Coordination of
Services Team (COST)

COST Introduction Presentation

COST

CENTER FOR HEALTHY SCHOOLS AND COMMUNITIES
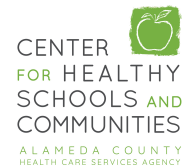
ALAMEDA COUNTY
HEALTH CARE SERVICES AGENCY

Coordination of Services Teams (COST) Toolkit

Introduction to COST:
Building Communities of Care

Presented by
The Center for Healthy Schools and Communities (CHSC)

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CENTER
FOR HEALTHY
SCHOOLS AND
COMMUNITIES
ALAMEDA COUNTY
HEALTH CARE SERVICES AGENCY

Welcome
At the Center for Healthy Schools and Communities (CHSC), our vision is for ALL youth in Alameda County to graduate from high school healthy and ready for college and career.

Partnership with [School District]

CHSC has partnered with the district to:

- Build a continuum of health and learning supports for youth and families
- Link school and community health services

Goals for Today

- Understand the components and benefits of the Coordination of Services Team (COST)

- Explore strategies for preparing your school and COST members for success

- Gain skills and concrete tools for starting or strengthening a COST-type team at your school
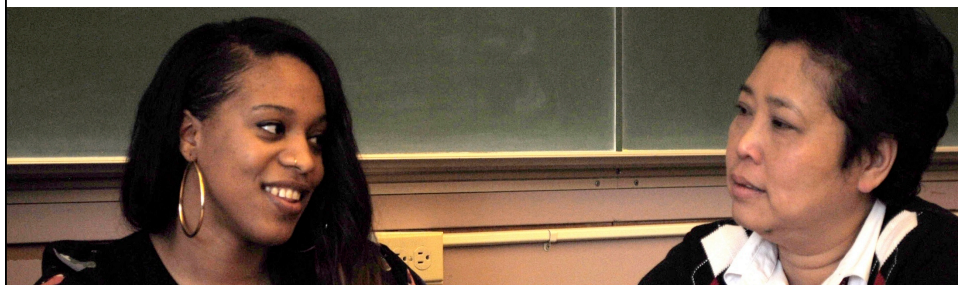
Agenda

1. Welcome & Introductions
2. What is COST
   - What, Why, Who – The Basics
3. Mock COST Meeting
4. COST Components
   - Five Components of a Service Delivery System
   - How is COST Flexible?
5. Getting Started
   - Setting-Up for Success
   - COST Toolkit
6. Wrap Up & Next Steps

Opening Question

- Are you currently able to support the academic, physical, social-emotional, and basic needs of all of your students? If not, why?

What is a Coordination of Services Team (COST)

What is COST?

Coordination of Services Team – COST – is a proven **strategy** for coordinating learning supports and resources for students.

- Students with needs get appropriate services
- System of student support is well coordinated

What is a COST team?

COST is a multidisciplinary team of school staff and providers who:

- Create a regular forum for looking at the needs of individual students and the school overall
- Collaborate around linking referred students to resources and interventions
- Support students' academic success and healthy development

What do COST teams **do**?
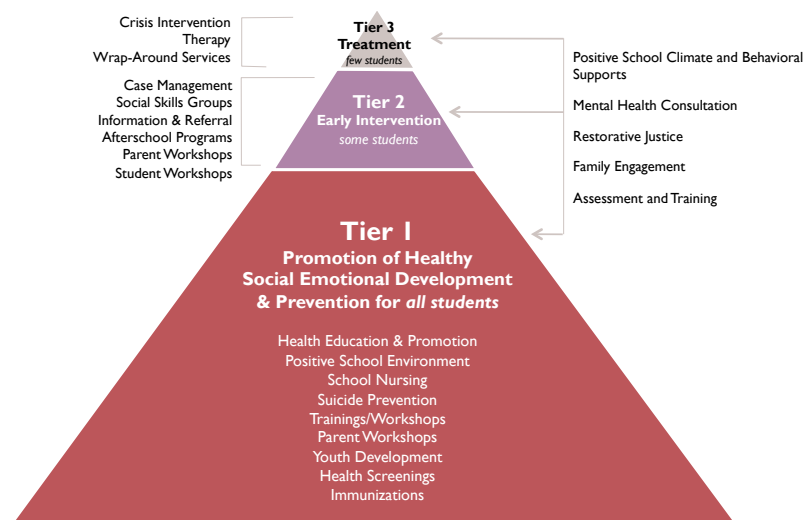
COST teams perform four major tasks:

- Identify students through a school-wide referral system
- Assess referred students, explore strengths and supports needed
- Coordinate ongoing efforts to link students to appropriate supports, track progress, and tailor interventions over time
- Expand learning supports of the school

What are the Benefits of COST?

COST Teams improve coordination, communication, and collaboration across disciplines, which leads to **improved**:

- Capacity to tailor interventions to student needs

- Efficiency and use of limited resources

- Sense of belonging and quality of services among providers on the team

- Universal and prevention services

Connection to Response to Intervention (RtI)

Crisis Intervention
Therapy
Wrap-Around Services

Tier 3
Treatment
few students

Positive School Climate and Behavioral Supports

Case Management
Social Skills Groups
Information & Referral
Afterschool Programs
Parent Workshops
Student Workshops

Tier 2
Early Intervention
some students

Mental Health Consultation

Restorative Justice

Family Engagement

Assessment and Training

Tier 1
Promotion of Healthy
Social Emotional Development
& Prevention for *all students*

Health Education & Promotion
Positive School Environment
School Nursing
Suicide Prevention
Trainings/Workshops
Parent Workshops
Youth Development
Health Screenings
Immunizations

What is the COST make-up?

- School Administrators
- School Counselors
- Teacher Representatives for SST, IEP, 504
- School Nurse
- School Psychologist
- Special Education Staff Member
- Parent Liaison
- Social Workers or Clinical Case Managers
- Afterschool Providers
- School Health Center staff
- Other student or family support providers

Why are COST Leaders Important?

Cost leaders become change leaders by:

- Bringing together a team to work in new ways
- Challenging the team to create solutions and supports
- Guiding the team and setting high expectations

Why COST?

If your school had a COST, how would that help to address the challenges you shared earlier?

Mock COST Meeting

Mock COST Meeting

COST Meeting Agenda

- **Welcome**
  - Reminder of group agreements
- **Coordination of services for individual students**
  - James
    - Present student referral and assessment information
    - Discuss possible interventions and resources
    - Assign point people for chosen interventions
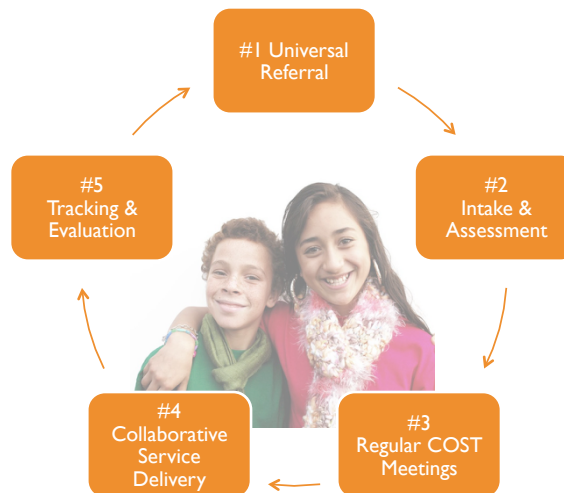   - Identify coordination strategies among providers

Debrief

- What did you observe?
- How can this process improve educational outcomes for students?
- How can this process improve alignment between providers?
- What questions do you have?

COST Components

Five Components of a COST Service Delivery System

Five Components of a COST Service Delivery System

- #1 Universal Referral
- #2 Intake & Assessment
- #3 Regular COST Meetings
- #4 Collaborative Service Delivery
- #5 Tracking & Evaluation

How is COST flexible?

- Names: CARE, CST, STAR
- Elementary, Middle, and High School
  - Size of team
  - Scope of responsibilities
  - Nature of services
  - Number of referrals
  - Time allocation in COST meetings (new referrals vs. follow-up)
  - Outreach to families

How is COST flexible?

If there's no full-time COST leader

- Shared coordination duties – administrators, special education or attendance staff, key partners
- Assign case lead to coordinate services
- Consistent structure
- Communication protocols

Quick Self-Assessment

Thinking of the five components of the Service Delivery System:

- What do you already have in place?
- What are your biggest needs?

Getting Started

Setting-Up for Success
Toolkit!!

Getting Started – Set-Up for Success

First Step - Align and Build Buy-In!

- Assess Organizational Culture
- Map Existing Systems
- Introduce COST to your School
- Build your COST Team

Preparing your School for COST

- Assess the **Organizational Culture** of your school
  - School-wide mission, vision, and goals
  - Shared values
  - Protocols – formal and informal

- Map existing systems:
  - SST, IEP, 504
  - Disciplinary system
  - Special education system

Preparing your School for COST

Introduce COST to your School

- Be ready to succinctly tell the purpose and value of COST with a thoughtfully structured pitch!

- *Elevator Speech Activity*

Building your COST Team

- Select and orient COST members
- Build the capacity of members
- Create a positive COST culture
- Develop continuous improvement processes

Brainstorm possible topics, activities or structures

Tools to Get You Started

- **Toolkit** available at achealthyschools.org

- COST Overview
- Referral Form
- Confidentiality Form

Introduction to COST: Building Communities of Care

Thank you for your time!

Center for Healthy Schools and Communities
www.achealthyschools.org

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About Us

As part of Alameda County Health Care Services Agency, the Center for Healthy Schools and Communities (CHSC) has worked for over 20 years with school districts, community partners, youth, families, and policymakers to build school health initiatives that create equitable conditions for health and learning. Together we have developed 28 school health centers, expanded behavioral health supports to over 190 schools, built and lead operations of the REACH Ashland Youth Center, supported youth wellness and family partnership initiatives, and implemented targeted equity strategies for youth furthest from opportunity. Our school health programs and partnerships address urgent health and education inequities and create opportunities for all young people to cultivate their strengths, resiliency, and promise. We focus on supporting the physical health of students – knowing that students can't learn if they are sick, hungry, or absent from school. But we also focus on other aspects of wellness that youth and families need to thrive: social, emotional, spiritual, intellectual, environmental, and occupational. For more information about CHSC's work, please visit our website at **achealthyschools.org**

How It Works

Look for the School Health Works icon anywhere on the CHSC website to find resources, tools, guides, and videos to help health and education leaders to build school health initiatives.

achealthyschools.org/resources