



Opening the
Door,
Shedding
Baggage &
Creating
Momentum
Tara Rinehart, Ph.D.



WE ARE WAYNE!
GREAT SCHOOLS
GREAT COMMUNITY

Who am I?



- ❖ Tara Rinehart, Ph.D. Director of Special Services, MSD of Wayne Township: Indianapolis, Indiana
- ❖ Special Educator, Administrator, Mother, Wife, Advocate

Dear Teacher,



Children are exposed to greater levels of Adverse Conditions within their families and communities.



What might be getting in the way?



Where are their words?





- Learning presents a challenge.

- Students have faced increased adversity and trauma inducing events.

By the very nature of education there is risk....

- Traditional approach - Adult authority



- More students in our classrooms with mental health disorders.





Most teachers are ill-prepared to address challenging student behavior



Common Misconceptions:

- **“If you have a strong curriculum and effective instruction there won’t be any behavior problems.”**
- **Student behavior is willful and student chooses to engage in undesired behavior.**
- **Punishment is an effective behavior change process.**

Restraint and/or
seclusion used at least
267,000 times.

Manual Restraint
-163,000 times

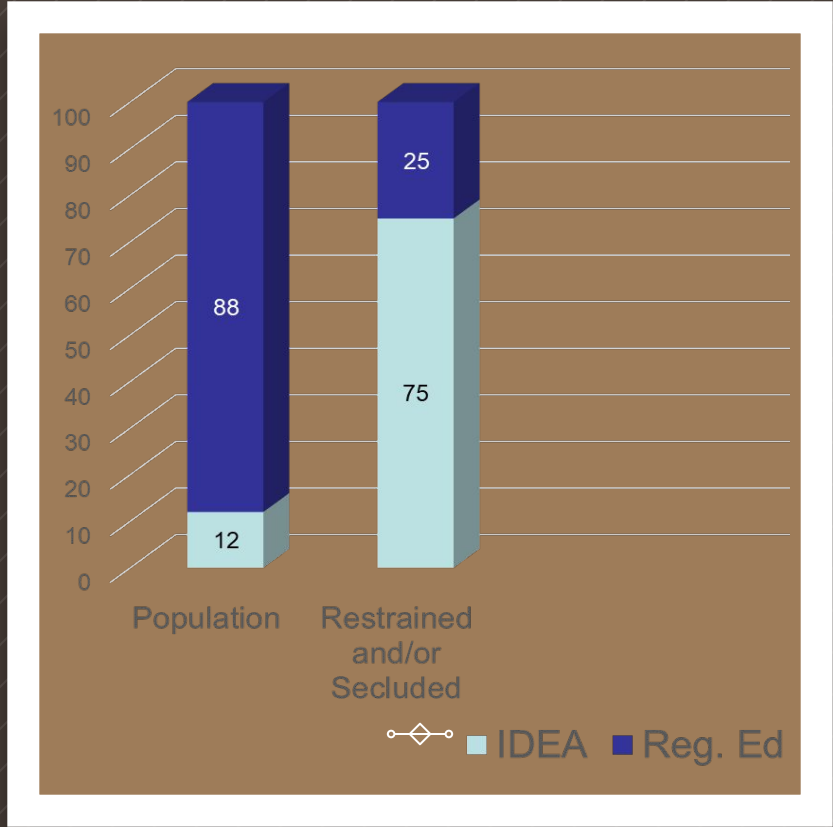
Mechanical restraints
-7,600 times

Seclusion
-104,000 times

“
*DAUNTING
STATISTICS
about Restraint
and Seclusion in
Schools*



Students with
disabilities = 12%
of student
population, but
75% of those
restrained or
secluded.





Adult mindshift



Collective responsibility



Systematic Approach



Scholar mindshift



Co-teaching



Adult learning in PLCs



High level of Supervision



Alternatives to punitive discipline



Rigor of Curriculum, Instruction & Assessment



Staff developer assigned to school



Skills Teaching



Student input on plans



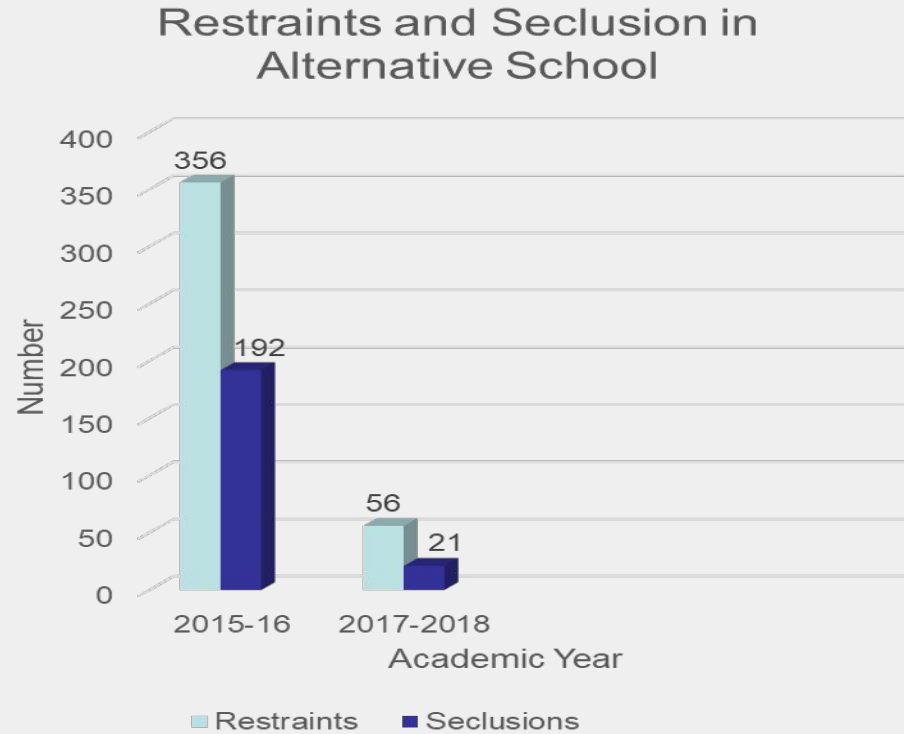
Trauma-informed & meeting basic needs



Resource Allocation



Rinehart, T., and Van Acker, R (in prep). *A systematic approach to reduce the use of restraint and seclusion in an urban alternative school for students with emotional, behavioral and mental health disorders.*



The Importance of Teacher Self-Control Plans

- ◆ What you tell yourself about an incident unfolding before your eyes will generally determine if the situation will improve or escalate out of control.
- ◆ You need to ensure that you do not over- or under-react.
- ◆ Self-Control Plan
 - ◇ Breathing – one or two deep breaths
 - ◇ Self-Talk – “I can do this.”
It is not me he is angry at right now.”
 - ◇ Grounding – touch fingers together, or take a small step backwards.



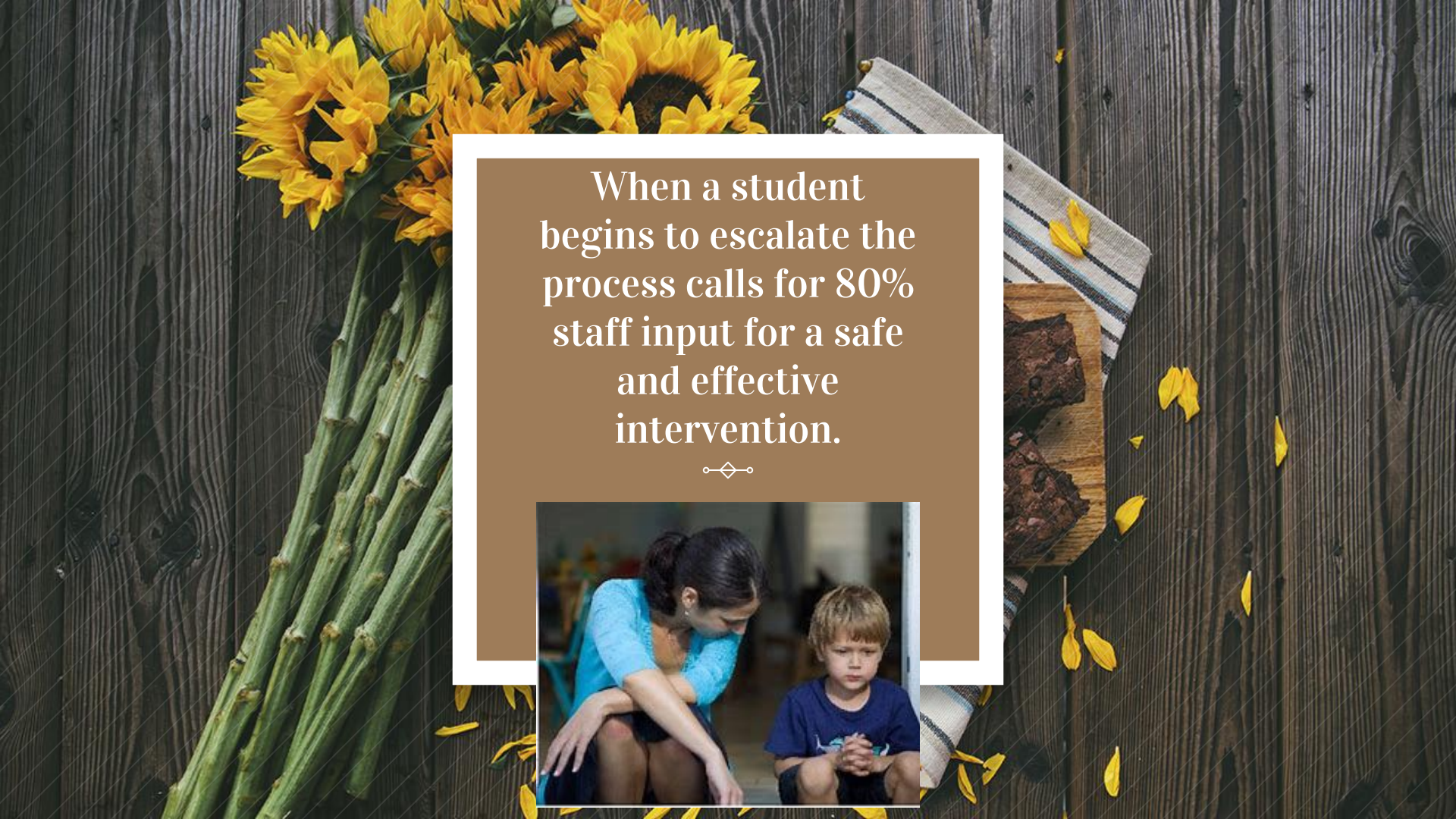
Goal is De-Escalation

- ◆ Engage your self-control plan.
- ◆ Provide an empathetic “I” Statement. (“Joey, I want you to feel safe.”)
- ◆ Provide two positive realistic choices that address the need of the student. (“I can sit here with you but give you space – I have to be able to see you, or I can walk with you to the sensory room and work with you there. Which sounds good to you?”)

Staff Development



- ◆ Critical to address effective proactive aspects of classroom management and classroom climate development:
 - ◆ Acknowledge desired behavior.
 - ◆ Promote student success.
 - ◆ Recognize and accommodate client conditions and characteristics.
 - ◆ Establish clear expectations and teach behavior – as you teach academics.

A large bouquet of bright yellow sunflowers with green stems is positioned in the upper left corner. To its right, a piece of light-colored fabric with blue and white stripes is draped over a wooden cutting board. The background is a dark, vertically-grained wood. Scattered yellow petals are visible throughout the scene.

When a student
begins to escalate the
process calls for 80%
staff input for a safe
and effective
intervention.

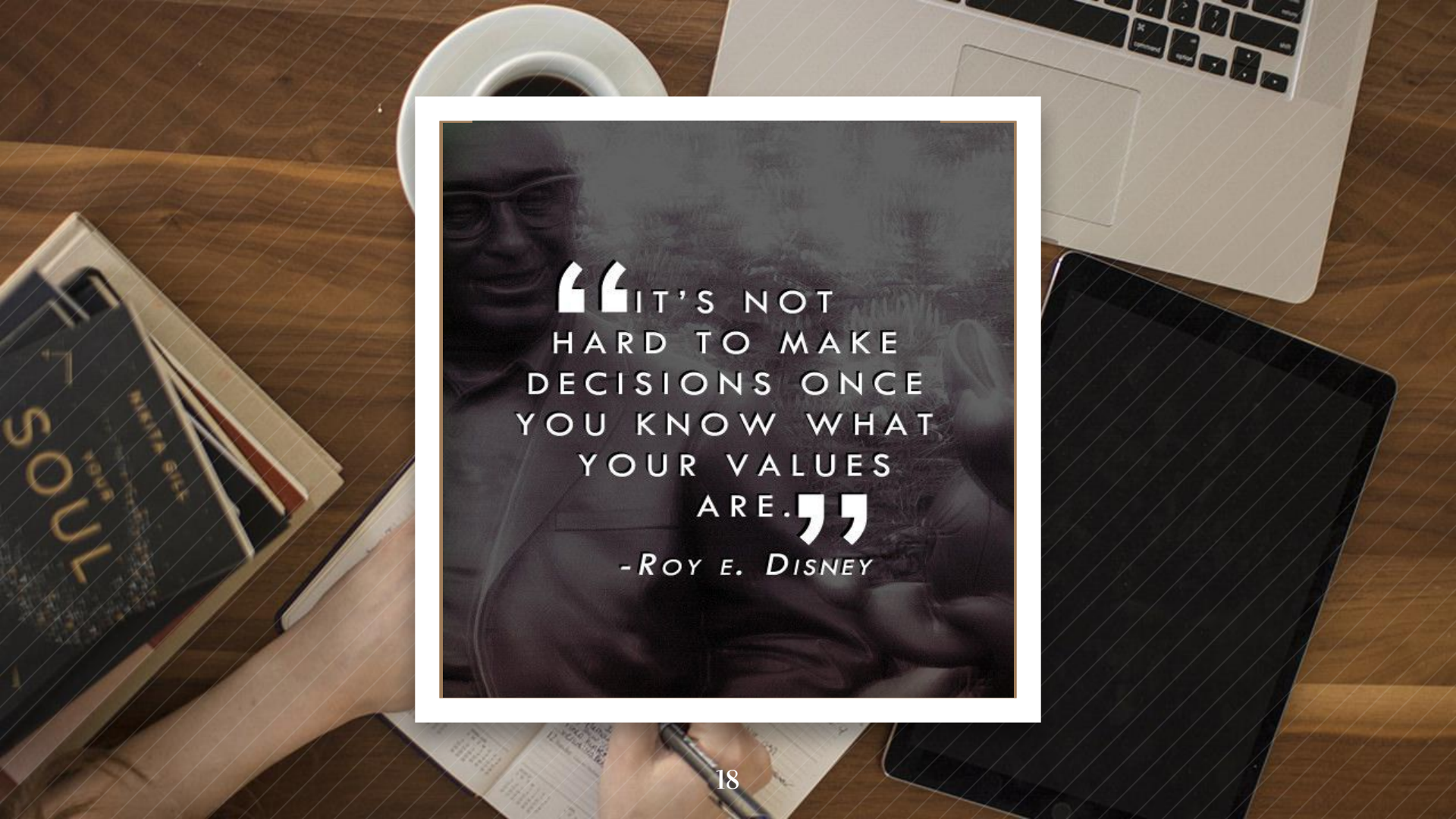




My Journey as a Lead Learner: Be the Momentum

A person wearing a grey checkered suit jacket and a white shirt is shown from the waist down. They are holding a thick, old book in their right hand and have a brown leather messenger bag slung over their left shoulder. The background is a dark green chalkboard with faint white mathematical formulas and diagrams. A dashed white border frames the text on the left side of the image.

1. Be Decisive.
Someone is depending on it!

A top-down view of a wooden desk. In the upper right, a silver laptop is partially visible. To its left is a white coffee cup on a saucer. In the lower right, a black tablet is open. On the left side, there are several books, one with 'SOUL' visible on its cover. A person's hand is visible at the bottom, holding a pen over a notebook. A white-bordered square is centered on the desk, containing a quote and the name Roy E. Disney.


“IT’S NOT
HARD TO MAKE
DECISIONS ONCE
YOU KNOW WHAT
YOUR VALUES
ARE.”

-ROY E. DISNEY

An aerial photograph of a vast, snow-covered mountain range. The peaks are rugged and partially covered in snow, with some rocky outcrops visible. The valleys are filled with dense evergreen forests, and there are patches of snow on the ground. The sky is a pale, hazy blue. A large, brown, rectangular box with a white dashed border is centered over the image, containing the text.

2. Embrace Change.

Turning obstacles into opportunities!

A person with long hair is sitting on a hillside, looking out at a sunrise over a range of mountains. The scene is bathed in a warm, golden light from the sun, which is low on the horizon. The mountains in the distance are silhouetted against the bright sky. The overall mood is peaceful and contemplative.

The second we embrace
change, we become open
to the limitless
possibilities of life.


—MICHELLE MAROS

#PeacefulMind#PeacefulLife

A close-up photograph of several people's hands clasped together in a circle, symbolizing teamwork and support. The hands are of various skin tones and are adorned with various accessories like bracelets and watches. The background is blurred, showing what appears to be an office or meeting environment.

3. Be Inspirational.

It takes a team!

A photograph of a business meeting. In the foreground, a person's profile is visible on the right, looking towards the left. In the background, another person is holding a tablet displaying a bar chart. The scene is set around a wooden table with papers and a pen. The image has a brown overlay at the top and bottom.

**“TO BUILD A STRONG TEAM YOU
MUST SEE SOMEONE ELSE’S
STRENGTH AS A COMPLEMENT TO
YOUR WEAKNESS NOT A THREAT TO
YOUR POSITION OR AUTHORITY.”**

CHRISTINE CAINE



A photograph showing a group of people's hands reaching towards the center, holding a large, glowing red heart. The hands are of various skin tones and are positioned in a circle, creating a sense of unity and support. The background is dark, making the red heart and the hands stand out. The entire image is framed by a white border.

4. Be Empathetic.

Listen to hear!

em·pa·thy

Noun \ 'em-pə-thē \

the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner



5. Control Your Emotions.
Or they will control you!

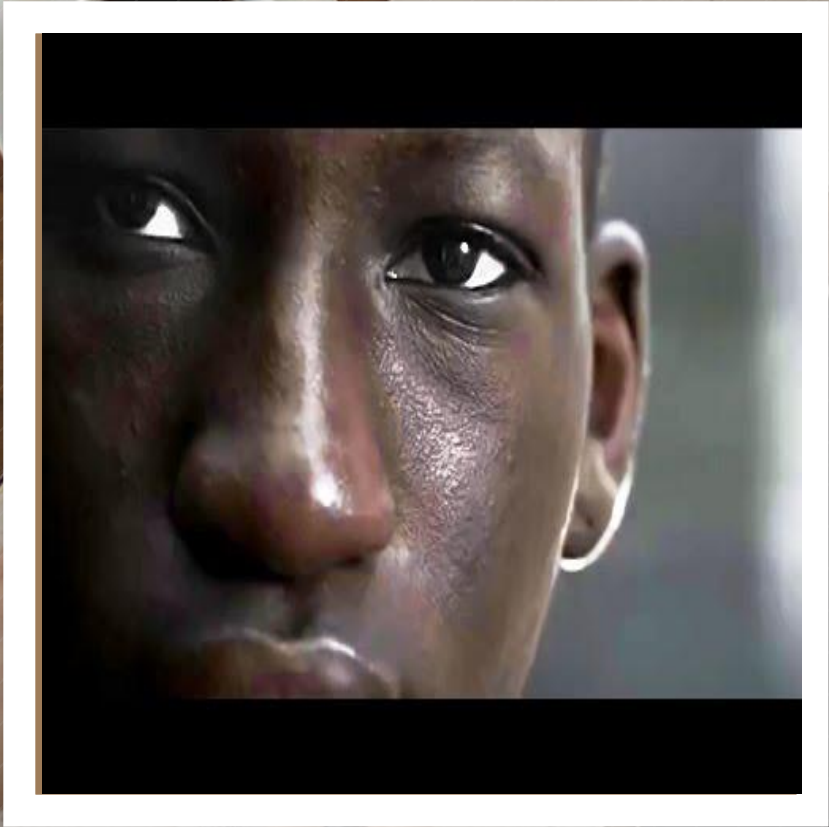
**NO MATTER
THE SITUATION,
NEVER LET YOUR
EMOTIONS
OVERPOWER
YOUR
INTELLIGENCE.**



6. Be Persuasive.

As a genuine and passionate leader!

PASSION LED US HERE



A hand is shown from the palm side, holding a glowing lightbulb. The background is a sunset over a body of water, with the sun low on the horizon, creating a warm, golden glow. The lightbulb is the central focus, with its filament glowing brightly. The hand is positioned in the center of the frame, with fingers slightly spread. The overall mood is one of inspiration and hope.

**7. Seek Out Advice.
Cultivate your network!**

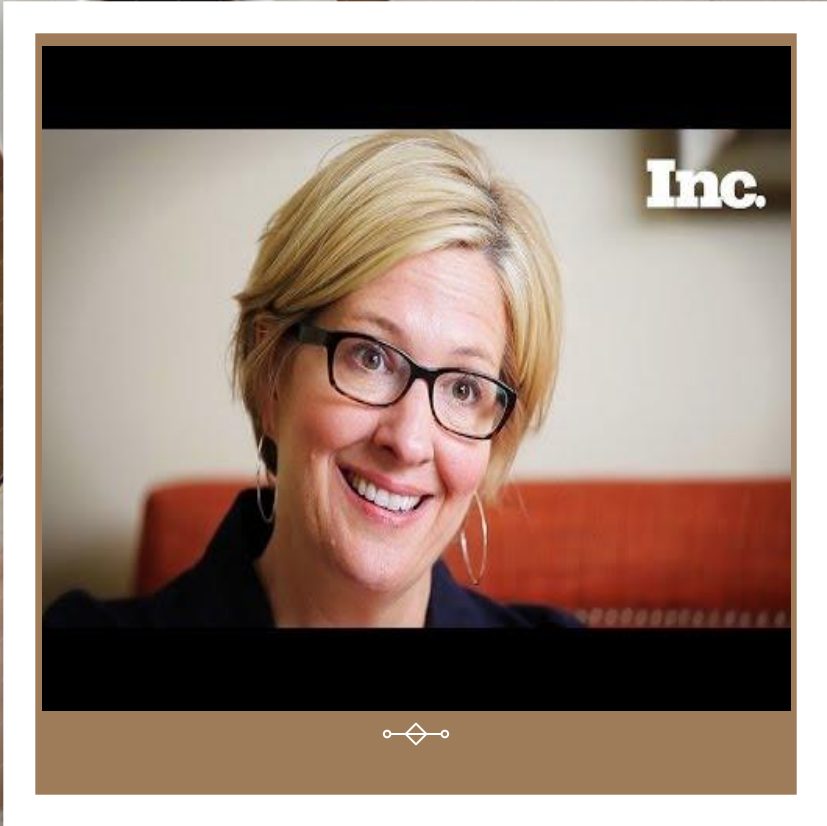
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A photograph of a man and a woman in a meeting. The man is pointing at a whiteboard with sticky notes and a diagram. The woman is looking at him with a thoughtful expression.

**“VULNERABILITY IS THE
BIRTHPLACE OF INNOVATION,
CREATIVITY, AND CHANGE.”**

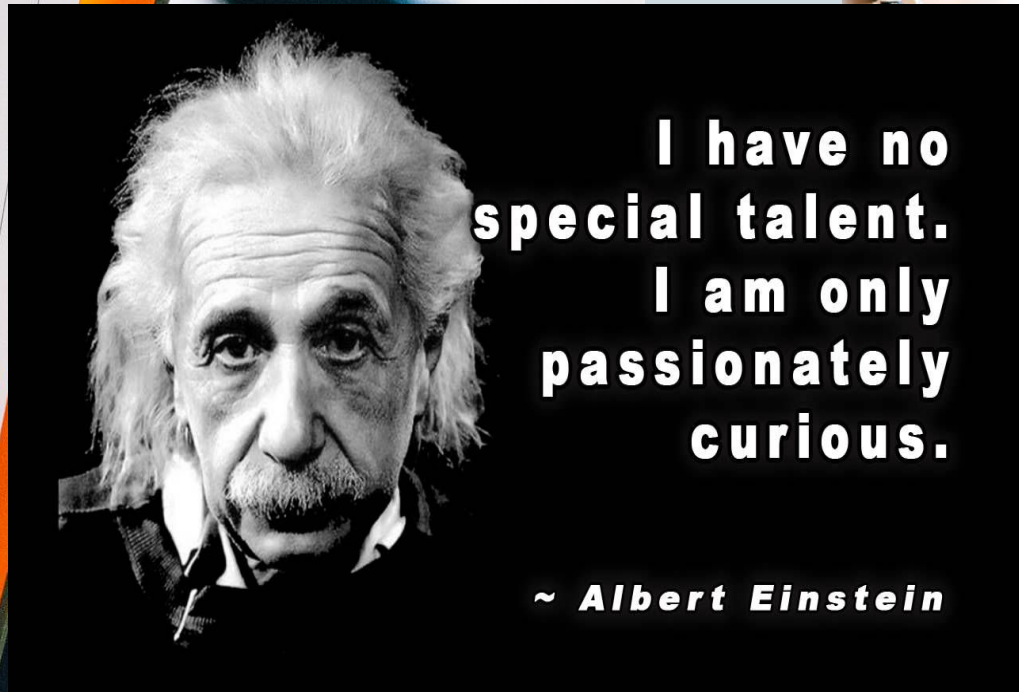
BRENÉ BROWN







8. Never Stop Learning.
Be the lead learner!



I have no special talent. I am only passionately curious.

~ Albert Einstein

<http://wondrlust.com/knowledge/i-have-no-special-talent-i-am-only-passionately-curious-albert-einstein/>

*From the
real experts*

9. Beware of Experts.

Trust yourself first!

**A SHIP IS
SAFE
IN HARBOR BUT ...**



**THAT'S NOT WHAT
SHIPS
ARE BUILT FOR.**

- John A. Shedd

Photo © the_tahoe_guy (Flickr)

vagabondish

A first-person perspective shot from a wooden bridge over a river. The bridge is made of weathered wooden planks and railings. The water below is a vibrant turquoise color with white rapids. A person's feet, wearing teal sneakers and white socks, are visible on the bridge. A dark brown banner with a dashed border is overlaid on the top half of the image, containing the text "10. Be Authentic. And Fearless!".

10. Be Authentic.
And Fearless!

BE FEARLESS

BE BOLD AND BRAVE

EMPOWERING AND

FAITHFUL-**B**E

ETHICAL AND ENGAGED,

AWARE AND AUTHENTIC,

RESPONSIBLE AND RECEPTIVE,

LOYAL AND LIMITLESS,

EXCITED AND WITH EDURANCE,

STEADY AND SMART,

STRONG AND SERENE.



11. Walk the Walk.
Show what you know!

A top-down view of a wooden desk. In the upper right, a silver laptop is partially visible. In the upper left, a white coffee cup sits on a saucer. A book with a dark cover and the word 'SOUL' in large gold letters is on the left. A person's hand is visible at the bottom, holding a pen over a notebook. A dark rectangular box with white text is centered on the desk.

DON'T TALK, JUST ACT.
DON'T SAY, JUST SHOW.
DON'T PROMISE, JUST PROVE...

~UNKNOWN



12. Stay Humble.
It's not about YOU!

Being humble means recognizing that we are not on earth to see how important we can become, but to see how much difference we can make in the lives of others.

Gordon B. Hinckley

“ quote fancy



**BE THE DIFFERENCE!
BE THE MOMENTUM!**

A rustic-themed photograph featuring a black chalkboard with a wooden frame. The words "Thank You" are written in white, spaced-out, typewriter-style font on the chalkboard. The background is a dark, weathered wooden surface. In the bottom-left corner, a portion of an orange rotary telephone is visible. In the top-right corner, a green leafy plant and a portion of a typewriter are visible.

Thank
You