

MAINE DEPARTMENT
OF EDUCATION

The Regulated Classroom Implementation Mapping Maine Educator Summit August 7, 2024

Presented by: Office of School and Student Supports

Kellie Bailey, MA CCC-SLP MMT/SELI and Sarah Nelson, M.Ed., SELI

August 7, 2024



0

Welcome to TRC Implementation Mapping



This Photo by Unknown Author is licensed under CC BY-NC-ND

1

1

1

Reviewing TRC Community of Practice Norms

1

Take Care of
Yourself

2

Honor Others

3

Hold Space
for Each
Other

2

2

Meet Your Maine DOE TRC Advisors

Kellie D. Bailey, MA CCC-SLP MMT/SELI
Kellie.bailey@maine.gov



Emotional Intelligence Education

- ❖ Member of CCR Team offering Evidence & Equity Based EI Content/Training for all Maine Schools
- ❖ Collaborate with MSSC providing annual SRO training in Trauma informed Practices & EI
- ❖ Engage Maine School Leaders & Staff(s) in PD in EI
- ❖ Collaborate with MDOE Offices to support educational/mental health initiatives relative to the MDOE Strategic Plan
- ❖ Support on-going cross-team engagement of BARR & TRC

Sarah Nelson, M.Ed., SELI
Sarah.nelson@maine.gov



Student Engagement Specialist

- ❖ Arrange Professional Development interactions with school personnel and community representatives statewide
- ❖ Assist schools with implementation of student engagement practices
- ❖ Implement DOE initiatives supporting the whole student / whole educator- including *Building Assets Reducing Risks (BARR)* & *The Regulated Classroom (TRC)*
- ❖ Assist with integration of evidence-based engagement practices that align with Maine State and District Strategic Plans
- ❖ Attendance Awareness



3

3

3

In The Spirit of All Things TRC- Let's begin with some Self-Awareness




An invitation to consider how we are feeling as TRC Implementors in this moment

-  Anchor your feet on the floor.
-  Breathe in
Breathe out
-  Consider your Happiness in this moment
-  What do you notice, wonder and sense?
-  On a Scale of 1-10, how Happy are you right this moment?
-  Where does Happiness Live in your body?



4

4



Please Introduce Yourself

- Take a moment to share...
 - **Your name**
 - **The area you are from**
 - **One take away from the training session you attended**

5

5

Activator

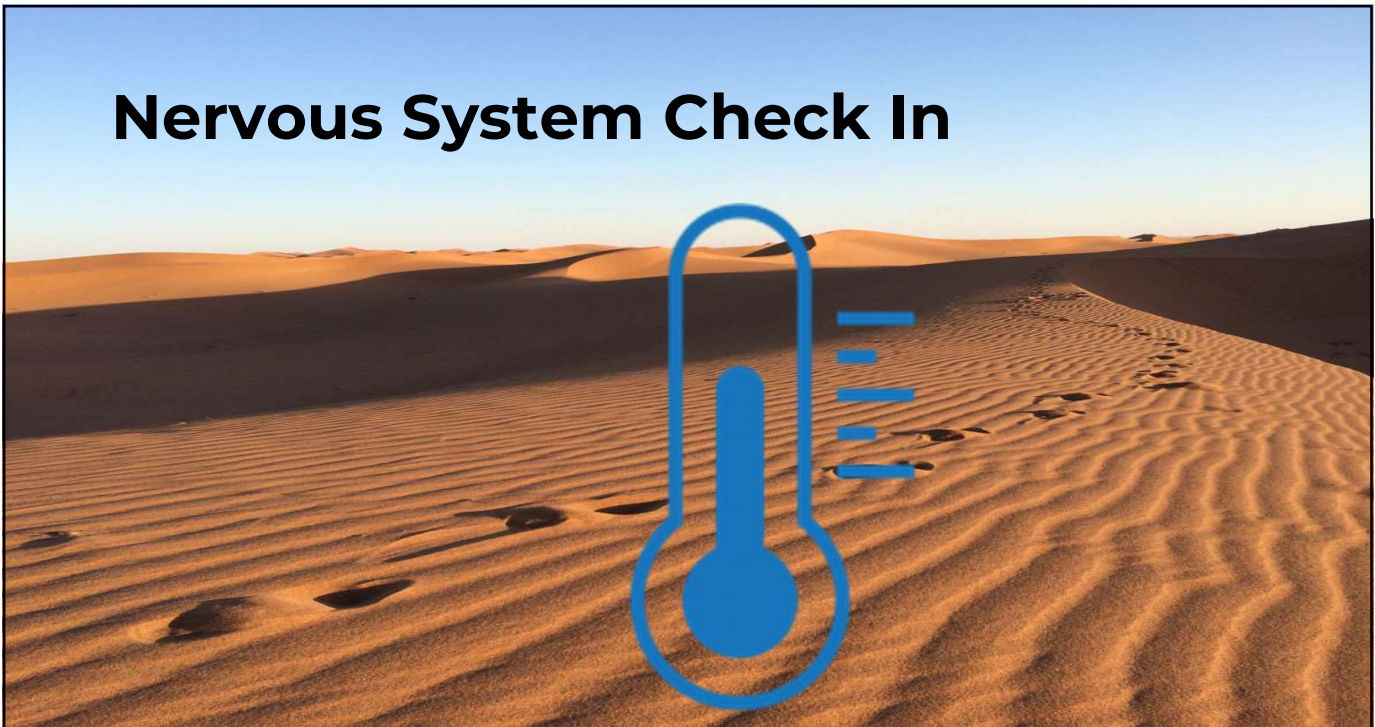


6

6

6

Nervous System Check In



7

7

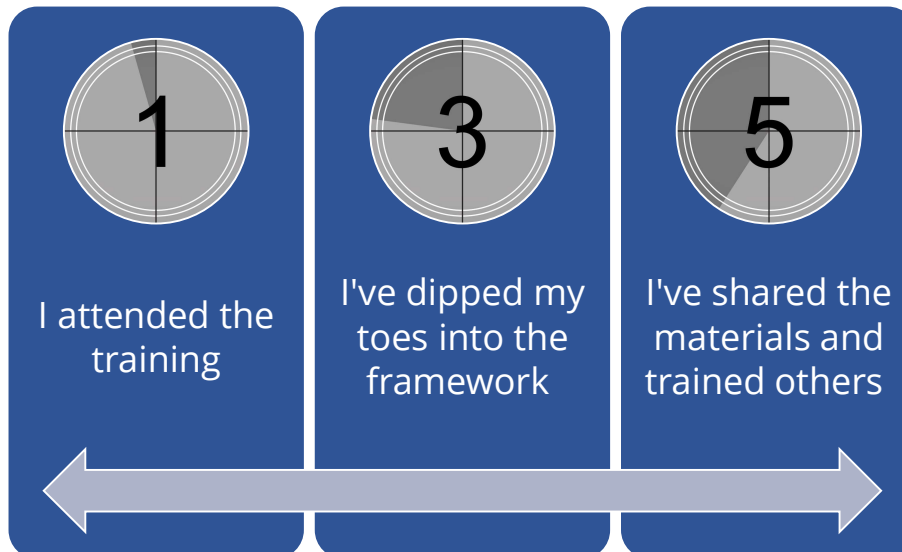
7

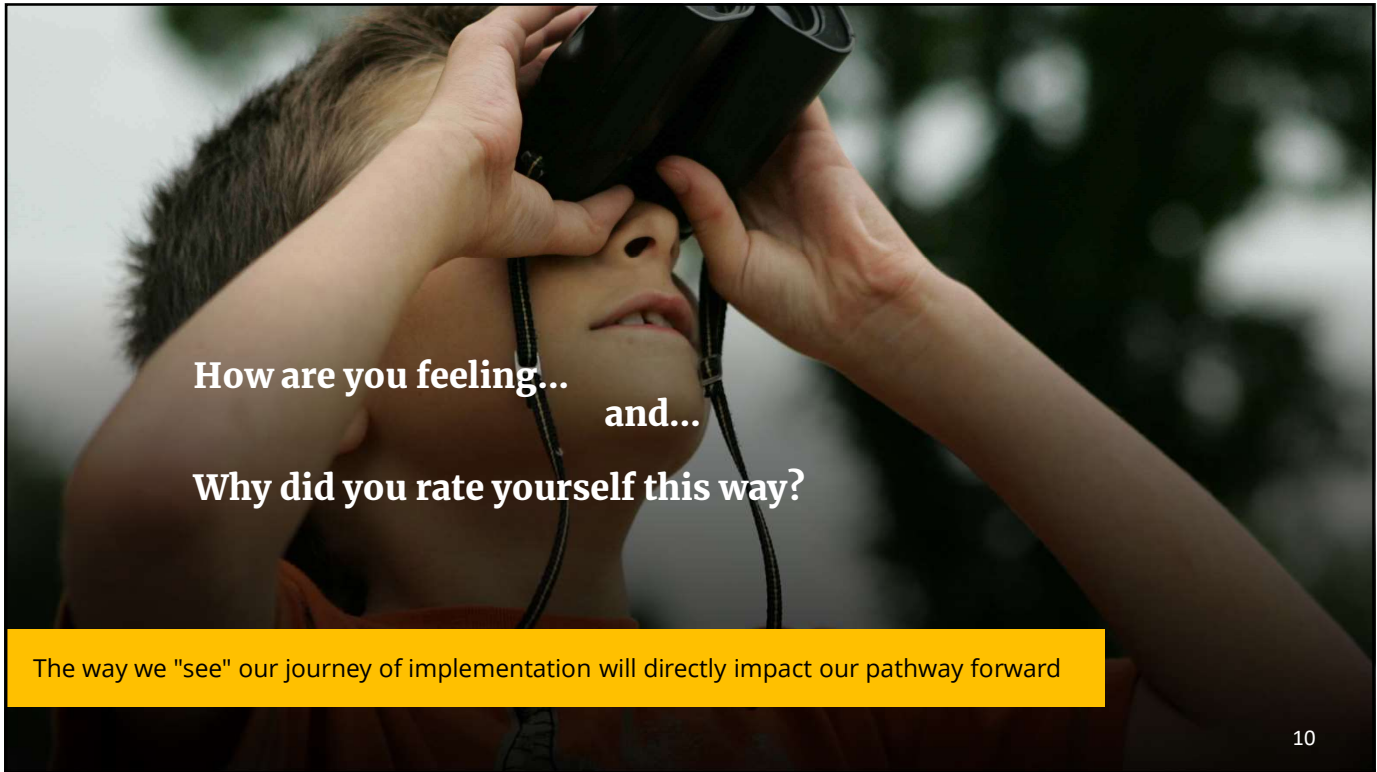
Implementation Considerations

- Holding space for the change work
- Determining where you are in the Implementation (Change) Process
- You are all EXACTLY where you need to be
- Dosing in knowledge and practices to deepen change efforts
- Change work can bring up a lot in our nervous systems



Where are you in this journey?





**How are you feeling...
and...
Why did you rate yourself this way?**

The way we "see" our journey of implementation will directly impact our pathway forward

What has your TRC experience been so far? Sharing Successes and Resources



**FIND 3 OR 4 PEOPLE TO
CHAT WITH**



**BRIEFLY DISCUSS YOUR
TRC EXPERIENCES SINCE
YOUR 2-DAY TRAINING**



**SHARE A SUCCESS OR
IMPACTFUL MOMENT**

Things WILL get in the way of your implementation

"This is NOT going to be a straight line... change is NOT a linear process."

-Emily Reed Daniels



12

12

**IF YOU WANT TO GO FAST, GO ALONE.
IF YOU WANT TO GO FAR, GO TOGETHER.**

13

13



14

Activator
1,2,3,4

HUMAN NERVOUS SYSTEM

PARASYMPATHETIC NERVE

SYMPATHETIC NERVE

*Grades K-12

15

15

Transitions

This is tough, intentional, meaningful work and....

"During transition people feel isolated, especially if they don't understand what is happening. **Old problems are likely to resurface and old resentments are likely to come back to life.** For these reasons it is especially important to try to rebuild a sense of identification with the group and of connectedness with one another"

Managing Transitions- Making the Most of Change, William Bridges with Susan Bridges, 2016

16

16

Transition and loss

Every beginning is a consequence. Every beginning ends something. Paul Valery, French Poet

"Transition starts with an ending. You can't grasp the new thing until you have let go of the old thing. **It's the process of letting go that people resist, not the change itself.**"

"The failure to get ready for endings and losses is the largest difficulty for people in transition. And the **failure to provide help with endings and losses leads to more problems for organizations in transition than anything else**"

Managing Transitions- Making the Most of Change, William Bridges with Susan Bridges, 2016

17

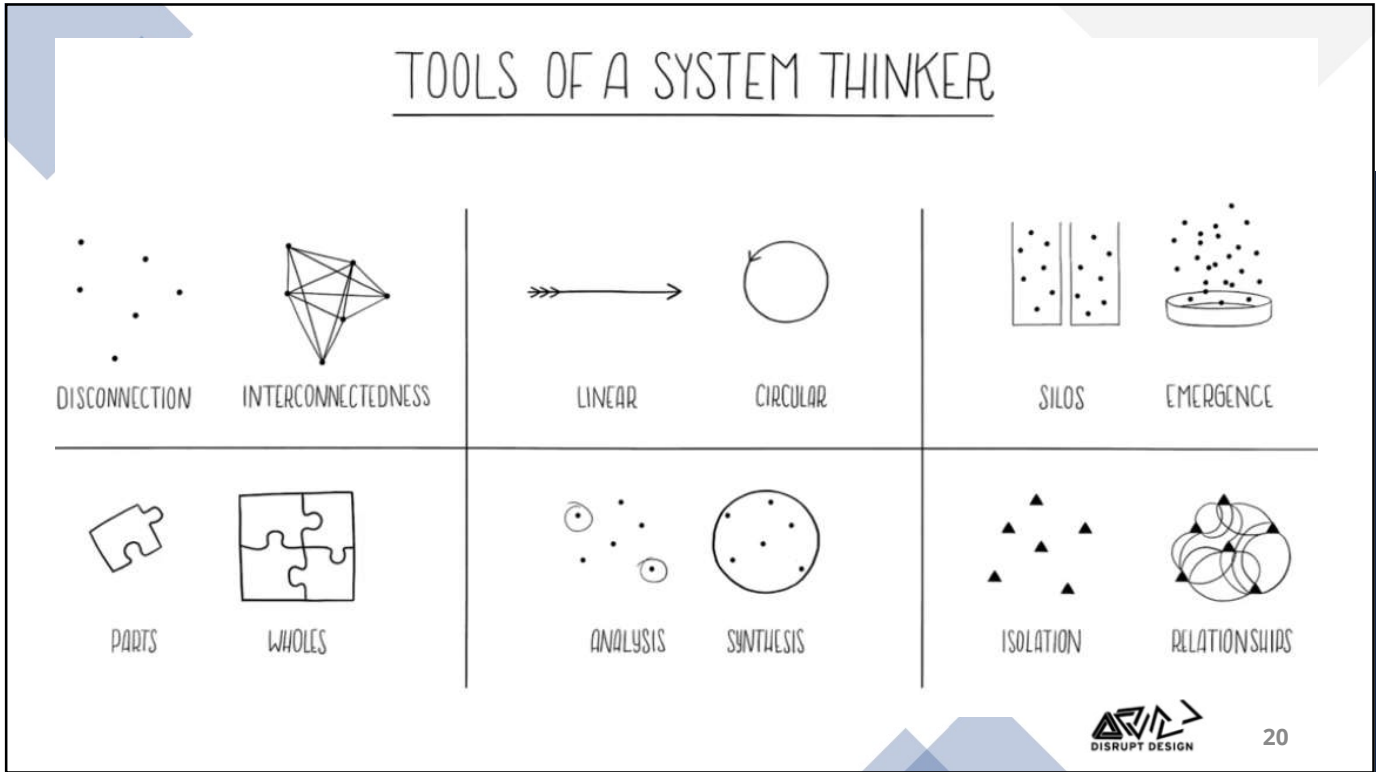
17




18



19



20



TRC is a Framework that endorses a 'WITH' approach

What are potential roadblocks for this change work in your school?

21

21

Some of You May have just visited “Sucky Town”...

22

22

History Wall

What are the resources and challenges that come from the past that affect families and youth's ability to thrive?

In Society

In the Community

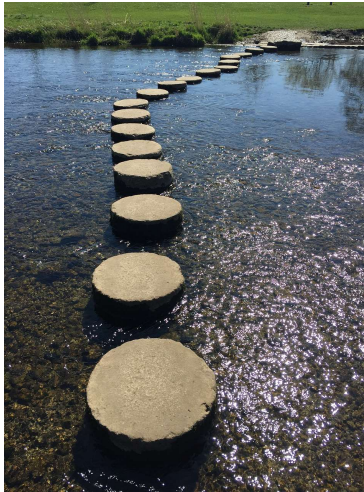
In the lives of families

Make time to CELEBRATE...

23

23

- ❖ Talk to a colleague about TRC
- ❖ Plan a family engagement night focused on the 4 core practices. Advertise it as "Want fun ideas for helping your kids regulate?"
- ❖ Plan a time to speak for 15 minutes to your school board – educate school board members on TRC framework and share the impact for you and your students
- ❖ Try to engage 1 of the 4 core practices 1x/week, day, hour



- ❖ Host a book study
- ❖ Already trained your staff? Ask for pilot classroom to participate in a before and after data collection.
- ❖ Go old school with a flyer and invite staff to join you in a mini (15 minute) training. Select 4 core practices do them in quick succession asking for reflection after each one

Create a Roadmap for Your TRC Implementation...



24

24

**What's your next
TRC Implementation
step?**

Remember...

Your answer depends on your
unique circumstances....



25

25



My TRC Implementation Roadmap 2024-2025



- ❖ Talk to a colleague about TRC
 - ❖ Plan a family engagement night focused on the 4 core practices. Advertise it as "Want fun ideas for helping your kids regulate?"
 - ❖ Plan a time to speak for 15 minutes to your school board – educate school board members on TRC framework and share the impact for you and your students
 - ❖ Try to engage 1 of the 4 core practices 1x/week, day, hour
- ❖ Host a book study
 - ❖ Already trained your staff? Ask for pilot classroom to participate in a before and after data collection.
 - ❖ Go old school with a flyer and invite staff to join you in a mini (15 minute) training. Select 4 core practices do them in quick succession asking for reflection after each one

I would like to...

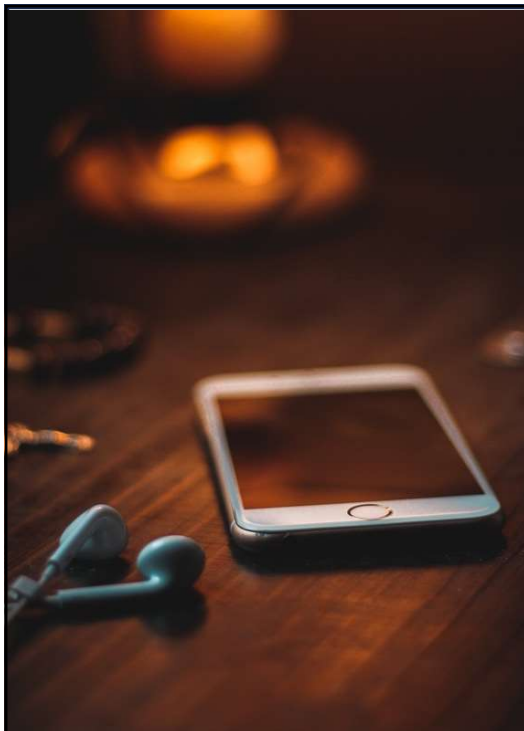
Resources I will need are...

Timeframe for implementation...



26

26



Stay Connected!

Find Us Online!

-  www.maine.gov/doe
-  @MaineDOEComm
-  @mainedepted
-  @mdoenews
-  @MaineDepartmentofEducation1

27

27