Community Resources

At District 87, we are committed to supporting both our students and their families, recognizing that student success is deeply connected to your family's overall well-being.] We encourage you to reach out to our school staff whenever a need arises, as finding the right support is a key step in helping your child thrive both inside and outside the classroom.

Support	Service Provided	Address/Phone Number
Center for Youth & Family Solutions	-Individual/Family Counseling -FosterCare Support -School Based Counseling	603 N Center St., Bloomington (309) 829-6307
Bloomington Housing Authority	-Core Housing Program -Supportive Residential Services	104 E Wood St., Bloomington (309) 829-3360
Promise Council	-School based support -Clothing/Shoes/etc. -Contact School for support	1701 E Empire St., STE 360 #286, Bloomington contactus@promisecouncil.org
Center for Human Services	-Counseling -24 Crisis Team -Youth OutReach Services	108 W Market St., Bloomington (309) 827-5351
Life Long Access	-HS Transition Program -ABA Therapy -Mental Health Services	2000 Jacobssen Dr., Normal (309) 451-8888
The Place for Children with Autism	-ABA Therapy -Autism Support for Families	01S Prospect Rd Ste 2, Bloomington (224) 291-8326
Total Spectrum	-Autism Treatment Program -ABA Therapy	1015 S Mercer St, Bloomington (309) 663-0488
OSF Medical Group: Behavior & Mental Health	-Psychiatric Services -Counseling Services	1701 E College Av, Bloomington (309) 664-3130
Western Avenue Community Center	-Youth Program -Interpretation Services -Food Program	600 N Western Ave, Bloomington (309) 829-4807
Boys & Girls Club of B/N	-Afterschool program -Youth Program	1615 Illinois St, Bloomington (309) 829-3034

Podcasts

To assist your school-age children with their development and well-being, several podcasts offer evidence-based guidance for families.

Podcasts	Overview
Raising Good Humans	This podcast is hosted by developmental psychologist Dr. Aliza Pressman, offers evidence-based insights/practical tips to help parents strip away the noise and raise kind, resilient kids while staying grounded.
Kids, Screens, & Schools Part 1 & Part 2	Featuring interviews with a pediatrician and an educational researcher, this series discusses how to navigate screen use both at home and at school, including tips on boundary setting and recognizing red flags.
Log Off & Listen Up	A youth-led podcast exploring the relationship between young people and technology. It features conversations with teens, experts, and advocates on topics like online culture, digital wellness, and social media reform.
Impactful Parenting	This podcast provides practical strategies, expert advice, and relatable stories to help parents navigate the unique challenges of raising school-aged kids and teens
Tilt Parenting	Raising “differently wired: children with ADHD, autism, and learning differences using a strengths-based, positive approach.
The Neurodiversity Project	Discussions with counselors and educators about emotional regulation, school challenges, and neuro-affirming parenting.
In it: Raising Kids Who Learn Differently	Real-life stories and expert tips on navigating school, social struggles, and daily family-life.

Regulation Toolkit

The Regulation Toolkit is designed to support families in fostering emotional intelligence and self-regulation skills at home. By providing practical strategies and accessible resources, this toolkit empowers parents to help their children identify, understand, and manage their emotions effectively. Our goal is to create a collaborative environment where parents feel equipped with the tools necessary to navigate the complexities of their child's emotional growth and overall well-being.





Click on the images for a printable document.

Regulation Toolkit

When children experience big, overwhelming emotions, it isn't a deliberate attempt to be difficult—it's a sign that their nervous system is in survival mode and needs our help to reset. During these moments of dysregulation, children lose access to their logical brain and struggle to find the right words, making our calm presence their most important anchor. By responding with patience, co-regulation, and connection rather than punishment, we help them feel safe enough to regain control, reminding them that they are supported even on their hardest days.

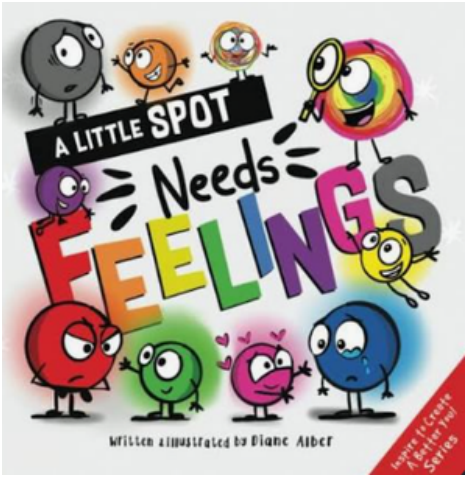


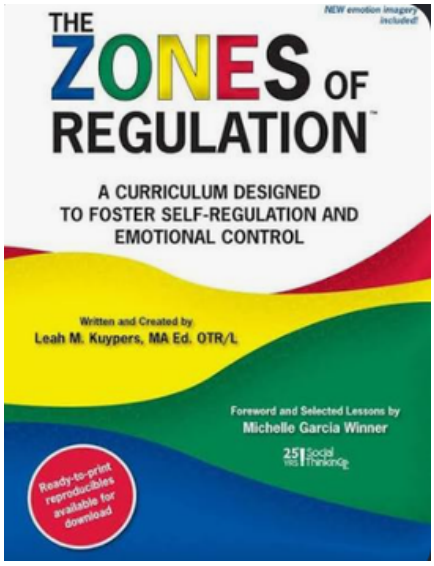


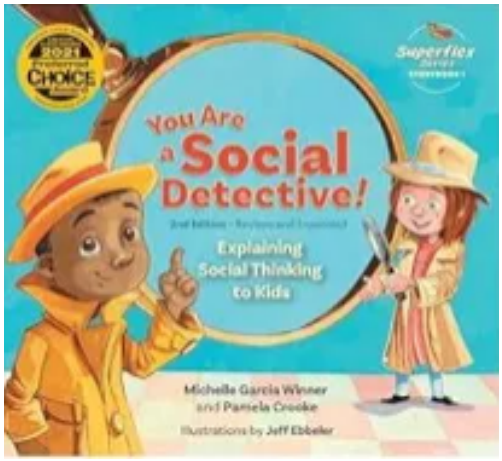
Click on the images for a printable document.

Emotional Regulation Development

Emotional regulation is a vital skill that helps children understand and manage their big feelings. By learning to recognize when they are becoming overwhelmed and using strategies to return to a calm, ready state, children can better communicate their needs, solve problems, and connect with others. Supporting your child in developing these regulation skills—whether through identifying their emotions or practicing calming techniques—builds a foundation for success both in the classroom and at home, allowing them to engage more effectively in meaningful interactions. When supporting your child's emotional regulation at home, several curriculum resources can help bridge the gap between classroom and home.









Click on the images for links to purchase these books.

SEL Framework

CASEL Framework: https://casel.org/parents-caregivers/

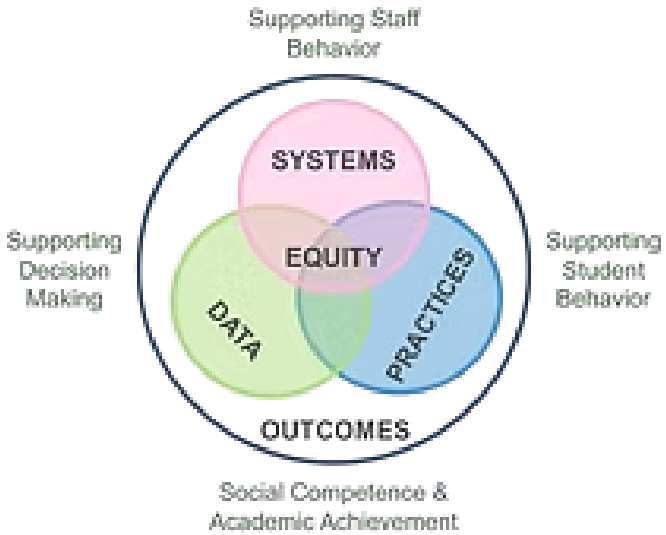
The Collaborative for Academic, Social, and Emotional Learning (CASEL) framework provides a research-based approach to helping children develop essential life skills. It focuses on five core competencies that support students' success in school and beyond: Self-Awareness (understanding one's own emotions and personal identity), Self-Management (learning to manage emotions and achieve goals), Social Awareness (developing empathy and understanding others' perspectives), Relationship Skills (communicating clearly and cooperating with others), and Responsible Decision-Making (making constructive choices about personal behavior and social interactions). By fostering these skills, students are better equipped to navigate challenges, build healthy relationships, and thrive within their school and home communities.





PBIS Midwest: https://www.pbis.org/resource/family-resources

PBIS (Positive Behavioral Interventions and Supports) is a research-based, multi-tiered framework designed to support students' social, emotional, and behavioral success. The Midwest PBIS Network provides the structure and guidance our district needs to organize these supports using data, systems, and evidence-based practices. By implementing this framework, our schools ensure that every student receives the clear expectations, consistent feedback, and targeted assistance needed to thrive academically and socially in a positive, supportive learning environment.



ISBE Parent Resources

- **Introduction to Social and Emotional Learning (2025)**
  - Audience: School Personnel, Caregivers/Family, Community
  - 1-hour, self-paced online course for staff, parents/caregivers, community partners, or anyone who wants the SEL basics from CASEL.
    - An Introduction to Social and Emotional Learning in English
    - An Introduction to Social and Emotional Learning in Spanish
  - Grade bands: Applicable for adults who interact with students across all grade bands.

- **Managing Emotions in Times of Uncertainty and Stress (2026)**
  - Audience: School Personnel, Caregivers/Family, Community
  - Developed by the Yale Center for Emotional Intelligence, this free course will provide participants with the knowledge, skills, and strategies to understand and manage their emotions and those of their students.
  - The 10-hour online course is designed for school staff, including teachers, paraprofessionals, counselors, principals, and non-teaching staff in preK-12 schools.
  - Grade bands: Applicable for adults who interact with students across all grade bands.

- **The Safe Zone Project (2013)**
  - Audience: School Personnel, Caregivers/Family, Community
  - This is a free online resource providing curricula, activities, and other resources for educators facilitating Safe Zone trainings (sexuality, gender, and LGBTQ+ education sessions), and learners who are hoping to explore these concepts on their own.
  - Grade bands: Applicable for adults who interact with students across all grade bands.

- **National Parent Teacher Association (2023)**
  - Audience: School Personnel, Caregivers/Family, Community
  - National organization devoted to the educational success of children and the promotion of family engagement in schools.
  - Grade bands: Early Elementary (K-2), Late Elementary (3-5), Middle School (6-8), Early High School (9-10), and Late High School (11-12)