



Direction Service Skill Builders are Qualified Mental Health Associates who provide on-site support for youth who experience escalated emotions.

Through individual and group interventions, our team helps youth to learn skills and use tools they need to better regulate their emotions. Our team provides crisis de-escalation and recovery support to students with significant challenges.

### Skill Builders Provide:

- A highly-skilled adult to help students work through difficult moments
- Small group instruction in social skills
- Individual instruction and coaching of self-regulation skills
- Connection between family and school
- Assistance to staff members to better support students
- Connection to a larger network of community resources for families

### Specialized Training Includes:

- Mental health model embedded into schools
- Non-violent communication and collaborative problem solving
- De-escalation strategies
- Trauma-informed practices
- Behavior response to instruction and intervention
- Culturally responsive positive behavioral intervention and supports



Last year, Direction Service **Skill Builders** logged **2,850 individual and group skill-building sessions and de-escalation responses** in the Bethel School District.

### Direction Service

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“There is just nothing like a community partnership that takes a need and moves it into a program that truly supports students in our schools and families beyond the school day.”

- Amy Tidwell, Special Services Director  
Bethel School District



## In Response to Comprehensive Distance Learning:

### Consultation:

Our team provides consultation to families interested in short-term support. We offer resources, ideas, and guidance for supporting youth behavior.

Consultation consists of two or three phone calls or Zoom meetings. This may be beneficial for families who are not interested in weekly skill building, but would like initial support.

### Virtual Skill Building:

Skill Builders are available to provide virtual support to families. A team of two Skill Builders works in partnership with each family to create a plan to support youth.

We offer 15-20 minute sessions for each family, one or two times per week.



The Supportive Skill Builder team conducted **nearly 300 virtual and telephone meetings** since March 2020.

## Youth and Family Services

Our Youth and Family Services Program provides a critical safety net in Lane County. We strengthen and empower families with youth (ages 0-23) living with a disability.

- Service Coordination
- Youth Advocacy Program
- Supportive Skill Builders
- Healthy Transitions
- Wraparound Facilitation

For more information, please visit:  
[directionservice.org/youth-family-services](https://directionservice.org/youth-family-services)

**Direction  
Service**