

De-escalation Basics

CONTENT OUTLINE

Course Description

Designed specifically for educators, De-escalation Basics Online Training is a 40-minute, on-demand course to provide all roles and risk levels with the foundational skills to foster safer schools. This online course provides your staff with the skills to understand how to identify escalating behaviors, establish a common language across departments, and recognize when to call for help.

TRAINING COMPONENT	LEARNING INTENT AND OBJECTIVES
Lesson 1: Behind the Behavior	• Explain that distress behavior can occur as a response of the brain and body to a perceived threat. • Recognize that a person may have Precipitating Factors that affect how they respond to a perceived threat. • Recognize that a person's distress behavior is a communication of the distress to be able to respond with empathy. • Describe why it is important to apply person-centered and trauma-informed care in their approach.
Lesson 2: The CPI Crisis Development ModelSM	• Describe the four levels of the <i>Crisis Development ModelSM</i>. • Explain how staff can respond effectively at each level of the <i>Crisis Development ModelSM</i>. • Presented with a scenario, identify the crisis behavior level and respond with the most effective staff response. • Explain how to apply person-centered and trauma-informed care in their interaction with the student in distress.
Lesson 3: Successful Intervention	• Describe how the attitude and behavior of the staff member can influence the attitude and behavior of the student in distress through the concept of the Integrated Experience. • Recognize that their own Precipitating Factors can affect how they respond to a crisis situation. • Describe strategies for Rational Detachment to manage their behavior and attitude in a crisis situation.
Assessment	• Complete an online quiz and survey.
TOTAL RUN TIME: 40 minutes	