

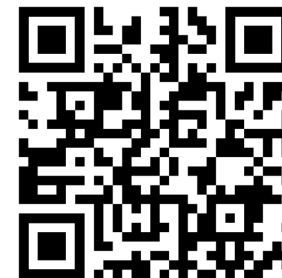
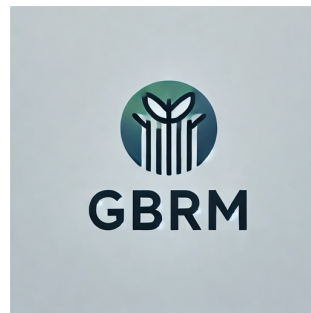
# MTSS Framework for Resilience

## Implementing the Goldstein and Brooks Resilience Model

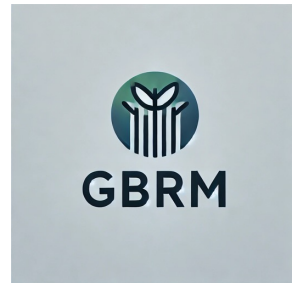


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# Key Points of Resilience



**Emotional Regulation** – The ability to manage emotions effectively, stay calm under stress, and adapt to challenges without becoming overwhelmed.

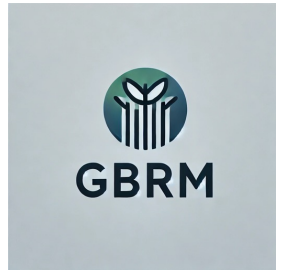
**Self-Efficacy** – A strong belief in one’s ability to influence outcomes and navigate difficulties, fostering confidence and perseverance.

**Problem-Solving Skills** – The capacity to think critically, make effective decisions, and approach challenges proactively.

**Strong Social Support** – Building and maintaining positive relationships that provide encouragement, guidance, and a sense of belonging during tough times.

**Optimism and a Growth Mindset** – Maintaining a hopeful outlook, learning from setbacks, and viewing failures as opportunities for growth rather than permanent obstacles.

# Goldstein and Brooks Resilience Model



- Provides a comprehensive framework for fostering resilience within a Multi-Tiered System of Support (MTSS).
- Recognizes that resilience is not purely innate but a set of skills and attitudes, this model emphasizes the importance of building protective factors through supportive relationships, targeted interventions, and a nurturing school environment.
- To fit the MTSS framework, this model can be structured into three tiers. The model ensures universal support for all students, targeted interventions for at-risk individuals, and intensive care for individuals facing significant challenges.

# Goldstein and Brooks Resilience Model (GBRM)

Key strategies include:

- Teaching stress management.
- Fostering positive relationships.
- Implementing trauma-informed practices.
- Involving families in resilience-building efforts.

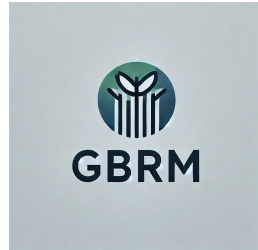


# Goldstein and Brooks Resilience Model



- By promoting a positive school climate and continuously refining practices, the model equips students with the tools they need to overcome adversity, build confidence, and thrive in school and life.
- The GBRM also strongly emphasizes developing interpersonal skills crucial for resilience, such as empathy, effective communication, fairness, and conflict resolution.
- These skills empower students to build and maintain positive relationships, navigate social challenges, and foster a sense of community and belonging.

# Goldstein and Brooks Resilience Model



- Teaching empathy helps students understand and relate to others' perspectives, promotes kindness, and reduces incidents of bullying or exclusion.
- Communication skills, including active listening and expressing emotions constructively, enable students to articulate their needs and resolve conflicts peacefully.
- Emphasizing fairness encourages students to recognize and uphold equitable treatment for themselves and others, nurturing an inclusive and supportive environment.

# Goldstein and Brooks Resilience Model



- The GBRM offers a comprehensive approach to fostering resilience within a Multi-Tiered System of Support (MTSS) framework.
- This model integrates resilience-building principles with MTSS's structured tiers of support, ensuring that all students, regardless of their individual needs, develop the protective factors necessary to thrive academically, socially, and emotionally.
- At the heart of this approach is recognizing that resilience is not a fixed trait but a set of skills and attitudes that can be nurtured through supportive relationships, targeted interventions, and a positive school culture.

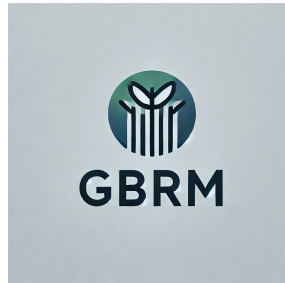
# TIER 1



- At the foundational level, Tier 1 universal supports focus on creating a schoolwide environment that promotes student resilience.
- This begins with implementing a resilience-focused curriculum that teaches essential skills such as stress management, emotional regulation, effective communication, and problem-solving.
- Schools adopting this model strive to foster a positive and inclusive climate where every student feels safe, valued, and connected.

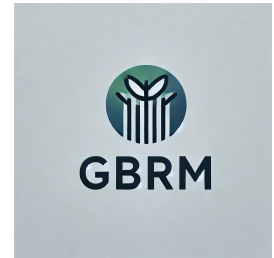


# Tier 1



- Community circles, morning meetings, and opportunities for student autonomy build trust and strengthen relationships across the school community.
- Teachers and staff play a crucial role in receiving professional development to model and encourage student resilience.
- Universal screeners and assessments provide a way to monitor resilience levels, ensuring that all students benefit from these foundational supports and identifying those needing additional help.

## Tier 2



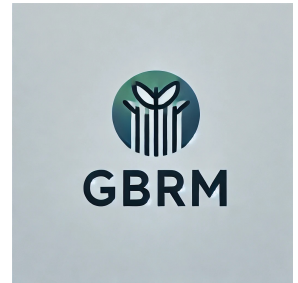
- For students showing signs of increased risk or struggle, Tier 2 targeted supports come into play. These supports involve small group interventions focusing on specific resilience-building strategies such as enhancing peer relationships, emotional regulation, and problem-solving.
- Mentoring programs offer students a sense of connection and belonging, pairing them with trusted adults or peers who can provide guidance and support.
- Schools also actively involve families, offering workshops and resources to help parents reinforce resilience strategies at home.
- Progress is monitored closely, using data to adapt interventions and ensure they meet the evolving needs of each student.

# Tier 3



- Tier 3 intensive supports provide individualized and highly focused interventions for students facing significant challenges or acute stressors.
- One-on-one counseling sessions with school psychologists or counselors address specific needs, employing evidence-based approaches such as cognitive-behavioral therapy to strengthen resilience.
- Customized action plans outline personalized goals and strategies, often involving collaboration with external specialists or agencies.
- In moments of crisis, trauma-informed practices and immediate intervention strategies are deployed to ensure student safety and provide emotional stabilization.
- Enhanced monitoring and frequent check-ins allow close tracking of progress and adaptation of interventions as necessary.

# Conclusions



- Data-driven decision-making is central to the GBRM.
- Educators can identify risk factors, track progress, and tailor interventions at every tier through regular assessments, behavioral observations, and resilience surveys.
- A multidisciplinary team collaborates to evaluate this data, ensuring that strategies remain effective and aligned with students' unique needs.
- The model also emphasizes a holistic focus on the whole child, addressing academic achievement, social-emotional well-being, and behavioral health in a unified approach that integrates protective factors such as self-efficacy, optimism, and strong relationships.



# Conclusions

- Continuous improvement is a key feature of the model, with schools regularly evaluating resilience-building initiatives and refining practices based on student, family, and staff feedback.
- By prioritizing the development of internal strengths and external supports, the GBRM provides a roadmap for fostering resilience in all students, helping them to face challenges confidently and emerge stronger.
- This integrated framework creates equitable, inclusive environments where every student has the opportunity to succeed.

## RESOURCES

Audio & Video - Podcast & Guest Appearances

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