



# COVID-19 & Virtual/Distance Learning Tips and Tricks:

*From School Refusal to School Re-Engagement*

## **Module #1: School Refusal Basics**

- ▶ Morning Meetings: relationships & routines.
- ▶ Wellness checks.
- ▶ Empathize & verbalize.
- ▶ Take it off the computer.
- ▶ Little “bips” helping school & homework together.

**Commented [KB1]:** I'm not sure what the grammar rule is, but I think periods after each bullet point looks a little nicer. I didn't add it to all of them though..

## **Module #2: Assessment: Defining the Behavior**

- ▶ Partnering with those in the home to collect data.
- ▶ Video/audio recording, virtual observations.
- ▶ Assessing/remembering impact not only on school personal but family.
- ▶ Trauma training & informed practices.
- ▶ Texting: Google voice, email to text software.

**Commented [KB2]:** I think BIPs is easier to understand when capitalized, but maybe teachers are most used to it being lowercase? Just my input.

**Commented [DB3R2]:** Thanks for the feedback here, I'm intentionally changing it to emphasize its not a BIP but its little brother an informal behavior plan ;)

## **Module #3: Assessment: Determining the Function**

- ▶ Screen time management system.
- ▶ Daily challenge: decrease avoidance; increase exposure.
- ▶ Parent training & communication: help create home plans.
- ▶ Think of COVID exposure/quarantine as a setting event.
- ▶ Outline re-engagement goals linked with district timelines.

## **Module #4: Intervention: Tier 1 - For all Students**

- ▶ Support families with creating an effective learning environment in the home:
  - Workspace
  - Materials & tool access
  - Quiet/break space



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- ▶ Safety/wellness checks.
- ▶ Somatic response training.
- ▶ Access to virtual counseling and SEL instruction.
- ▶ Get connected to community cultural representatives.

### **Module #5:** *Intervention: Tier 2 - For Small Groups of Students*

- ▶ Access community/bubbles: create/link/join students for virtual group support.
- ▶ Add a tech expert to the team (with family access).
- ▶ Virtual extracurricular activities.
- ▶ Tech leaders – Zoom experts, etc.
- ▶ Make check & connect virtual: game, chat, watch youtube.com.
- ▶ Train/involve families and student in data collection.

### **Module #6:** *Intervention: Tier 3 - For Individual Students*

- ▶ Training around building relationships via a video platform.
- ▶ Designate technology usage rules: what tech is used for what?
- ▶ Find baby steps reversing anxiety/avoidance cycle.
- ▶ Build in somatic control exercises.
- ▶ Digital reward systems/charts.
- ▶ Virtual parent training w/ interpreters, equity considerations & diverse time offering.
- ▶ Consider in-person options.

### **Module #7:** *Reviewing the Data: Where to Next?*

- ▶ Calendar plans, focus on options. (A, B, C etc.)
- ▶ Help/treat staff for trauma experience too.



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- ▶ Assume slips WILL occur.
- ▶ Increase the timeline for success.
- ▶ Virtual data collection methods: increase transparency.
- ▶ Team collaboration: meet more often, we need each other!!