

Webinar: Specialized Strategies

We Will Begin Shortly

Please, say “Hi” in the Chat Box &

➤ Be Thoughtful

➤ Session is being recorded

➤ Be Kind

➤ Ask how others are doing

➤ Offer support

➤ Plan to connect with others

➤ Be Present

➤ Take notes, chat & engage

➤ Close unnecessary screens



To Actively Participate

If you'd like to **answer questions**, **ask questions** or **interact with others**:

- Please click on the “**Chat**” icon
- Then click on the “**To:**” section
- Then select “**All panelists and Attendees**” or a specific person to chat
- For most things, you will choose “**All panelists and Attendees**”



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Mute



Start Video



Participants



Q&A



Share



Chat



More

Leave Meeting

WELCOME!



Family Webinar

Specialized Strategies for Students with Special Needs

I'm Happy to Join You

Virtual coach for sustainable change: supporting school, district, county, regional and state teams

>20 years as a PBIS implementer & trainer

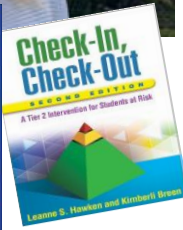
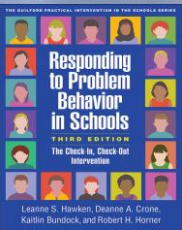
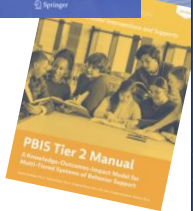
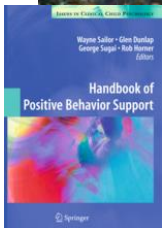
Home & Community PBS Network (www.hcpbs.org) & www.ResilienceNowforParents.org contributor

Parent implementing PBS at home

Published on CICO, Tier 2, Function-based support (FBA/BIP), Tier 3, and Family Partnerships

Supported statewide MTSS/PBIS in HI, NY, IL & CA

Driven school reform as a School Counselor, School Psychologist and PBIS District Coach



Kimberli Breen, MS, CAS, MA
Behavior Change Agent
Affecting Behavior Change Inc.

kimbreenku@gmail.com

@kimbreenku

Participants Will:

- Reflect on the current strategies you're using at home
- Identify simple ways to provide stronger support to your child and family
- Increase school success by using specialized strategies at home

We Wish You Well

- These times are hard
- We wish you peace
- Thank you for everything
- You are appreciated
- Please take care
- We're grateful you are here



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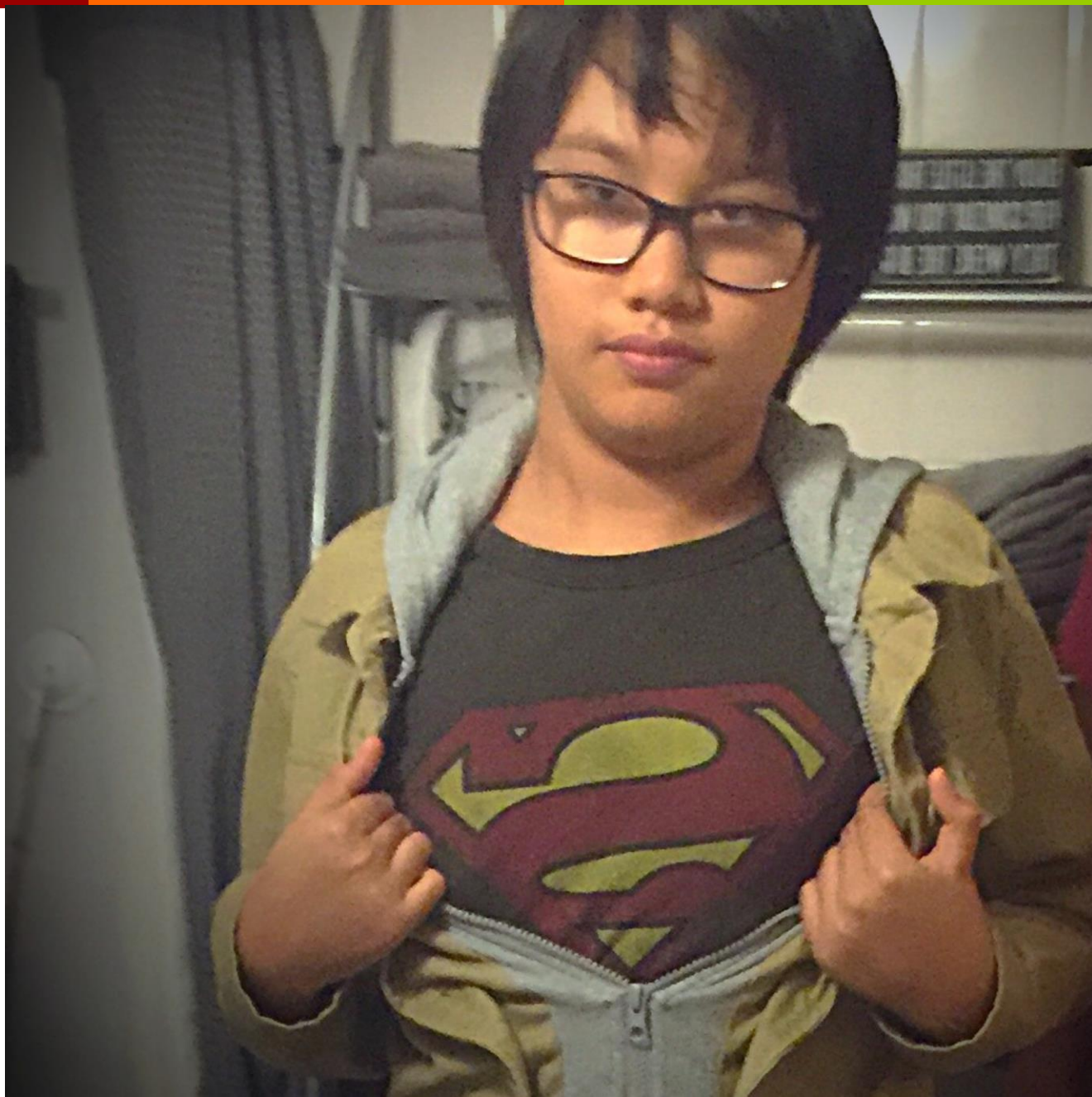
More

Leave Meeting

Grounding

- What makes your child 'special'?
 - Think of challenges and needs
 - Then, think of unique strengths and gifts
- What does your child do that makes you smile?
- You're invited to share in the chat box

Thank you!



Topics for Today

- Defining “special needs”
- Creating your own support team
- Empowering youth with voice and choice
- Supporting school goals at home
- Self-care strategies for youth and adults
- Next steps

Defining “Special Needs”

“Any of various difficulties (such as a physical, emotional, behavioral, or learning disability or impairment) that causes an individual to require **additional or specialized services or accommodations** (such as in education or recreation).”

(Merriam-Webster Dictionary)

Important to keep in mind:

- Conditions **change over time**: people grow, adapt and improve skills
- Youth can “**Respond** To Instruction and Intervention” (RTI)
- **All people** “require additional support” at some point in life
- There is evidence that things **get better** when we think, believe and say they can :)

“Three decades of research clearly shows

...the **advantages** of taking a **strength-based** approach for youth & adults:

- Greater levels of **happiness & engagement** at school
- Smoother **transitions** from kindergarten to elementary school & from elementary to middle school
- Higher levels of **academic achievement** (as found in high school & college students)
- Greater levels of happiness at work
- Greater likelihood of **staying at work**
- Better work **performance**
- Greater likelihood of staying **married** & being happy in your marriage
- Higher levels of physical fitness & of engaging in **healthy behaviors**
- Better **recovery** after illness
- Increased levels of life satisfaction & **self-esteem**
- **Reduced risk** of depression
- Enhanced ability to **cope** with stress & adversity”

(p. 9, Lea Waters, 2017)

Time to Process & Chat

What does this information make you **think or feel**?

What **questions or comments** do you want to share in the **chat**?



Consider taking a **note** for **future action**



Creating Your Own Support Team

Parenting can be a long and challenging journey. Parenting a youth with special needs can make that journey harder.

- Who can you ask for help on this journey?
- Who can support you in implementing what you learn here today?
- Who can help “fill your cup” while you help to fill your child’s?

Article on Group Action Planning:

<https://magazine.parentingspecialneeds.org/publication/?m=13847&i=667255&p=22>

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Student Voice Increases Achievement

“Research indicates that students who believe they have a voice in school are **seven times** more likely to be academically **motivated** than students who do not believe they have a voice (Quaglia Institute for School Voice and Aspirations, 2016).

According to this 239 school, 14 state study, student voice leads to an increased likelihood that students will experience **self-worth**, **engagement**, and **purpose** in school.

The more educators can give their students **choice, control, challenge, and opportunities for collaboration**, the greater their **motivation and engagement** will be. This can impact a student's level of **effort and persistence**, which is one of the **most important** factors that affect **achievement** (Toshalis & Nakkula, 2012).”

<https://centerontransition.org/publications/download.cfm?id=61>

Youth Voice and Choice



<https://youtu.be/ijisVcXIKlg>

<https://youtu.be/aFBzPCVriR4>

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Supporting School Goals at Home

The more youth can practice skills (academic, behavioral, emotional etc.) the **faster** and **more deeply** they will learn them

Consider:

- Asking for 'translation' help of school goals to **home and community settings** (ex. IEP, 504, general classroom goals)
- Giving youth **creative practice** (ex. threading, playdoh, balance games, banking, wish list, future travel, virtual family visits)
- Showing youth their school goals and **asking them** how they could improve in these areas with practice at home

A Parent's Perspective on Universal Design for Learning

- “Offer kids **information in multiple ways**, like text, audio or video, or some combination, to make sure they understand.
 - Try new ways to ensure my kids “**get**” what I’m talking about.
- Let kids **show what they know in multiple ways**, since kids express themselves differently.
 - Let my kids communicate with me in a medium they **prefer**.
- Find **multiple ways to engage** kids in learning, from traditional books to projects to games, or some combination.
 - Use **visual schedules** to help with executive functioning.”

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Focused on Quality of Life

- The focus of support and interventions should be to improve the **quality of life** of the **youth, family, & school leaders**
- Interventions and supports should:
 - Not make people stand out/embarrassed; should be **normalizing** & based on **natural supports** when possible
 - Themselves should not cause any **hardship**/pain
 - Punishment is not the same as an intervention/support
 - Be in alignment with **values** (youth's and adult's)
 - Work to '**increase strengths & skills**'
 - Instead of only 'decreasing weaknesses or problems'
 - Be **aligned** with strengths & **preferences**

Self-care Strategies: Youth and Adults

- Our moods and energy levels affect the environment
- It is not a selfish act to take **time-out for ourselves**
- When we are re-charged we are more likely to **prevent and de-escalate problems**, **be kind and empathetic**, and **think clearly**

➤ Article on Self-Care:

<https://magazine.parentingspecialneeds.org/publication/?m=13847&i=673824&p=1>

Next Steps

Consider:

- Re-defining how you **talk and think** about “special needs”
- Creating your own **support team** (formally or informally)
- Empowering youth with **voice and choice**
- Supporting **school goals** at home
- **Self-care strategies** for youth and adults
- **Joining us** for the next 2 webinars (and bringing others)

Consider Signing Up for Coaching

Coaching sessions:

- Are completely **customized** to your needs/requests
- Can vary in length (between **30min and up**)
- Range in **frequency** (ex. 1x, regularly, as needed)
- Can be delivered to **individuals or small groups** with similar questions/needs

For More Information

- Parenting with Positive Behavior Support by Meme Hieneman
- Families & Positive Behavior Support by Joseph Lucyshyn
- Optimistic Parenting by V. Mark Durand
- The Strength Switch by Lea Waters
- The Compassionate Mind by Paul Gilbert

For More Information

Additional PBS at Home Videos:

<https://www.youtube.com/playlist?list=PLLi08Aejqezrdyq4rTcBUml63EzBKPNkx>

Home & Community PBS Network:

<https://hcpbs.org/families-3/>

Parenting Special Needs Magazine:

<https://www.parentingspecialneeds.org>

PBS Websites: www.pbis.org; www.apbs.org

Interactive Tutorials to Learn More about PBS:

<https://www.apbs.org/about/tutorial>