

How Do You Feel Today?

SCHOOL YEAR REPORT
2018

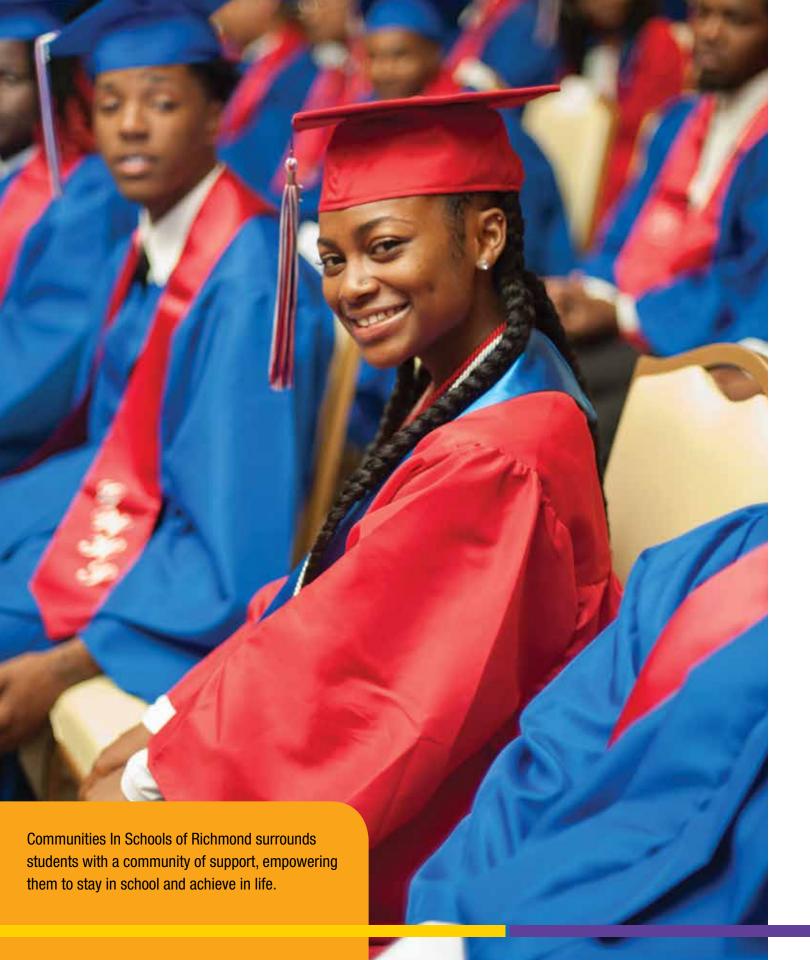












2018 Report Card

ONE DAY AT A TIME AND OVER THE COURSE OF A SCHOOL YEAR, COMMUNITIES IN SCHOOLS OF RICHMOND KEEPS STUDENTS IN SCHOOL AND ON TRACK FOR GRADUATION.

Integrated Student Support

CIS brings the Integrated Student Support model to schools by doing the following:

- Partners with school districts to identify where CIS can have the greatest impact
- Conducts an assessment at the school level to determine annual needs
- · Hires, trains and assigns a site coordinator to a school
- Partners with the school districts, local agencies, businesses and foundations to garner support for the organization and its work
- Mobilizes community resources to address nonacademic barriers
- Evaluates work at all levels to ensure progress is made and goals are met

With support from partners and volunteers, CIS offers three tiers of support to the schools, families and individual students:

Tier 1: Prevention and Enrichment for whole schools

Tier 2: Collaborative Group Work for students with common needs

Tier 3: One-to-One Intervention

Real Results

During the 2018 school year, **21,636** students were connected to resources and **2,400 students** received intensive case-managed services. Among the group receiving intensive services, we tracked their ABC's:

61% of CIS students improved ATTENDANCE

82% of CIS students improved BEHAVIOR

78% of CIS students improved COURSE PERFORMANCE

86% of CIS students graduated or were promoted to the next grade

2,500 volunteers shared time with K-12 students; **350 partners** supported Richmond and Henrico students; **63 students** graduated from Performance Learning Centers; **43 CIS Site Coordinators** worked inside **40 K-12 schools**.

Letter from President and CEO

Dear CIS of Richmond Friends and Advocates:

All children are filled with potential. Schools are a place where adults come together to help make that potential shine. In schools where poverty is pervasive, a significant number of students face challenges that can be barriers toward realizing their goals. Research shows that prolonged exposure to stressful environments contributes to adverse childhood experiences (ACEs).

ACEs occur in all communities regardless of socioeconomic status, but children living in poverty face greater vulnerability. Experiences can include the death of a caregiver, the incarceration of a family member, domestic violence, physical or sexual abuse, neglect, or addiction or mental illness in someone close to a child. The impacts can be life long, manifesting in an individual's mental health as well as chronic health problems like heart disease, obesity and even premature death.

We can't always change the challenges students face, but we can give them skills so they are better equipped to face adversity. We can build their resilience – that is, their ability to bounce back from stress, tragedy or trauma. The good news is that resilience is something that can be fostered in all children.

> Over the last several years, Communities In Schools of Richmond committed to learning all we could to deliver support through

a trauma informed practice. We have spent resources, time and effort on building our toolbox. Every CIS site facilitates specific programming, using evidence-based practice, to address resilience. It is built into almost everything we do.

During 2018, we worked toward systems to better assess, address and measure social and emotional outcomes for our students in the belief that this will help us to deliver more intentional, stronger services and integrate into a trauma informed approach. Through a platform of Social and Emotional Learning (SEL), we can come alongside schools

to offer a foundation for safe and positive learning, enhancing students' ability to succeed in school, careers and life.

In the long run, greater social and emotional competence can increase the likelihood of high school graduation, readiness for postsecondary education, career success, positive family and work relationships, better mental health, reduced criminal behavior, and engaged citizenship.

Harold Litur **Harold Fitrer** President and CEO





What is Resilience?

RESEARCH SHOWS THAT IF SCHOOLS CAN PROVIDE A SAFE AND NURTURING ENVIRONMENT AND TEACH CHILDREN HOW TO BE RESILIENT, IT HELPS REDUCE THE EFFECTS OF ACES OR TRAUMATIC EXPERIENCES.

We know that many of our kids and their parents have had a variety of really difficult things happen to them or around them. Children who have experienced complex trauma often have difficulty identifying, expressing, and managing emotions, and may have limited language for expressing a wide range of feelings. They often internalize or externalize stress reactions and as a result, experience significant depression, anxiety, or anger and defiance.

Resilience is the ability to return to being healthy and hopeful after bad things happen. One of the most exciting findings in the last decade is that we can rewire our brains through deliberate and practiced experiences to repair brain development from toxic stress.

The primary mission of schools is to support student achievement. To reach this goal, children must feel safe, supported, and ready to learn. So what can Communities In Schools do to build resilience across the school setting?

1. Meet basic needs (food, safe housing, clothing, etc.)

2. Build social emotional skills

3. Model mindfulness and resiliency

4. Improve school culture and climate

5. Draw alongside school staff to build positivity and hope



How CIS Brings Resilience into a School Day

REGULAR MINDFULNESS-BASED STRESS REDUCTION CAN ACTUALLY SHRINK THE AMYGDALA, THE "FEAR CENTER" IN THE BRAIN. CHILDREN WHO PRACTICE CALMING THEMSELVES GET BETTER AT IT. THEY SPEND MORE TIME IN A STATE OF MIND WHERE THEY ARE OPEN TO LEARNING.

There are three skills that all kids need but especially kids with trauma histories:

- 1. Self-Regulation Skills: This includes the ability to identify your own feelings, engage in reflective listening and practice verbal communication. It's the ability to express yourself and calm yourself down.
- 2. Co-Regulation Skills: These are the relationship-building skills: how to get along with others; how to express empathy and understand how your actions impact others; how to look for and expect consistency in others, the gateway to trust.
- 3. Positive Self Identity: Kids need to see a positive future for themselves. These skills depend on a student's ability to discover or uncover what they are really great at doing.

CIS Site Coordinators identify students who need consistent, dedicated time and a calm, inviting environment each week to build those skills through:

- 1. Small group supports: Book clubs, leadership groups, or gender specific groups are great ways to frame many of the topics kids need to unpack. They lend themselves to community building around a child's experience with grief, self-esteem, impulse control, feelings identification.
- 2. One-on-one supports: Consistently showing up for kids is the key ingredient for one-on-one support

(mentors, individual check-ins, supportive guidance). Allowing kids to take a break – a game of checkers, engaging in a

> mindful practice like coloring or journaling – can make a big difference toward a successful day.

3. School wide supports: A wide menu of activities contribute to building a positive school culture. CIS has a full calendar of events to positively engage students including college and career exposure, cultural enrichment opportunities, leadership building and literacy support. To support the holistic growth of students we work together with parents and teachers to encourage strong attendance, support grade-level transitions and meet families where they are.





is designed for approximately 6-8 of students in grades 1-3. Each weekly session begins with an identification of feelings and puts children at ease as they begin to communicate feelings in appropriate and safe ways. The goals of the sessions are to provide students with multiple internal options for managing difficult emotions when they are on their own in school and home settings.











Mindfulness Group

SESSION ONE: Team Building

Start: Sit in a circle and introduce yourself and the purpose of the group. Example: The purpose of our group is to have a special time to do fun activities and to learn about things we can do to stay calm when things make us sad or angry!

Go around the circle and have students introduce themselves. Before moving on, ask a student to pick a "Mindful Moment" card*.

Explain that every session will begin with an activity from the card set. Lead students through the activity:

Discussion: Make a "Group Promise." Explain to students that we need to care about one another in order to work together every week. What are some things that we can promise each other? On a poster board, write "In this group, we promise to" and list students' ideas. Examples: In this group, we promise to; listen to each other; use kind words; respect everyone's feelings.

Activity: Team Tower Building! Provide a mixture of odd objects and materials for the group to use to build the tallest tower they can in a set amount of time. If the tower falls down, they have to start again. If time permits, the group could try making a taller tower during a second round. Make sure to set a timer, and provide background music.

Younger students – marshmallows, toothpicks, building blocks, play-doh, pencils

Older students – straws, string, paper clips, pipe cleaners, index cards, modeling clay

Ask students: How did you guys work together to make the tallest tower? Is it always easy to work with others? Why is working with others important?



* Mindful Kids: 50 Activities for Calm, Focus, and Peace by Whitney Stewart



School Sites

Richmond Public Schools

Elementary Schools

Bellevue

J.H. Blackwell

Broad Rock

George Washington Carver

Chimborazo

Fairfield Court

J.L. Francis

George Mason

Ginter Park

E.S.H. Greene

Miles Jones

Oak Grove Overby Sheppard

Elizabeth Redd

G.H. Reid

J.E.B. Stuart

Swansboro

Westover Hills

Woodville

Middle Schools

Albert Hill

Binford

Lucille Brown

T.C. Boushall

Elkhardt-Thompson

T.H. Henderson

Martin Luther King, Jr.

High Schools

Armstrong

Huguenot

Thomas Jefferson

John Marshall

George Wythe

Performance Learning Centers

PLC North - Richmond Technical Center PLC South – George Wythe High School

Henrico County Public Schools

Highland Springs Elementary

Elko Middle

Fairfield Middle

John Rolfe Middle

Wilder Middle

Highland Springs High

Henrico Performance Learning Center

Partners

THE CIS MODEL OF INTEGRATED STUDENT SUPPORT (ISS) DEPENDS ON THE COMMITMENT OF PARTNERS TO DELIVER THE VERY BEST FOR STUDENTS. OUR THANKS AND RECOGNITION TO ALL THE PEOPLE WORKING IN CIS PARTNER ORGANIZATIONS HELPING STUDENTS REACH THEIR POTENTIAL.

1004100 Charity **Buzz and Neds** 23rd and Main Cadence Theater Company 2nd Presbyterian Church Cameron K. Gallagher 31st Street Baptist Church Foundation Capital City Lodge #107 5th Baptist Church Capital One 5th Street Baptist Capital One Coding 7 Leaders 7 Scholars CARITAS 7th Street Christian Church CarMax All God's Children Camp CARON Alliance for the Cedar Street Baptist Church Chesapeake Bay Alpha Gamma Chapter CelebrateRVA of Kappa Alpha Psi Celebration Church Fraternity Inc (Virginia Center Church RVA Union University) Centura College Alpha Phi Alpha Challenge Discovery Fraternity, Inc Projects: Say It Americorps With Heart **AMP! Metro Richmond** Charles and Wanda Anthem Gill Family Anthem Healthkeepers Plus Chesterfield Rotary Club **Antioch Baptist Church** Chick-Fil-A **Area Congregations** Chickahominy YMCA Together in Service Child Care Resources (ACTS) Child Fund Art180 Children Incorporated **Asbury United** Children's Hospital of Methodist Church Richmond Assisting Families Children's Museum of Inmates of Richmond Astoria Wives Club ChildSavers B.L.A.C.K. Chippenham Hospital (CJW) Battery Park Christ Church Episcopal Christian Church Church Hill Activities and BB&T Tutoring (CHAT) **BCWH Architecture Church Hill Association** Become New School/ CITGO **Dudley's Beauty School** Coaches in the Classroom Bethany Christian Church Commonwealth of Virginia Beulah Baptist Church Department of Juvenile Big Brothers Big Sisters Justice Bikram YOGA Richmond Commonwealth Pediatric **Bizport** Dental Blue Sky Fund Community Ideas Station Bon Air Baptist Church - PBS Bon Air Christian Church Community of Caring Bon Air Presbyterian Church compare.com Comprehensive Counseling

Solutions

Conexus Vision

Coventry Gardens

COSTCO

Continential Societies, Inc.

Richmond Chapter

Bon Secours

Bonay Kodesh

Boys and Girls Club

Buffalo Wild Wings

of Metro Richmond

Broad Rock Baptist Church

Brookland Park Assoication

Department of Public Works **Destined Male Mentor Dodson Properties/Atlas** Realty Group **Dominion Energy Dominion Hola Dress for Success** Central Virginia **Duck Donuts Dunkin Donuts** East End Chapter #79 Order of the Easter Stars Prince Hall Affiliations East End Mason Lodge-233 Eastern Henrico Business Association **Ebenezer Baptist Church Emerging Young Leaders Epiphany** Ernst & Young Essence of Worship (Virginia Union University) **Estes Express** Eta Phi Beta Sorority. Inc. **Faith Community Baptist Church** Faith Landmarks Fan District Association Fan Women's Club Farm Fresh Fathom Realty Federal Reserve Bank of Richmond FeedMore Fifth Baptist Church First Baptist Church Decatur First Baptist Church Monument First Baptist Church of South Richmond First Presbyterian Church First Things First Richmond First Unitarian Universalist Food Lion Fountain for Youth Foundation Friends of Ginter Park From The Heart Full Circle Grief Counseling Gamma Chapter of Alpha Phi Alpha Fraternity Inc (Virginia Union University) Garnett's at The Valentine Ginter Park Baptist Church Ginter Park Presbyterian Church Girl Scouts Glen Allen High School **Good Neighbor Community** Services Good Shepherd **Baptist Church** Goodwill of Central and Coastal Virginia **GRASP** Gravel Hill Baptist

Greater Richmond Fit4Kids

Greater Richmond YMCA Y-Achievers GroundworkRVA Hands on RVA Heart of America Henrico Adult **Education Center** Henrico Education Foundation Henrico High School Henrico Mental Health Hickory Hill **Higher Achievement Highland Springs** High School Highland Springs UMC Hindu Center of Virginia Hope Church Housing Families First **Human Kind** Imani Christian Ministries Jump Rope Starz Junior Achievement of Central Virginia Junior League of Richmond Just Drew It KICDRUM+ARTS Koinonia Independent Methodist Church Kroger Liberty Public House **Light Community Church** Lighthouse Resource Center RVA Literacy Lab Long and Foster REALTORS, Grove Avenue Office Lota Phi Lambda Love Center of Unity Full Gospel Church Magellan Health Man Up Initiative Manchester YMCA McDonalds McKesson Medical-Surgical Metro Richmond **SportsBackers** Micah Initiative Milk & Cookies Minds In Motion Moore Street Baptist Church Mount Tabor Baptist Church Ms. Alcin and The Royal Court Team, Virginia Union University Mt. Calvary Baptist Church Mt. Carmel Baptist Church Mt. Gilead Mt. Gilead Full Gospel International Ministries Mt. Olive Baptist Church

My Sisters Company Book Club Nationwide New Life Harvest Church New Life Outreach International Church (Toys for Hope) NextUp RVA Northside Family YMCA Northside Outreach Center Omega Psi Phi Owens & Minor Parternship for the Future Patrick Henry's Pub **PBR Restaurant** Peace Education Center Pediatric Connection Peter Paul Development Center Pleasant Grove **Baptist Church** Podium Foundation Poe's Pub Ramsev Memorial Methodist Church Rapid Transit Raymond Rams Foundation (VCU Basketball Relationship Foundation of Virginia ReNew Richmond Restoriation Assemblies Church Reveille United Methodist Church Reynolds College Richmond Baptist Association Richmond Behavioral Health Authority Richmond City Department of Social Services Richmond City Health Department Richmond City Health District Richmond City Police Department Richmond Commonwealth Attorney's Office Richmond Community Church Richmond Community Hospital Richmond Cycling Corps Richmond Department of Parks, Recreation and Community Facilities Richmond Fire Department Richmond Flying Squirrels

Richmond Hill

Richmond Police Department Richmond Police Department (2nd Precinct) Richmond Presbyterian Korean Church Richmond Promise Neighborhood Richmond Public Schools River City Church River City Rotary River Road **Baptist Church** River Road Presbyterian Church River Road United Methodist Church **RVA Future Center** Safe Routes to School of Virginia Salisbury Garden Club Sauer's Garden Science Museum of Virginia Second Baptist Church Second Baptist Church Southside Shanti Pelham Shoes That Fit Sixth Baptist Church Sixth Mount Zion **Baptist Church SPARC** SpeakGl AMHer Speaking Spirit Ministries Special Olympics Sportsbackers-BikeWalk RVA St. Christopher's School St. Christopher's School (Saturday Academy) St. Edwards Catholic Church St. James Episcopal Church St. John's Church St. Joseph's Villa St. Michael's Episcopal Church St. Paul's Episcopal Church St. Peter's Catholic Church St. Stephen's Episcopal Church Stav RVA SunTrust SunTrust Hispanic Network SunTrust Mortgage Swansboro Baptist Church The Balancing Act The Continental Societies, Inc. The Finney Foundation Richmond Jewish The Food Nook -Coalition for Literacy

The Frontier Project The Life Church The Richmond Chapter of Chums, Inc The Robinson Theater The Roosevelt The Virginia Lottery TJ Viking Fund Trinity 44 Mason Lodge Trinity Family Life Center Trinity Lutheran **Trinity United** Methodist Church Tuckahoe Presbyterian Church **Ukrops Threads** United Church **United States Department** of Labor United Way of Greater Richmond and Petersburg University of Richmond University of Richmond Bonner Center for Civic Engagement University of Richmond. Partners in the Arts UPS Upsilon Chapter of Alpha Kappa Alpha Inc **VA Food Collaborative** Valentine Museum VCU **VCU** Aspire **VCU Athletics VCU Chemistry Service** Learning Class VCU Community Engagement VCU Dental **VCU** Division for Health Sciences Diversity VCU ExCELL VCU Forensic Science VCU Psychology Department VCU Trio Victory Tabernacle Church Virginia Alliance for the Chesapeake Bay Virginia Bar Association Young Lawyers Division Virginia College Advising Corps (VCAC) Virginia Credit Union Virginia Department of Agriculture Virginia Employment Commission Virginia Employment Commission **Employees Association** Virginia Employment Commission **Employees Association**

Virginia Hispanic Champber of Commerce Virginia League for Planned Parenthood Virginia Lottery Virginia Mentoring Partnership Virginia Museum of Fine Arts Virginia Properties Real Estate Virginia State Police Virginia State University Virginia Union University Virginia Union University (The Royal Team) Virginia Union University Football Visual Arts Center of Richmond VSU. Department of Social Work Watch Dog Dads **WCVE Community** Idea Stations Wells Fargo FLY Program Westover Hills Merchants Association West Richmond Breakfast Lions Club Westover Hills Neighborhood Association Westover Hills United Methodist Church WestRock Westview on the James Summer Camp Westwood Baptist Church Wilder Middle School PTA Woodville Presbyterian Church WPA Bakery Young Life Young Lives Youth Life Youth With a Destiny YWCA

Neighborhood Network **Building A Better RPS** Virginia Health Center Greater Richmond SCAN Hope Church Richmond Peace Davenport and Company Muslim Women Coalition 10 **Education Center**

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OUR THANKS TO ALL THE INDIVIDUALS, FOUNDA-TIONS, CORPORATIONS AND ORGANIZATIONS THAT GENEROUSLY SUPPORT COMMUNITIES IN SCHOOLS OF RICHMOND, YOUR CONTINUED INVESTMENT ENSURES THAT URBAN YOUTH HAVE THE TOOLS THEY NEED TO ENGAGE AT SCHOOL AND GRADUATE WITH A DIPLOMA AND A PLAN FOR THE FUTURE.

Community Hero Gifts \$100,000 and Up

Altria Group CIS of Virginia City of Richmond Community Foundation for a greater Richmond Henrico County NextUpRVA Richmond Public Schools **Robins Foundation** United Way of Greater Richmond & Petersburg

School Sustainer

Gifts \$20,000-99,000 Ahold Audacious Foundation Melody Barnes and Marland Buckner **Brookfield Foundation** Capital One Services CarMax Foundation Marguerite Casev Foundation **Dominion Energy** Genworth Foundation Mr. and Mrs. William H. Goodwin, Jr. Stanley and Kim Markel Memorial Fund of TCF **New Market Foundation** Owens & Minor Beth and Daniel Phipps James Phipps **REB Fund of TCF** Reveille United Methodist Marcia and Harry Thalhimer Mr. and Mrs. James F. Ukron Wassmer

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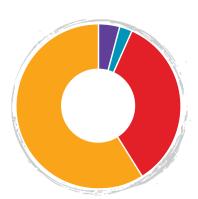
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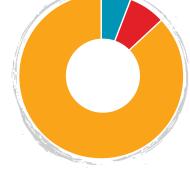
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Finances

2018 Revenue



2018 Expenses



O Direct Public Support 2,129,923 Cocal and State Funding 1,235,708 96,500

United Way In-Kind

Total Revenue

Program Services Management and General

Fundraising

Total Expenses

3.479.539

3,031,060

251,511

196,968

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143,287

3,605,418



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May 21, 2019 for
MOVING





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