of Restorative Conferencing and their positive impacts on school discipline, suspensions and overall climate

For up to 30 adults.

* **Pre-requisite:** Participants must have prior experience with RP, either completing Community Matters' Restorative Practices Skills Development 2-day training or related experience.

For more information contact us at 707-823-6159 or info@community-matters.org

Professional Development

COMMUNITY MATTERS

DISTRICT AND SCHOOL ADMINISTRATORS, SCHOOL STAFF

School Climate & Safety Improvement

$3,900

Full Day In Person Training

These workshops are designed to help staff members understand the importance of school climate and its relationship to achievement and attendance. Participants will gain an understanding of what staff can do to improve student behavior and reduce discipline incidents, including:

- Identifying the underlying and harmful forms of mistreatment on campus
- Building supportive and empowering relationships with students
- Techniques for empowering socially influential students to safely and effectively intervene when they witness mistreatment

For up to 30 adults.

Strengthening School Climate and Improving Discipline - Administrators

$3,900

Full Day In Person Training

This workshop provides a framework for understanding school climate and its impact on achievement and discipline. A roadmap for improving school climate will be presented based on the following:

- Best practices and strategies for supporting positive school climate
- Recommendations for reducing suspensions through restorative practices
- A summary of laws, regulations, and funding related to bullying and cyberbullying

For up to 30 adults.



For more information contact us at 707-823-6159 or info@community-matters.org

Professional Development

COMMUNITY MATTERS

DISTRICT AND SCHOOL ADMINISTRATORS, SCHOOL STAFF

Creating Positive School Climates: Training for School Resource Officers

$3,900

Full Day In Person Training

This workshop provides an understanding of the importance of school climate, its connection to educational outcomes, and what School Resource Officers and Supervisors can do to improve it, including:

- Building supportive relationships with students
- Noticing the pervasive forms of bullying, cyber-bullying and other mistreatment
- Intervening effectively using relational power vs. positional power

For up to 30 adults.

Educators Introduction to Tapping (EFT) for Self-Healing

$600

2-Hour Virtual Training

This workshop provides educators with tools to help alleviate stress through Tapping or EFT (Emotional Freedom Technique). Tapping is an easy to implement self-healing tool that uses a sequence of light physical “tapping” or EFT (Emotional Freedom Technique) on external acupuncture points.

In this interactive workshop, participants will learn:

- how to use tapping as a technique to support personal well being and reduce anxiety.
- techniques to use with students in the classroom to ease stress for everyone.

For up to 30 participants.



For more information contact us at 707-823-6159 or info@community-matters.org

Parent Education & Community Engagement

COMMUNITY MATTERS

Parent/Family Workshop

$800*

2-Hour Virtual or In Person Training Options

*Parent Workshops are held in conjunction with another full-day service.

This engaging two-hour workshop will equip parents/families with knowledge and skills to take action when they or their children witness or hear about bullying, harassment and cyberbullying. Participants will learn to use proven communication skills to encourage their children to talk with them more openly, respond effectively, and engage with school staff when incidents occur. They will also learn about the importance of bystander intervention in the bullying dynamic, as illustrated by the Safe School Ambassadors® Program, which equips student leaders with the skills to prevent, interrupt and stop acts of meanness. For one or more schools – up to 100 participants.

Cyberbullying & Principles of Digital Wellness

$800

1-Hour Virtual Training

This training helps parents/families navigate current trends in social media, raise awareness of their child's online experience and model how to interact safely and responsibly in the digital world. Participants will also learn key signs of cyberbullying and mistreatment and discuss actions to take if their children are involved with bullying and mistreatment online.
For up to 30 adults.

Restorative Practices for Families

$2,600

Two (1.5-Hour) Virtual Training Modules

This two-part series is designed for parents, caregivers & school staff. Participants will gain skills, tools and strategies to collaborate with schools to bring restorative practices (RP) to life in order to create optimal learning environments. This series will also deepen staff skills in RP and provide opportunities to strengthen relationships and improve communication with families to support a positive school climate at home and at school.
For up to 30 adults.



For more information contact us at 707-823-6159 or info@community-matters.org

Consulting Services

COMMUNITY MATTERS

As a national thought leader with expertise and a proven track record in implementing and utilizing restorative approaches and practices for whole school climate improvement, Community Matters is available to provide consultation services to districts and individual schools that are interested in school climate transformation efforts.



Whole School Climate 360 Assessment

WSC360 is a comprehensive school site or district-wide assessment and analysis process that identifies strengths, weaknesses, and gaps in climate improvement efforts.

A WSC360 Assessment can include but is not limited to: a comprehensive review of discipline policies and procedures; district-wide climate surveys; interviews with key educational leaders; a review of discipline numbers and patterns, focus groups with students, staff and parents; and a final report with best practice recommendations.

A two-day strategic planning session is provided that engages approximately 25 stakeholders from the school and community at large. This session provides an analysis of findings, training on how to use the Whole School Climate Framework as a roadmap for planning, and tools and resources for developing a school climate improvement plan.

Each WSC360 Assessment is customized and priced based on the size of the school or district, the scope of the assessment, and the specific circumstances of the school or district's climate.

Keynotes and Presentations

Community Matters experienced staff and trainers are available to deliver keynotes, presentations and workshops on a variety of topics such as: "Improving School Discipline and Creating Safer Schools from the Inside-Out", "Empowering Youth to Stop Bullying and Improve School Climate: An Evidence-Based Approach", "Leading the Change through Restorative Practices", and more.

For more information contact us at 707-823-6159 or info@community-matters.org