

Happenings



THE COACHING HABIT: SAY LESS, ASK MORE & CHANGE THE WAY YOU LEAD FOREVER

We strive to stay current with the best practices in education and how to deliver high quality technical assistance. One practice we have adopted is book studies on targeted topics that will increase awareness and knowledge of our work. This quarter we are reading *The Coaching Habit Say Less, Ask More & Change the Way You Lead Forever* by Michael Bungay Stainer. The book would benefit administrators, team leaders, or anyone that facilitates meetings where decisions are made. It is a quick read that offers a podcast, guiding questions, and a style that is reader friendly. It is full of ideas on how to strengthen team conversations and deep dive into the root of issues a team may be facing.

ANNOUNCING OUR 2023 PBIS MODEL & SPOTLIGHT SCHOOLS

Each year the West Virginia School-wide PBIS Team searches to find schools that are implementing PBIS with high fidelity and are having positive outcomes in their climate and culture, behavior data, and other school indicators. This project helps us build up new schools, partner in the learning process of implementing PBIS, and highlight the work we do across the state. The School-wide Team is proud to announce that the following schools have been designated as *2023 PBIS Tier 1 Model or Spotlight Schools*: Clay High School, Jayenne Elementary School, Kingwood Elementary School, Moundsville Middle School, Scott Teays Elementary School, Suncrest Elementary School, Wheeling Park High School, and Zela Elementary School. We are excited about the opportunities these schools will have to help others as they explore their PBIS implementation! If you would like to schedule a visit to a Model or Spotlight School site, please contact your region's Behavior Support Specialist or fill out a Request for Assistance at www.marshall.edu/bmhtac/request-for-assistance/.

What's inside?

The Coaching Habit Model & Spotlight Schools
TFI Information
Connection Seeking vs. Attention Seeking
Teacher Mental Health Check Resources
Upcoming Dates

THE WHY BEHIND BOOK STUDIES

Learn the why behind book studies and how they can improve professional development.

<https://www.edutopia.org/article/5-steps-book-studies-teacher-professional-learning/>

REQUEST A COPY OF OUR 2022 ANNUAL REPORT

Request an electronic and/or hard copy of our most recent annual report.

https://marshall.az1.qualtrics.com/jfe/form/SV_ermBQsnK1Xxunc2





THE TFI IS FOR YOU!

The end of year TFI window is open! TFI's are important to remain active in our database and to guide your work in your school! Check out this video to help you take your TFI to your action plan for next year!

TFI to Action Plan: https://youtu.be/9YX_v6zOtvI

Tier 1 TFI: https://marshall.az1.qualtrics.com/jfe/form/SV_bJJSk9N7EiDjJ8V

Tier 1 TFI Scoring Booklet: [https://assets-global.website-files.com/5d3725188825e071f1670246/60108a57b3fa685215c10927_SWPBIS%20Tiered%20Fidelity%20Inventory%20\(TFI\).pdf](https://assets-global.website-files.com/5d3725188825e071f1670246/60108a57b3fa685215c10927_SWPBIS%20Tiered%20Fidelity%20Inventory%20(TFI).pdf)

“All humans seek connection from others. If we dig into history, we may find that the reason they are acting out is not because they’re seeking attention, but because they’re seeking connection.”

BRAIN GYM

Every preschool class loves to incorporate activities that encourage sensory processing, social emotional tools, communication, gross and fine motor skills to explore their environment. Brain Gym, founded by Dr. Paul E. Dennison are physical exercises that help children learn and grow. Brain Gym's core movements are designed to mimic movements that are typical of movements that occur in the early years of child development. These 26 core movements are meant to decrease stress and promote learning. They involve the senses to create a rich experience for the user to raise total body awareness and can be easily incorporated into classroom routines.

www.braingym.com

<https://youtu.be/SnbQp1JId1M>

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CONNECTION SEEKING VS. ATTENTION SEEKING

What about children who are constantly seeking attention through their behavior? It can be overwhelming for a teacher to have a child who is acting out, whining, talking out of turn, wanting to be held, or even harming themselves to get attention. Planned ignoring is often suggested to manage these behaviors, but we want to make sure that we're ignoring the behavior and not the child. All humans seek connection from others. If we dig into history, we may find that the reason they are acting out is not because they're seeking attention, but because they're seeking connection. Negative attention is predictable. Children know if they hit, interrupt, run away, bite, etc. that the adult will respond immediately. Positive attention is less predictable. A child may do many positive behaviors before an adult notices, so the reinforcement gets delayed. The key to reducing negative connection seeking behavior is to make positive attention predictable. Try putting the child on a positive reinforcement schedule. Use books, scripted stories, role plays, and supportive conversations to teach the child that you may not be able to give them attention immediately, but that you will have time to connect with them soon. Instead of planned ignoring, you may try planned attention to meet the need for connection.





TEACHER MENTAL HEALTH CHECK

You are our most valuable asset for providing emotional and behavioral supports for students. The relationships you nurture are the main driver of positive changes in students lives. As this school year comes to a close we want to acknowledge the emotional weight you are all carrying. Teachers are highly susceptible to vicarious trauma, burnout, and mental health issues. You are not alone and these conditions are common and treatable. We encourage you to scan the QR codes to do a private self-assessment of your mental health and seek professional help, as needed.



Burnout Scale (ProQOL)



Mental Health Assessments

PSYCHOLOGY TODAY

Psychology Today's moto is "Here to Help". It is a forum that promotes support for mental health by providing resources, direction, and access to professionals. To Find a therapist in your area please visit

www.psychologytoday.com.

UPCOMING DATES

June 6-7, 2023
Charleston Coliseum and Convention Center—Working Smarter, Not Harder: Establishing Systems, Enhancing Skills, and Empowering People

WVBMH TAC

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



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OUR PROJECTS AND PARTNERSHIPS

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