Title: Stop Obsessing on the Destination and Enjoy the Road Trip

PRESENTED BY:
Marcel E. Rivera, MS
Behavior Intervention Counselor
Martha Villalobos, M.ED
Family Advocate

Brain Smart Start

• Let’s breathe

Today’s Journey: (Learning Objectives)

• Introduction
• Discussion on change and finding purpose
• Increasing understanding of stages of change
• PBIS and Conscious Discipline implementation
• Reflection on the journey
A Lifelong Journey

Finding Purpose

Organizing (Prochaska & DiClemente-1983)
Pre-contemplation (chaos, unaware)

In The Beginning (@ ECEC)
- Overwhelmed by challenging behavior
- Out of Focus
- No Relationship Building
- Spent more time responding to behaviors rather than building nurturing relationships

Contemplation-Awareness
Dysregulated behavior, resistance, overwhelmed, hopeless, attendance

Am I safe? Am I loved? I feel angry I feel sad! My dog died! I feel excited I feel hungry or tired I feel scared! I don’t want to sleep Traumatic Experience I am feeling overwhelmed I have developmental delays I can’t communicate any other way I have sensory needs, I feel overstimulated I need understanding or help I am worried about my parents

At the ECEC we see behavior as communication We wonder “What is he trying to communicate? What type of support does she need?” What skill can I teach?” instead of “What’s wrong you?”

Behavior is what we see

Challenges

• Classroom Isolation
• Identified the need for a system
• Fire-fighting/Putting out fires
• Unable to duplicate what works
• Lack of data to back up our results
• “I have been teaching this way for years”
• Planning/Scheduling of Professional Development

Insights

• Leadership = Success
• Leadership Team and Commitment
• Site-wide Expectations
• Professional Development
• Systems Approach
• Data Collection
• Safety and School Family
Research

Preparation (Let’s Plan!)

Implementation of PBIS and Conscious Discipline (3 to 5 Years)

- Behavior experts
- PBIS Leadership Team
- PBIS and staff
- Expectations
- PBIS Assessments- (TPOT & TPITOS)
- Meeting times
- Reflection Time
Action-Taking the Trip

JOURNEY

Action Steps

• Professional Development/considering adding Conscious Discipline
• Focus on School Family
• Learning specific/concrete techniques that work.
• Developing goals

FOCUS ON PROCESS
Empathy

When we accept the moment instead of fighting it, we put ourselves in the position to offer empathy to ourselves and others.

ACCEPTANCE of the Moment or Steps

SEEING OTHERS’ POINT OF VIEW
Contagious Nature of Stress

Challenges

Happy Accidents
Maintenance---Destination...

Maintenance Phase

- Continue Assessing Classrooms
- Specific PD on PBIS structures
- Coaches
- Individualized PDs
- System for Problem Solving
- Data
- Professional Learning Communities (PLC’s)
- Support Other Sites/Schools
- Our story

Testimonials
Investing in School Family

Reflective Practices

Where are You?
- Reflect on your journey/challenges
- Celebrate steps
- Identify your vision—where do you want to be?
Resources (add resources)

• http://consciousdiscipline.com

Facebook address
www.srpic-ed.org