**Action Planning for Positive Behavior Support with Families**

**Strategies for Ongoing Learning**

**Date:** 6/22/2023

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| **Training resource** | **Choose the type of training you need using suggestions below**1. Circle the links you believe are the most important2. Write down the supplementary training materials and use the following codes as a way to get organized:FT = Family TrainingST = Staff Training (working with families)S = Staff MeetingsOFT = ongoing family training opportunitiesI = Independent learning opportunities | **When you will use training materials****Put the initials for the type of training in each section** |
| ***Creating positive relationships*** | * [Empathy in Action Video](http://www.newconversations.net/communication-skills-workbook/listening/) Brene Brown ***video***
* [Friends; Connecting People with Disabilities and Community Members](http://rtc.umn.edu/docs/Friends_Connecting_people_with_disabilities_and_community_members.pdf) ***training manual***
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| ***Person-centered skills*** | * [LifeCourse for Families](https://www.lifecoursetools.com/lifecourse-library/foundational-tools/family-perspective/) ***tools***
* [Day 2 Skill Building: Interaction skills training](https://mnpsp.org/wp-content/uploads/2023/02/Day-2-skill-building.pdf) ***Presentation slides***
* [Day 2 Skill Building Recording](https://mediaspace.umn.edu/media/t/1_gxomi5qx) ***Video***
* [Temperament Tool-Infant](https://www.ecmhc.org/documents/CECMHC_IT3_Booklet_Infant.pdf) ***tool***
* [Temperament Tool – Toddler](https://www.ecmhc.org/documents/CECMHC_IT3_Booklet_Toddler.pdf) ***tool***
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| ***Creating a plan to teach, model, and practice new skills*** | * [Family Tools for Teaching Social and Emotional Skills](http://csefel.vanderbilt.edu/resources/family.html)
* [Teaching Your Child to Identify and Express Emotions](http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf) ***resource***
* [It’s My Choice](http://mn.gov/mnddc/extra/publications/choice/Its_My_Choice.pdf) ***tool***
* [Cognitive Behavior Therapy Tools](https://positivepsychologyprogram.com/cbt-cognitive-behavioral-therapy-techniques-worksheets/#cbt-tools) ***resource***
* [Supporting Families with PBIS at Home](https://www.pbis.org/resource/supporting-families-with-pbis-at-home) ***resources***
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| ***Letting people know you appreciate them and reinforcing positive social behaviors*** | * [Acknowledging Children’s Positive Behaviors](https://challengingbehavior.cbcs.usf.edu/docs/whatworks/WhatWorksBrief_22.pdf) ***resource***
* [PBS worksheets - Reinforcement Strategies](https://mnpsp.org/wp-content/uploads/2022/03/PBS-worksheets_Reinforcement-Strategies.docx)
* [Reinforcement Inventory](https://hcpbs.org/wp-content/uploads/2018/12/reinforcement-inventory.pdf) ***tool***
* [Early Childhood Reinforcer Inventory](https://challengingbehavior.cbcs.usf.edu/docs/Reinforcer-Inventory.pdf) ***tool***
* [Assessing Elements of Wellness](https://mn.gov/dhs/assets/mental-wellness_tcm1053-307677.pdf) ***resource***
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| ***Introducing cultural responsive strategies*** | * <https://www.youtube.com/watch?v=D9Ihs241zeg> ***video***
* [Promoting Cultural Diversity and Cultural Competence: Self-Assessment Checklist for Personnel Providing Behavioral Health Services and Supports to Children, Youth, and Their Families](https://nccc.georgetown.edu/documents/ChecklistBehavioralHealth.pdf) ***tool***
* [Cultural and Linguistic Family Organization Competence Assessment Instrument](https://nccc.georgetown.edu/documents/NCCC-CLCFOAAssessment.pdf) ***tool***
* [What is Cultural Healing](https://www.youtube.com/watch?v=l1o7ls7JnxA) ***video***
* [What is Historical Trauma](https://www.youtube.com/watch?v=AWmK314NVrs) ***video***
* [How Do People Experience Historical Trauma](https://www.youtube.com/watch?v=sjJUQlodh0g) ***video***
* [Vulnerability](https://www.youtube.com/watch?v=H4kMA4fSV_k) – Brene Brown ***video***
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| ***Universal health and wellness is for everyone*** | * [Creating a Healthier Life](https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf) ***tool***
* [The 8 Dimensions of Wellness](https://www.youtube.com/watch?v=tDzQdRvLAfM) ***video***
* [Well-being Indicator for Youth](https://cascw.umn.edu/portfolio-items/well-being-indicator-tool-for-youth-wit-y/) ***tool***
* [How to Defeat Negative Thinking](https://www.youtube.com/watch?v=_XLY_XXBQWE) ***video***
* [Why Mindfulness is a Super Power](https://www.youtube.com/watch?v=w6T02g5hnT4%20video) **video**
* [Mindfulness for Families](https://www.zerotothree.org/resources/3406-mindfulness-practices-for-families)
* [Wellness Self-Management Workbook](http://www.irenegreene.com/wp-content/uploads/WSM_English_Workbook.pdf) ***tool***
* [Mental Wellness for People with Intellectual or Developmental Disabilities](https://mn.gov/dhs/assets/mental-wellness_tcm1053-307677.pdf) ***Resource***
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| ***Using data in team meetings to guide problem solving*** | * [Quality of Life Tools for Caregivers](https://mnpsp.org/wp-content/uploads/2021/02/Quality-of-life_A-tool-for-caregiversFINAL.docx) ***tool***
* [My Best Life: A Tool to Tell Others How You Feel](https://mnpsp.org/wp-content/uploads/2021/02/My-best-life_A-Tool-to-tell-others-how-you-feelFINAL.docx) ***tool***
* [Quality of Life for Caregivers](https://mnpsp.org/wp-content/uploads/2023/05/My-best-life_A-Tool-to-tell-others-how-you-feelFINAL-3.pdf) ***tool***
* [Translated Versions of Both Tools](https://mnpsp.org/translated-materials/) ***tool***
* [Family Quality of Life Survey](https://beachcenter.lsi.ku.edu/sites/default/files/2019-10/1.%20Beach%20Center%20Quality%20of%20Life%20Scale-With%20Update.pdf) ***tool***
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| ***Responding Consistently When Challenges Occur*** | * [Understanding Conflict in Relationship](http://www.thetinman.org/Conflict%20Resolution%20Skills_%20Building%20the%20Skills%20That%20Can%20Turn%20Conflicts%20into%20Opportunities.pdf)s ***Example***
* [Conflict Self-Assessment](file:///Users/rachellfreeman/Desktop/%E2%80%A2%09https%3A/mnpsp.org/wp-content/uploads/2016/12/PSS-Conflict-Resolution10-30-17.pdf) ***tool***
* [*https://hcpbs.files.wordpress.com/2017/10/avoiding-power-struggles.pdf*](https://hcpbs.files.wordpress.com/2017/10/avoiding-power-struggles.pdf)***Resource***
* [Keeping Your Cool When The Situation Gets Hot](https://newconversations.net/communication-skills-library-of-articles-and-teaching-materials/conflict-resolution-emergency-kit/)
* ***Resources***
* [Essential Negotiation Skills](https://www.mindtools.com/aal02x7/essential-negotiation-skills) ***Resource***
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