

CHAPTER SIX: SUPPORT SYSTEMS

This chapter addresses the various support systems that families/individuals rely on in times of need. Most of these things we take for granted, but for families in poverty, many are either not in place or out of reach.

The chapter begins with general support systems:

- * Coping Strategies
- * Options During Problem Solving
- * Information and Know How
- * Temporary Relief from Emotional, Mental, Financial, and/or
- * Time Constraints
- * Connections to Other People and Resources
- * Positive Self Talk
- * Procedural Self-Talk

She then applies this to schools, listing support systems that schools can use to help students:

- * Schoolwide homework support
- * Supplemental school wide reading program
- * Keeping students with the same teacher(s) for two years or more OR
- * having a school within a school
- * Teaching coping strategies
- * Schoolwide scheduling
- * Parent training and contact through video
- * The direct teaching of classroom survival skills
- * Requiring daily goal-setting and procedural self-talk
- * Team interventions

The North Little Rock School District has a Charter middle school that is based on Ruby Payne's research and principles. They incorporate many of these support systems into the school and school day. You can go to Districts web site www.nlrsd.k12.ar.us, click on campuses and then Ridgeroad Charter Middle School to find out more about this program.

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