

School-based Intervention Programs for Behavior and Wellness

The following table lists behavior and wellness interventions that are used in Fairfax County Public Schools (FCPS). An intervention is evidence-based, systematic, and uses explicit instruction that targets a specific area of need. Delivery of student wellness and behavior interventions typically requires specialized training in the selected program and is thoughtfully matched to student need.

Core Instruction

Schools design a **Positive Behavior Approach (PBA)** to create learning environments that teach students to lead responsible, fulfilling, and respectful lives.

- Each school identifies and teaches school-wide behavioral/learning expectations
- Bullying prevention occurs as an integrated component in the teaching of school-wide expectations
- School Counseling curriculum, as determined by individual schools, to meet the Virginia Standards for School Counseling
- School-wide wellness activities appropriate for student age and developmental level

Targeted Interventions

Schools provide targeted intervention, in addition to high quality core instruction, for small groups of students with like needs.

- Evidence-based social skills curricula
- Evidence-Based Executive Functioning Curricula
- Life Skills Training
- Strategies for Success (elective course at the secondary level to address planning, organization, and study skills)
- Group Counseling
- Restorative Justice Circles
- Mentoring
- Peer Mediation
- Alcohol and Other Drugs (AOD) Seminar/Intervention

Intensive Interventions

Schools provide intensive intervention, in addition to high quality core instruction, for a student to address individual area(s) of need.

- Individualized Counseling
- Functional Behavior Assessment (FBA) and Behavior Intervention Plan (BIP)
- Children Services Act (CSA) Case Management

Consultation with a school counselor, school social worker, school psychologist, or behavior intervention teacher is necessary to match the appropriate intervention to an individual student's needs.