

**Behavior Intervention
Support Team (BIST)**
Developed by Nancy Osterhaus

BIST is a unique outreach program of Cornerstones of Care, providing consultation to hundreds of teachers throughout the Midwest. The mission of BIST is to create a positive change toward a safe and productive learning environment for all.

Giving

Responsibility and

Accountability to

Children in

Education

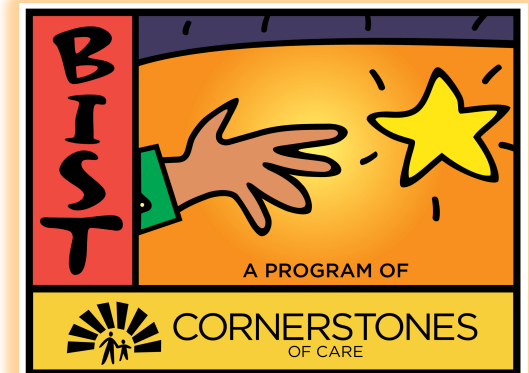
BIST
Behavior Intervention Support Team

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BIST
BEHAVIOR
INTERVENTION
SUPPORT
TEAM



Goals For My Life

I Can make good choices even if I am mad.

I Can be okay, even if others are not okay.

I Can do something even if I don't want to.

The purpose of the BIST Model is to partner with students when they are struggling and help them be accountable for their actions to make changes in their life. BIST is designed to *teach* and *protect* students, via GRACE and ACCOUNTABILITY so that students can demonstrate the Goals For Life and make good choices.

GRACE

We accept:

- You
- Your problems
- Your pain
- Your needs

ACCOUNTABILITY

Guiding students to look at what problems the behaviors create in the student's life. There are five levels to Accountability:

- I did it
- I'm sorry
- It's part of a problem in my life
- I accept consequences
- I accept and need help

The BIST Model

Providing what students need:

Early Intervention (When)

It's never okay to be disruptive
It's never okay to be hurtful.

A commitment by adults to this standard is crucial. A student will be asked one time per activity to stop a behavior that is disruptive or hurtful. Adults will intervene quickly if a student cannot meet this standard.

Caring Confrontation (How)

"I see... (disruptive behavior)"
"Can you... (desired behavior)"
"Even though...(student's feeling)"

Caring confrontation is a language of partnership when intervening with a student's disruptive or hurtful behavior.

Protective Plan (What)

Teaching and practicing the Goals for Life through written strategies that provide support and accountability for the student to help them manage their behavior and be successful.

Outlasting the Continuum of Change

Providing relationship, support and accountability when a student is struggling to maintain the standard and meet their Goal For Life.

BIST Concepts

Safe Seat: A seat in the classroom away from other students.

Buddy Room: A seat in another teachers' classroom to help a student regroup so they may return to the safe seat.

Recovery/Focus Room: A place where students can go to stop acting out, calm down, prepare an apology and create a plan to be successful.

Think Sheet: A tool that the student completes to help him/her take ownership of the problem and create a plan to be successful.

Processing: Questions that the adult asks the student so he/she may take ownership, practice skills and make a plan to be successful.

Target Behavior Sheet: A daily visual of goal the student is working on to make life changes.

Skill-Based Coaching: Daily "Check in" with an adult to assess emotions, establish focus about what it means to have a good day, formulate solutions if problems occur, practice replacement skills.

Class Meeting: Weekly meetings facilitated by the adult to help students solve problems, plan events and maintain a positive classroom community.

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