

December 2022  
Volume 4, Issue 4



## Happenings

### PBIS FALL ACADEMY SUCCESS!

Our Fall 2022 PBIS Academies are in the books! We had such a great turn out and are so proud of our schools and educators that participated in our early childhood and school-wide training sessions. The school wide team had 14 school teams participating in a 3-day training series and our early childhood team trained 178 educators! We know the dedication and effort that it takes to implement PBIS within a school and we truly value the hard work that our educators and teams have demonstrated to us throughout this fall. We are so excited to be part of all their programs and look forward to watching them achieve the outcomes that they have set to accomplish!



School-Wide Academy



EC Academy

### RESOURCES FOR STRATEGIES ON DE-ESCALATION AND CHALLENGING BEHAVIOR

Are you running out of tools in your toolbox to help deal with challenging behavior, the escalation cycle and de-escalation phases? We've got some resources for you! Besides reaching out to your Behavior Support Specialist for technical assistance with de-escalation, challenging behavior or Functions of Behavior, The Center on PBIS, Midwest PBIS and PBISApps have collaborated to describe strategies and systems that you can put into place to help prevent behavior from escalating in your classroom. We know that we cannot eliminate challenging behavior completely, but with the podcasts and practice brief, you will increase your understanding behind preventative practices and the "how-to" of de-escalation, empowering you as you work to decrease challenging behavior in your classroom.



The Center on PBIS Practice Brief: Strategies for De-escalating Student Behavior in the Classroom



Expert Instruction: The Teach by Design Podcast



# KEEP CALM AND REVIEW EXPECTATIONS

## RETEACH, REVIEW, AND JUST KEEP PRACTICING!

The holidays are around the corner... are you feeling that mid-year slump while dealing with challenging behavior? It's never too late to reteach classroom expectations. A lot of time is spent at the beginning of the year teaching the school expectations, but sometimes, a refresher is needed! And that is okay. Set aside time at the beginning of each day to focus on your expectations and review your rules. Review examples and non-examples to increase student understanding. Acknowledge students when you see the behavior that you want to see! The time between Thanksgiving and winter break is a great time to have an acknowledgment contest with your students.

*“Set aside time at the beginning of each day to focus on your expectations and review your rules. Review examples and non-examples to increase student understanding.”*

### NCPMI “CHILDREN’S BOOK: BOOK SEARCH”

The benefits of reading to children are numerous. Targeted social emotional supports in the Pyramid Model involve intentionally teaching social skills to children. Part of being intentional involves picking the right book for the right reason at the right time. Finding the right book and knowing the concepts covered can be challenging. The NCPMI’s Children’s Books List simplified this planning by allowing educators to view the social emotional categories that select titles address. Educators can also search for title by specific age groups, categories, or feelings that they wish to incorporate into their teaching. Categories include feelings, kindness, empathy, acceptance, and belonging to name a few. The books included on this list include multicultural characters and children of different abilities that can give our children a new perspective on their own and others’ lives. Educators are encouraged to expand this list with their own library titles. (See right)

## EC TEAM TO PRESENT AT NATIONAL CONFERENCE

This has been an exciting month for the WV Behavior/Mental Health Technical Assistance Center! Our Early Childhood PBIS Project has been recognized at the national level! Dr. Amy Carlson and our Early Childhood Behavior Support Specialists Sara Wolfe and Kate Morris received a special invitation to present at the 2023 National Training Institute on Effective Practices (NTI) in Tampa, Florida. What makes this invitation extra special is that it came from Dr. Lise Fox who is the Principal Investigator for the National Center for Pyramid Model Innovations and is recognized as one of the leaders in the development and implementation of the Pyramid Model. The ECPBIS Project team will present a 3-hour session titled Stress Behavior vs. Misbehavior: How to Promote Regulatory Capacity in Ourselves

More information on NTI 2023:

[Summary - NTI 2023 - Addressing Challenging Behavior \(event.com\)](https://www.event.com)

### Children's Books

This children's book list includes diverse examples of books that can be used to promote social-emotional skills such as feelings and emotions, friendships, kindness, and problem solving. The list is not meant to be exhaustive. Additional books will be periodically added to the list.

#### Book Search

To filter the list, enter a key word or select from one of the filters below. If you do not get any results try using less key words or filters for a more broad search.

**Tip! Printing the Book List:** To print all your search results, at the bottom of the page, change the 'show per page' to 'All'. To print the book details, click on the (+) icon for each book. Then go to your internet browser's menu and select File > Print... to print the webpage.

Download a [printable list](#) of titles only.

Search:

Feelings Categories Age Group Reset

Title	Feelings	Categories
A Feel Better Book for Little Worriers	Worried	Feelings
<b>Author</b>	Holly Brochmann, Leah Bowen	
<b>Age Group</b>	3-4	
<b>Content</b>	Worries can feel really big, especially when you are little! Children will learn what a worry is, what it feels like, where worries come from, and strategies for coping and feeling better about their worries.	
ABCs of Kindness		Kindness & Empathy
All Are Welcome		Acceptance/Belonging
Baby Be Kind		Kindness & Empathy
Be Kind		Kindness & Empathy

Downloadable List:

[https://challengingbehavior.org/wp-content/uploads/2022/08/childrens-book\\_list.pdf](https://challengingbehavior.org/wp-content/uploads/2022/08/childrens-book_list.pdf)



## GRATITUDE: WHAT ARE YOU GRATEFUL FOR?

November is National Gratitude month but also is the beginning of the season when many begin to be grateful for the things they have and loved ones. Research states that people who practice gratitude are healthier and happier. It has been proven to generate a positive impact on physical and mental health, increases sleep quality and quantity, reduces stress, and improves relationships. Reflecting on what you have and what you are thankful for not only can change your perspective on life, but it can also change your overall wellbeing.



### YMHFA RESOURCE

Learn more about how to practice gratitude in your everyday life by clicking on the links provided below:



<https://www.mindful.org/an-introduction-to-mindful-gratitude/>



<https://nationaltoday.com/national-gratitude-month/>

## WVBMH TAC

The goal of the WVBMH TAC is to assist teachers, students, families, and communities that are faced with challenging behavior and mental health issues through training, resources, and promotion of evidence-based strategies and interventions.



## CONTRIBUTORS FOR THIS ISSUE

Jen Fletcher, Mountain Region Behavior Support Specialist  
everhartj@marshall.edu

Christy Fubio, Project AWARE Behavior Support Specialist  
kroll3@marshall.edu

Kate Morris, Southern Early Childhood Behavior Support Specialist  
morriska@marshall.edu

Amy Staples, West Virginia Behavior/Mental Health TA Center Director  
amy.staples@marshall.edu

Sara Wines, Mountain Region Early Childhood Behavior Support Specialist  
sara.wines@marshall.edu

Dianna Bailey-Miller, Mental Health First Aid Coordinator  
baileymiller@marshall.edu

## EDITORS FOR THIS ISSUE

Teryl Jones, Southern Region Behavior Support Specialist  
joneste@marshall.edu

Anna Shreve, Program Evaluator  
rubenstein9@marshall.edu

## WVBMH TAC

Marshall University  
1 John Marshall Drive  
Huntington, WV 25755

304-696-2332

[www.marshall.edu/bmhtac](http://www.marshall.edu/bmhtac)

Director: Amy Staples

## OUR PROJECTS AND PARTNERSHIPS

*Click the logos to learn more!*



West Virginia DEPARTMENT OF  
EDUCATION

