




SALT RIVER
SCHOOLS

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

 S.T.A.R	 Drain
 Balloon	 Pretzel

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

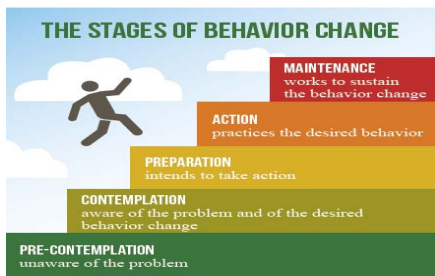
A Lifelong Journey



Finding Purpose



Organizing (Proachaska & 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



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


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 mommy!

An iceberg floating in blue water. The tip of the iceberg is above the surface, representing the visible behavior. The much larger part of the iceberg is submerged below the surface, representing the underlying needs and emotions. The text is overlaid on the image.

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

A small icon of a firefighter in a red jacket and helmet. To the right of the firefighter is a green box with white text that reads "My job is to put out fires." Below the firefighter is a small copyright notice: "© Can Stock Photo".

Insights

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

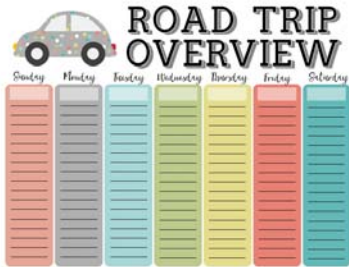
A diagram showing a hand holding a red arrow pointing to the right. The word "LEADERSHIP" is written in the center of the arrow. Above and below the arrow are several smaller arrows pointing in the same direction, suggesting a team or a process.

Research

The What



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

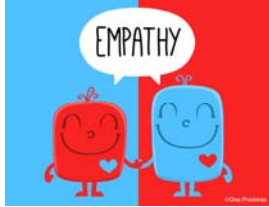
- Professional Development/considering adding Conscious Discipline
- Focus on School Family
- Learning specific/concrete techniques that work.
- Developing goals

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.



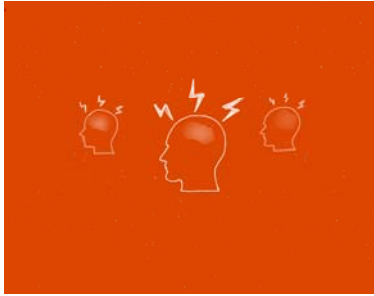
ACCEPTANCE of the Moment or Steps



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

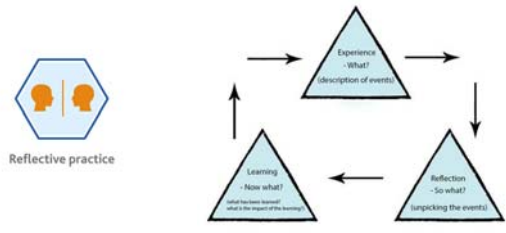




Investing in School Family



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.srpmic-ed.org
