A12 - Telecoaching to Support PBIS in Rural Schools

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Key Words: PBIS Foundations, Coaching, Tier 1

Maximizing Your Session Participation
When Working In Your Team

Consider 4 questions:
- Where are we in our implementation?
- What do I hope to learn?
- What did I learn?
- What will I do with what I learned?

Where are you in the implementation process?
Adapted from Fixsen & Blase, 2005

<table>
<thead>
<tr>
<th>Exploration &amp; Adoption</th>
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<tbody>
<tr>
<td>• We think we know what we need so we are planning to move forward (evidence-based)</td>
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<table>
<thead>
<tr>
<th>Installation</th>
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<tbody>
<tr>
<td>• Let’s make sure we’re ready to implement (capacity infrastructure)</td>
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<table>
<thead>
<tr>
<th>Initial Implementation</th>
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<tbody>
<tr>
<td>• Let’s give it a try &amp; evaluate (demonstration)</td>
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<table>
<thead>
<tr>
<th>Full Implementation</th>
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<tbody>
<tr>
<td>• That worked, let’s do it for real and implement all tiers across all schools (investment)</td>
</tr>
<tr>
<td>• Let’s make it our way of doing business &amp; sustain implementation (institutionalized use)</td>
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</tbody>
</table>

Leadership Team Action Planning Worksheets: Steps

<table>
<thead>
<tr>
<th>Self-Assessment: Accomplishments &amp; Priorities</th>
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<tbody>
<tr>
<td>Leadership Team Action Planning Worksheet</td>
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<table>
<thead>
<tr>
<th>Session Assignments &amp; Notes: High Priorities</th>
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<tbody>
<tr>
<td>Team Member Note-Taking Worksheet</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Action Planning: Enhancements &amp; Improvements</th>
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<tbody>
<tr>
<td>Leadership Team Action Planning Worksheet</td>
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Session Description

Telecoaching to Support Positive Behavior Interventions and Supports in Rural Schools: Teleconsultation is an effective and more efficient replacement for in-person coaching for communities with little resources and local expertise. In this presentation we will describe a teleconsultation coaching approach to support rural, high-poverty schools in implementing universal schoolwide PBIS practices. We will describe technology usage options, coaching session components, and lessons learned after implementing this model across three school districts.

Rural Education

- Definition Characteristics
  - Low income
  - Long distances
  - Fewer resources
  - Access
  - Poor internet connectivity
  - Fewer schools, more grade levels
  - Limited new teachers returning to rural community (resource)
Who else struggles with access and resources?

• Any low income school or district

Let’s look at Alabama

Let’s Look at Rural Alabama
How do we serve everyone?

Discussion

• How is everyone in your state served?
• Do you have rural regions/districts?
• Do you have low income regions/districts?

Let’s talk about cost

At .565 miles per gallon:

– 120 miles = $135 roundtrip
– 195 miles = $220 roundtrip
– Average of the two = $177/trip x 9 trips per year = $1,600 per school x 20 schools = $32,000
– Full time local personnel = $65,000/year for 20 schools

That gets very expensive for coaching
Let’s talk about coaching.

PBIS Coaching
• Follows initial or booster training
• Tier 1
• Tier 2
• Tier 3

Discussion
• Talk to your neighbor about what coaching services your school or district has access to
  – Who is the coach
  – Where is the coach
  – Do you know the cost
  – What does the coach do

Ongoing, Monthly Support
• Includes trained team
• Scaffolded to encourage independence and sustainability
• Focuses on implementation fidelity and problem solving
Who are Coaches?

- School
- District
- Regional training/in-service centers
- State Department
- Technical assistance center

What does Coaching Require

- Local expertise
- Resources to hire someone outside

Traditional Coaching Example

- https://www.pbis.org/training/tips/team-meeting-videos

Telecoaching Introduction
Look how far we have come!

What is Telehealth?

• Affordable, sustainable approach for improving rural access to quality care and assessment services
• Examples: physical health check-up, mental health, school-based health visits

Group Discussion

• Think about a time where you had positive or negative experiences with technology when trying to communicate with someone. What are the benefits/drawbacks?

*Share*

What is Telecoaching?

• Technology-based approach to providing PBIS coaching to school teams through video conferencing in an effort to improve the affordability, access to expertise, and ongoing support in rural or low income areas
Telecoaching Options

Telecoaching Agenda
1. Technology check
2. Introductions, attendance, roles, agreements
3. Review previous meeting/next steps
4. Discuss data and progress
5. Problem solving
6. Schedule next meeting

Let's look at an example
• https://drive.google.com/open?id=1uqlRSPxJukdWUtuoYk1NLKFVQkzYGHpr

Can we get the same outcomes?
• Short answer....YES!
• District Example
Fidelity

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<th>Spring 2017 SET Score</th>
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<tr>
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<tr>
<td>0</td>
<td>89%</td>
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<tr>
<td>0</td>
<td>84%</td>
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<td>81%</td>
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Discipline

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<th>GDR</th>
<th>ODR</th>
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<th>ISSS</th>
<th>OIS</th>
<th>OSS</th>
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<th>All Post</th>
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<tbody>
<tr>
<td></td>
<td>Pre</td>
<td>Post</td>
<td>Pre</td>
<td>Post</td>
<td>Pre</td>
<td>Post</td>
<td></td>
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</tr>
<tr>
<td>Elementary</td>
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<td>14</td>
<td>0</td>
<td>0</td>
<td>19</td>
<td>2</td>
<td>0</td>
<td>0</td>
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<td></td>
<td>(9%)</td>
<td></td>
<td>(0%)</td>
<td></td>
<td>(4%)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate</td>
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<td>9</td>
<td>8</td>
<td>2</td>
<td>8</td>
<td>5</td>
<td>0</td>
<td>0</td>
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<td></td>
<td>(5%)</td>
<td></td>
<td>(5%)</td>
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<td>(5%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Middle School</td>
<td>52</td>
<td>40</td>
<td>13</td>
<td>18</td>
<td>29</td>
<td>25</td>
<td>0</td>
<td>0</td>
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<tr>
<td></td>
<td>(22%)</td>
<td></td>
<td>(34%)</td>
<td></td>
<td>(19%)</td>
<td></td>
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<td></td>
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<tr>
<td>High School</td>
<td>180</td>
<td>136</td>
<td>133</td>
<td>111</td>
<td>51</td>
<td>35</td>
<td>7</td>
<td>1</td>
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<tr>
<td></td>
<td>(38%)</td>
<td></td>
<td>(30%)</td>
<td></td>
<td>(11%)</td>
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Note: * indicates improvement from pre-intervention to post-intervention

Attendance

<table>
<thead>
<tr>
<th>School</th>
<th>Tardy Pre</th>
<th>Tardy Post</th>
<th>Absence Pre</th>
<th>Absence Post</th>
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<tr>
<td>Elementary</td>
<td>1585</td>
<td>1545</td>
<td>3085</td>
<td>3385</td>
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<tr>
<td></td>
<td>(3.5)</td>
<td>*(3.4)</td>
<td>(6.7)</td>
<td>(7.4)</td>
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<tr>
<td>Intermediate</td>
<td>595</td>
<td>749</td>
<td>3226</td>
<td>2903</td>
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<tr>
<td></td>
<td>(1.7)</td>
<td>(2.2)</td>
<td>(9.5)</td>
<td>*(8.4)</td>
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<tr>
<td>Middle School</td>
<td>1707</td>
<td>1452</td>
<td>3538</td>
<td>3657</td>
</tr>
<tr>
<td></td>
<td>(7.3)</td>
<td>*(6.0)</td>
<td>(15.1)</td>
<td>(15.2)</td>
</tr>
<tr>
<td>High School</td>
<td>4045</td>
<td>4476</td>
<td>5368</td>
<td>4008</td>
</tr>
<tr>
<td></td>
<td>(8.6)</td>
<td>(9.9)</td>
<td>(11.4)</td>
<td>*(10.1)</td>
</tr>
</tbody>
</table>

Note: * indicates improvement from pre-intervention to post-intervention

Benefits

“convenient”
“cost effective”
“increased opportunities for communication”
“I don’t think there was anything we could have gotten from a person or visit honestly that we didn’t get telecoach wise.”
**Barriers/Drawbacks**

- How to look at data together
- Internet service
- In-person visits needed
- May miss some of the school culture/climate
- Relationship building strategies

“I think whenever you have someone coming to physically be in a meeting with you, you’re going to be much more conscientious .....you know, it’s just human nature.”

**Let’s look at our example again**

- [https://drive.google.com/open?id=1uqlRSPxJukdWUtuyoK1NLKFVQkzYGHpr](https://drive.google.com/open?id=1uqlRSPxJukdWUtuyoK1NLKFVQkzYGHpr)

**Discussion**

- What did you see?
- Was there a relationship?
- Was there clear communication?
- What could have been missing?
- What went well?
What if things are not going well..

1. Switch to in-person meetings
2. Schedule phone calls or email in between meetings
3. Have more frequent telecoaching visits

What you will need

1. Patience
2. Send data in advance
3. Someone who is “tech savvy”
4. Technology approach with required equipment
5. Back up plan
6. In person visits
7. Optional: sense of humor

Summarizing Discussion

• Take a few minutes to summarize what you learned with a partner

Take Away

• Cost-benefit of Telecoaching
• Approaches to Telecoaching
• Pitfalls to look out for and how to avoid them
• Benefits of Telecoaching
Questions?

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