TIER 2 SERIES:

MORE TIER 2 OPTIONS

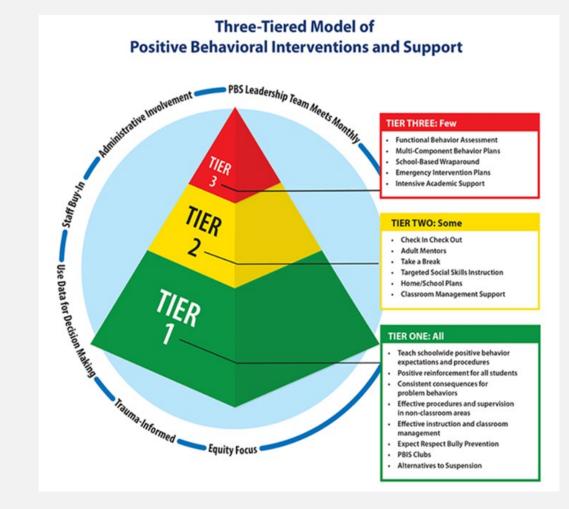
Wayne RESA 2023-24

Chris McEvoy <u>mcevoyc@resa.net</u> Kayrl Reynoso <u>reynosk@resa.ne</u>t

READINESS CHECK TIER ONE CHECKLIST

			Check one		
	Component	In Place	Partially In Place	Not In Place	
1.	Positive behavior expectations are defined and taught in each setting within the school to students and shared with families.				
2.	Practice sessions are scheduled throughout the year to support learning and maintaining behavior expectations.				
3.	A system of positive reinforcement is implemented with all students for demonstrating the positive behavior expectations.				
4.	A continuum of consequences is implemented consistently by all staff for minor behavior infractions.				
5.	The PBIS Team meets at least monthly, reviewing data, providing feedback to staff, and making the necessary system adjustments.				





www.resa.net/teaching-learning/pbis

OBJECTIVE: DEVELOP A TIER 2 SYSTEM FOR YOUR SCHOOL

- Learn about Tier 2 interventions
- Review Tier 2 options with your school's PBIS Team
- Identify a menu of Tier 2 interventions for your school
- Develop a plan for implementation and training
 - Consult district coach
 - Wayne RESA support
- Delegate roles/responsibilities to team members
- Establish Tier 2 Team operations/align with MTSS
- Include Tier 2 interventions in your staff materials
- Submit Tier 2 plan to WRESA by April 12, 2024

MORE TIER 2 OPTIONS

Targeted Social Skills Instruction

Adult Mentors

Home/School Plans

Structured Break Plans

Token Systems

Tier 2 PBIS Plan

TIER 2 PBIS TARGETED SOCIAL SKILLS INSTRUCTION



TEACHING SOCIAL SKILLS

- Social Skills Instruction (SSI) focuses on explicitly teaching behaviors to students who show social skill deficits. Social Skills Instruction assists students in acquiring new behavioral skills, building fluency with existing skills, or generalizing existing skills to new situations.
- Social Skills Instruction teaches students appropriate interpersonal communication skills, self-discipline, and problem solving skills. It combines a number of strategies to prevent and replace problem behaviors, and increase skills and behaviors leading to social competence.

TIER ONE PBIS: TEACHING EXPECTATIONS

- A core feature of Tier One PBIS is that all students receive direct instruction in the school's positive behavior expectations i.e., the PBIS matrix.
- Schools develop core values such as RESPECT, RESPONSIBILITY, and SAFETY, and then define the specific behaviors representing those values in all locations of the school.
- Schools typically have a plan to ensure that all students receive direct instruction in the specific behavior expectations at the beginning of the school year, and then provide booster lessons throughout the school year.

the	Classrooms	Restrooms	Hallways	Arrival/Departure	Lunchroom	Bus	Auditorium
BE RESPECTFUL	 Use appropriate language Use kind words and actions Raise hand to speak 	Zero level voices Respect others' privacy Clean up after yourself	 Zero level voices Walk in third tile from the wall Respect artwork and displays 	 Zero level voices Enter/leave in an orderly fashion Wait patiently in line Follow all staff directions 	Use appropriate volume Use good manners Keep hands, feet, and objects to yourself	Level 1 voices Wait in line Listen to the bus driver Share seats Use appropriate language	Zero level voice: Follow direction Use positive words and actio
BE RESPONSIBLE	Follow directions Use time wisely Take care of materials Be prepared	Use what is needed Flush toilets Throw trash away Wash hands with soap	 Walk safely Keep hands, feet, and objects to yourself Use Star Stops when in line 	Listen to staff and safety patrol Go directly home Be on time	Follow directions Clean up after yourself Eat in a timely manner	Stay seated Keep your body and belongings inside the bus	Get seated quick Flip seats up when time to go
BE SAFE	Keep hands, feet, and objects to yourself Walk	Get in and out quickly Walk Report any issues to a staff member	Eyes forward Listen for directions Stay in line Hands at side	Cross at the corners Stay on sidewalk Go directly home (after school)	Listen for directions Stay in your seat Always walk	Enter and exit in an orderly fashion	Stay seated Backs against the chair Feet on the floor

WHY TARGETED SOCIAL SKILLS INSTRUCTION?

- Tier 2 targeted social skills instruction is utilized when one or a small group of students are having difficulty consistently demonstrating one or more of the school's expectations.
- Those students may need additional instruction, perhaps in a different format, more practice, more reminders, and more reinforcement in the expectations selected for targeted instruction.

TARGETED SOCIAL SKILLS AS A TIER 2 INTERVENTION

Identifying skills/behaviors for instruction

- Which specific expectations is the student having difficulty with?
- Ask his/her teachers.
- Refer to behavior incident reports or Office Discipline Referrals.
- If the student is on Check In Check Out in what area (respect, responsibility, or safety) are they having the most difficulty? Targeted social skills instruction can be used to augment CICO.

GETTING STARTED

Since the student has not mastered the expectations through the Tier One level of instruction they will likely need some explicit instruction in the behavior.

Example: The student has a repeated problem with interrupting others and speaking disrespectfully. The Tier 2 team decides targeted instruction in "active listening" will be started with the student and a small group of other students.

Active listening is broken into its component parts for explicit instruction:

- **Pay attention avoid distractions**
- Show you're listening nod, smile, eye contact
- Give feedback ask clarifying questions
- **Don't interrupt don't argue**
- **Respond respectfully**

WHAT IS EXPLICIT INSTRUCTION?

Explicit instruction is a way to teach in a direct, structured manner.

Anita Archer describes explicit instruction as a 3 step process:

- Modeling & Demonstration "I do"
- Guided Practice "We do"
- Independent Practice "You do"

BUILDING FLUENCY & GENERALIZATION

• Practice plus constructive performance feedback builds fluency.

• The more practice the better.

- Use the following generalization strategies to promote use of the target skills with other people, situations, etc.
 - Teach/Practice in the environment the skill will be needed.
 - Have multiple people/adults prompt and acknowledge the positive behavior when it occurs.
 - Use real life situations for instruction.
 - Make sure the student is rewarded when they display the behavior.

WHAT ABOUT FUNCTIONAL BEHAVIOR ASSESSMENT?

Should we do a functional behavior assessment before beginning targeted social skills instruction?

- Not necessarily. It may be relatively easy to identify the positive behavior expectation from the matrix that the student needs extra help with.
- The identification of "replacement behaviors" typically involve some degree of FBA in that it is necessary to identify a prosocial behavior that serves the same function as the problem behavior and that is more efficient in gaining positive reinforcement for the student. This is typically a Tier 3 level intervention.

PLAN FOR TARGETED INSTRUCTION

- When will it occur?
- Where?
- Who does it in your school?
- Can a support person work with teachers and paraprofessionals to develop a plan for targeted social skills instruction?

PBIS/ADULT MENTORS



MENTORING AS A TIER 2 PBIS INTERVENTION

- Any school staff person can be a mentor
- Should be voluntary
- Match one student per staff person
- Mentors agree to spend at least 15-30 minutes per week with the student
- Mentoring is not the same as Check In Check Out

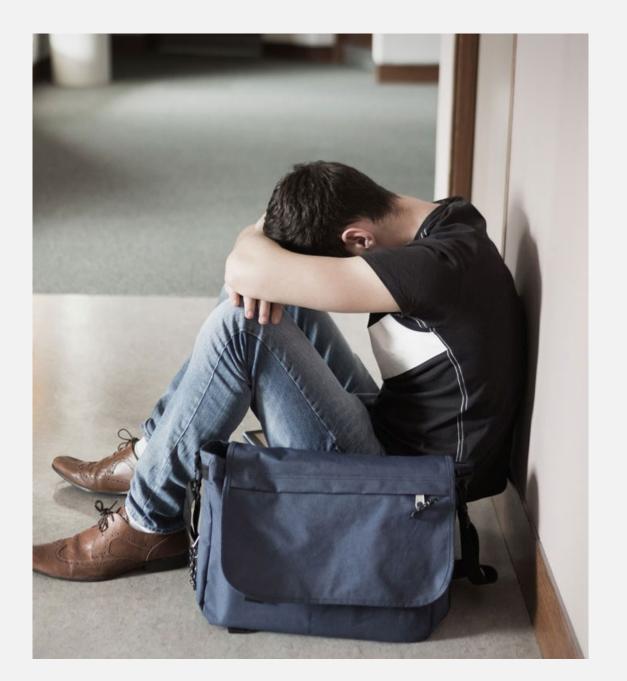
THE NEED/SCREENING

Student is not responding to Tier One interventions alone

- Office Discipline Referrals
- Classroom data system
- Teacher or other Staff nomination
- Parent nomination

WHAT ABOUT THE STUDENT MAY SUGGEST THE NEED FOR A SCHOOL-BASED MENTOR?

- Rewards and consequences appear ineffective
- Student lacks motivation
- Student appears to lack self-esteem or self-confidence
- Student lacks positive adult role models
- Student appears to not like school



TIPS FOR SUCCESSFUL "TEACHER AS MENTOR" PROGRAMS - CFES

- Listen spend two thirds of mentoring time listening; give your full attention to the student
- Try locations other than the classroom send the message that this is our time
- Enjoy it! Don't feel you have to "save" the student – just try to make a connection



TIPS CONT.

- Do something you both enjoy.
 Connect to the student's interests.
- Be a "guide" don't try to "fix" the student's problems
 - Ask questions
 - Help the student set goals
 - Make suggestions



THINGS TO DO AS A SCHOOL-BASED MENTOR

Each lunch together
Stop in at beginning or end of day
Play a game (cards, checkers, etc.)
Shoot baskets
Sit and talk
Get a snack
Knit/sew

• Take a walk



TIM LEWIS, U. OF MISSOURI ON MENTORING

Focus on "connections"

- Not a work monitor
- Not a "nag" regarding behavior
 No administrators
 Match student to the volunteer



Emphasize the importance of being ready to meet with the student on a consistent basis. Become a positive adult role model who expresses sincere and genuine care for the student.

WHAT MENTORING FOSTERS LIVONIA PUBLIC SCHOOLS INFORMATION ON MENTORING

• Student may have learned from negative role models.

The relationship fosters a new way of relating to people.
Student may cover up feelings and set up barriers.

• The relationship fosters how to express emotions appropriately.

• Student may have a distrust of adults.

• The relationship fosters trust of caring adults.

ESSENTIALS

- Inform Parents and get consent.
- Respect the student's confidentiality.
- Let administrator know of any concern regarding the student.

DATA-BASED

Continue progress monitoring Data sources

- Office referrals
- Classroom behavior reports
- Grades
- Attendance and tardies
- Tier 2 team should include the Mentor in reviews and decision-making process.
- Conduct a Functional Behavior Assessment, if necessary.

REFERENCES

- DuBois, D. L., Portillo, N., Rhodes, J. E., Silverthorn, N., & Valentine, J. C. (2011). How Effective Are Mentoring Programs for Youth? A Systematic Assessment of the Evidence. Psychological Science in the Public Interest, 12(2), 57–91
- Keller, T. E., & Pryce, J. M. (2012). Different roles and different results: how activity orientations correspond to relationship quality and student outcomes in school-based mentoring. The Journal of Primary Prevention. 33.1, 47.
- <u>https://www.mentoring.org/wp-content/uploads/2019/11/Snapshot-on-Mentoring-2016.pdf</u>
- Mentor Michigan <u>http://www.michigan.gov/mentormichigan</u>

TIER 2 HOME-SCHOOL PLANS

Need for greater	Talk to the parents	Written plan stating
consistency and	– invite them to	expectations,
support between	work together with	rewards, &
home & school	you	consequences
Directly link school & home expectations & consequences	Parents & school staff review together with student	Follow-up review meetings

TIER 2 HOME/SCHOOL PLAN

Home/School Plan

Student:

Positive behaviors to be increased:

Behaviors to be decreased:

The school agrees to:

Parents agree to:

Student Agrees to:

Date to review progress: Signature of school staff: Signature of student: Signature of parents/guardians:

Wayne RESA 2020

SAMPLE HOME/SCHOOL PLAN

Home/School Plan

Student: Marcus

Positive behaviors to be increased:

Daily attendance at school. Getting to class on time. Staying in class.

Behaviors to be decreased:

Unexcused absences. Wandering the halls. Walking out of class.

The school agrees to:

Implement Check In Check Out. Touch base with student throughout the day. Provide weekly reward activity for reaching 80% on CICO.

Parents agree to:

Enforce night time curfew and getting student to school on time. Review his CICO

every day. Reinforce meeting his CICO goal.

Student Agrees to:

Shut off electronics at night time curfew. Get to class on time and stay there until dismissed. Meet with CICO mentor.

Date to review progress: Monthly Zoom meeting with school and parent until the end of the semester.

Signature of school staff:

Signature of student:

Signature of parents/guardians:

Wayne RESA 2020

Wayne RESA 2020



STRUCTURED BREAK PLANS

STRUCTURED BREAK

- A number of students can benefit from being able to take a break.
- Benefits:
 - Defuse potentially explosive situations
 - Intervene effectively before behaviors escalate to major infractions
 - Calm down, think clearly
 - Refocus
 - Some students need more movement
 - Teach important coping skills
 - Keep students in school

WHAT'S THE ALTERNATIVE?

- Break plans may be used for escape-motivated behavior that is severe enough to disrupt the class or that may result in harm to the student or others.
- A long-term goal may be to teach the student to request and receive help.
- Another option is to provide intensive practice in the work or situation the student seeks to avoid, so as to decrease frustration with it.

TIER I AND TIER 2 BREAKS

- At a Tier I level, breaks are part of the classroom management procedures. Students may utilize break areas and calming kits in the classroom when they become agitated.
- A Tier 2 break plan is more formalized. It is a plan with defined procedures and may take place outside of the classroom.
- Documentation for Tier 2: How often does the student take a break? How much instructional time is being missed?
- Be careful that the breaks are not reinforcing.

ARE STRUCTURED BREAKS EFFECTIVE?

- A 2014 study found that providing break passes to typically developing students demonstrating escape-motivated disruptive behavior reduced the disruptive behavior and increased academic engagement.
- A similar 2018 study found that providing break passes to students with disabilities who presented escape-motivated disruptive behaviors also greatly reduced disruptive classroom behaviors and increased academic engagement.
- Students and teachers rated the break intervention as effective and acceptable.



DOESN'T IT REWARD NEGATIVE BEHAVIOR?

- Breaks should not be confused with reward activities. They should be "neutral" in terms of reward value - not a punishment, not a reward.
- It is a time to calm down, re-focus, and get back on track.
- Monitor how often they are used. If necessary, limit the number of breaks the student takes in a day. Don't allow breaks to be used to completely avoid demand situations. Have the student return to the demand when calm.
- Consider conducting a functional behavior assessment.

WHAT'S THE DIFFERENCE BETWEEN A BREAK AND A REWARD?

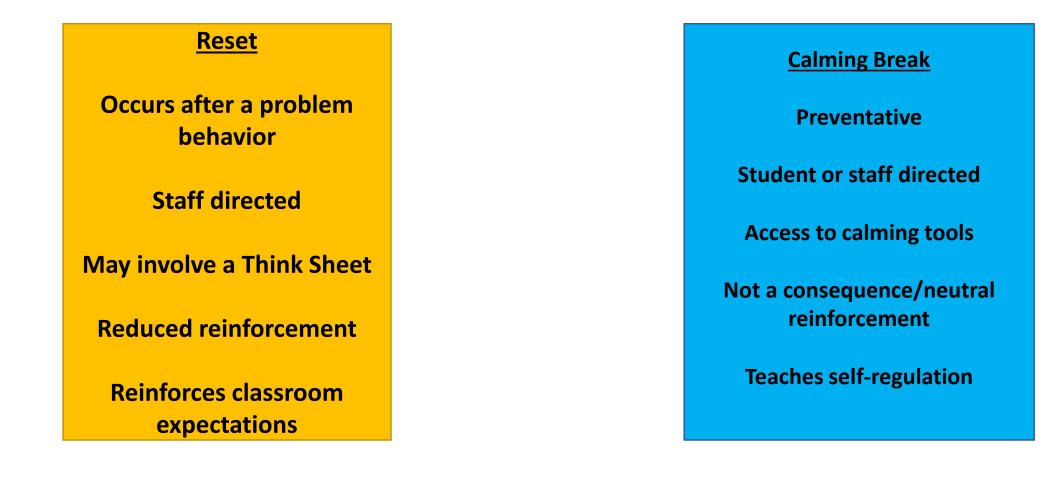
Calming Break

Neutral (not reinforcing) Preventative Student or staff directed Access to calming tools Teaches self-regulation

Reward

Reinforces behavior Earned privilege Highly desirable activities May include peers and/or adults

What is the Difference Between a Reset Time-Out and a Calming Break?



DIFFERENT BREAK OPTIONS

Examples:

- A quick lap around the school
- 5 minutes on a bench in the hall
- Go talk to a designated adult
 - Calm down before talking
- 5 minutes alone at student's desk
- Get a drink of water; extra bathroom break



CALMING BREAKS

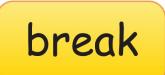
- <u>http://www.edutopia.org/blog/brain-breaks-</u> <u>focused-attention-practices-lori-desautels</u>
- <u>https://www.gonoodle.com/?ref_id=GNblog2</u>

PBIS contract pays for small, hand held calming tools.

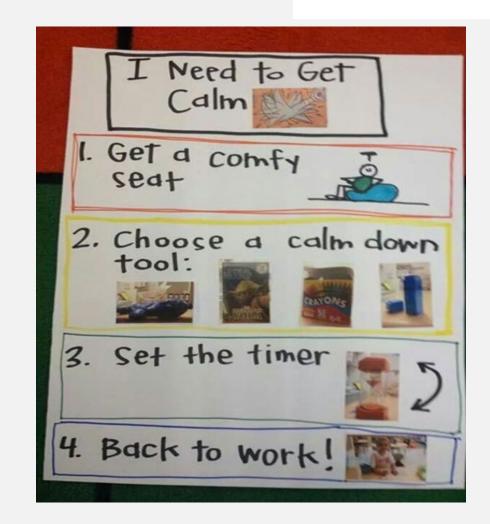




TEACH AND PRACTICE HOW TO TAKE A BREAK



- Teach the break procedure to the student. Practice or review the procedure before using it.
- Establish a signal for requesting a break e.g., break card.
- If the student has a hard time using the procedure when they need it, practice it some more.
- Generally, time limit breaks. Use a timer.
- If the student needs frequent breaks, consider scheduling them proactively, 2-3 times/day.



INFORM THOSE THAT NEED TO KNOW

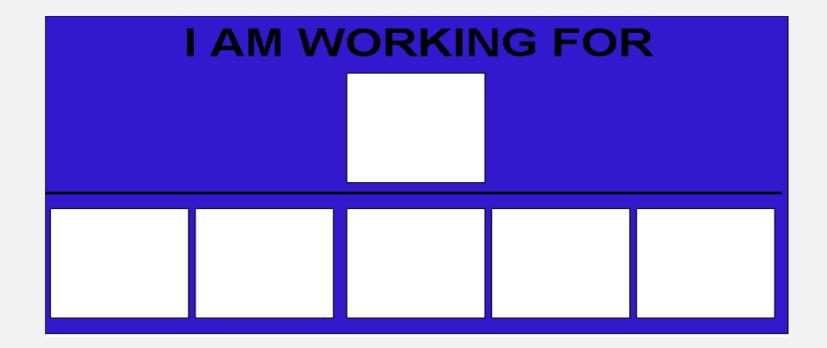
- If a student has a "structured break" plan, all staff that work with that student should be aware of it, and follow the plan consistently.
- Effective use of a break strategy can decrease major incidents of problem behavior while working on other replacement behaviors and academic skills.

REFERENCES

- Cook, C.R., Collins, T., Dart, E, Vance, M.J., McIntosh, K., Grady, E.A., & DeCano, P. (2014) Evaluation of the Class Pass Intervention for Typically Developing Students with Hypothesized Escape-Motivated Disruptive Classroom Behavior. *Psychology in the Schools*, 51, 107-125.
- Narozanick, T., & Blair, K. C. (2018). Evaluation of the Class Pass Intervention: An Application to Improve Classroom Behavior in Children With Disabilities. Journal of Positive Behavior Interventions, 21(3), 159-170
- Teaching Students with Behavior Problems to Take a Break, 2016 <u>http://isc.sagepub.com/content/51/5/301.abstract</u>
- Breaks are Better: A Tier II Social Behavior Intervention, 2013 <u>http://link.springer.com/article/10.1007/s10864-013-9184-2</u>

VISUAL TOKEN SYSTEMS

TOKEN SYSTEMS ARE EFFECTIVE FOR INCREASING ON-TASK BEHAVIOR AND WORK COMPLETION



http://www.silverliningmm.com/tokenframe.htm

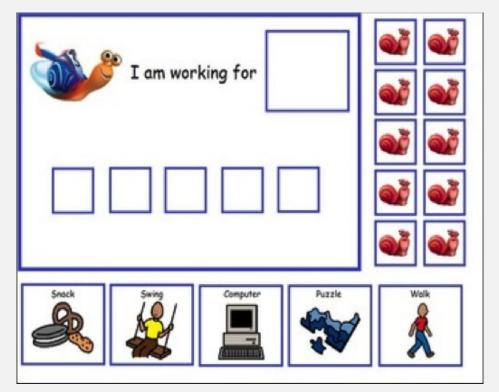
TOKEN SYSTEMS BENEFITS

- Highly effective for students with low work stamina.
- Provides a high rate of feedback and reinforcement.
- Advantage: Token systems set the stage for teaching delayed gratification. Once the student has learned and "bought into" the system, demands can be increased e.g., increase the number of tokens earned before a token exchange.
- Provide a menu of reward options for the token exchange. Keep it fresh.

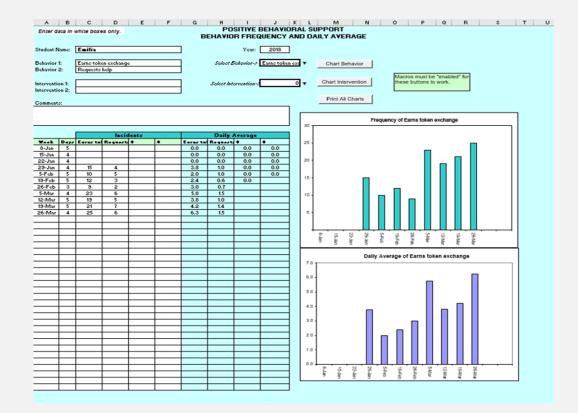
Token Systems

TIPS:

- Teach the token system to staff AND to the student. Identify who will do this.
- Agreement on how students earn tokens be very specific and consistent – EVERYBODY follows the plan.
- Do not take tokens away as a consequence.
- Provide token immediately after task completion or at scheduled time – let student know why they received the token/social reinforcement.
- Ensure the reward is meaningful to the student. Create a reward menu.



TOKEN SYSTEMS AND DATA COLLECTION



- How often is the student earning tokens and token exchanges? These can be indicators of success with replacement behaviors:
 - Task completion
 - Asking for help
 - Following directions
 - Using appropriate language

COMBINING TOKEN SYSTEMS WITH CICO

-			Daily	Check	In Cl	heck	οι	it Da	ata (Sum	mar	У						
Student's Name	Jordan											Mo/Year 19-Oct						
Comments]		Stand	ard	80%	6	
Da	ta Entry S	ection																
Date	Possible Points	Points Earned	Daily %			Dai	lv F	Derr	en	tane	of	Poir	nte F	arn	ed			
9/30/2019	42	42	1.00			Dai	iy i	CIU	.611	lage			113 1	-ai ii	cu			
10/1/2019	42	41	0.98															
10/2/2019	42	42	1.00	1.00														
10/3/2019	42	35	0.83	1.00					_									
10/4/2019	42	40	0.95	0.90	-													
10/7/2019	24	20	0.83	0.80														
10/8/2019	42	35	0.83															
10/9/2019	42	40	0.95	0.70														
10/10/2019	42	40	0.95	0.60														
10/11/2019	42	36 30	0.86	0.50														
10/14/2019	42	30	0.71															
10/16/2019	42	38	0.90	0.40														
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					Se	p Oct	Oct	Oct	Oct	Oct	Oct C	Oct O	ct Oc	t Oct	Oct	Oct	Oct	Oct

- Use CICO as a data source and an overall picture of how the student is doing.
- The token system supports the student with task completion and keeps the student on track to earn their points throughout the day.

 Reitman, D. 2004. Behavior change and perceptions of change: evaluating the effectiveness of a token economy. *Child and Family* Behavior Therapy, 26.2, 17.

- Vanderbilt Kennedy Center Token Economy: Tips and Resources for Teachers
 - <u>https://vkc.vumc.org/assets/files/tipsheets/tokeneconomytips.pdf</u>

TIER 2 PBIS PLANS

POSITIVE BEHAVIOR SUPPORTS

- Targeted assistance
- Targeted pre-corrections
- Visual supports graphic organizers
- Increase practice on skills
- Increased academic supports
- Increase choices
- Homework help
- Organizational help
- Increase parent communication
- Targeted supervision
- Non-exclusionary time-out
- Contingent privilege loss
- Add strength-based activity

- Schedule Change
- Change the task
- Break the task down
- Shorten work sessions
- More frequent reinforcement
- Increase opportunities to respond to instruction
- Increase opportunities for movement
- Change seats
- Work with a peer
- Change verbal prompts: create common language
- Morning check in
- Other Tier 2 Interventions

,	
	Tier 2 Positive Behavior Support Plan
ľ	
Student:	Date:
Parents:	School:
Support Sta	ff: Teachers:
Brief descrip	ption of problem behavior(s):
Behaviors to	be increased:
Functional E	Sehavior Assessment Summary/Hypothesis Statement:
Interventior	Plan: (Describe how targeted positive behavior supports will be implemented.
Data Collect	tion: (e.g., Check In/Check Out data, graphed scatterplot, ABC data)
Schedule fo	r Review of Tier 2 PBSP:

Wayne RESA PBIS Professional Development 2023-24

Positive Behavioral Interventions and Supports Wayne RESA Course Offerings Fall-Winter 2023-24



Course #5421: PBIS Tier 3 Series

- FBA/Data Systems October 3, 2023 8:30 AM-10:30 AM (Virtual)
- Designing Intensive PBIS Plans November 10, 2023 8:30 AM-10:30 AM (Virtual)

 Emergency Interventions November 21, 2023 8:30 AM-10:30 AM (Virtual)

Wraparound December 11, 2023 8:30 AM-10:30 AM (Virtual)



- Course #5417: PBIS Tier 1 Series
- Tier 1 Systems/Basics September 20, 2023 8:30 AM-10:30 AM (Virtual)
- Classroom PBIS October 13, 2023 8:30 AM-10:30 AM (Virtual)
- PBIS Data Reports November 3, 2023 8:30 AM-10:30 AM (Virtual)
- Expect Respect November 28, 2023 8:30 AM-10:30 AM (Virtual)
- Register here.



Course #5419: PBIS Tier 2 Series

Check In Check Out

September 25, 2023

More Tier 2 Options

October 18, 2023

8:30 AM-10:30 AM (Virtual)

8:30 AM-10:30 AM (Virtual)

Tier 2 Trauma-Informed

Tier 2 Systems/



Wayne RESA: 33500 Van Porn Foad - Wayne, MI 48184 - 734,334,1300 - 734,334,1620 FX - www.resa.net Board of Education: James S. Beri - Mary E. Blackmön - Danielle Funderburg - Lynda S. Jacksön - James Petrie Daveda J. Colbert, Ph.D., Superintendent Wayne RESA is an equal opportunity employer

Positive Behavioral Interventions and Supports Wayne RESA Course Offerings Winter/Spring 2024



Course #5476: PBIS Tier 1 Series Course #5479: PBIS Tier 2 Series

- Tier 1 Systems/Basics January 17, 2024 8:30 AM-10:30 AM (Virtual)
- Classroom PBIS February 6, 2024 8:30 AM-10:30 AM (Virtual)
- PBIS Data Reports March 8, 2024 8:30 AM-10:30 AM (Virtual)
- Expect Respect April 16, 2024 8:30 AM-10:30 AM (Virtual)







Wayne RESA: 33500 Van Born Road - Wayne, MI 48184 - 734,334,1300 - 734,334,1620 FAX - www.resa.net

Board of Education: James S. Beri · Mary E. Blackmon · Danielle Funderburg · Lynda S. Jackson · James Petrie Daveda J. Colbert, Ph.D., Superintendent Wayne RESA is an equal opportunity employer

Register here

Tier 2 Systems/Basics

8:30 AM-10:30 AM (Virtual)

8:30 AM-10:30 AM (Virtual)

8:30 AM-10:30 AM (Virtual)

Alternatives to Suspension/

8:30 AM-10:30 AM (Virtual)

Addressing Disproportionality

Tier 2 Trauma-Informed

January 22, 2024

More Tier 2 Options

February 14, 2024

March 12, 2024

April 24, 2024

Support

Course #5481: PBIS Tier 3 Series

- FBA/Data Systems January 30, 2024 8:30 AM-10:30 AM (Virtual)
- Designing Intensive PBIS Plans March 5, 2024 8:30 AM-10:30 AM (Virtual)
- Emergency Interventions April 11, 2024 8:30 AM-10:30 AM (Virtual)
- Wraparound May 1, 2024 8:30 AM-10:30 AM (Virtual)



Course #5484: Early Intervention for Young Children at Risk for Oppositional Behavior

 March 15, 2024 8:30 AM-10:30 AM (Virtual)



- Course #5486: PBIS Tier 1 Overview
- May 7, 2024 8:30 AM-10:30 AM (Virtual)





- Course #5424: Early Intervention for Young Children at Risk for **Oppositional Behavior**
- October 6, 2023 8:30 AM-10:30 AM (Virtual)





TIER 2

TIER 1



