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Evidence-Based, Data-Driven Comprehensive School Counseling: An Overview

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Authors	Zyromski, Brett;Dimmitt, Carey;Mariani, Melissa
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Evidence-Based, Data-Driven Comprehensive School Counseling: An Overview

Brett Zyromski, Ph.D.
Northern Kentucky University

Carey Dimmitt, Ph.D.
Fredrickson Center for School Counseling Outcome Research and Evaluation (CSCORE), UMass Amherst

Melissa Mariani, Ph.D.
Florida Atlantic University





Welcome and Introductions

- × Who are you?
- × Who are we?



Program Goals

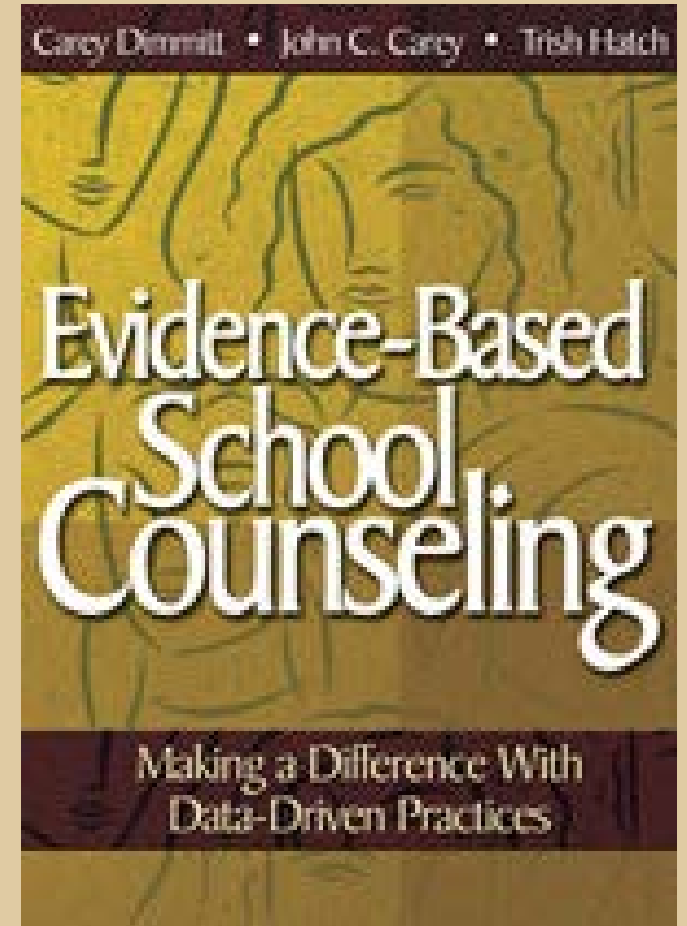
Participants will learn:

A basic model for Evidence-Based Practice (EBP)
in School Counseling

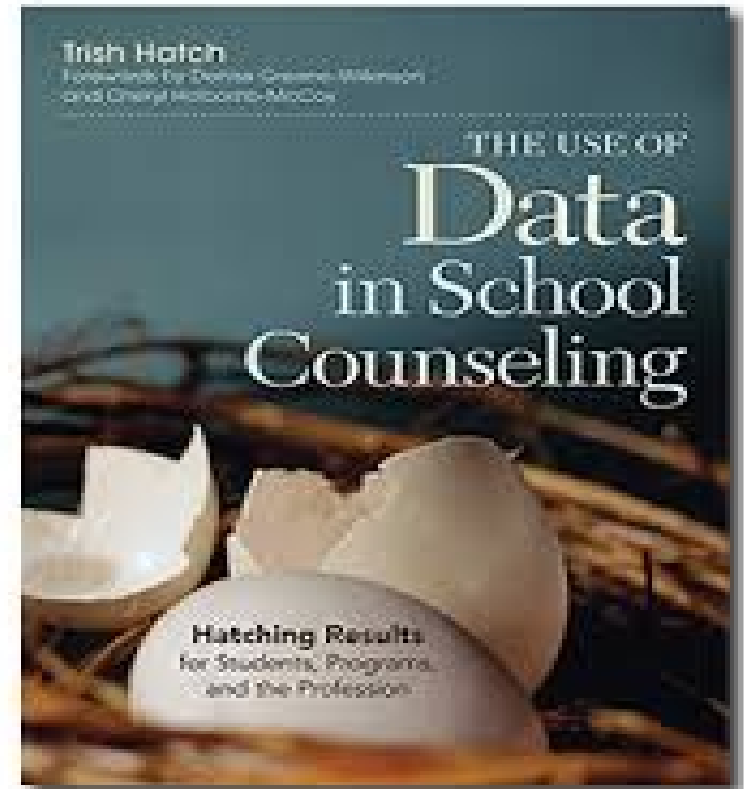
- Data-driven decision making
- Using outcome research to choose interventions
- Evaluating interventions


A Model of Evidence-Based Practice in School Counseling

From Dimmitt, C., Carey, J. & Hatch, T. (2007). *Evidence-Based School Counseling: Making a Difference with Data-Driven Practices*, Thousand Oaks, CA: Corwin Press.

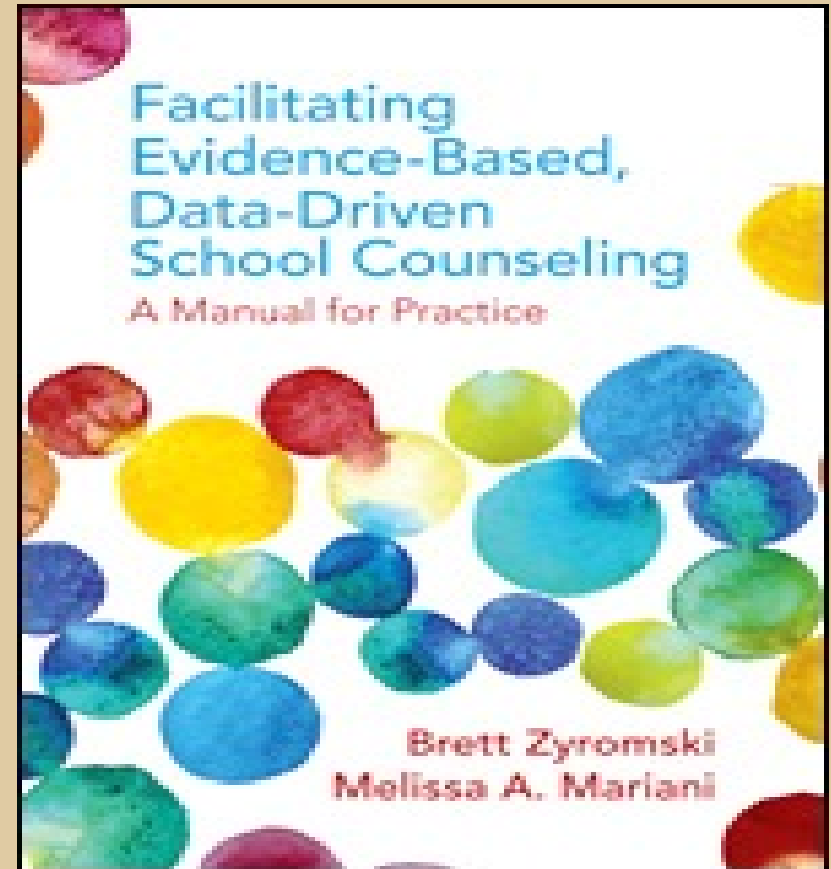


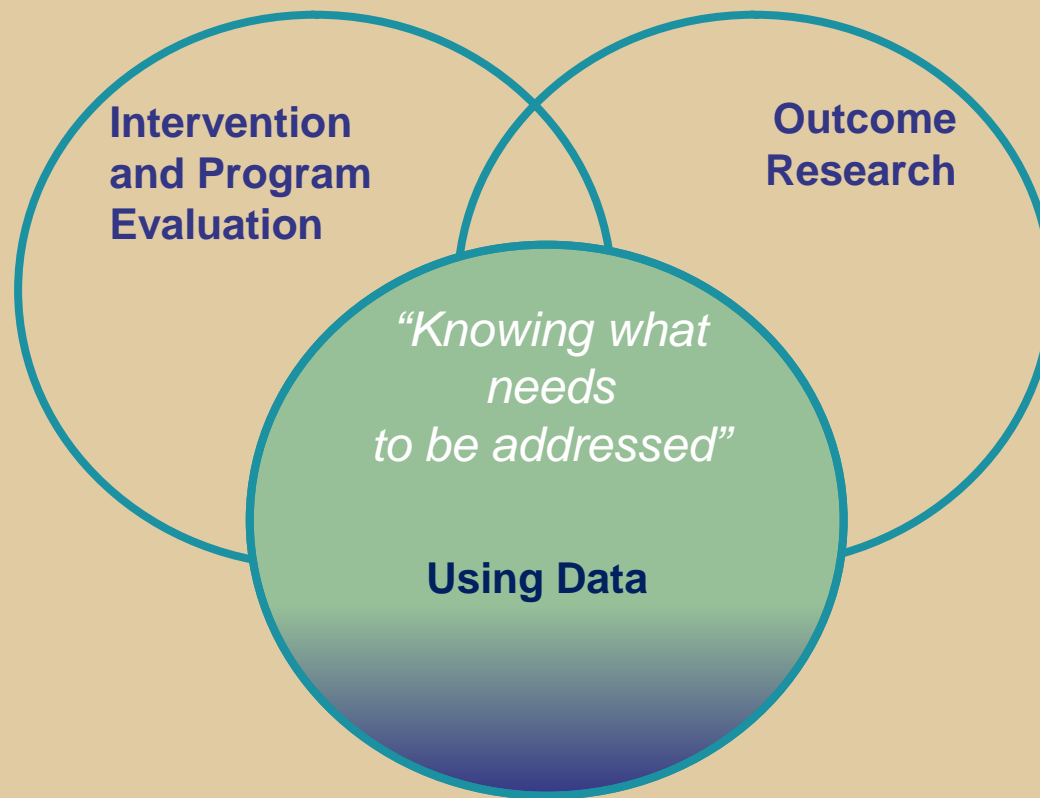
Hatch, T. (2013). *The Use of Data in School Counseling: Hatching Results for Students, Programs, and the Profession*. Thousand Oaks, CA: Corwin Press.





Zyromski, B. & Mariani, M.A. (2016). *Facilitating Evidence-Based, Data-Driven School Counseling: A Manual for Practice*. Thousand Oaks, CA: Corwin Press.





Dimmitt, Carey & Hatch, 2007



Using Data to Describe the Situation

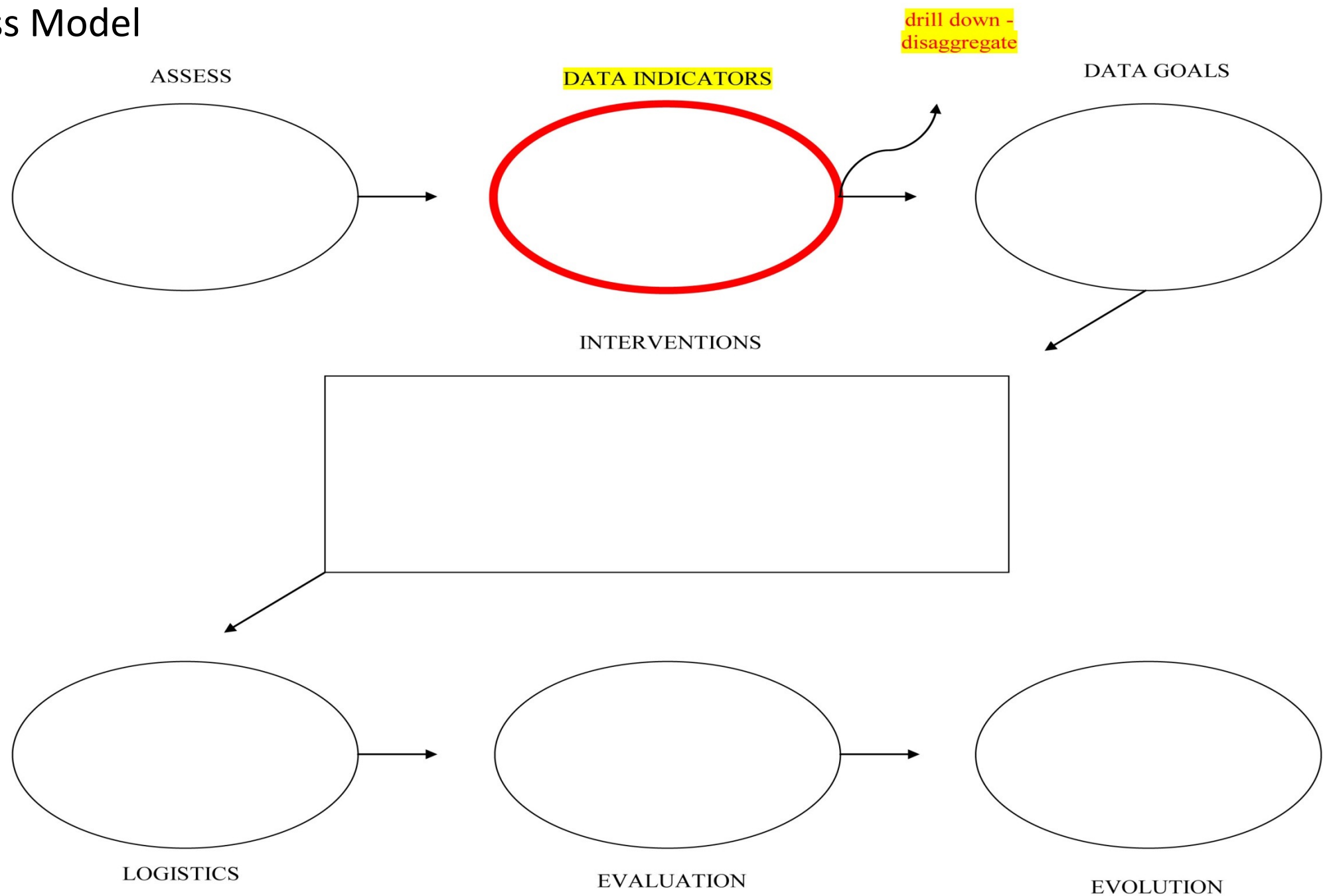
- ✦ What do you want to change? What is going well?
- ✦ What do the students want to change? What do they think is going well? Include their voices!
- ✦ What data do you need to describe what is happening?
- ✦ Examine school and student data:
 - What is the graduation rate?
 - What is the attendance rate?
 - What is the discipline data?
 - Which social skills do students have, and which are they missing?
 - What percentage of students are applying to college?
- ✦ Use data to create a ***description of any situations you want to change and strengths of the program***



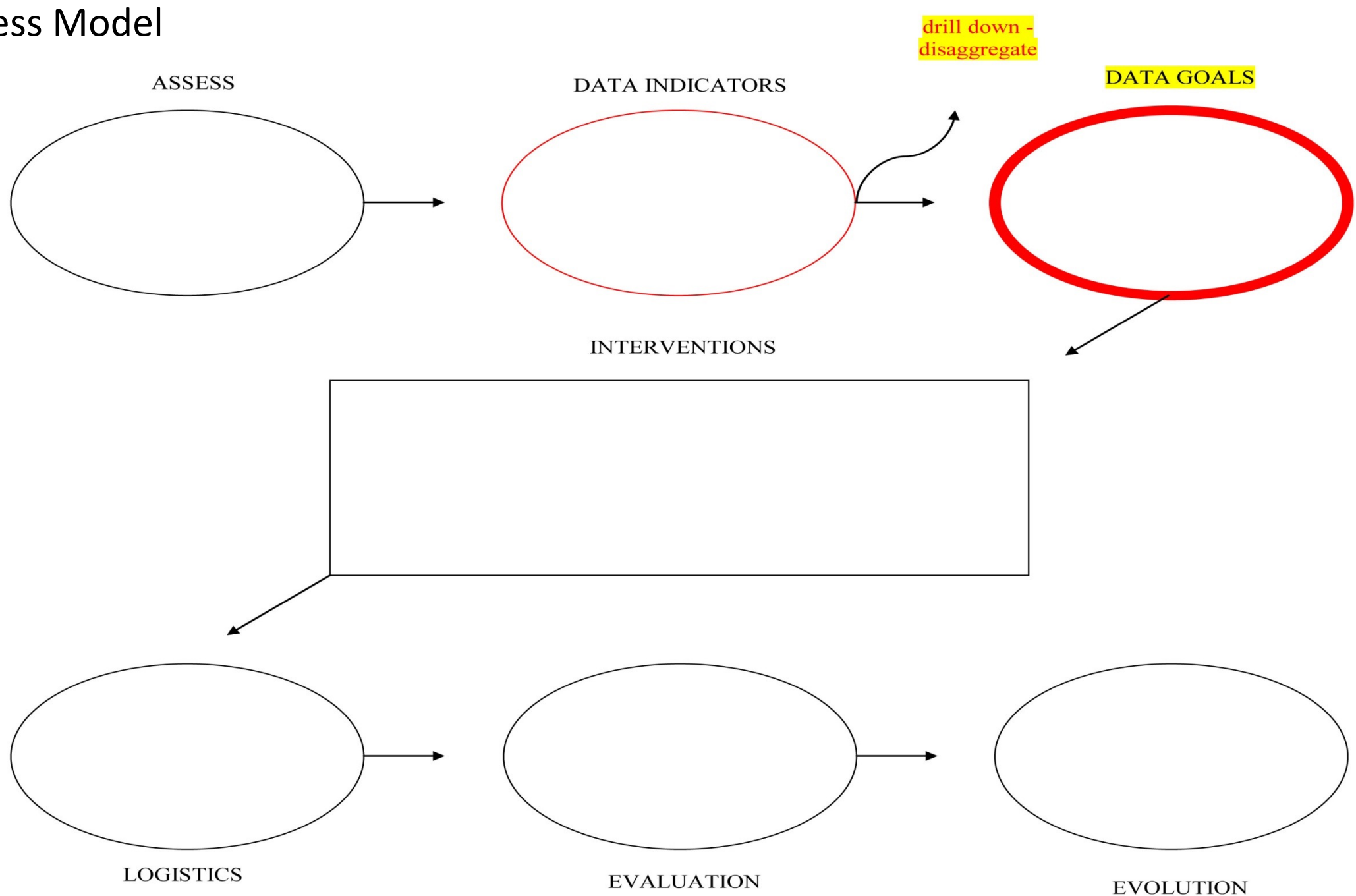
Pair-Share

- ✦ Talk with a neighbor for 3 minutes each about a student issue at your school that has recently been identified:
 - what data could you use to illustrate that issue?
 - what do you think the data might look like?
 - how could you disaggregate (break up by various demographics) the data to further pinpoint the population that needs services?
- ✦ Share out

A Process Model



A Process Model



Examples of Data-Driven Decisions

- ✦ Howell Elementary identified a particular grade level that was struggling:
 - 2nd grade students are not at grade level academically
 - 2nd grade students are not reaching the proficiency level in the PBIS realm of office behavior referrals
 - Teachers report behavior problems in their classroom, specifically that students in their classroom need improvement in the following areas:
 - ✦ Social skills
 - ✦ Problem solving skills
 - ✦ Metacognition skills



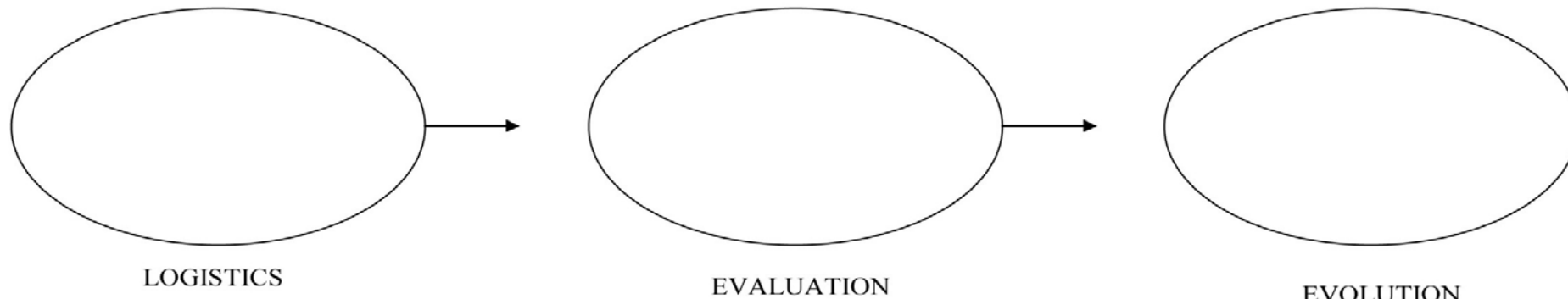
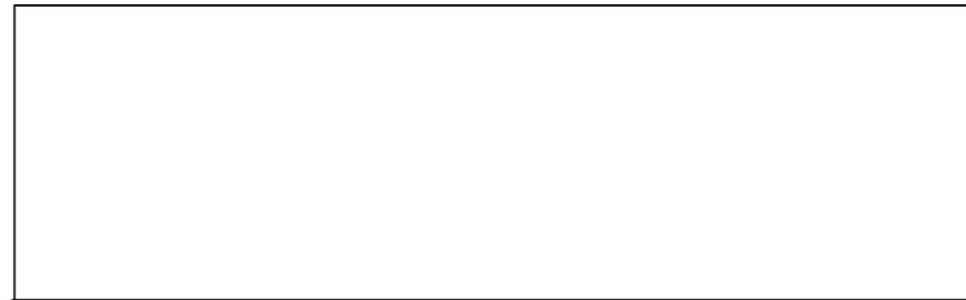
Howell Elementary School

drill down -
disaggregate

2nd grade students
identified by teachers or
w/high office referrals

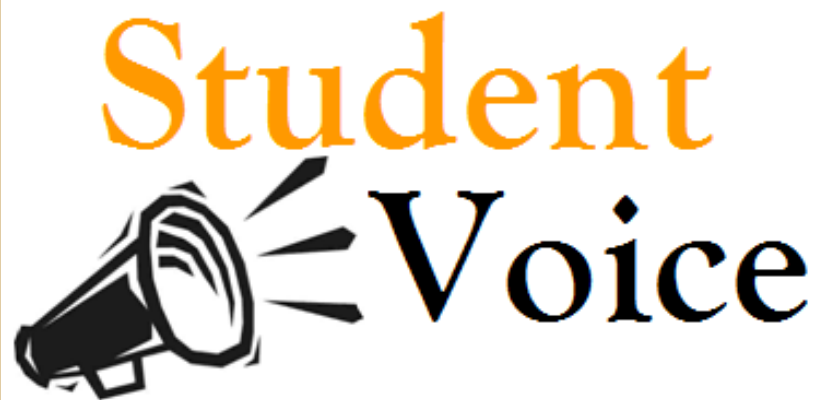


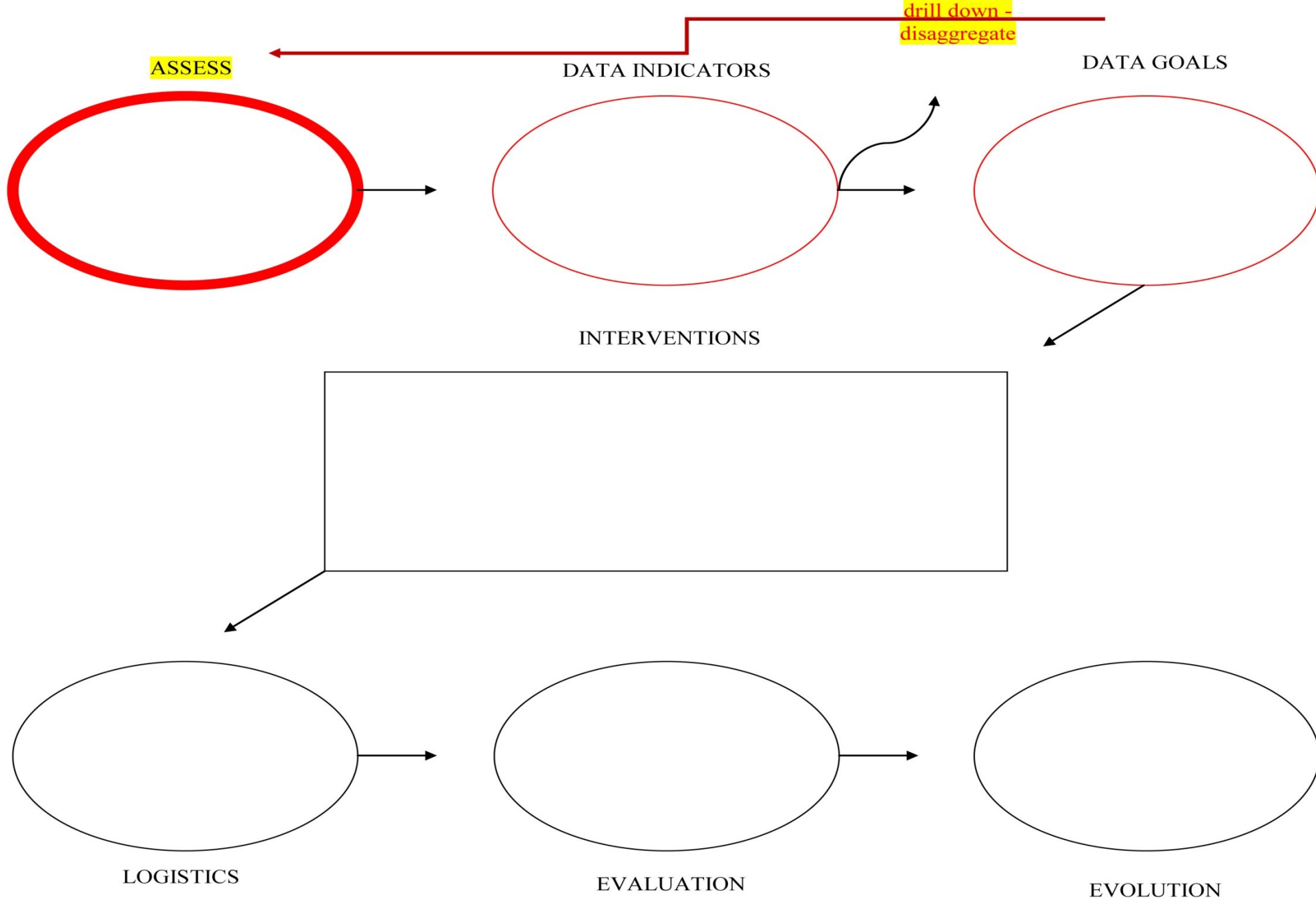
INTERVENTIONS



Are we ready to move to interventions?

- ✦ In a word: NO
- ✦ We must first accurately assess the student needs, not just the critical data indicators. What is keeping our students from achieving the success in whatever area we are assessing?





Adapted from: Dimmitt, C., Carey, J.C., & Hatch, T. (2007). *Evidence-based school counseling: Making a difference with data-driven practices*. Thousand Oaks, CA: Corwin Press.

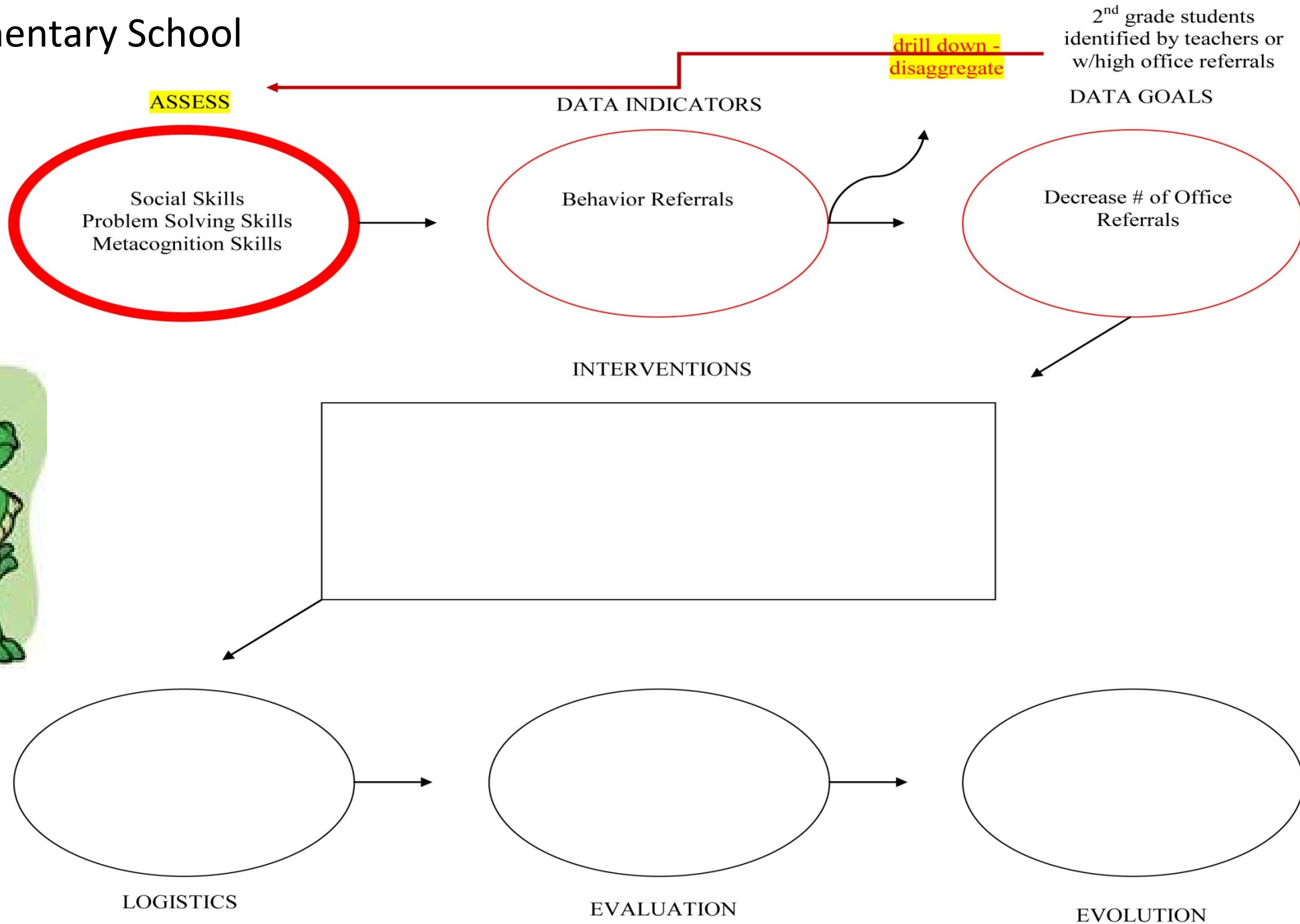
Examples of Assessing Student Needs: Elementary School

- ◆ Howell Elementary School Counselors consulted with teachers who reported that second grade students struggled with:

- Social skills
- Problem solving skills
- Metacognitive skills



Howell Elementary School



Matching Interventions to Needs

- ✦ Often, adults attempt to match interventions to goals instead of matching interventions to needs.
- ✦ Goals are adult-driven, interventions are student-driven
- ✦ What do students indicate are the barriers to success?
- ✦ How well we address student needs or support student strengths will directly correlate with how quickly our data changes



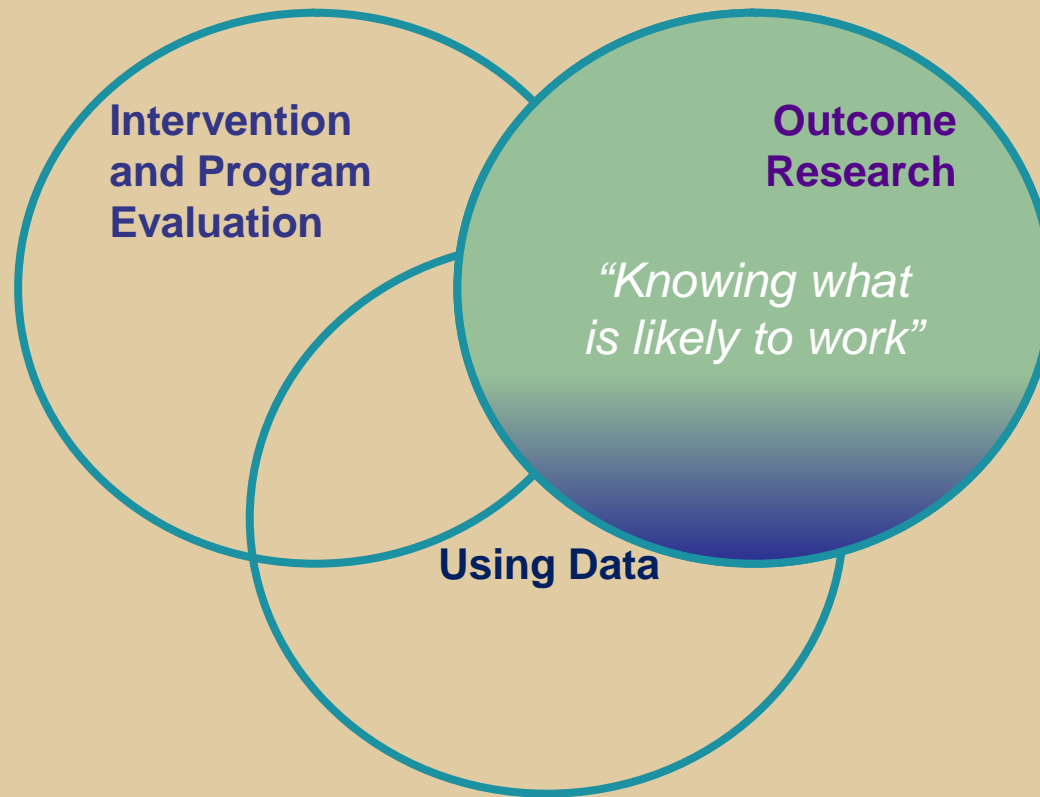
Accurate Assessment of Student Issues and Data Indicators

- ✦ Accurately assess student issues:
 - ✦ needs assessments
 - ✦ focus groups
 - ✦ meetings with teachers
 - ✦ meeting with parents
 - ✦ meetings with students
- ✦ Then we can match our interventions to the student needs

Questions:

- ✦ Which interventions should we use to meet our students' needs?
- ✦ Which have been proven to work with a similar population?





Dimmitt, Carey & Hatch, 2007



Knowing What Is Likely To Work

- ✦ Using professional resources (websites, journals, google scholar, ASCA, ACA) look for relevant information about the identified situation
 - What interventions and programs exist?
 - What is the outcome research demonstrating that those interventions or programs actually work?
- ✦ Decide what can be implemented in your building - an intervention that has been successful in one setting may not be effective with your students
- ✦ Choose an intervention or program based on both evidence of effectiveness and likelihood that it will work in your building



Outcome Research Resources

1. Centers for Disease Control and Prevention, Division of Adolescent School Health, <http://www.cdc.gov/HealthyYouth/>
2. Collaborative for Academic, Social and Emotional Learning, www.casel.org/
3. Fredrickson Center for School Counseling Outcome Research and Evaluation, <http://www.umass.edu/schoolcounseling/resources-for-counselors.php>
4. National Center for Educational Research, <http://ies.ed.gov/ncer/>
5. Substance Abuse and Mental Health Services Administration National Registry of Evidence-based Programs and Practices, www.nrepp.samhsa.gov/
6. What Works Clearinghouse, <http://ies.ed.gov/ncee/wwc/>

RTI Levels of Intervention Model

Tier 3

- Few Students (5-10%)
- Reduce severity, intensity and complications of existing problems

Services across tiers are fluid and data-driven

Intense,
Individualized
Support

**District/Community Team
Student Services Team**

Tier 2

- At-Risk Students (10-20%)
- Small Group
- Reduce current problems

Targeted, Supplemental
Supports

Student Services Team

Tier 1

- All Students (100%)
- Reduce new problems
- Preventative, Proactive

**Evidence-Based Practices
& Interventions**

Core Curriculum, Instruction, and Learning
Environment

**Grade Level Teams
Student Services Team
School Improvement Team**

Tier 1 EBP School-Based Programs – All Students

Elementary

- Peacebuilders
- Olweus Bullying Prevention Program
- Student Success Skills
- PATHS = Promoting Alternative Thinking Strategies
- Second Step Violence Prevention
- Positive Behavioral Interventions and Support (PBIS)
- I Can Problem Solve
- Responsive Classroom
- Guiding Good Choices
- Caring School Community
- Too Good for Violence
- Positive Action

Middle School

- Second Step
- Social Decision-Making
- Steps to Respect
- Positive Action
- Olweus BPP
- Lifeskills Training
- Too Good for Violence
- Guiding Good Choices
- I Can Problem Solve
- PATHS
- Project Alert
- Coping Power

High School

- Olweus Bullying Prevention Program (grade 9-10)
- Project Northland – Class Action
- Navigation 101
- Lifeskills Training
- Too Good for Drug and Violence
- Talent Search
- Career Academies

Tier 2 EBP Programs – For At-Risk Students

Elementary

- Incredible Years
- Across Ages (9-13)
- Family and Schools Together
- Advancement Via Individual Determination (AVID)
- Brief Strategic Family Therapy
- Check and Connect
- Strengthening Families Program
- Schools & Families Educating Children (SAFE)
- Resolving Conflicts Creatively
- Student Success Skills groups

Middle School

- Across Ages (9-13)
- Families & Schools Together
- Fast Track
- Advancement Via Individual Determination (AVID)
- Brief Strategic Family Therapy
- Functional Family Therapy
- Incredible Years
- CASASTART
- Too Good for Violence
- Coping Power
- Peer Tutoring

High School

- Valued Youth Program
- Advancement Via Individual Determination (AVID)
- Project GRAD
- School Transitional Environment Program (STEP)
- What Works Clearinghouse Dropout Prevention Practice Guide
- National Dropout Prevention Center
- Adolescent Transitions
- CASASTART
- Too Good for Drugs/Violence
- Positive Behavioral Interventions and Support

Tier 3 EBP Programs – Intensive 1-1 Programs

Elementary

- Positive Behavioral Interventions and Support (PBIS)
- Incredible Years
- Check and Connect
- Coping Cat
- First Step to Success
- Behavior Education
- CBT Counseling
- SFBT Counseling

Middle School

- Positive Behavioral Interventions and Support (PBIS)
- Incredible Years
- Coping Cat
- Check and Connect
- Life Skills Training
- CBT and SFBT Counseling

High School

- Positive Behavioral Interventions and Support (PBIS)
- Check and Connect
- Life Skills Training
- Coping Cat
- CBT and SFBT Counseling

Howell Elementary School

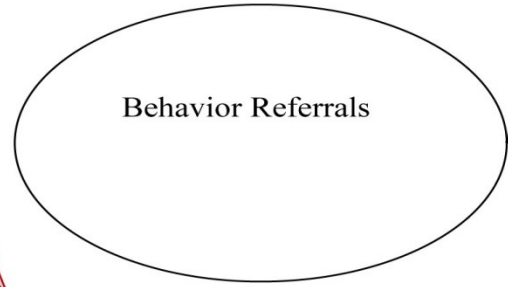
drill down -
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2nd grade students
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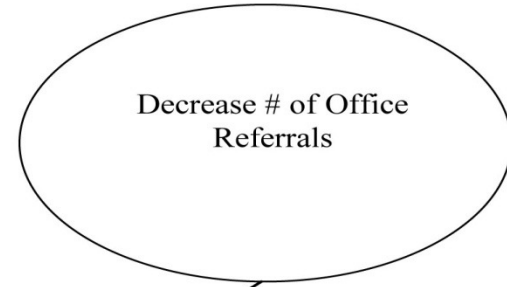
ASSESS



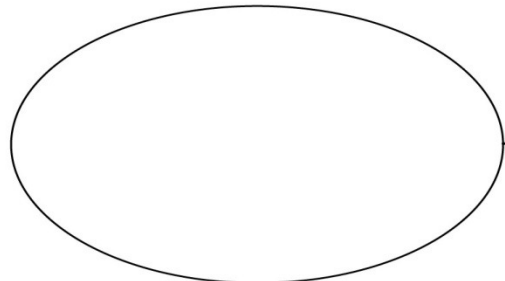
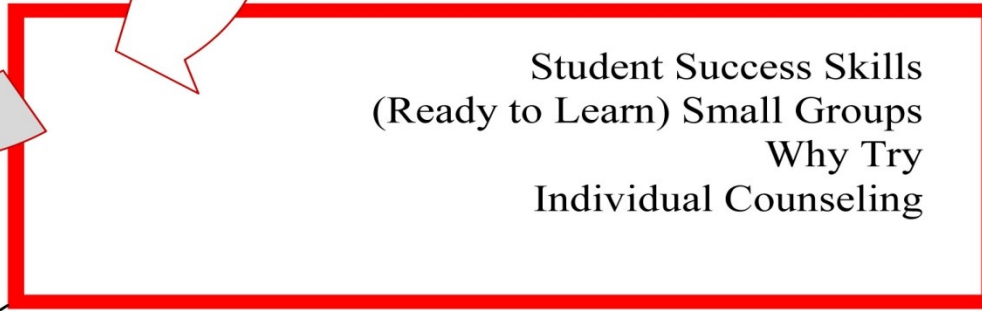
DATA INDICATORS



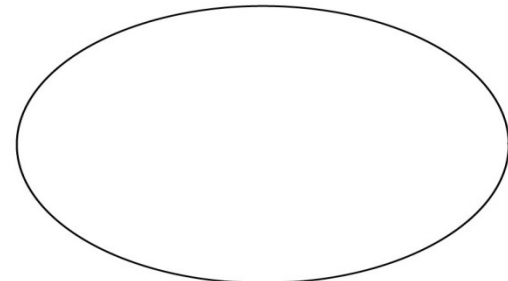
DATA GOALS



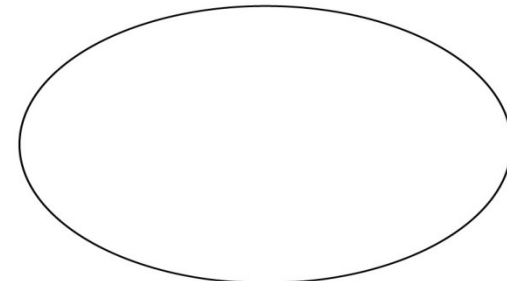
INTERVENTIONS



LOGISTICS

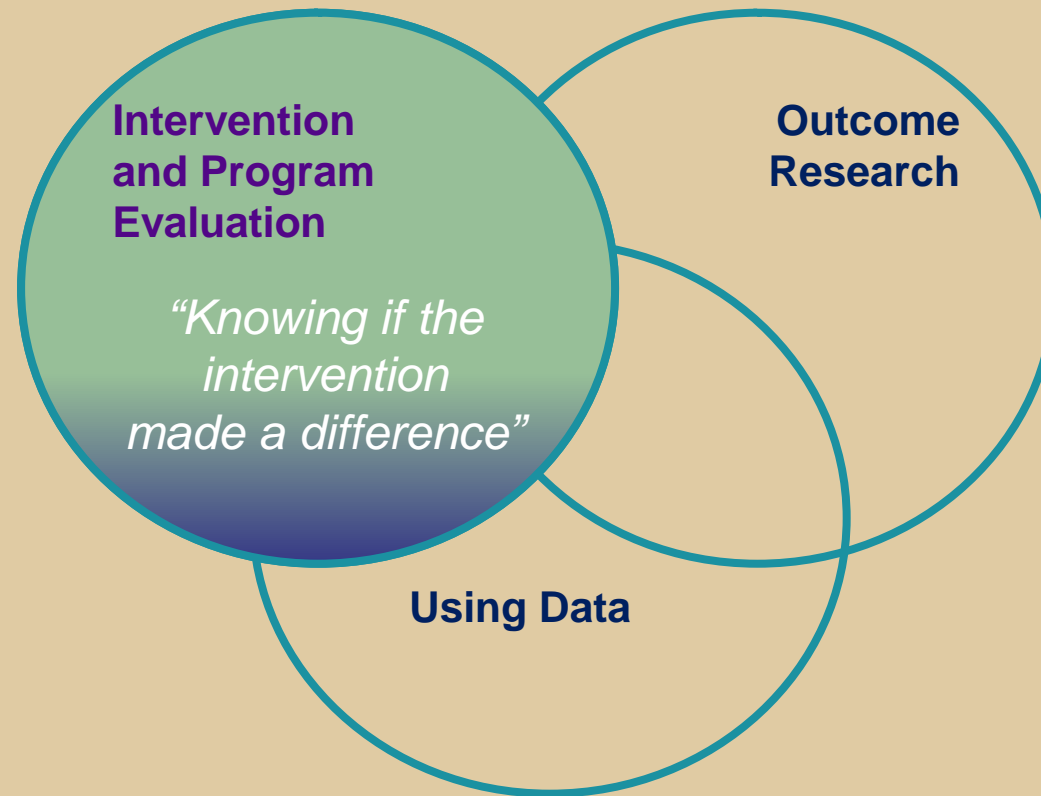


EVALUATION



EVOLUTION





Dimmitt, Carey & Hatch, 2007



Knowing if the Intervention Made a Difference

- ✦ *Bullying intervention:*

- ✦ Do students know how to prevent and manage bullying behaviors? (short-term - ST)
- ✦ Have bullying behaviors decreased? (long-term - LT)

- ✦ *Dropout prevention intervention:*

- ✦ Do students know why it benefits them to stay in school? (ST)
- ✦ Are fewer students dropping out? (LT)

- ✦ *College-placement intervention:*

- ✦ Do students and parents know how to apply to colleges and how to apply for financial aid? (ST)
- ✦ Are more students applying to and going to college? (LT)

- ✦ **How do you decide what to measure?**

Evaluating Outcomes: What to Measure?

A classroom guidance lesson teaching study skills assumes that:

Students will learn the skills taught

Students will apply the skills to their classroom learning

Application of these skills will result in more learning

Students will perform better in classes

Students will perform better on state test





Examples of Outcomes to Measure

Most importantly:

- ✦ **What do you want students to know or do as a result of your intervention?**
- ✦ **What was the intervention designed to change?**
- ✦ **Examples:**
 - Be able to manage test anxiety
 - Fill out a FAFSA and apply to 5 colleges
 - Use study skills, test-taking skills
 - Use self-management or self-regulation skills (organizing, impulse-control, problem-solving, anger management)
 - Use social skills (taking turns, sharing, empathy)
- ✦ **Any of your initial school-based data sources can also be used**



Knowing If The Intervention Made A Difference

- ★ Compare evaluation results data to your initial baseline data to determine if desired changes have occurred
- ★ Continue to use intervention? Use with additional students? Modify? Abandon?
- ★ Can others in the building implement it so the SC program can take on other data-based needs?



Example: Fitting it all together

1. Data-based Problem Description

Your middle school has seen an increase in discipline events for the past 2 years, especially in 8th grade classrooms. Data used = discipline data, disaggregated by grade; conversations with teachers

2. Related Outcome Research

- The *Steps to Respect* program provides classroom lessons and family materials about positive social and academic behaviors.
- *Positive Action* provides materials for students, teachers, administrators, school counselors and families about supporting positive behaviors.

3. Intervention Implemented

Steps to Respect with two 8th grade classrooms as a pilot

4. Evaluations of Intervention Outcomes

- Students learn self-management, positive social skills, and effective classroom skills (short-term outcomes) measured by student self-report of learning outcomes and/or by teacher and parent surveys about student skills and behaviors
- Discipline data improves in multiple settings (long-term outcomes)

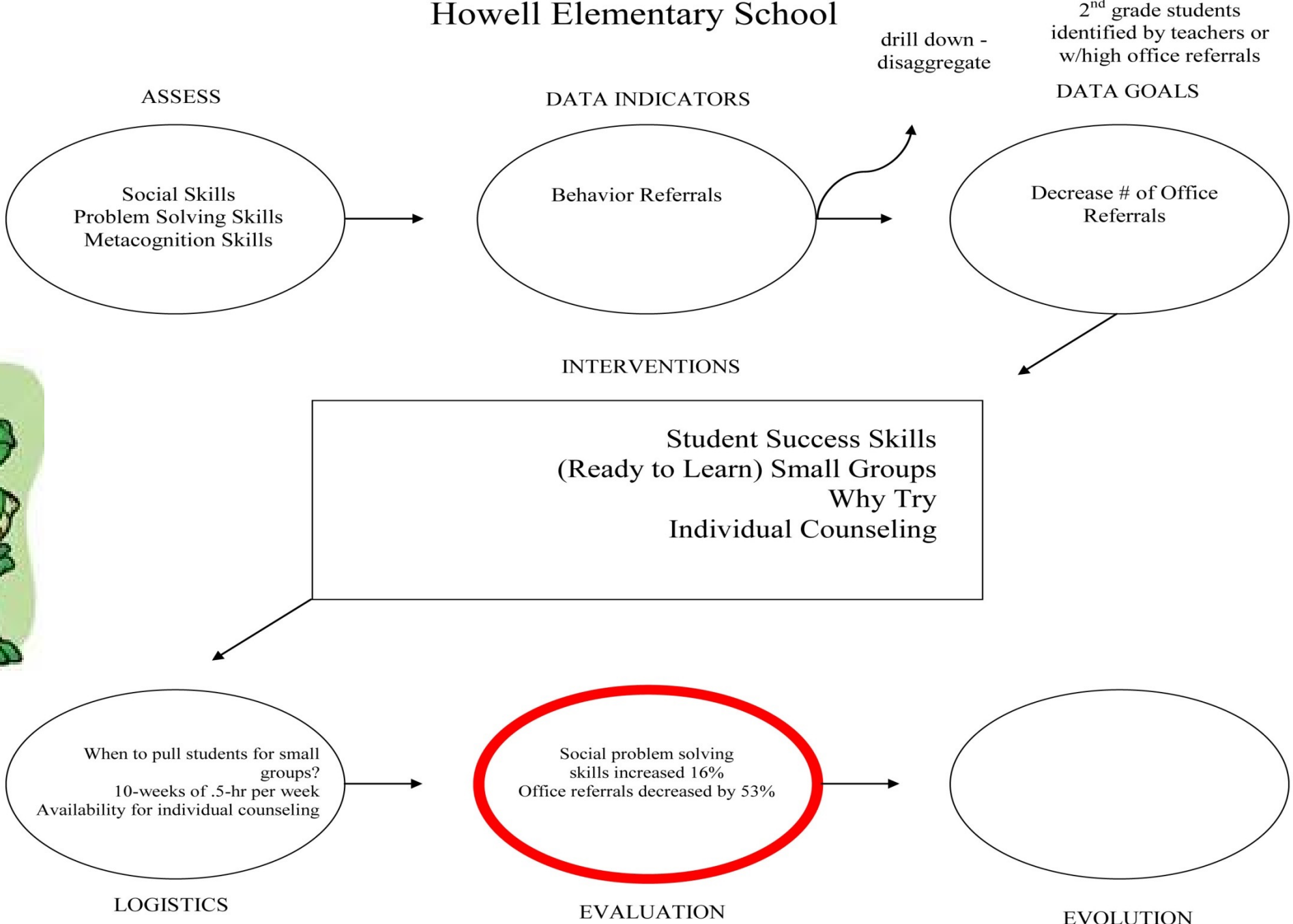
5. Share evidence that you met your intervention targets with stakeholders



Reporting Evaluation Results

- ✦ While reporting evaluation results to key stakeholders is not technically part of evidence-based practice, it is a critical component of good school counseling and a wonderful side benefit of evidence-based practice
- ✦ Dissemination of evaluation results:
 - School website
 - Family newsletter
 - School board meeting
 - Quarterly or annual report to school colleagues
 - Editorial in local paper
 - Open house presentation

Howell Elementary School

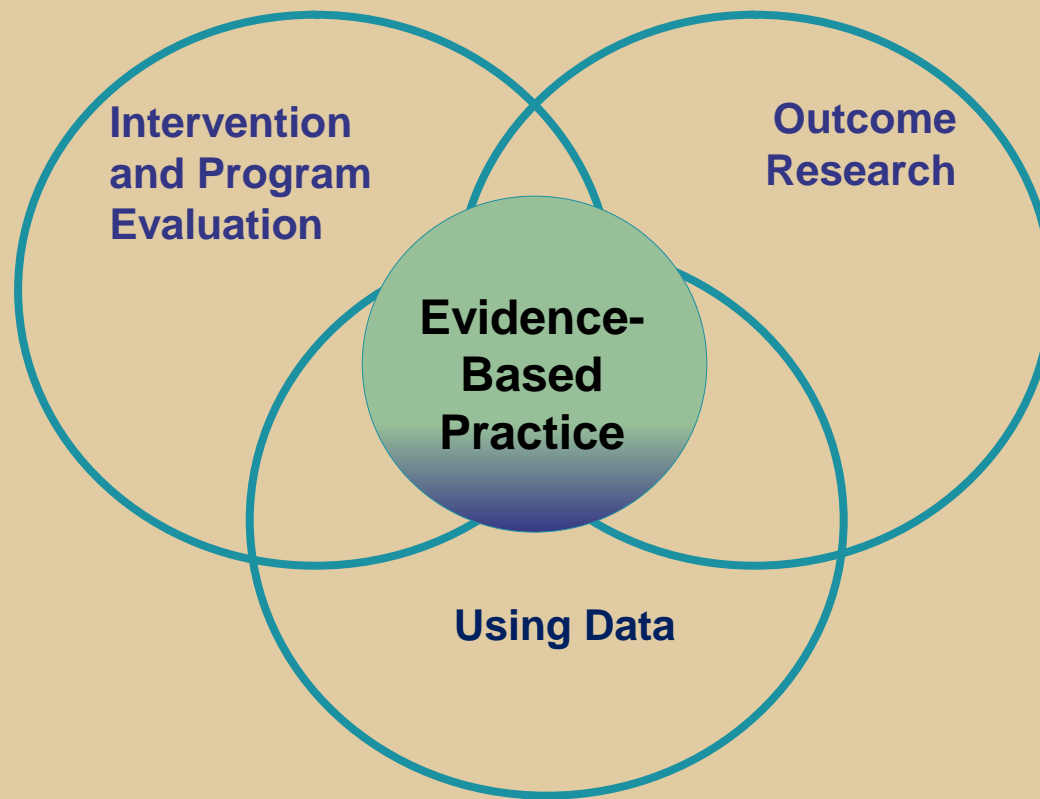


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Dimmitt, Carey & Hatch, 2007



HOWELL ELEMENTARY

Counseling Review:

2nd Grade Tier 2 Intervention

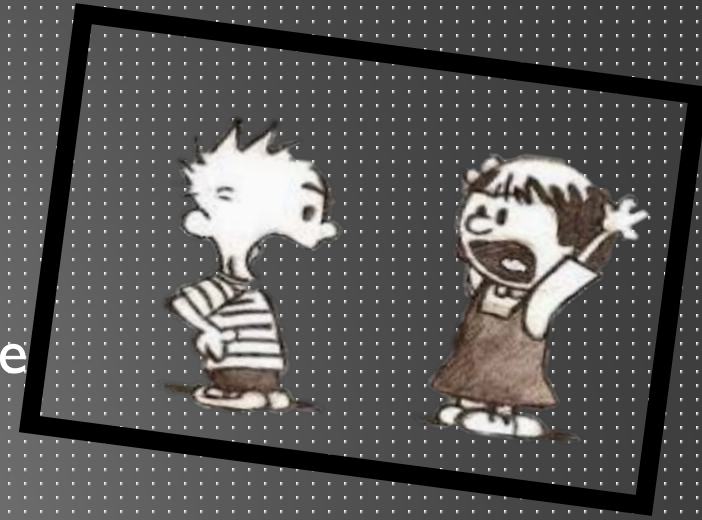
Rachel Anderson
Professional School Counselor

CONTEXT

- ▶ 2nd grade students are not at grade level academically
- ▶ 2nd grade students are not reaching the proficiency level in the PBIS realm of office behavior referrals
- ▶ Teachers report behavior problems in their classroom, specifically that students in their classroom need improvement in the following areas:

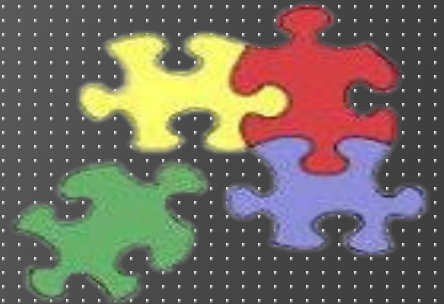


- ▶ Social skills
- ▶ Problem solving skills
- ▶ Metacognition skills



RATIONALE FOR INTERVENTION

- ▶ Group counseling has been shown to positively impact students' academic achievement and personal growth (ASCA, 2014).
- ▶ A Tier 2 small group intervention that focuses on social problem solving skills will prepare the students to be more successful in the classroom, both academically and socially.
- ▶ Students will be selected based off of office behavior referrals and teacher recommendation.



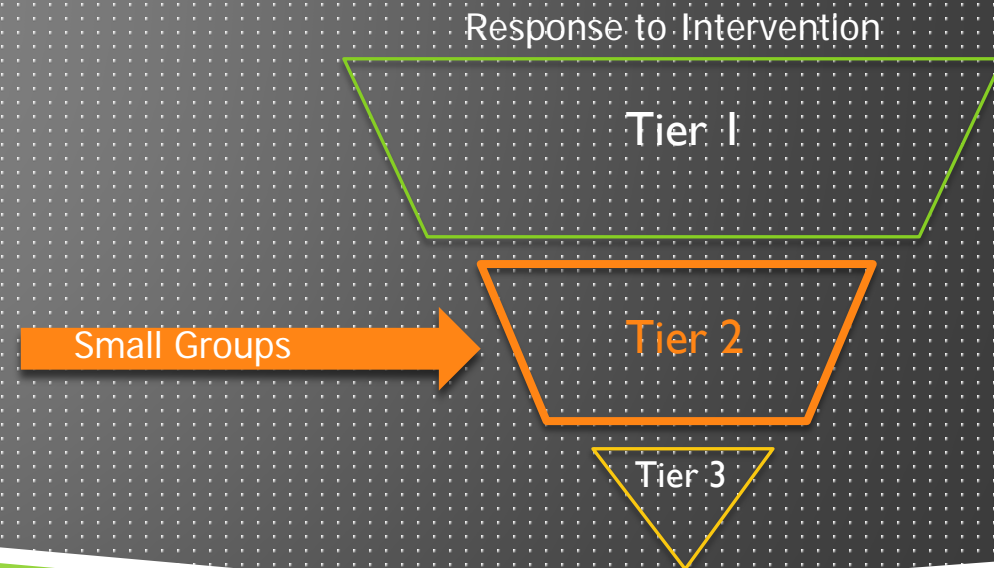
THE GOAL

- ▶ Reduce behavior referrals by 25% and increase teacher reported social problem solving skills by 15% as measured by pre/post evaluations in 2nd grade students identified as having issues with social skills, problem solving, and metacognition skills.



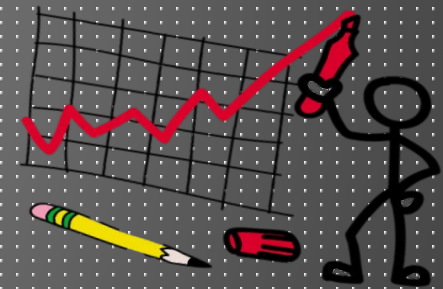
THE INTERVENTION

- ▶ 3 groups of 2nd grade students met weekly for 10 weeks
 - One group of four girls
 - Two groups of five boys
- ▶ Pre and Post evaluations for each student were given to their teachers in Dec 2014 and April 2015
- ▶ Meetings lasted approximately 30 minutes each week
- ▶ Focused on the following topics:
 - Identifying emotions (in ourselves and in others)
 - Coping skills
 - Overreactions vs. appropriate reactions
 - Friendships
 - Conflicts



RESULTS

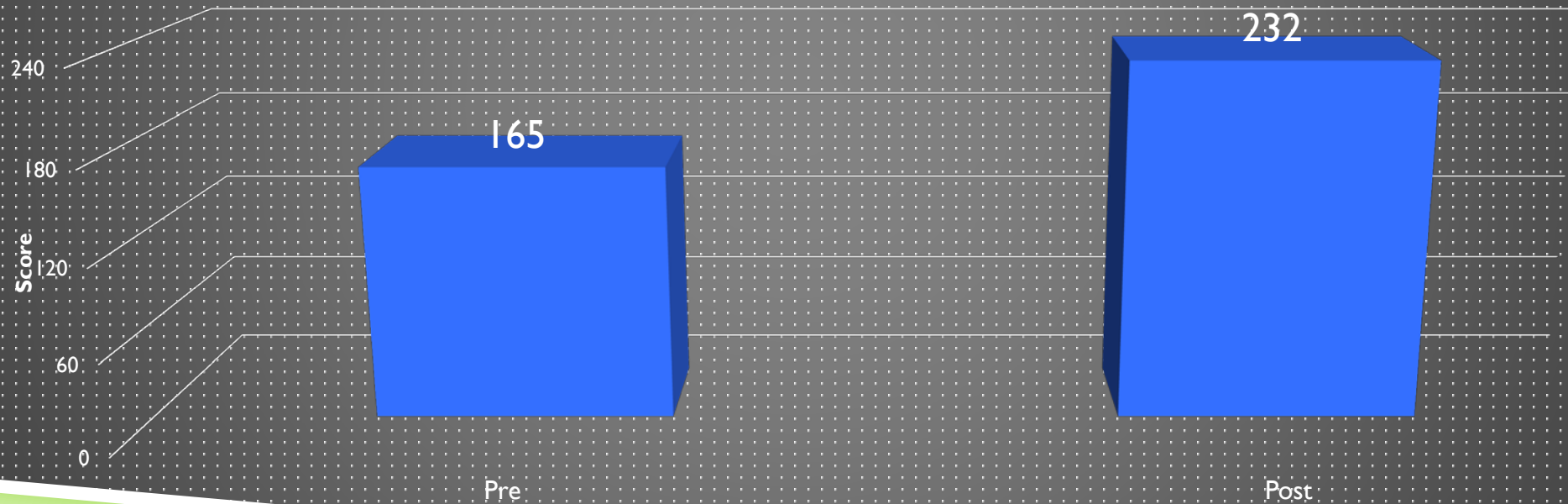
- ▶ The following slides illustrate results of the Tier 2 Social Problem Solving Skills groups
- ▶ Results are based on teacher pre/post evaluations (**perception data**)
- ▶ Overall, the groups' social problem solving skills total score on the post evaluation increased by 16%.
 - ▶ Specifically, each of the following areas showed improvement and demonstrated statistical significance on a .05 level
 - Taking turns/sharing
 - Working well in classroom
 - Frequency of overreactions
 - Involvement in fights
 - Distracts other children
- ▶ Additionally, the office referral data indicates a 53% reduction in office behavior referrals (**outcome data**)



RESULTS...

- ▶ Total scores of all post evaluations indicated a 16% increase in overall social problem solving skills.

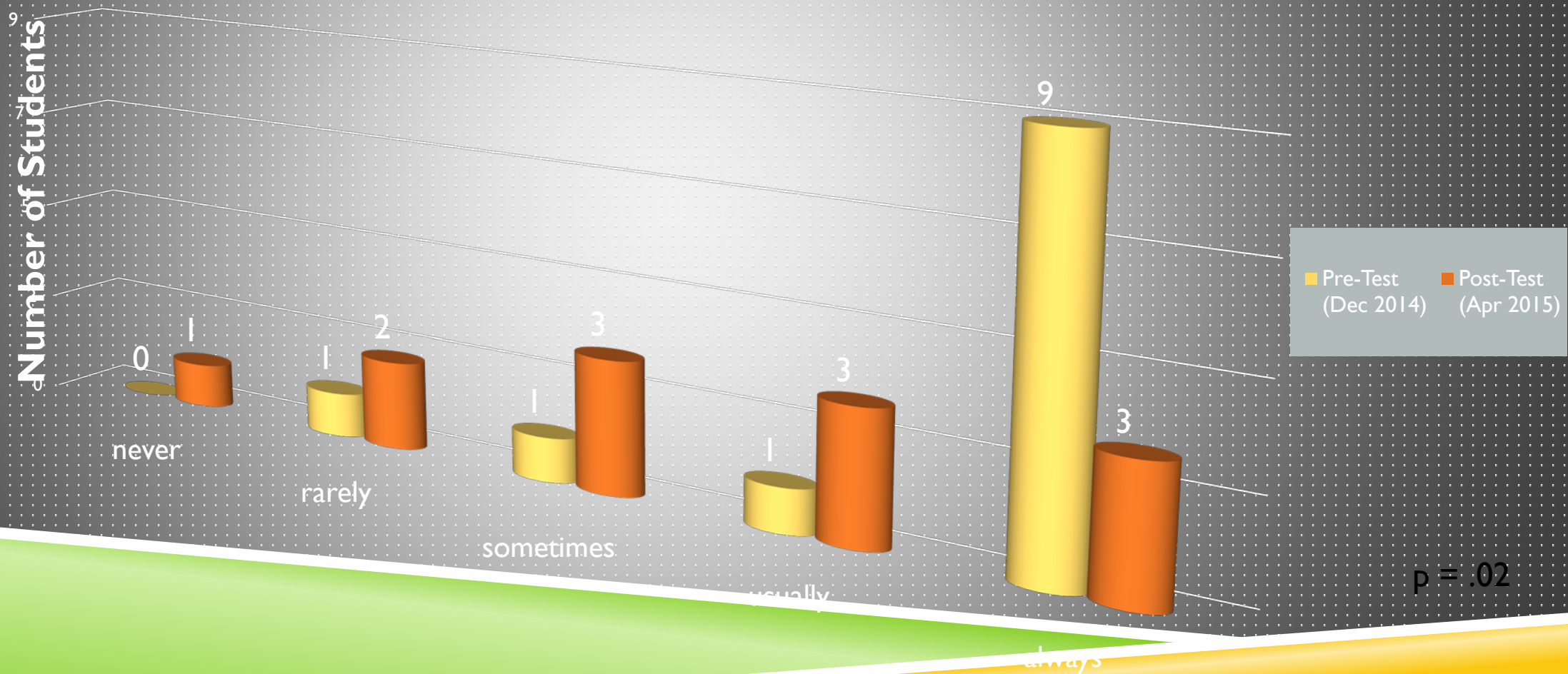
2nd Grade Social Problem-Solving Skills Group - Overall Sum of Evaluations



$p = .00$

RESULTS...

2nd Grade Social Problem-Solving Groups – Distracts Other Children



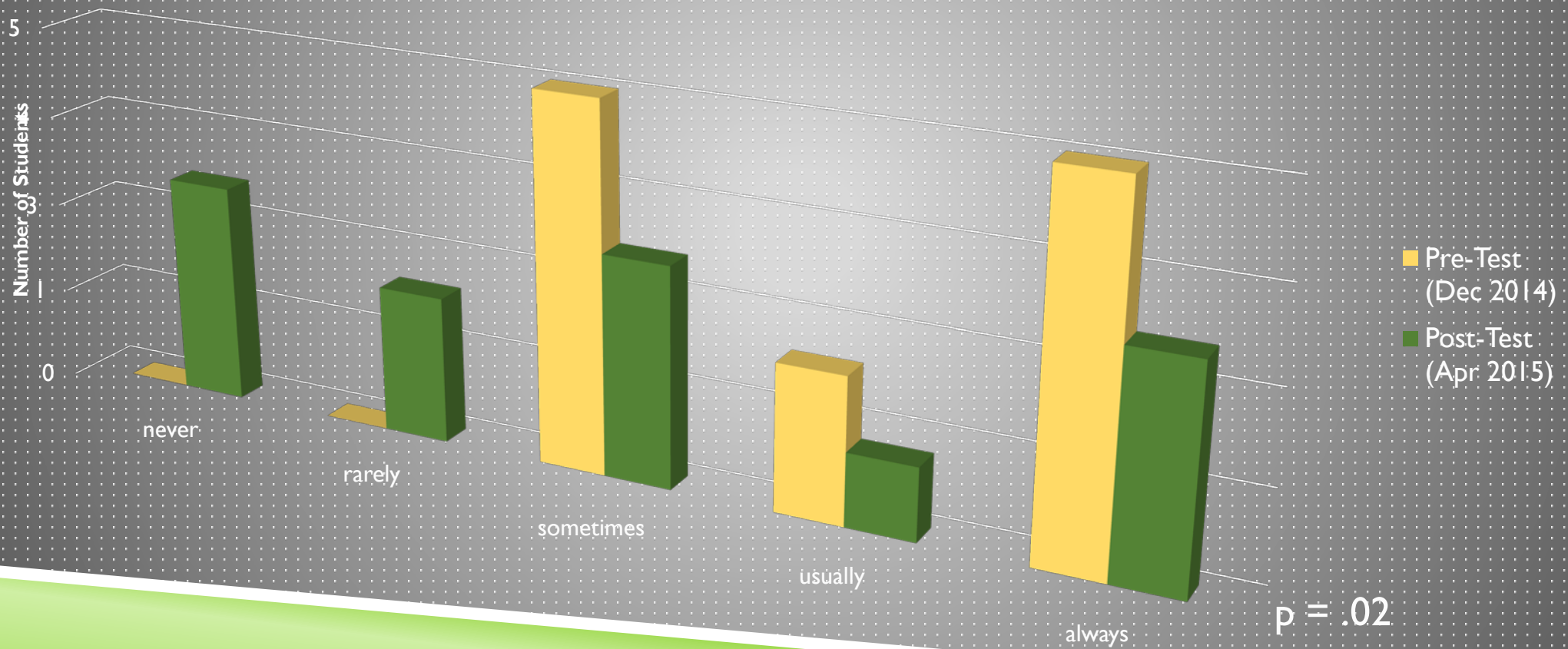
RESULTS

2nd Grade Social Skills Groups - Involvement in Fights



RESULTS

2nd Grade Social Problem Solving Groups - Frequency of Overreactions



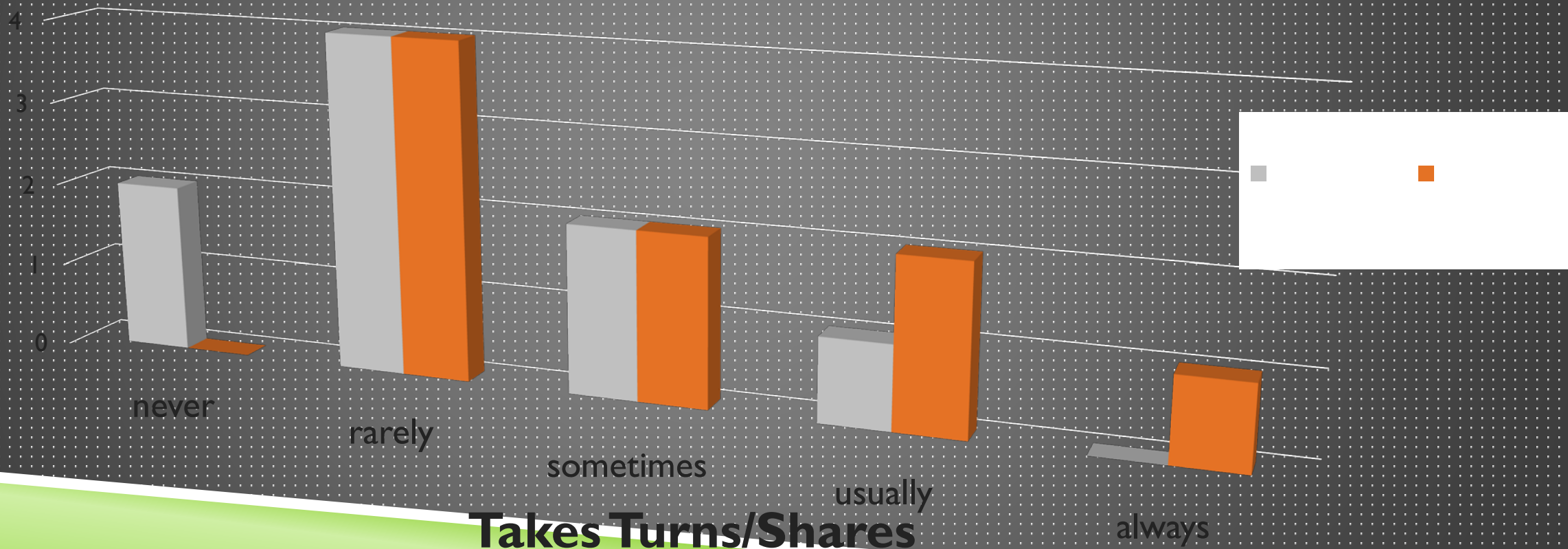
RESULTS...

2nd Grade Girls' Social Problem-Solving Group



RESULTS...

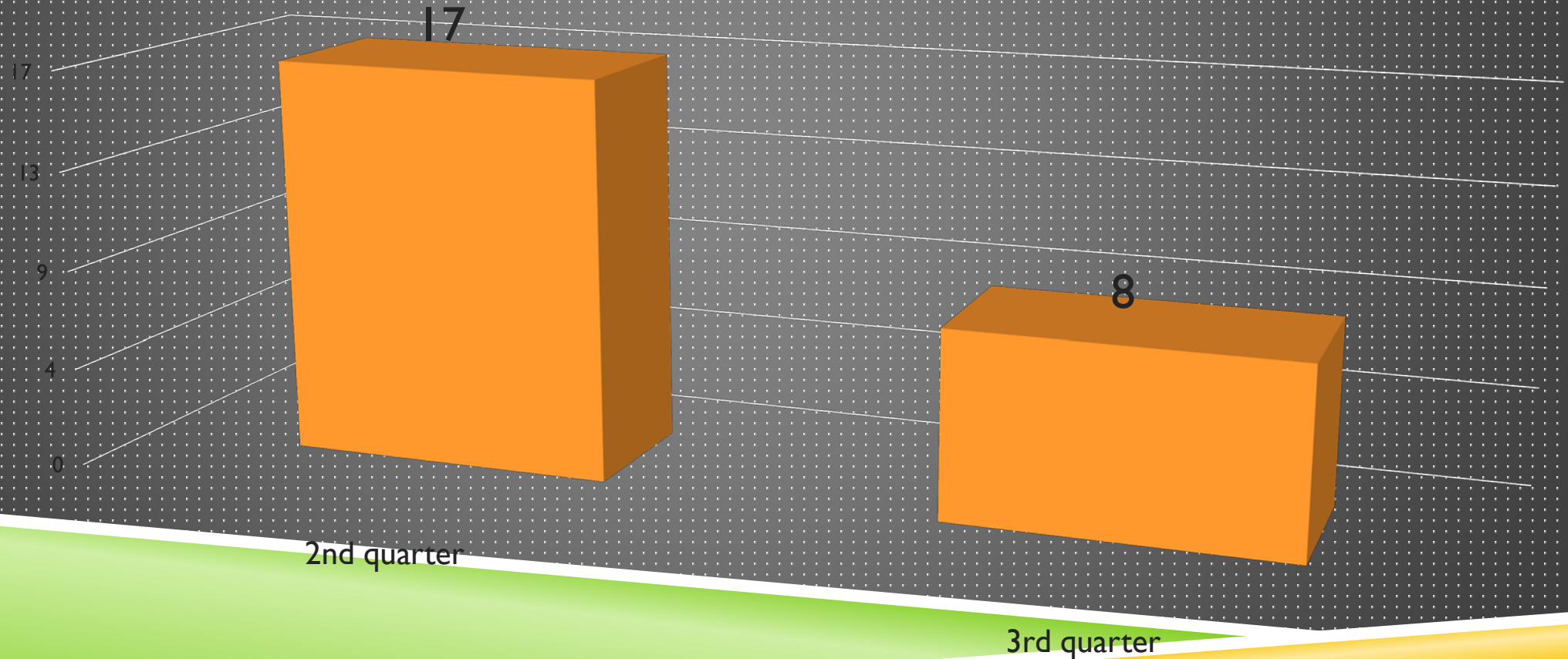
2nd Grade Boys' Social Problem-Solving Groups



RESULTS...

- ▶ Additionally, our groups resulted in a 53% decrease in behavior referrals for group members.

2nd Grade Social Problem-Solving Skills Groups – Total Behavior Referrals



WHAT DOES THIS MEAN?



- ▶ We met our goal!!!
- ▶ Evidence shows that our Tier 2 intervention was successful
- ▶ Social problem solving skills increased by 16%
- ▶ Office behavior referrals were reduced by 53%
- ▶ Teachers reported that group members showed improvement in each the following areas:
 - ▶ Students that took part in our intervention are now LESS likely to
 - ▶ Distract other children
 - ▶ Become involved in fights
 - ▶ Overreact to situations
 - ▶ Students that took part in our intervention are now MORE likely to
 - ▶ Show understanding of another person's feelings
 - ▶ Take turns/share





IMPLICATIONS

- ▶ Where do we go from here?
 - ▶ Because the evidence indicates that our program was effective with second graders, there are multiple next steps that we can take:
 - Attempt the same program with students in first and/or third grades
 - Repeat the program in the next school year for second grade students
 - Repeat the program this year with a different group of second grade students
 - ▶ Continue to collect data on successive groups
 - ▶ Further evaluate the impact of our program on other critical data elements, such as attendance, retention rates, and standardized test scores
 - ▶ Continue to educate our stakeholders about the impact of our counseling program
 - ▶ Communicate our results to other district school counselors at our monthly PLC meeting





QUESTIONS?



Thank you!

- ✦ zyromskib1@nku.edu
- ✦ cdimmitt@educ.umass.edu
- ✦ mmarian5@fau.edu