



JUST IN TIME

Weekly Update

October 7, 2020

Issue #2



WORRY EFFECTIVELY

Have you found yourself feeling overwhelmed with all the changes and challenges that have occurred in 2020? There is not an area of our life that has not been impacted. From grocery stores to education to daily decisions, everything just seems harder. It's easy to get stuck admiring all the problems that we are currently experiencing.

The good news is you DO have the skills to handle all these challenges. Long before Covid-19 became part of our language, educators have been worrying about our students. We have worried about their home lives, if they are fed, if they are understanding the academic concepts, and how can we help them make friends. We are well skilled at problem-solving, not only how to help our students but also their families and our staff. Educators know how to identify the problem, hypothesize how to fix it, put that plan into action, and to see if the plan works. While the current context is more challenging, these skills will still serve you well. Essentially, they will help you to worry effectively.

When facing the next problem that is sure to come, we encourage you to identify what has worked well for you in the past about a similar problem and envision how can you revise it for your current situation. We ARE in new territory, this IS hard, but YOU ARE uniquely qualified to serve your students and staff. It never hurts to start with what you know – relationships, consistent expectations, and positive feedback for when they are getting it right. And don't forget – we are here to support you!



“NOW WHAT?” AND “WHAT’S NEXT?”

Last week we encouraged you to make a “T Chart” to help identify the situations and challenges that you can control. This week we encourage you to take it to the next step! Once you identify your “controllables”, let's action plan how can you worry effectively about them? Schools and educators have always been problem-solvers. Use the attached document to identify the “now what?” and “what's next?” actions you can put into place to support the problems that you can control.

Subscribe to our YouTube Channel

We often get stuck admiring our problems when it comes to challenging



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behavior. Often the next step involves having a mindset shift to understanding that misbehavior is stress behavior. Go to YouTube and search for “WV BMHTAC Kids Do Well If They Can” to hear our PBIS Coordinator, Alicia Ziman, explain this important concept. Here's the link:

https://youtu.be/6l_1PnMxqFM

Please remember your Behavior Support Specialist is available to guide you on how to best use our online resources. We know the gold standard is to have a live face-to-face training, but because of things we cannot control this has become the next best thing!