



PBIS Resources Guide

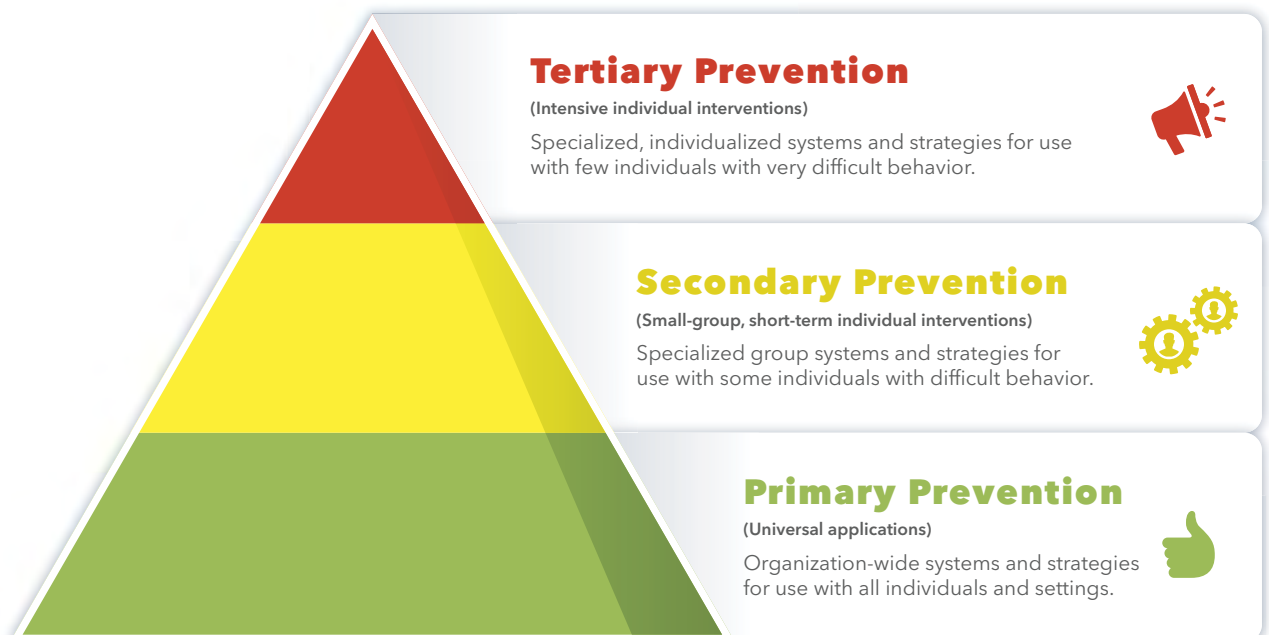


PBIS: Replacing **problem** behavior with **positive** behavior.

Positive Behavioral Interventions and Supports, often referred to as PBIS, is a framework for preventing problem behavior and supporting a person's social, emotional, and behavioral needs.

Also called Positive Behavior Support (PBS) or Multi-Tiered Systems of Support (MTSS) in some geographic areas, PBIS is all about preventing difficult behavior while teaching socially appropriate alternative behaviors. The goal is a better quality of life for individuals and for staff.

A comprehensive PBIS program focuses on three tiers of prevention:



The Keys to Success With PBIS

Two approaches are critical to making your PBIS plan succeed:

1. BE PERSON-CENTERED.

When you're helping someone learn more positive behaviors, empower them to feel directly involved with your team. Make sure they have input. Put the person in the center, with all other players (family, caregivers, teachers, administrators, therapists, etc.) comprising a customized circle of support. Show the individual that their needs, interests, passions, and dreams are always the core focus for the team.

2. BE STRENGTH-BASED.

Working hand in hand with person-centeredness is being strength-based. Build from and celebrate the person's competencies and abilities instead of focusing on deficits and disabilities. Look for their potential and recognize what they CAN do with your belief in their ability to grow and thrive.

JOIN HANDS.

A person-centered, strength-based approach is about self-determination, treating people with respect and dignity, and working together to enhance the person's quality of life. This furthers their inclusion and engagement in their family, school, community, and peer groups.

THINK ABOUT:

- What does "person-centered" mean to you?
- What does "strength-based" mean to you?
- What do these approaches mean to each person in your care?
- How do you practice these values in your day-to-day work?

BEHAVIOR IS A MEANS OF COMMUNICATION.

WATCH AND LISTEN CAREFULLY TO UNDERSTAND WHAT A BEHAVIOR IS COMMUNICATING. KEEP IN MIND THAT COMMON FUNCTIONS OF BEHAVIOR INCLUDE ACCESS, AVOIDANCE, AND MEETING A SENSORY OR EMOTIONAL NEED.





How to Support Positive Behavior

Effectively supporting positive behavior involves making potential changes in three areas:

1. THE ENVIRONMENT.

PBIS strategies focus on fixing environments, not people. Because behaviors have triggers, it's important to look at a behavior in its context, and to center your attention on the individual's environment. Consider factors such as:

- Sensory distractions or overstimulation. Too bright? Too dark? Too loud? Too quiet?
- Crowded or cluttered environments. Too much stuff? Not the right stuff?
- Lack of supervision/structure/support. Is the person unsure of what to do? Of when, where, or how to do it?
- Unexpected changes. Do you use visuals to show what comes when? To show changing routines?

Modify the environment to meet the person's needs. Once their environment fits them, challenging behavior is less likely to occur.

2. STAFF RESPONSES.

Changing someone's behavior often requires changing your own behavior. That's because your behaviors and attitudes as staff impact the behaviors and attitudes of individuals, and vice versa.

Through your person-centered, strength-based responses, you can make something better and be part of the solution. And PBIS can help you teach and reinforce appropriate behavior. Ways to use positive reinforcement include giving the person a:

- Thumbs-up
- High five
- Pat on the back
- Smile
- Verbal comment
- Checkmark on a chart
- Smiley-face sticker
- Token or badge

3. SKILL BUILDING.

If your goal is to eliminate a challenging behavior, it must be replaced with a constructive behavior. When you focus on positive replacement behaviors, the negative behavior gets pushed out of the way, as it becomes irrelevant, inefficient, and ineffective for the person in meeting their needs. Tools for teaching positive skills include modeling, role-playing, using apps or board games, stories, prompting, cue cards . . . the list could go on forever!

BE MINDFUL OF YOUR OWN BEHAVIOR AND HOW IT AFFECTS THE PERSON YOU'RE TRYING TO HELP.

Top 10 PBIS Resources

The following resources will help you learn more about PBIS. Use them to raise awareness among your colleagues too!

1. OSEP Technical Assistance Center on Positive Behavioral Interventions & Supports

pbis.org

This site offers videos, articles, newsletters, and a variety of other resources for schools, families, and communities. Many materials are available in French and Spanish. A calendar of conferences and forums is also available.

2. Association for Positive Behavior Support

apbs.org

The APBS hosts conferences and offers networking opportunities, webinars, articles, and a library of resources specific to schools and districts, community agencies, families, and more.

3. National Center on Response to Intervention

rti4success.org

The National Center on Response to Intervention provides technical assistance to states and districts implementing Response to Intervention (RTI) and Early Intervening Services (EIS). Offering an eNewsletter, charts, webinars, briefs, and implementation guidance, the site is dedicated to helping educators ensure that all students have the opportunity to succeed.

4. PBISApps

pbisapps.org

PBISApps is the maker of the School-Wide Information System (SWIS) Suite, PBIS Assessment, and PBIS Evaluation. They make apps to help schools implement PBIS and collect and use student behavior data for decision making. Schools can gain access to SWIS through a certified SWIS Facilitator. The website also features a PBIS Coordinator List, plus resources and tips.

5. Center on the Social and Emotional Foundations for Early Learning

bit.ly/2fsmyJl

The CSEFEL website offers decision-making guidelines, training kits and modules, videos, briefs, and other resources for families, teachers, caregivers, trainers, coaches, and states dedicated to supporting kids' social and emotional competence.

6. Positive Beginnings: Supporting Young Children With Challenging Behavior

fla.st/2fOLAAd

This site offers online training modules on topics including PBIS, Social and Communication Development, Determining the Meaning of Challenging Behavior, Teaming to Build a Behavior Support Plan, Intervention in Everyday Settings, and Supporting Families. Videos and resources are also available.

7. What Works Clearinghouse™

bit.ly/2fR2WLD

The WWC reviews research on programs, products, practices, and policies in education. It offers information for making evidence-based decisions on ways to improve literacy, increase achievement, reduce dropout rates, help students who have special needs, and more.

8. Successful Schools, Inc.

successfultschools.org

This site offers resources and training in PBIS, response to intervention, building inclusive school environments, classroom management, and functional behavior strategies. Resources such as articles, activities, and handouts are also available.

9. The Technical Assistance Center on Social Emotional Intervention for Young Children

bit.ly/2fTMFHq

TACSEI highlights evidence-based practices that improve social-emotional outcomes for children with, or at risk for, delays or disabilities. Free products and resources including webinars, newsletters, and tutorials are available.

10. Homegrown SW-PBIS Videos

bit.ly/2gzlCPd

This site features over 200 videos that schools across the US have made to support their school-wide PBIS (SW-PBIS) initiatives.



THANK YOU!

We hope you found this resource helpful.

Please feel free to share this guide with a friend or colleague.

WANT TO LEARN ABOUT BLENDING PBIS WITH CPI?

WATCH THIS WEBINAR

bit.ly/2j88naK



ABOUT CPI

The Crisis Prevention Institute trains professionals in person-centered, strength-based strategies to prevent and manage difficult behavior nonviolently. The strategies in this guide offer a sneak peek into CPI's training tool on integrating PBIS with the *Nonviolent Crisis Intervention*® program.

HAVE QUESTIONS? WE'RE HERE FOR YOU!

Give us a call at 888.426.2184 or email info@crisisprevention.com