The PBIS Resource Center at Arkansas State University

## Positive Behavioral Interventions & Supports

## Facilitator's Guide to PBIS Training

**Module 1:** Philosophy and Overview of PBIS







#### **Arkansas State Personnel Development Grant**

Focus Area: Philosophy of PBIS, Overview of PBIS

**Title of Training:** 

**Module 1: Philosophy and Overview of PBIS** 

**Suggested Training Time:** 1-2 Hours

#### About this guide:

This guide and others in the series were developed to assist facilitators when presenting PBIS training modules to administrators, schools, districts, teams, and others interested in implementing PBIS.

#### What is included?

- The first part of this guide (pgs. 1 3) includes information to help facilitators prepare to present the training module.
- The main part of this guide includes a picture of each slide from the accompanying PowerPoint, with notes for presenting each slide.
- Throughout the guide are activities and examples that are not included in the accompanying PowerPoint presentation.
  - o The activities will appear in a green text box with a green star.
  - Examples will appear in a blue text box with a smiley face.
- At the end of this guide are "homework assignments" (preparing for next steps), discussion questions, and resources for attendees.

#### **Training Description:**

This training module has been developed to brief school leaders and other workshop/professional development participants about the essential shift in discipline philosophy to successfully implement PBIS.

#### **Training Sections:**

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Section 1 – Philosophy of PBIS (Slides 3 - 20) pgs. 4 – 24
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Section 2 – Steps to Implement PBIS (Slides 21 - 26) pgs. 25 – 31

Section 3 – Before You Begin Training (Slides 27 - 33) pgs. 32 – 45

#### **Training Materials/Equipment Needed:**

#### PowerPoint for Module 1: Philosophy and Overview of PBIS

- Equipment to project the PowerPoint
  - Laptop computer
  - Multiple ways to access PowerPoint (downloaded on computer, flash drive, etc.)
  - Projector
  - o Speakers, if needed
  - o Microphone(s), if needed
  - o Required connecting cables, extension cords, etc.
  - "Clicker" to advance slides
- Note on showing videos embedded in the PowerPoint presentation:
  - Before beginning your training session, put the PowerPoint in presenter mode and advance to the slides with embedded videos.
  - o It may take a minute for video to load. Be patient.
  - Once video is loaded, a still shot with arrow to start the video will appear on the slide.
  - Click on arrow to check that the video works with your Wi-Fi.
- Provide links for participants to download the PowerPoint
- Only if necessary, provide a hard copy of the PowerPoint

#### **Suggested Materials:**

- Notepads
- Pens or pencils
- Easel and flip chart
- Markers
- Sticky notes

#### **Handouts:**

Physical and/or electronic copies of

• Readiness form example (pg. 38)



#### **Activities in this Training:**

• Discussion of Rewards and Acknowledgements (pg. 19)

#### **Essential Questions:**

These essential questions will be addressed in this training module:

- What is the PBIS philosophy and approach to discipline?
- Why is it important to commit to a new philosophy before implementing PBIS?
- What steps should be taken before beginning to implement PBIS?

### **Trainer Tips:**

This may be the first information some participants will get on PBIS. This
training won't get deep into the components of PBIS, but rather is to
help participants understand background on PBIS as they begin
exploring whether they want to implement it in their district or school.

### **Training Section One**

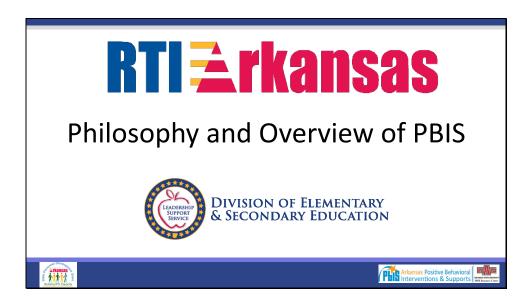
## **Philosophy of PBIS**

**Slides 3 - 20** 

### Goals

### Participants will understand

- The background on school climate and discipline
- The philosophy of PBIS
- The PBIS three-tiered model of prevention



# Slide #1 [ Philosophy and Overview of PBIS ]

• Images in this module were obtained at google.com/images unless otherwise specified.



## Context

- Philosophy of PBIS
- Steps to implement PBIS
- Before you begin training



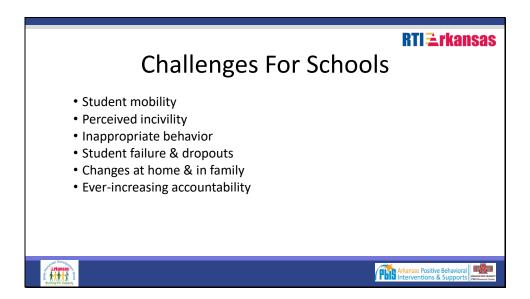




Slide #2 [Context]



Slide #3
[ Philosophy of PBIS ]



# Slide #4 [ Challenges For Schools ]

#### **Trainer Notes:**

 Some schools have more challenges than others, but all schools are under pressure being assessed and held accountable for student outcomes while dealing with increasing challenges like the ones above.



## What Some Teachers Say

- "Students don't really have any consequences. They do whatever they want. Teachers feel helpless. Teachers are made to feel small and disrespectful."
- "Children need IMMEDIATE consequences...They get more out of control every day."
- [We need to] "... revert back to real discipline and send them home!!"

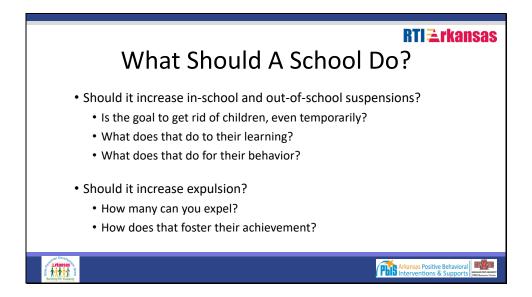




# Slide #5 [ What Some Teachers Say ]

#### **Trainer Notes:**

• The comments on this slide were taken from a 2018 survey of staff members in an Arkansas school.

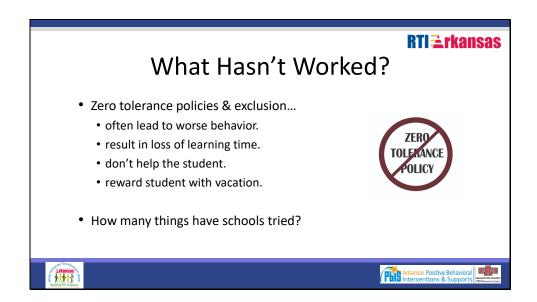


# Slide #6 [ What Should A School Do? ]

#### **Trainer Notes:**

 A common assumption is that students who receive a suspension will be less likely to engage in problem behavior in the future. See Do Out-of-School Suspensions Prevent Future Exclusionary Discipline? by Michelle M. Massar, Kent McIntosh and Bert M. Eliason;

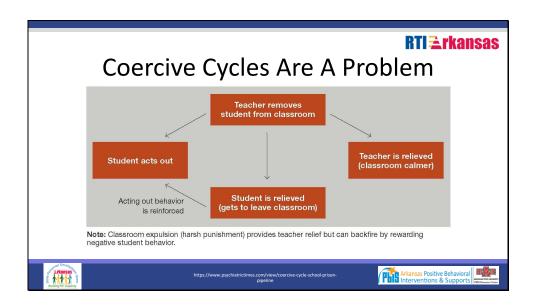
https://www.pbis.org/resource/do-out-of-school-suspensions-prevent-future-exclusionary-discipline



# Slide #7 [ What Hasn't Worked? ]

#### **Trainer Notes:**

 Beginning in the 1990's, zero tolerance was adopted by schools all over the country, but this led to students being suspended or expelled for behavior that didn't require this extreme consequence. Now, compare that to a student doing something wrong academically. Do we exclude the student?

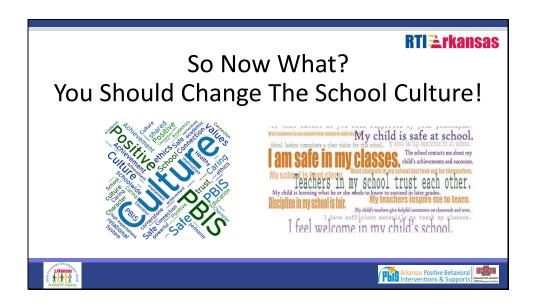


# Slide #8 [ Coercive Cycles Are A Problem ]

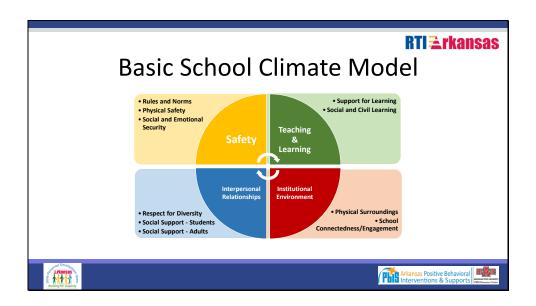
#### **Trainer Notes:**

• Researchers found that being disciplined was only a deterrent for about 20% of 3rd through 8th grade students, and for about 25% of students being disciplined led to increased disruptive behavior.

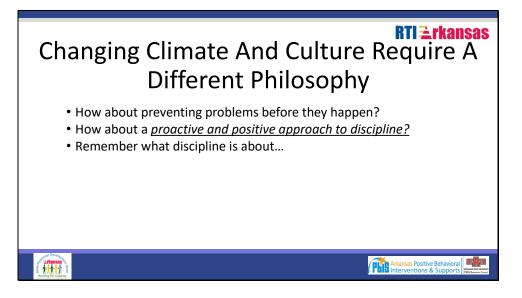
https://www.psychiatrictimes.com/view/coercive-cycle-school-prison-pipeline



Slide #9
[ So Now What? You Should Change The School Culture! ]



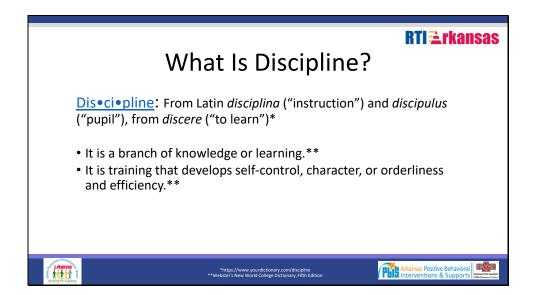
Slide #10
[ Basic School Climate Model ]



Slide #11
[ Changing Climate And Culture Require A Different Philosophy ]

#### **Trainer Notes:**

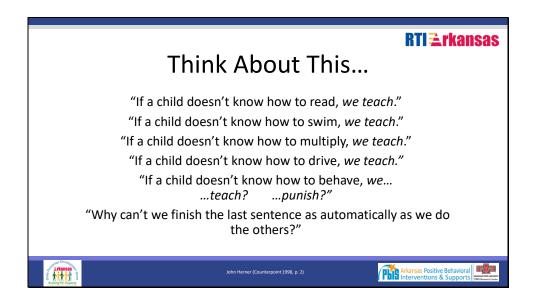
PBIS starts with a change in the way <u>adults</u> approach discipline. Instead of
just giving students a handbook of rules and a list of things "not to do" and
waiting for them to make mistakes, PBIS is about having expectations for
behavior, teaching and modeling that behavior, and encouraging that
behavior.



# Slide #12 [ What Is Discipline? ]

#### **Trainer Notes:**

• The word discipline is often used as a synonym for punishment, instead of the original idea that it is learning and education. PBIS adheres more truly to this definition through teaching, modeling, and encouraging appropriate behavior, and encouraging students to continue to do it. This process should lead to students developing and using the behavior without needing the extrinsic "rewards" that were used when first learning the behavior.



# Slide #13 [ Think About This... ]

#### **Trainer Notes:**

• This is a quote from John Herner, former President of NASDSE 1998. We can't just expect students to know what behavior to use if we don't teach them first.



## The PBIS Philosophy

- Adults must stop...
  - trying to get tougher; it will just anger and alienate children and leads to frustration.
  - being reactive; it just keeps you angry because it doesn't work.
  - assuming children all know "how to behave".
- Adults must start...
  - acknowledging children when they do well (just like grades in academics).
  - preventing problems by planning and being proactive.
  - teaching children what you want them to do.





## Slide #14 [ The PBIS Philosophy ]

#### **RTI≟rkansas**

### Really? Will That Work?

- Don't you like being acknowledged when you do "good"?
  - What is it when you say "thank you"?
  - Why do hotels, airlines, credit cards, etc. give "reward points"?
- Students want respect just like you do, and they respond to it.
- "Consequences" are not ignored, but teaching comes first.





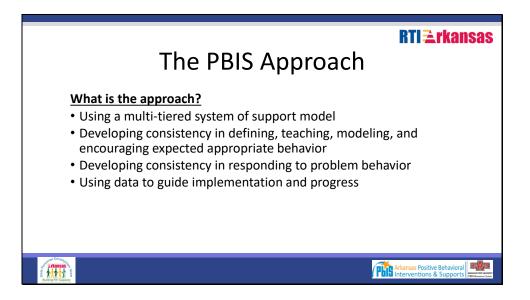
## Slide #15 [ Really? Will That Work? ]



#### **ACTIVITY**

Discussion of Rewards and Acknowledgements

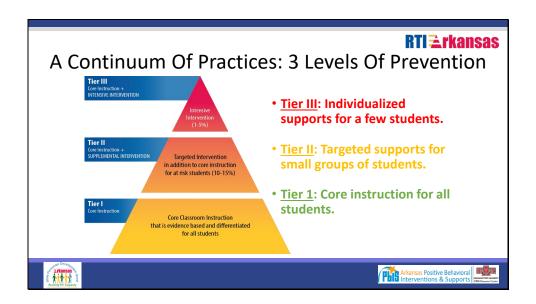
Ask participants what kinds of rewards or acknowledgments they like to get, and what programs they belong to because of the rewards. How do these inform their behavior?



# Slide #16 [ The PBIS Approach ]

#### **Trainer Notes:**

• PBIS is a proactive, preventive approach that supports all students, with increasing levels of prevention. Everyone receives "general education" in expected behavior, along with acknowledgments for following the expected behavior. Some students need more teaching, and a few students may need intensive support. Developing consistency in prevention and also response to misbehavior is a big part of PBIS. Data are used to make decisions about all aspects of PBIS (e.g., what, when, and how to teach and acknowledge; progress monitoring school-wide as well as in classrooms).



Slide #17
[ A Continuum Of Practices: 3 Levels of Prevention ]

#### **Trainer Notes:**

 This is a pyramid graphic that describes the three tiers of intervention for PBIS (same for RTI, in general). This pyramid has become an iconic symbol in PBIS implementation. We call these levels of prevention because the goal is to prevent students from making more mistakes or escalating in behavior. Note how the tiers overlap – they are not separate. Students receiving Tier II or Tier III interventions are still receiving Tier I support.



### **Tiers Of Interventions**

PBIS is for <u>ALL</u> students (even those needing Tier 3 services).

- EVERYONE receives instruction in behavior.
- Some students may need more (Tiers 2 and 3), *but* they still get Tier 1 instruction and support.

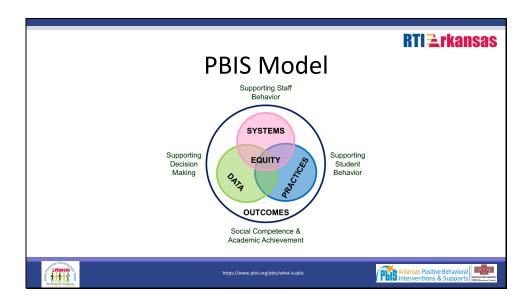




# Slide #18 [ Tiers Of Interventions ]

#### **Trainer Notes:**

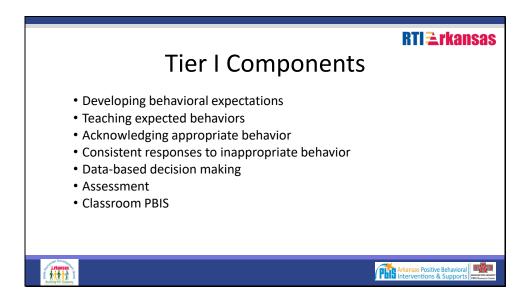
The PBIS Framework provides three levels of interventions, which is ideal
for giving students the best opportunity to succeed. Not all students that
are making mistakes need individual or intensive interventions. PBIS
provides a continuum of interventions matched to the needs of the
students.



### Slide #19 [ PBIS Model ]

#### **Trainer Notes:**

• This illustration shows how everything works together in the PBIS process. The combination of systems, practices, and data-based decision making works towards the desired outcomes of social and academic success for students. Systems (e.g., PBIS team) support the staff so that they can efficiently and effectively provide supports for students, and decisions about these systems and practices are guided by collecting and analyzing school data to make sure things are working and that practices support students.



# Slide #20 [ Tier I Components ]

#### **Trainer Notes:**

 These are the components that will need to be developed to implement PBIS with fidelity. In order to prepare, to create your team and prepare for training, consider these components and think about personnel that have skills in these areas.

## **Training Section Two**

## **Steps to Implement PBIS**

Slides 21 - 26

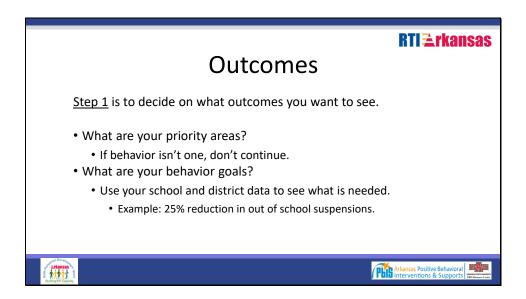
### **Goals**

Participants will understand

• About the three steps to implement PBIS



Slide #21
[ Steps to Implement PBIS ]



### Slide #22 [ Outcomes ]

### **Training Notes:**

• PBIS is about planning — you must decide what you want to see as outcomes before you start because you will be addressing behaviors related to those outcomes first.



## **Systems**

Step 2 in PBIS is to establish a team.

- The team is the basis for a PBIS system to facilitate implementation.
  - Team needs to represent school (e.g., teachers, staff)
  - Team needs a coach (positive, active coordinator)
- The school also needs a data system to collect and collate behavioral information.
  - Team needs a data person
  - Team needs to present data to stakeholders





Slide #23 [ Systems ]



### **Practices**

Step 3 is to identify expectations for student behavior.

- Expectations must be positively stated (e.g., respect), not a listing of violations.
- Expectations must encompass what the data say need changed in your school(s).
- Expectations need to be defined by specific behaviors.
- Expectations need to be defined for specific areas of school (e.g., cafeteria, hallway).
- Lesson plans need to be developed to teach the expectations in context.





Slide #24 [ Practices ]



### **Practices**

Step 4 is to make PBIS part of the culture.

- An acknowledgement process for students needs to be developed.
- Responses to inappropriate behavior need to be examined and made consistent.
- An acknowledgement process for TEACHERS needs to be developed.
- Roll-out and boosters for behavior need to be developed.
- Data distribution practices to stakeholders are needed.
- Plans to identify successes and revisit needs have to be developed.

Slide #25

[ Practices ]







## Tiers 2 And 3

- Where do Tiers 2 and 3 fit?
  - PBIS is about prevention first and foremost.
  - Tier 1 must be established and working effectively before even thinking about Tiers 2 or 3.
- But what about the students needing more support now?
  - You already have processes in place that you will continue to use.
  - You must first reduce problem behaviors before attempting to institute greater supports.
  - You must develop the infrastructure for upper tiers before implementing them.





Slide #26 [ Tiers 2 And 3 ]

### **Training Section Three**

## **Before You Begin Training**

**Slides 27 - 33** 

#### Goals

### Participants will understand

- The stages of implementation of PBIS
- Readiness for implementing PBIS
- Resources for PBIS



Slide #27
[ Before You Begin Training ]



## Where To Begin?

- Implement systematically
  - Are you just starting? Do you need to explore first?
  - Do you already know you need to do this and you're ready to install a new approach?
- Determine how ready your district or school is to implement something new.
  - At what stage of readiness are you?

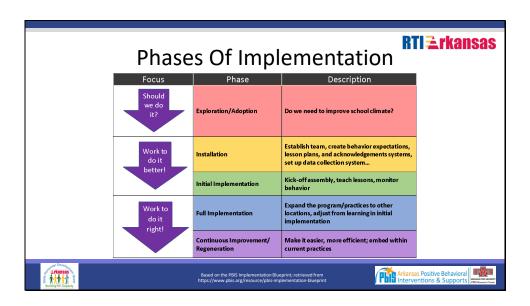




# Slide #28 [ Where To Begin? ]

#### **Trainer Notes:**

• This leads into the next slide to talk about phases of implementation (mentioned in second major bullet point).

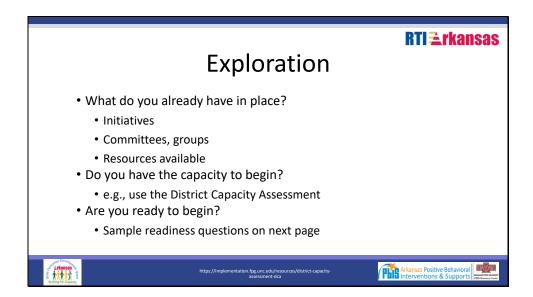


# Slide #29 [ Phases Of Implementation ]

#### **Trainer Notes:**

 From the Positive Behavioral Interventions and Supports Implementation Blueprint: Part 1 – Foundations and Supporting Information Technical Assistance Center on Positive Behavioral Interventions and Supports U. S. Department of Education, Office of Special Education Programs Version 18 October 2015:

"Because implementation of any practice or system is dynamic and influenced by a range of organizational, political, procedural, and regulatory factors, TA for PBIS is guided by implementation status or phase. Although number and differentiation between phases may vary, the following represents how the PBIS Center operationalizes implementation phase (adapted from Fixsen & Blase, 2006; Goodman 2013)."

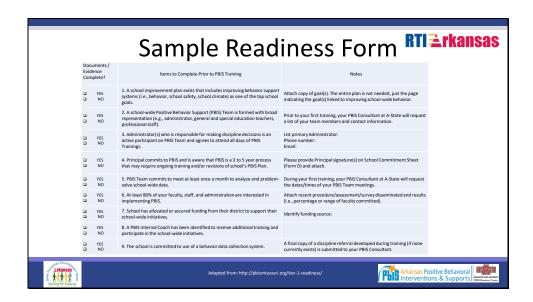


# Slide #30 [Exploration]

#### **Trainer Notes:**

The District Capacity Assessment (DCA) is a tool to determine whether a
district can start something new. "The DCA is an action assessment
designed to help educational district leaders and staff better align resources
with intended outcomes and develop action plans to support the use of
effective innovations. Both the training and tool are available online." This
assessment can be found at AI Hub (The National Implementation Research
Network's Active Implementation Hub):

https://implementation.fpg.unc.edu/resources/district-capacity-assessment-dca



# Slide #31 [ Sample Readiness Form ]

#### **Trainer Notes:**

 This was adapted from Missouri SW-PBS Tier I Readiness Indicators – http://pbismissouri.org/tier-1-readiness/



#### **EXAMPLE**

### **Readiness Form Example**

This will give attendees an example of a checklist that assesses whether the school(s) are ready to implement PBIS. The form is provided on the next page (pg. 38).

Readiness Form	Notes	Attach copy of goal(s). The entire plan is not needed, just the page indicating the goal(s) linked to improving school-wide behavior.	Prior to your first training, your PBIS Consultant at A-State will request a list of your team members and contact information.	List primary Administrator: Phone number: Email:	Please provide Principal signature(s) on School Commitment Sheet (Form D) and attach.	During your first training, your PBIS Consultant at A-State will request the dates/times of your PBIS Team meetings.	Attach recent procedure/assessment/survey disseminated and results (i.e., percentage or range of faculty committed).	Identify funding source:		A final copy of a discipline referral developed during training (if none currently exists) is submitted to your PBIS Consultant.
	Items to Complete Prior to PBIS Training	<ol> <li>A school improvement plan exists that includes improving behavior support systems (i.e., behavior, school safety, school climate) as one of the top school goals.</li> </ol>	<ol> <li>A school-wide Positive Behavior Support (PBIS) Team is formed with broad representation(e.g., administrator, general and special education teachers, professional staff.</li> </ol>	<ol> <li>Administrator(s) who is responsible for making discipline decisions is an active participant on PBIS Team and agrees to attend all days of PBIS Trainings.</li> </ol>	4. Principal commits to PBIS and is aware that PBIS is a 3 to 5 year process that may require ongoing training and/or revisions of school's PBIS Plan.	5. PBIS Team commits to meet at least once a month to analyze and problemsolve school-wide data.	6. At least 80% of your faculty, staff, and administration are interested in implementing PBIS.	7. School has allocated or secured funding from their district to support their school-wide initiatives.	8. A PBIS Internal Coach has been identified to receive additional training and participate in the school-wide initiatives.	9. The school is committed to use of a behavior data collection system.
	Documents / Evidence Complete?	YES	YES	YES	YES	YES	YES	YES	YES	YES
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# Slide #32 [ Make A Commitment To... ]

#### **Trainer Notes:**

 For any organization to be successful, the stakeholders have to be on board with the same goals. Schools need to have these conversations among all staff; decide what staff will be committed to achieving. This is the first step in beginning to develop the PBIS action plan. Work as hard on what you want to see as on what you don't want to see.



# Slide #33 [ What Is Needed? ]

#### **Trainer Notes:**

• The last few slides highlighted the process and elements that are involved in implementing PBIS. Teams will need administrative support for the time and resources necessary to develop the core components of PBIS and provide training and communication to staff, students, parents, and the community. Most importantly, you will need broad support from staff to be successful in implementation. Staff are going to be highly involved in carrying out practices, and it will not work well if only a small percentage of staff are participating. Consistency is crucial to making an impactful change. Training is critical for consistency.



### **Summary**

- PBIS is a preventive, proactive process that starts with a change in the adults' approach to behavior.
- Schools need to commit to this philosophy before implementation.
- Administrative support and an implementation team are necessary to drive the implementation process.
- A safe, positive climate is widely recommended for better student achievement. TESS says an excellent teacher "creates the best environment for student learning"; The LEADS Principal Rubric says that to be a Highly Effective principal, "Regular two-way meaningful communication [with families] exists".



http://www.esc4.net/Assets/rubric-overview.pdf https://dese.ade.arkansas.gov/Files/20201123105718\_LEADS\_2.0\_Princl pal Rubric.docx-3.pdf



# Slide #34 [ Summary ]

#### **Training Notes:**

 LEADS Principal Rubric – Family and Community Engagement – "Regular two-way meaningful communication exists. Families are productively involved in learning (for their student and themselves). Family and community engagement is constantly monitored and adjusted as needed. School-family-community partnerships (include parents, extended family members and caregivers) have collaborative goals and are helped with specific strategies." Links to resources:

TESS: http://www.esc4.net/Assets/rubric-overview.pdf

**LEADS Principal Rubric:** 

https://dese.ade.arkansas.gov/Files/20201123105718\_LEADS\_2.0\_Principal\_Rubric.docx-3.pdf

Brown University study:

https://www.sciencedaily.com/releases/2016/10/161026170323.htm



## Summary

#### To start:

- Assess what you already have.
- Create a representative implementation team.
- Get input and feedback from staff.
- Get support from staff (80% recommended) before beginning the PBIS implementation process.
- Develop outcomes, systems, and practices.





Slide #35 [Summary]



## **Essential Primer**

Simonson, B., Sugai, G., & Negron, M. (2008). Schoolwide positive behavior supports. *TEACHING Exceptional Children, Vol. 40, No. 6, 32-40.* 





# Slide #36 [ Essential Primer ]



### Resources

- Some general resources from A-State https://pbis.astate.edu/about/what-is-pbis/
- PBIS Technical Assistance Center https://www.pbis.org/pbis/what-is-pbis
- Missouri PBIS Website Common Philosophy <a href="http://pbismissouri.org/wp-content/uploads/2018/08/Tier-1-2018">http://pbismissouri.org/wp-content/uploads/2018/08/Tier-1-2018</a> Ch.-1.pdf?x30198





Slide #37
[ Resources ]



### Resources: Videos

- #BecauseITMatters https://www.youtube.com/watch?v=-vVzpHOM55s
- Sharing Your Heart Through PBIS https://www.youtube.com/watch?v=AkgX4tzWobo
- Improving school climate (Every Opportunity) https://www.youtube.com/watch?v=VxyxywShewI&t=10s





### Slide #38

[ Resources: Videos ]

#### **Trainer Notes:**

- <a href="https://www.youtube.com/watch?v=-vVzpHOM55s">https://www.youtube.com/watch?v=-vVzpHOM55s</a>
- <a href="https://www.youtube.com/watch?v=AkgX4tzWobo">https://www.youtube.com/watch?v=AkgX4tzWobo</a>
- https://www.youtube.com/watch?v=VxyxywShewI&t=10s

#### **Discussion Questions:**

- 1. How will you talk to staff about the philosophy of PBIS?
- 2. In what way(s) will you determine the level of commitment needed from staff for implementing PBIS?
- 3. Which staff will you consider for the PBIS team?

#### **Resources:**

Missouri PBIS Website:

www.pbismissouri.org

• PBIS Resource Center Website:

http://pbis.astate.edu

• PBIS National Technical Assistance Center:

www.pbis.org

#### **Next Module:**

The recommended next modules are Module 2: District Leadership in PBIS and Module 3: Creating a PBIS School Leadership Team.