

# Tier II Interventions

Matching Students to Tier 2 Interventions and  
Ensuring Active Ingredients are Implemented

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MENU of Evidence-based Supports

**Targeted/  
Intensive**  
(High-risk students  
Individual Interventions  
(3-5%))

- Tier 3 Menu:**
- **FBA-based Behavior Intervention Plan**
  - **Replacement Behavior Training**
  - **Cognitive behavior skills training**

**Selected**  
(At-risk Students)  
  
Small Group or  
Individual Strategies  
  
(10-25% of students)

- Tier 2 Menu:**
- **Behavioral contract**
  - **Self monitoring**
  - **School-home note**
  - **Mentor-based program**
  - **Class Pass Intervention**
  - **Positive peer reporting**

**Universal**  
(All Students)  
  
School/classwide, Culturally Relevant  
Systems of Support  
(75-90% of students)

- Tier I Menu (6 components):**
- **Positive relationships**
  - **School-wide PBS**
  - **SEL curriculum**
  - **Proactive classroom management (GBG)**
  - **Physiology to learn**
  - **Progressive system to respond to problem behavior**

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**Tier 2 Menu:**

- Behavioral contract
- Self monitoring
- School-home note
- Mentor-based program
- Class Pass Intervention
- Positive peer reporting

# Myths About Interventions

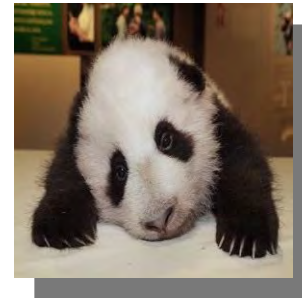
- The Silver Bullet



- One Size Fits All



- Interventions are found equally liked by all staff



- Too little time and not enough staff



# Matching Students to Tier 2 Interventions

- Tier 2 interventions are less effective when educators haphazardly assign them to students
  - Rather, educators must ask: what Tier 2 intervention is likely to be most effective for particular students?
    - Matching characteristics of the student to characteristics of the intervention
- Student Intervention Matching Form (SIM-Form)

# Menu of Evidence-based Tier II Interventions

## TIER II Interventions

- Mentor-based support\*
  - e.g., Check in/Check out
- Behavior contracting\*
- Self-monitoring\*
- School-home note system\*
- Dependent group contingency (one student earns for all)
  - First Step to Success
- Choice-making

## TIER II Interventions

- Progress monitoring combined with rewarding goal attainment\*
- Class Pass Intervention\*
- Positive Peer Reporting
- Academic intervention to address skill deficit
- Noncontingent Reinforcement
- Small group social skills or social-emotional learning\*

# Student Intervention Matching Form

#	Item	Not at all (0)	A little (1)	Moderately (2)	Very Much so (3)	Unknown
1.	School has a good relationship with the student's parents (SHN)					
2.	Student constantly seeks and/or likes attention from adults (CICO)					
3.	Student is rejected or isolated by peers (PPR)					
4.	Student is eager to earn rewards or access to privileges (BC)					
5.	Student's seems to exhibit disruptive classroom behavior to get out of doing academic work (CP)					
6.	Parents are open and willing to collaborate with the school (SHN)					
7.	Student tries to do better socially and emotionally but does not have the skills to do so (i.e., can't do) (SG-SET)					
8.	Student can only work so long on academic tasks before becoming off-task (CP)					
9.	Student could benefit from having a positive, adult role model outside of the home (CICO)					
10.	Student lacks self-management and needs constant reminders to stay on-task (SM)					
11.	Student withdrawals from social situations and spends most of free time alone (PPR)					

# Implementation Involves Active Ingredients

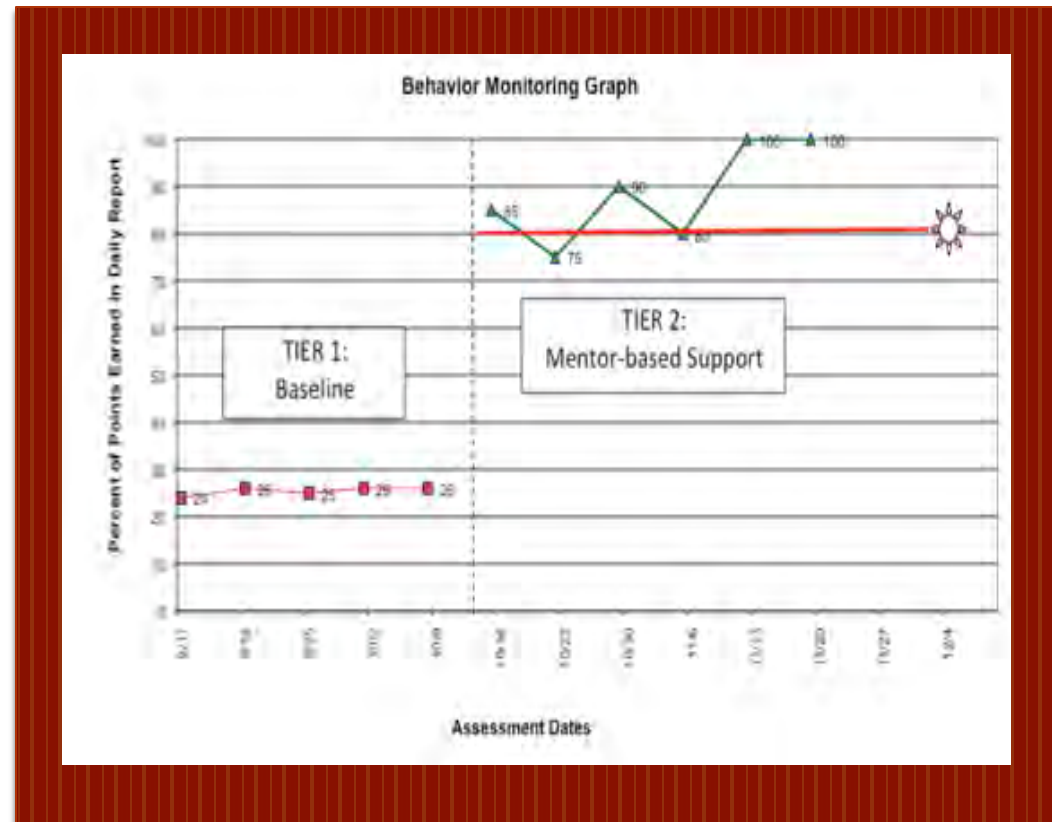
- Just like a good cooking recipe, Tier 2 interventions involve certain ingredients that must be present in order to achieve successful behavior change
- Educators, therefore, must be aware of the active ingredients that must be in place to make a particular Tier 2 intervention effective





# Selecting the Progress Monitoring Tool Before Beginning Tier 2 Implementation

- Existing data behavioral data (class removals, office referral, suspension, attendance record, etc.)
- Direct behavior rating
- Point sheet
- Brief behavior rating scale



# Behavioral Contract



- Process of negotiating an agreement between staff and a student so each party receives some benefit or payoff
  - Teacher benefits by improved student behavior
  - Student benefits by earning something based on good behavior
- Behavioral contracts are effective for students who can perform certain behaviors or skills but choose not to do so (i.e., won't do problem)
  - Ineffective for students who can't perform certain behaviors or skills (i.e., can't do problems)

# Behavior Contract: Student Characteristics

- Designed for students who respond well to school-based incentives
  - Eager to earn rewards, special privileges, and/or recognition from others
- Students who dislike particular academic subjects and could benefit from receiving extrinsic reinforcement (i.e., pay-off)
- Students who could benefit from receiving pre-correction and prompting

# Behavior Contract: Active Ingredients

1. Negotiated agreement or brokered deal to increase student buy-in
2. Focus on positive behaviors teachers want to see in the classroom (i.e., those behaviors that are incompatible with problem behavior)
3. Positive reinforcement for meeting goal
4. Teacher follows up with daily pre-correction and prompting
  - Pulling out the contract and reminding the student of the behavior and reward to be earned
  - At the first warning signs of problem behavior, prompting the student

# Difference Between Effective and Ineffective Behavior Contracts

## Effective Behavior Contract

- Negotiated agreement
- Describes what the student should do
- Provides a goal statement
- Outlines what the student will earn as a reward for meeting goal
- Teacher uses contract to precorrect and prompt behavior

## Ineffective Behavior Contract

- Non-negotiated
- Describes what the student is doing wrong
- Provides no goal statement
- Outlines how the student will be punished if problem behavior continues
- No other adult follow through with the contract

# Structured Mentor-Based Support: Check in/Check Out

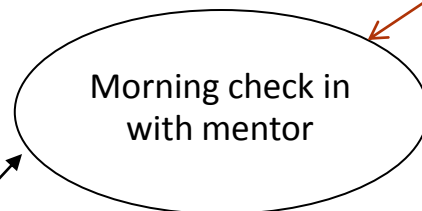
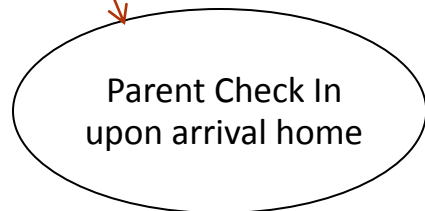
- Assignment of a mentor who provides unconditional positive regard and feedback on a **daily basis**
- Implementation of multiple components:
  - Behavioral momentum (i.e., getting the day off to a good start)
  - Precorrection (i.e., cutting problems off before they start)
  - Performance feedback (i.e., letting the student know how s/he is doing)
  - Positive reinforcement (i.e., recognizing and rewarding the student)



# Mentor-Based Support

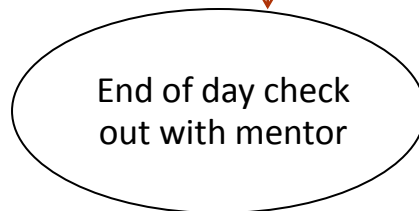
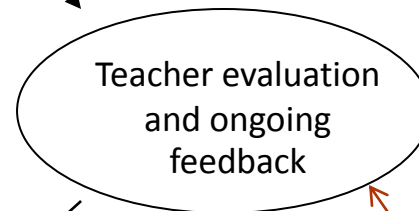
## Basic Sequence of Structured Mentoring

- Deliver consequences at home based on behavior at school
- Provide encouragement for a better day tomorrow



- Positive greeting
- Deliver praise/reward
- Provide nonjudgmental feedback

- Positive greeting
- Check for school readiness
- Cutoff problems before they emerge
- Talk about reward to be earned
- Give student monitoring chart



- Teacher greeting and monitoring
- Prompts to engage in expected behavior
- Rating completed

# Mentor-Based Support: Student Characteristics

- Students who respond well to adult attention
- Students who could benefit from having a positive adult role model outside of the home
- Students who could benefit from receiving daily encouragement and feedback to improve behavior and school performance
- Students who have been involved with negative interactions with teachers and administrators (punitive discipline)



# Mentor-Based Support: Active Ingredients

1. Assignment of an adult mentor who the student likes or doesn't mind meeting with
2. Unconditional positive regard (mentor does not get involved with discipline)
3. Daily contact with the student in the morning and afternoon
  - Encouragement, precorrecting problems, feedback
4. Progress monitoring form to serve as a basis for performance-based feedback
5. Positive reinforcement for improved behavior
  - Praise, public recognition, access to desired privileges/rewards

# Self-Monitoring



- Intervention designed to increase self-management by prompting the student to **self-reflect** on performance and **self-record behavior** on a chart
- Two main components:
  - Self-reflection (reflection of behavior over a certain amount of time)
  - Self-recording (marking down on the chart whether behavior met or did not meet expectations)

# Self-Monitoring: Student Characteristics

- Students who lack self-regulation or self-management
- Students who engage in relatively frequent rates of problem behavior
- Students who could benefit from reminders or prompts to stay on task and engage in desired, expected behaviors

# Self-Monitoring: Active Ingredients

1. Identification of positive behaviors to self-reflect upon and self-record on a chart
2. Development of a self-monitoring chart that the students uses to record his/her behavior
3. Prompting - device or natural break that prompts the student to self-reflect and self-record behavior
4. Train the student (tell-show-do)
5. Positive reinforcement component attached to self-monitoring chart (increases the value or meaning of self-reflection and recording)
6. Teacher conducts periodic honesty check

# Self-Monitoring Technology



# Self-Monitoring Chart

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

Date: \_\_\_\_\_

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

Classroom Rules	Morning				Afternoon			
Stayed in seat	1	2	3	4	1	2	3	4
Raised hand to ask question or get out of seat	1	2	3	4	1	2	3	4
Followed teacher directions	1	2	3	4	1	2	3	4
Respected fellow students	1	2	3	4	1	2	3	4
Worked on class assignments	1	2	3	4	1	2	3	4

**Rating Scale – Circle a number.**

1 = Needs Improvement    2 = Barely OK    3 = Average    4 = Great

If the teacher agrees with the student rating, put a line across the circled rating.



If the teacher does not agree with the student rating, put an “X” in the circle.



Comments:

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# Self Monitoring Chart

## Monitoring Compliance

Student's Name:

Date:

School:

Times/Periods	Did you <b>do your work</b> and <b>do what the teacher asked?</b>	Did you <b>fail to do your work</b> and <b>do what the teacher asked?</b>
1	YES	YES
2	YES	YES
3	YES	YES
4	YES	YES
5	YES	YES

**RULES:** 1) After every period look back and monitor your behavior during that period and circle the YES that best represents how your behavior was during class.

2) Put the chart back in the folder.

3) Repeat the same thing after the next period.

4) Make sure you are being honest.

\*\*\* Remember you are working towards obtaining something from the Project REACH team.

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## Self-Monitoring Form

### 10-minute intervals

Student: \_\_\_\_\_ Date: \_\_\_\_\_

Behavior: \_\_\_\_\_

	+ or -	Comments*		+ or -	Comments*		+ or -	Comments*
8:00-8:09			11:10-11:19			2:20-2:29		
8:10-8:19			11:20-11:29			2:30-2:49		
8:20-8:29			11:30-11:49			2:50-2:59		
8:30-8:49			11:50-11:59			3:00-3:09		
8:50-8:59			12:00-12:09			3:10-3:19		
9:00-9:09			12:10-12:19			3:20-3:29		
9:10-9:19			12:20-12:29					
9:20-9:29			12:30-12:49					
9:30-9:49			12:50-12:59					
9:50-9:59			1:00-1:09					
10:00-10:09			1:10-1:19					
10:10-10:19			1:20-1:29					
10:20-10:29			1:30-1:49					
10:30-10:49			1:50-1:59					
10:50-10:59			2:00-2:09					
11:00-11:09								

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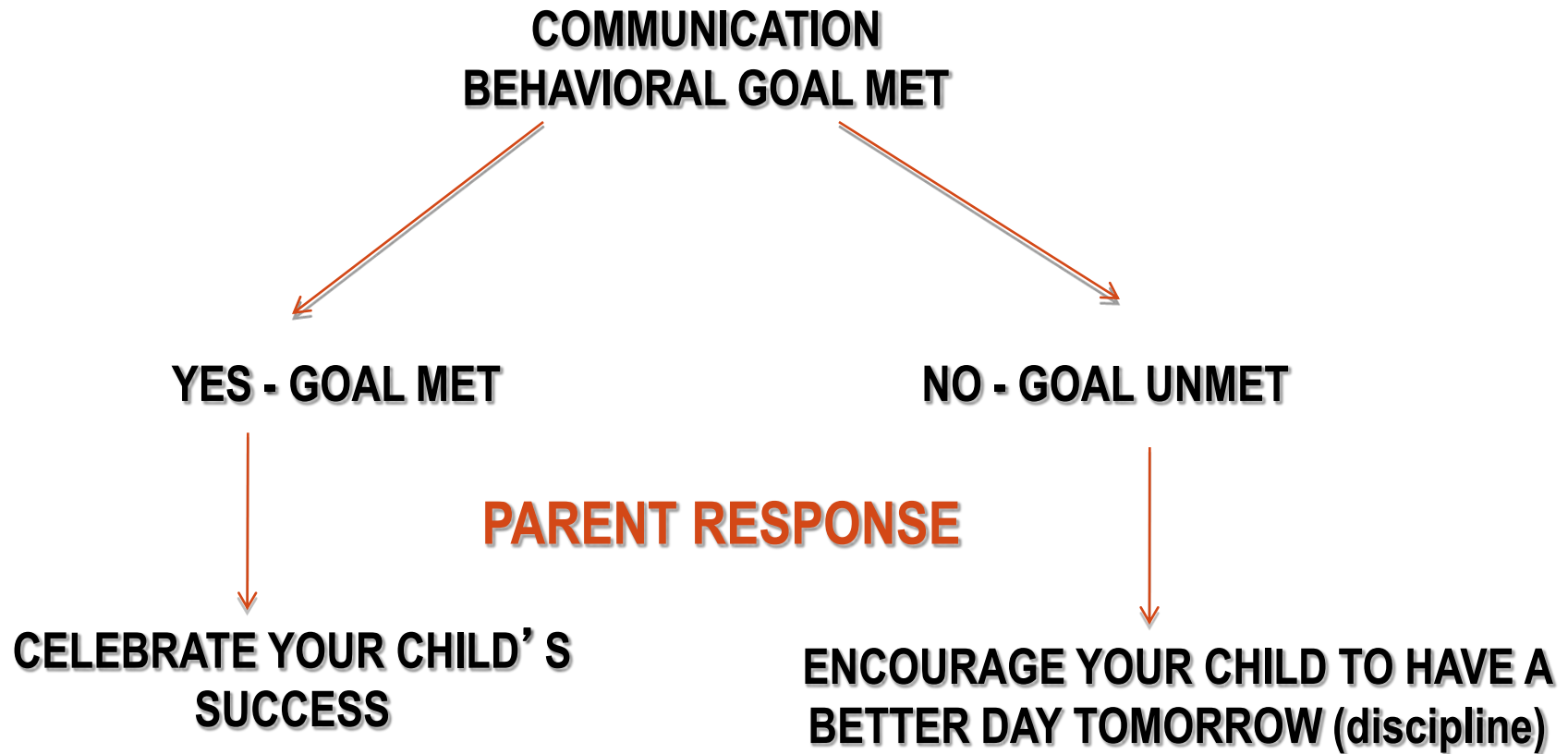


# School-Home Note System

- Intervention designed to improve the communication and consistency of practices between school and home environments
- Involves a parent training component to get parents to deliver consequences at home based on their child's behavior at school
- Parent can share information with school about outside stressors that may be impacting student behavior at school

**CONSISTENCY**  
**IS** 

# School-Home Note Decision Tree



# Consequences Delivered by Parents

- Celebrating the child's success (aim is to create positive contrast by making the child's life more exciting, pleasurable, and/or fun)
  - Access to privileges
    - Computer time, video games, talking on the phone, staying up later, hanging out with friends, TV time
  - Reward with item or activity
    - Buy-out of chore, money, invite friend over, play outside, after dinner dessert, playing with toys, etc.
  - Praise and positive recognition

# Consequences Delivered by Parents

- Encouraging a better day tomorrow (aim is to create negative contrast by making the child's life boring, unpleasant, or introducing nothing)
  - Loss of privileges
    - Removal of TV time, computer, video games, playing outside, talking on the phone, or anything else that is considered to be fun
  - Task-based grounding
    - Have the child perform chores that are outside of typical responsibilities
    - Grounded until the chore or chores are completed

# School-Home Note:

## Student Characteristics

- Students whose parents are open and willing to join forces with the school to improve the student's performance in school
- Students who are unaffected by typical school-based disciplinary consequences
- Students whose parents could benefit from learning skills
- Students who could benefit from consistency across school and home environments

# School-Home Note: Active Ingredients

1. Development of a school-home note that captures student behavior and communicates with parents
  - Student behavior section, teacher communication section, parent response to note section, parent communication section, & signatures
2. Brief parent training that consists of teaching parents how to translate the information on the school-home note into effective parenting strategies
  - Goal met = celebrating success
  - Goal unmet = encouraging a better day tomorrow
3. Ensuring that parents are receiving the note & following through
  - Paper, email, phone call, face-to-face

# Class Pass Intervention

- Intervention designed for students who exhibit *escape-motivated* disruptive classroom behavior to avoid doing academic work
- Students are given class passes and taught how to appropriately request a break by issuing a class pass
  - Students can choose to hold on to the class passes in order to exchange them for an item, activity, or special privilege
- It works because students:
  - Exercise choice
  - Increase tolerance for academic work is increased
  - Access to desired activity on an intermittent basis



# Example of a Class Pass

FRONT

## CLASS PASS

# \_\_\_\_\_

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

Time: \_\_\_\_\_

Where to?: \_\_\_\_\_

Initial: \_\_\_\_\_

**Reward for a saved pass:**

\_\_\_\_\_

BACK

Guidelines for Class Pass:

If you use the pass...

1. Choose a time when you need to step out of the class.
2. Fill out one of your passes.
3. Show pass to teacher.
4. Walk to \_\_\_\_\_.
5. Have adult where you walked initial pass on your way back to class.
6. Enter class quietly.
7. Join classroom activity.

If you save the pass...

Earn a reward!!!!!!



# Class Pass Intervention: Student Characteristics

- Students who engage in classroom behavior problems only
- Students whose academic skills are low and are likely to engage in escape-motivated disruptive classroom behaviors
- Students who have a low tolerance for engaging in academic work
- Students who appear to become frustrated when working on academic tasks

# Class Pass Intervention: Active Ingredients

1. Develop the actual class passes to be used
2. Determine the number of class passes and length of time the student can break for
3. Identify the location for the break (desk, in the classroom, outside of the classroom)
4. Identify the items, privileges, or activities that can be earned and the number of class passes needed for each one

# Thank You!

**Feel free to Contact either:**

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