

421 E. 137<sup>th</sup> St.  
 Kansas City, MO 64145  
 Phone: 816.508.3652  
 Fax: 816.508.3797  
 E-Mail:  
 BIST@Ozanam.org  
 Web: www.BIST.org



## Preventive Positive Strategies for 2016

*"Happy thoughts and positive thinking, in general, support brain growth, as well as the generation and reinforcement of new synapses, especially in your prefrontal cortex (PFC), which serves as the integration center of all of your brain-mind functions." --Psychology Today*

As we transition into a mentally challenging part of the school year, we want to help you renew a prevention-based approach. Typically, this time of year is stressful for many reasons; we're stressed about assessments, weary of behaviors and worn down by the academic expectations (AND it's cold). We know that getting in front of behavior (EARLY INTERVENTION) will help us stay on track emotionally, increase student partnership, send a firm consistent/caring message to students and benefit our brains as well. TRIAGE is a gateway to promoting happy thoughts and positive thinking for our students. If we care enough to talk through their plan before an issue has occurred, we're taking an intentional step to generating and reinforcing new synapses in the brain while modeling the GOALS FOR LIFE.

To provide a quick vision of how to get back on track, utilize the table below.

<b>Instead of:</b>	<b>Implement:</b>
*Student starts day in the focus/recovery room to eat breakfast and returns to class	*Student eats breakfast, completes work, shows work to interventionist and articulates plan to manage their challenge area
*Daily processing of a problem after an issue has occurred	*Triage prior while student is by adult: "How will you take good care of yourself?"
*Greeting students at arrival with only a verbal greeting	*Greet and ask students to articulate their goal to be successful for the day and/or add movement (Ex: High Five Hop)

*Quickly circling student's target/goal sheet	*Ask student to rate themselves, review and discuss
*Bypassing the continuum to go straight to focus/recovery	*Ask yourself where the acting out stops for that particular student and send him/her to that area
*Building in "breaks" in the buddy room/focus/recovery room	*Maintain break if student needs it, add quiet activity until the adult can ask individual triage questions (Movement alone doesn't teach the skill and/or facilitate as extensive impact on the brain)
*All students must take think sheet home and get it signed	*Discuss the purpose of this step and how it teaches/protects and increases partnership
*"Firing" student from contribution without giving a different opportunity	*Generate a list of available school jobs with adults and students in your community. Discuss how daily contribution could have positive life impact.
*Viewing a plan for success as negative or something we need to work the student away from	*Brainstorm ways we as adults adapt to our challenge areas (Ex: Google Maps for directions)
*Seeing student behavior as personal or "that's just how they are"	*Ask each other: What skill is he/she struggling to show? Where do they need to be each part of the day to show the skill? What is the student's mindset? What questions can we ask daily so the student articulates a positive mindset?
*Allowing the student to move forward before they have truly owned the problem	*Have your list of predetermined processing questions with the student's name on it. Initial each question when they have been able to be honest and accountable. Keep this list; student stays at that place on the continuum until they can problem-solve all of the questions and complete their list.
*Ignoring behavior	*Recommit to asking students one time if they are disruptive/hurtful and moving them to help get back on track if they don't respond. As a whole class, revisit thinking about the purpose of moving students and what the student can think in that moment. (Ex: My teacher wants to help me)

## **BIST KUDOS:**

*Do you want to acknowledge the BIST work a colleague has accomplished? Email content to be included in the quarterly newsletter to: [mshipman1@kc.rr.com](mailto:mshipman1@kc.rr.com). Thanks for all you do!*

## **BIST Questionnaire:**

*Your building BIST Consultant* will be talking to Building Leadership regarding office discipline referrals.

**Reason for this information:** We are looking at discipline trends over time. This information may be used (with anonymity) in a handout to give an overall picture of what a school might expect if they are using BIST.

*Thank you in advance for your help!*

**"I WASN'T TRAINED TO DO THIS!"**  
***Strategies to Support Kids with Mental Health Concerns***



***Instructor: Debbie Capra***  
**February 2, 2016**  
**8:30 am – 4:00 pm**

**Location:**

Smith Hall/Ozanam Campus  
421 E. 137<sup>th</sup> Street  
KCMO 64145

Please be advised that registration for classes via My Learning Plan is separate from BIST registration. Please also submit your BIST registration by faxing completed registration form to the BIST Office and/or via the BIST web site.  
Thank you

Member Rate: \$60.00

Non-Member Rate: \$135.00

- This one-day class will provide participants with intervention strategies to help students, struggling with mental health concerns, to be successful in an educational setting.
- The BIST model will provide the foundation for many of the intervention strategies discussed.

\*7 CEUs available for an additional cost

\*1 Graduate credit available through: Baker University

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**Registration Form: Mental Health Workshop – February 2, 2016**

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
District/School: \_\_\_\_\_  
School Address: \_\_\_\_\_  
School Phone: \_\_\_\_\_ PO#: \_\_\_\_\_  
E-mail: \_\_\_\_\_

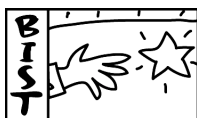
**Payment or purchase order number must be submitted at time of registration.** Substitution of attendees may be made up to and during registration of first day of class. Sending in payment does not guarantee placement in a 'full' class. You are responsible for payment unless cancellation or transfer to another class is received **15 business days prior to class.** The cancellation notice must be received in writing via e-mail [BIST@Ozanam.org](mailto:BIST@Ozanam.org) or FAX 816-508-3797. We do not send out confirmations for this class; if you have questions or concerns, please call the BIST Office 816.508.3652

**LUNCH IS NOT PROVIDED**

Ozanam/BIST  
421 E. 137<sup>th</sup> St.  
Kansas City, MO 64145  
Fax: 816.508.3797  
Website: [www.bist.org](http://www.bist.org)

\*Persons with disabilities requiring reasonable accommodations must contact the BIST office 48 hours before the event.

**Building BIST: The Framework of Success**  
**Instruction, Testing, Parents, BIST Philosophy, BIST Logistics—**  
**Too many things on your plate?**  
**When do we get dessert??**



**Instructors: Marty Huitt & the BIST Team**  
**February 18, 2016 8:30 am - 4:00 pm**

**Location:**

Ozanam/Smith Hall  
421 E. 137<sup>th</sup> ST.  
KCMO 64145

Please be advised that registration for classes via My Learning Plan is separate from BIST registration.

Please also submit your BIST registration by faxing completed registration form to the BIST Office and/or via the BIST web site.

Thank you!

Member Rate: \$60.00

Non-Member Rate: \$135.00

- Special Emphasis on balancing educating children with changing children's lives
- Analyzing and evaluating building strengths and obstacles
- Creating a plan to continue building growth.
- This is a collaborative class that should be attended as a group.

\*1 Graduate credit available through Baker University

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**Registration Form: Building BIST: The Framework for Success February 18, 2016**

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

District/School: \_\_\_\_\_

School Address: \_\_\_\_\_

School Phone: \_\_\_\_\_ PO#: \_\_\_\_\_

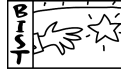
E-mail: \_\_\_\_\_

**Payment or purchase order number must be submitted at time of registration.** Substitution of attendees may be made up to and during registration of first day of class. Sending in payment does not guarantee placement in a 'full' class. You are responsible for payment unless cancellation or transfer to another class is received **15 business days prior to class**. The cancellation notice must be received in writing via e-mail [BIST@Ozanam.org](mailto:BIST@Ozanam.org) or FAX 816-508-3797. We do not send out confirmations for this class; if you have questions or concerns, please call the BIST Office 816.508.3652. **LUNCH IS NOT PROVIDED**

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**Vision Team Conference**  
**Changing the Children:**  
**Protecting Our Future**



**Instructor: Marty Huitt**  
**April 29, 2016 5:00 pm- 9:00 pm**  
**April 30, 2016 8:30 am - 4:00 pm**

**Location:**

Pavilion at Logan Woods  
14831 E US Hwy 40  
Kansas City, MO 64136

Please be advised that registration for classes via My Learning Plan is separate from BIST registration. Please also submit your BIST registration by faxing completed registration form to the BIST Office and/or via the BIST web site.  
Thank you!

**FOR ATTENDING TEAMS ONLY: \$700 for a team of 5 or fewer; \$150/person beyond 5**

\$900 for team of 5 or fewer; \$150/person beyond 5 (registration received **before** 2/1/16)  
\$1,100 for a team of 5 or fewer; \$200/person beyond 5 (registration received **after** 2/1/16)

- Networking with other BIST Teams
  - Analyze building data
  - Enhance building foundation around the Philosophy of BIST
  - Increase the adult community's ability to think specifically about individual student needs
- \*1 Graduate credit available through: Baker University

Name: \_\_\_\_\_ Name: \_\_\_\_\_  
(Administrator)

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Name: \_\_\_\_\_ Name: \_\_\_\_\_

District/School: \_\_\_\_\_

School Address: \_\_\_\_\_

School Phone: \_\_\_\_\_ PO#: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Payment or purchase order number must be submitted at time of registration.** Substitution of attendees may be made up to and during registration of first day of class. Sending in payment does not guarantee placement in a 'full' class. You are responsible for payment unless cancellation or transfer to another class is received **15 business days prior to class.** The cancellation notice must be received in writing to e-mail [BIST@Ozanam.org](mailto:BIST@Ozanam.org) or FAX 816-508-3797. We do not send out confirmations for this class; if you have questions or concerns, please call the BIST Office 816.508.3652.

**Meals are provided**

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