

Welcome

Introductions

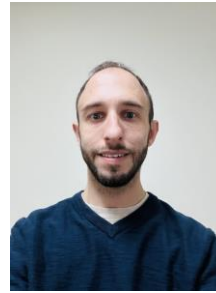
Blended Age Mental Health Consultants



Lauren Walter
North Central Region



Jennifer Poole
South Central Region



Cory Wurst
Western Region



Shannon Melanson
Southeast Region

School Age Childcare Technical Assistant Specialist



Betsy Saatman

**YOUTH
BEHAVIOR
REFLECTION
SUPPORT TOOL**



OCTOBER 2022

Youth Behavior Reflection Support Tool

Presented by
The Pennsylvania Key

Today's Agenda:

- Introduce the Youth Behavior Reflection Support Tool
- Model how to use the tool and self-reflect
- Practice using the tool in small groups
- Large group discussion
- Questions and Answers
- Digital Resources:



What challenging behaviors are you seeing in your school age program?

Confidentiality

As a Reminder:

In respect of the child, family, and program staff, the information collected is to be handled in a professional manner and the commitment of confidentiality will be followed.

This means none of the information will be shared externally outside of stated partners above without the permissions of the family and program.

Development History of the Youth Behavior Reflection Support Tool

The Youth Behavior Reflection Support Tool was created for suspension expulsion prevention.

- Field Voice
- SAC Leadership
- Blended Age Mental Health Consultant (BAMHC) and Infant Early Childhood Mental Health Consultant (IECMH)
- IECMH Leadership
- Today



Tool Walk Through

We will briefly show you the Youth Behavior Reflection Support Tool and discuss the different sections.



The Art of Reflection:

The Youth Behavior Reflection Support Tool was developed with questions that should guide self-reflection and program wide reflection. It is designed with open-ended questions to encourage reflection.

- As a support/coach/director: It will be important to evaluate comfort of program you are working with and open doors to the art of reflection.
- Program staff should use the tool to evaluate what is happening in a non-judgmental, open ended, and supportive manner.

“We do not learn from experience...we learn from reflecting on experience.” – John Dewey

Flexible Approaches

There are three options for programs to approach how they would like to use the Youth Behavior Reflection Support Tool.

Idea 1: Read all the questions. Reflect, observe, and then fill out as many questions as possible.

Idea 2: Read one bolded section at a time. Reflect, observe, and fill out as many questions as possible. Then move to the next bolded section.

Idea 3: Seek out support to fill out this tool, talk through discoveries, and create strategies. This can be an internal support (Director, Supervisor, peer) or an external support (your Keystone STARS Quality Coach, your Program Quality Assessor, Blended Age Mental Health Consultants, or SAC Specialist betsaa@pakeys.org).

Tool in Action!

Self-Reflection/Shared Reflection



Now that we have completed a scan of self/child and environment, read through your responses.

What have you noticed?

Gather with a peer or two and read through your responses.

What have they noticed?

Plans for Behavior Modifications



Are you able to create three strategies to support this child?

Strategy 1

Who is a part of the strategy?

What materials do you need?

What is your time line?

How will you measure your success?

How will you monitor, adjust and or sustain the success?

Practice using the tool

- In small groups we will do the following:
 - Step 1. Create a local group of three
 - Step 2. Pick a scenario
 - Step 3. Read through scenario independently
 - Step 4. Scan through the tool on your own
 - Step 5. Work together to determine which sections would help you find the meaning behind the behaviors
 - Step 6. Complete the sections as a group
 - Step 7. Be prepared to share discoveries
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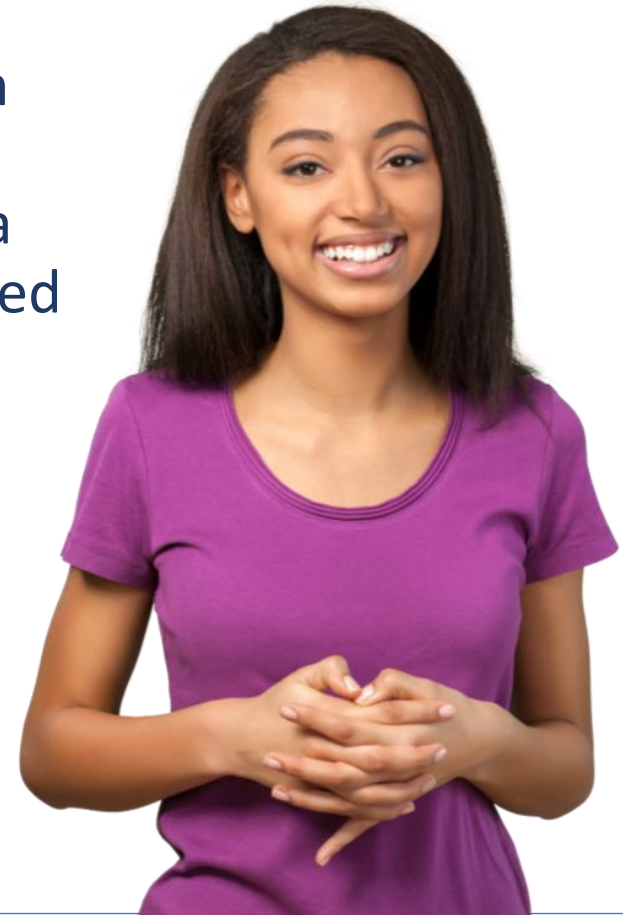
Discoveries

- What were your discoveries?
 - How did you feel using the tool?
 - What did you learn about yourself while using the tool?
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What are our next steps?

The intent of the Youth Behavior Reflection Support Tool is to help programs build awareness of what is going on, and to put a spotlight on areas the program can be adjusted to further support youth's specific needs.

Remember, self-reflection is key!



When should programs access the Youth Behavior Reflection Support Tool?

- Do not wait until it's too late- share the Youth Behavior Reflection Support Tool before programs might need it.
- Programs could be introduced the Youth Behavior Reflection Support Tool at:
 - the beginning of school year
 - the beginning of summer camp
 - first set of behavior concerns
 - when they welcome new enrollments
- Entry points are messy and there is not just one perfect time to share the tool

Change the Environment – Change the Behavior

Feedback

We would love to hear feedback as programs use the Youth Behavior Reflection Support Tool.

Send feedback to Lauren Walter
(lauwal@pakeys.org) or Betsy Saatman
(betsaa@pakeys.org)



Question and Answers

What questions do you have about sharing and using the Youth Behavior Reflection Support Tool with programs?



For more support, please contact:

School Age Mental Health Consultation



Betsy Saatman

betsaa@pakeys.org

