

ucan[®]

360° Model



What is UCAN's 360° Model?

UCAN's 360° Model is a school-based program that works with students, teachers and families to recognize the impact of violence and trauma in order to create safety and healing for students in schools. Through a range of services, we seek to empower students, build resilience and hope, and enable students to learn. We provide strategies to help prevent future violence, strengthen communities, and build future leaders.



What's the goal?

The goal of the 360° Model is to support students so that they are safe and succeed in school. This is accomplished through a multi-pronged approach:

- Teaching students non-violent strategies
- Engaging students to take personal responsibility for self-development
- Supporting families to resolve risks of academic dropout and achieve consistent school attendance
- Intervening with students and families impacted by violence and/or trauma to support students' engagement in education

What can UCAN's 360° Model help schools achieve?

1

IMPROVEMENTS IN SCHOOL SCORECARD MEASURES SUCH AS:

- Students reporting adequate or excellent levels of school safety
- Students reporting adequate or excellent levels of support from teachers and school staff
- Students reporting adequate or excellent levels of social-emotional learning among peers
- Student attendance

2

DEVELOPMENT OF POSITIVE SCHOOL AMBASSADORS AND REPRESENTATIVES

3

IMPACT UPON STUDENTS AND FAMILIES SUCH AS:

- Students increase knowledge of and preference for non-violent problem-solving and decrease aggressive behaviors
- Students take personal responsibility for self-development by setting and achieving goals
- Families affected by trauma are supporting youth's engagement in education and keep youth in school
- Families resolve risk of academic dropout and youth achieve consistent attendance
- Teachers report new strategies for working with students who have suffered trauma



What are the components and feature

A SAMPLE PROGRAM:

HANDS WITHOUT GUNS VIOLENCE PREVENTION WORKSHOPS

Classroom-based workshops help students increase non-violent problem solving strategies and decrease violent and aggressive behaviors.

PROJECT VISIBLE MAN

A group mentoring program for young men of color designed to encourage self-respect and transform dysfunctional behaviors through the exercise of will power, positive reinforcement and real-life role models.

PHENOMENAL WOMAN

A group mentoring and community service program for young women of color designed to increase youth developmental assets, improve school behaviors, and increase community connections and positive life direction.

VIOLENCE PREVENTION ADVOCACY

Education by students for students, families, school personnel and the public about violence prevention issues through presentations, community outreach, community service projects and other advocacy efforts.

STUDENT TRAUMA INTERVENTION, CRISIS PREVENTION AND DE-ESCALATION

Non-traditional, reality-based individual counseling and therapy for selected and referred students.

HOMEWORKS

At-home and in-school engagement of both students and their families to resolve issues and promote student success in school.

EQUIPPING TEACHERS AND SCHOOL STAFF FOR STUDENT VIOLENCE PREVENTION

Training and clinical consultation for teachers and school staff. Topics addressed include exposure to trauma, UCAN's Clinical Philosophy, and diversity and cultural inclusion. UCAN clinical staff serve as a resource for school staff in trauma-informed techniques for student violence prevention.

TOTAL

What is included with the 360° Model?

QUANTITY	FREQUENCY	STAFFING RATIO
Four classrooms (estimated at 25 students per class)	Weekly workshops	One UCAN youth development staff member per classroom
Groups include up to 10 young men	Throughout the school year	One UCAN youth development staff member per group
Groups include up to 10 young women	Throughout the school year	One UCAN youth development staff member per group
2-3 outreach events, 2 educational presentations, and 2-3 service projects	Throughout the school year	10 students employed as advocates
25 students/families per year	As needed	One full-time clinical consultant per school
Entire staff can be served through school assemblies, workshops and teacher institute days	As needed	UCAN clinical staff
200 classroom participants +65 other participants 265 total students served Entire school affected		3.04 FTE

“I believe the help students are receiving through 1-on-1 counseling gives them an outlet to express their emotions and teaches them how to work through/resolve social-emotional issues. Faculty and staff have a resource in terms of working with students whose emotional issues get in the way of their academic success. Our families benefit too, from the counseling offered them and from the wealth of information [UCAN has] about other resources available to families.” —*High School Principal*

One student’s story:

S is a high school sophomore. She got involved with UCAN’s 360° Model when she sought out the Clinical Social Worker in her school and asked to speak with him. A diabetic, S related that she didn’t always take the best care of her health and sometimes got really sick. As a result, she sometimes would miss school, leading to poor grades. Crying and very angry, she went on to describe that her mother was abusive, particularly when S was ill or when she received poor grades, and that S had left home “for good” to move in with her grandmother. UCAN’s Clinical Social Worker worked with S, her mother and her grandmother both individually and as a group, and helped the family understand how best to establish healthy family boundaries, address issues, and support S’s academics. S moved back in with her mother.

Through the HomeWorks component of 360°, S was set up with a mentor to further assist her with studies. S also joined UCAN’s Phenomenal Woman mentoring group, reporting after her first session that, “It was so great. Oh my god, it was really, really, really great.” She didn’t miss a single session that year, fully appreciating the fellowship of her peers. Today S is doing well, reporting that despite arguments with her mother, she hasn’t moved out again. Further, she remains in school and focused on her studies.



Our Vision:

Youth who have suffered trauma can become our future leaders

A premier social service agency since its founding in 1869, UCAN's mission to heal trauma, educate youth and families, and prevent violence through empowerment has led us to develop a continuum of more than 30 innovative and award-winning programs and services. UCAN has extensive experience and success working with at-risk youth in Chicago, and has been providing violence prevention services in Chicago Public Schools since 1997. We serve more than 13,000 at-risk children, youth and families annually across all of our programs, and our clients are 86% African-American, 7% Hispanic and 7% other ethnicities. To ensure we service this population with culturally relevant programming, we have developed and implemented a comprehensive agency-wide diversity & inclusion strategy.

Recognizing that experiences of trauma underlie the behavioral and life challenges of many of our youth growing up in dangerous city neighborhoods, our staff is trained in the elements of our clinical philosophy that incorporates theories of human development, trust & attachment, trauma, violence & loss, and systems theory in clinical practice. This clinical philosophy unites and guides all of our programs under a cohesive approach to intervening with youth who are challenged by their histories of trauma. This forms the basis for the 360° Model services which we offer schools.

UCAN is a leader in social service data tracking and evaluation, assisted in part by our internally designed and maintained Child & Family Profile software. Our Quality Improvement department incorporates program evaluation expertise throughout all programs. UCAN is accredited by the Council on Accreditation, Inc. which provides a gold standard for meeting best practices in the field, ensuring that UCAN meets comprehensive requirements for program and organizational operations.

UCAN believes that everyone has a voice and the right to realize their full potential. To learn more about our work and our impact, please visit www.ucanchicago.org.

