

# Understanding and Managing Disruptive Behaviors in Schools



# Agenda

01

Introduction

02

Disruptive  
Behaviors

03

Challenging  
Times

04

Environments

05

Strategies

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Conclusion







TWO REMINDERS



ALL BEHAVIOR  
*is a form of*  
COMMUNICATION

• • • • • • •

**The kids  
who need the  
most love  
will ask for it  
in the most  
unloving way**

## 2. DISRUPTIVE BEHAVIORS



# Common Disruptive Behaviors

- ★ Talking in Class
- ★ Tardiness
- ★ Leaving Early
- ★ Electronic Devices
- ★ Eating/Drinking
- ★ Sleeping
- ★ Physical/Verbal Aggression



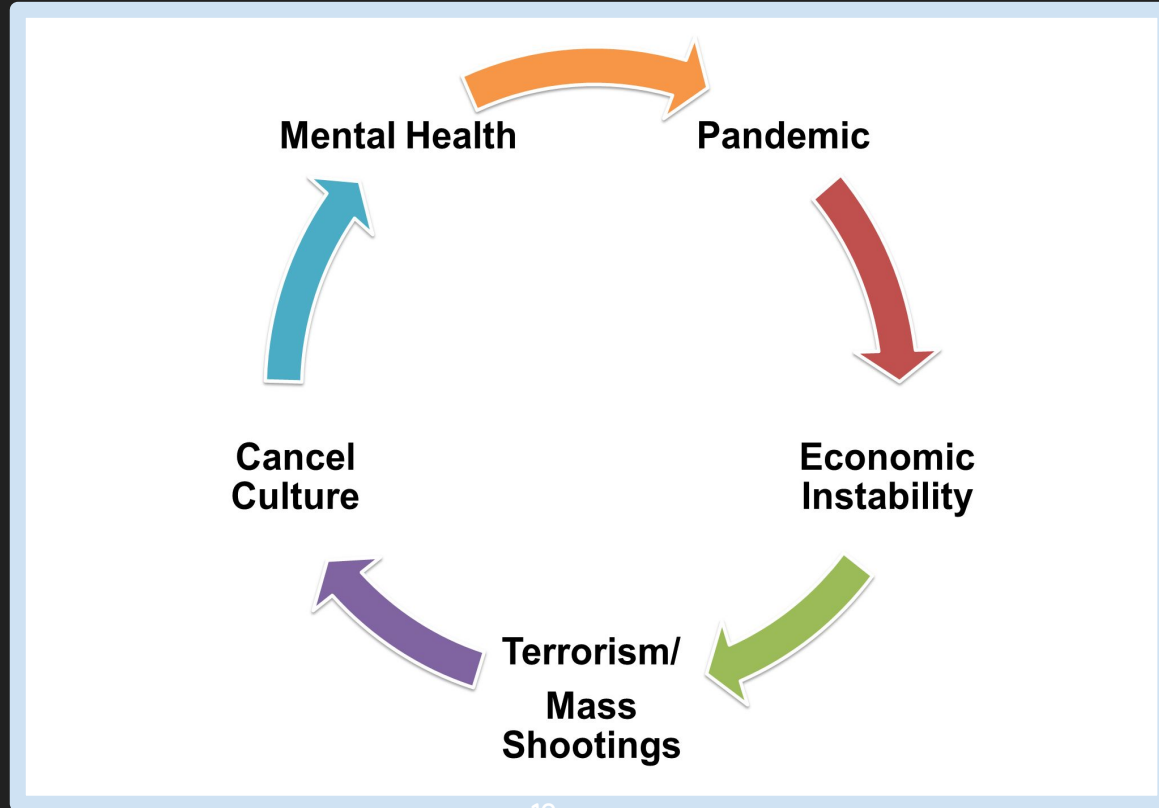


# 3. CHALLENGING TIMES



Image by [Joe Ferris](#) from [Pixabay](#)

# TODAY'S CHALLENGES





**"Epidemic" and "Crisis" are often used to characterize the mental health challenges facing American students.**



**1 IN 5**

**Youth have or will have a Mental Illness.  
Usually shows up before 14 years of age.~NIMH**

# AND IT'S NOT JUST TEENS...



1 in 6 children aged 2-8 years  
has a mental, behavioral, or  
developmental disorder.

# Youth Mental Health Video

<https://www.youtube.com/watch?v=y-6wx55je2M>



# Adverse Childhood Experiences



# ACEs

- **17,500 adults.**
- **67% of all adults have experienced.**
- **12.6% had four or more.**
- **Four or more increases:**
  - **390% Lung Disease**
  - **240% Hepatitis**
  - **460% Depression**
  - **1,220% Attempt Suicide**



# A CHALLENGE FOR COUNSELORS



# THE HEADLINES

**A Closer Look at the Mental Health Provider Shortage ~ ACA**

**A Growing Psychiatrist Shortage and an Enormous Demand for Mental Health Services ~ *Association of American Medical Colleges***

**Therapists Say They Can't Meet High Demand as Anxiety, Depression Linger ~ *Washington Post***

**How to Address the Child Therapist Shortage ~ *New York Times***

**America Needs School Counselors Now More Than Ever ~ *Business Wire***

# MENTAL HEALTH CARE SHORTAGE

Location	Total Mental Health Care HPSA Designations	Population of Designated HPSAs	Percent of Need Met	Practitioners Needed to Remove HPSA Designation
Maryland	63	1,709,025	19.4%	101

Kaiser Family Foundation

<https://www.kff.org> ›

# SCHOOL COUNSELOR SHORTAGE

## #38. MARYLAND

- STUDENT TO SCHOOL COUNSELOR RATIO: 332:1
- 2,662 COUNSELORS TO 882,527 STUDENTS
- EMPLOYMENT PER 1,000 JOBS: 2.42 (1.15 Xs NAT'L AVG.)

Charlie Health

<https://www.charliehealth.com/research/most-states-have-a-school-counselor-shortage>

# 4. ENVIRONMENTS

## HOME

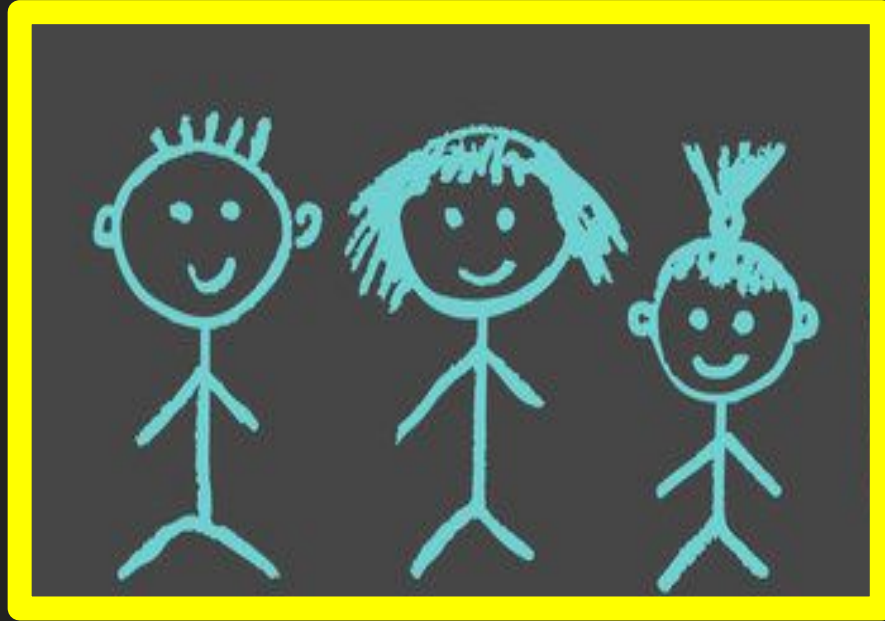
## SCHOOL



# HOME



# PARENTING



# SERVE & RETURN INTERACTIONS

Infant makes a sound or looks at object - Serve

Parent returns the serve by responding - Return

These interactions trigger development and strengthen connections in brain that control emotion, cognition, language, and memory.



# Tronick Experiment Video

<https://www.youtube.com/watch?v=YTTsXc6sARg>

# TYPES OF PARENTING



# AUTHORITATIVE PARENTING



Image by Gerd Altmann from Pixabay

# JUST RIGHT PARENTING

- Just the right amount of support and structure.
- Just the right amount of discipline and communication.
- Set high expectations and have clear rules.
- Discipline and provide rationale for their expectations.
- Invest time into preventing problematic behaviors.
- Praise child's success and encourage them to do their best.

# PERMISSIVE PARENTING

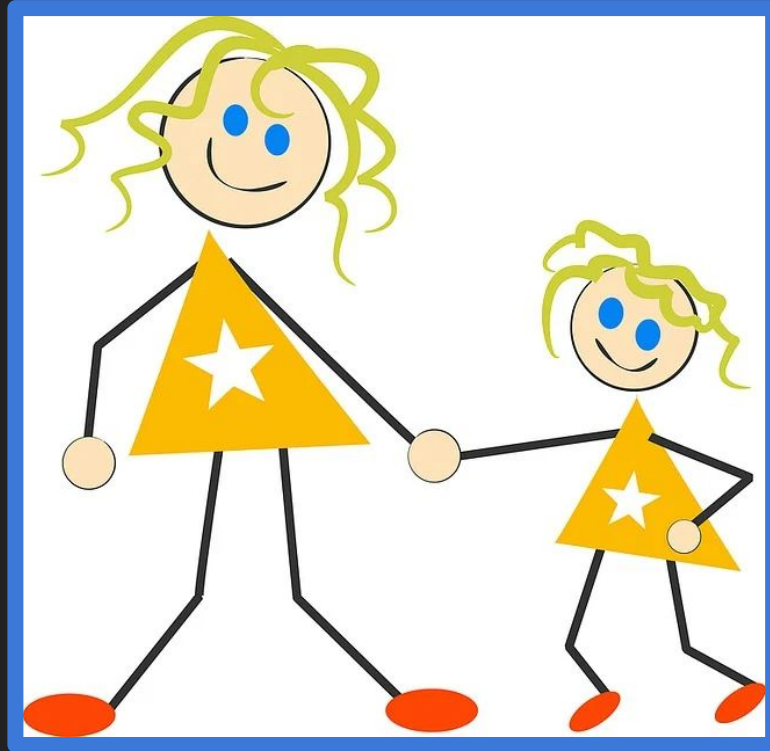


Image by Prawny from Pixabay

# LET'S BE FRIENDS

- Difficulty setting rules and following through.
- Quickly brush off behavior.
- Are often vested, but don't provide discipline or guidance.
- Discipline and provide rationale for their expectations.
- Struggle with authority - child allowed to do whatever they want.
- Often unhealthy habits.
- Parents may have a history with their own struggles.

# NEGLECTFUL PARENTING



Image by Tharush\_12 from Pixabay

# UNINVOLVED

- DETACHED FROM CHILD'S LIFE.
- CHILD HAS FREE REIGN.
- LITTLE NURTURING OR SUPPORT.
- CHILD IS LEFT TO CARE FOR SELF.
- SOMETIMES THIS PARENTING STYLE IS UNINTENTIONAL.



# AUTHORITARIAN PARENTING

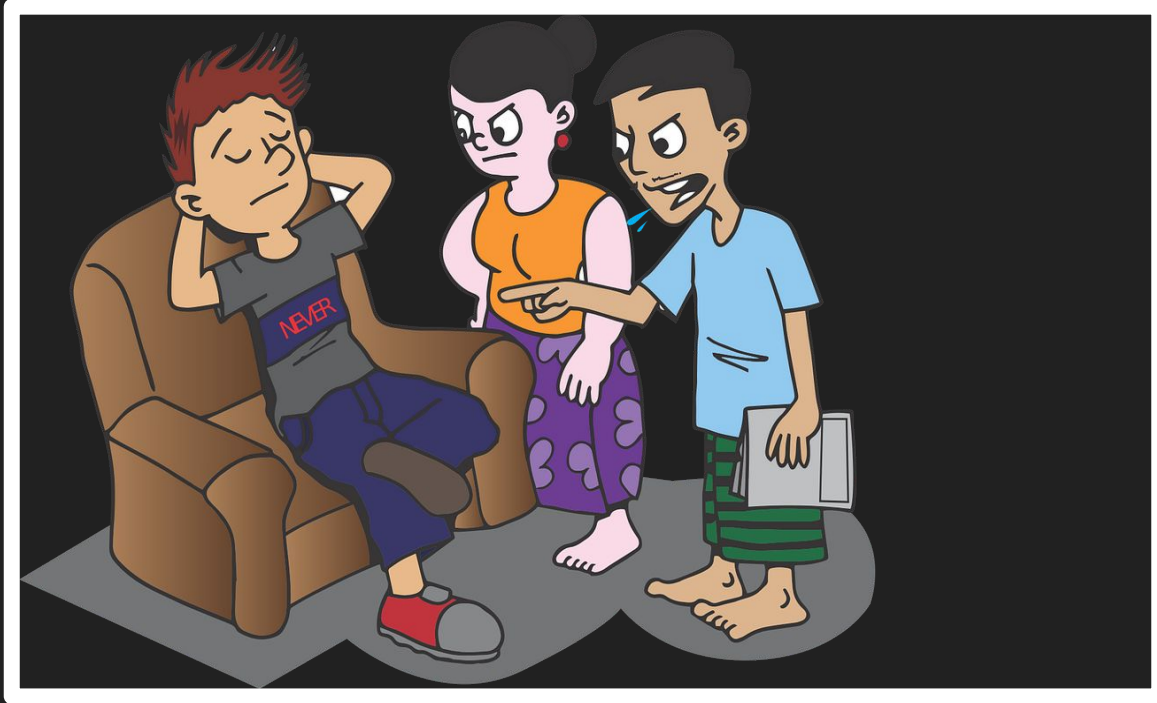


Image by [Mote Oo Education](#) from [Pixabay](#)

# BECAUSE I SAID SO!

- DON'T QUESTION DECISIONS.
- HARSH DISCIPLINE.
- IT'S MY WAY OR THE HIGHWAY.
- FOCUS ON OBEDIENCE.
- EXTREMELY STRICT

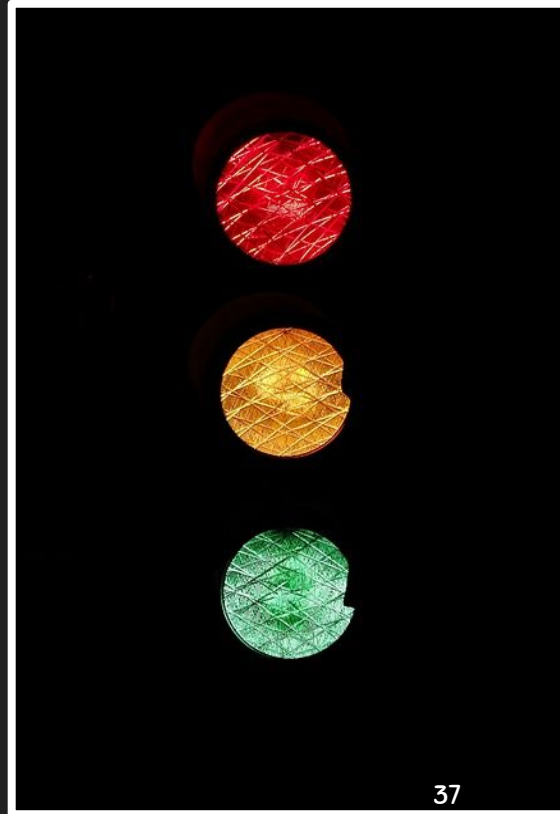
# SCHOOL



# TYPES OF TEACHING



# TYPES OF TEACHING



**Authoritarian**

**Permissive**

**Authoritative**



# Did you know?

**1 in 3**

students have a psychological or emotional issue

**7,000+**

students dropout of school every day

**32%**

chance of dropping out after 1 suspension

**1 in 5**

students has a mental health issue

**85%**

of teachers receive no behavior management training

**1,000**

teachers leave the profession every day



# Adverse Childhood Experiences

# 3 OR MORE ACEs

- **Almost three times more likely to experience academic failure.**
- **Nearly five times more likely to have severe attendance problems.**
- **Six times more likely to have severe behavior problems.**
- **Almost four times more likely to report frequent poor health.**



# TRAUMA SENSITIVE STRATEGIES

- Significant improvements in student behavior.
- Fewer suspensions.
- Fewer expulsions.
- Significant improvements in academic achievement.

# 5. STRATEGIES





# DEFUSING CHALLENGING SITUATIONS

# DEFUSING SITUATIONS



1. I'M SORRY...
2. I UNDERSTAND...
3. PROBABLY SO...
4. NEVERTHELESS...

# FOUR STEP APPROACH:

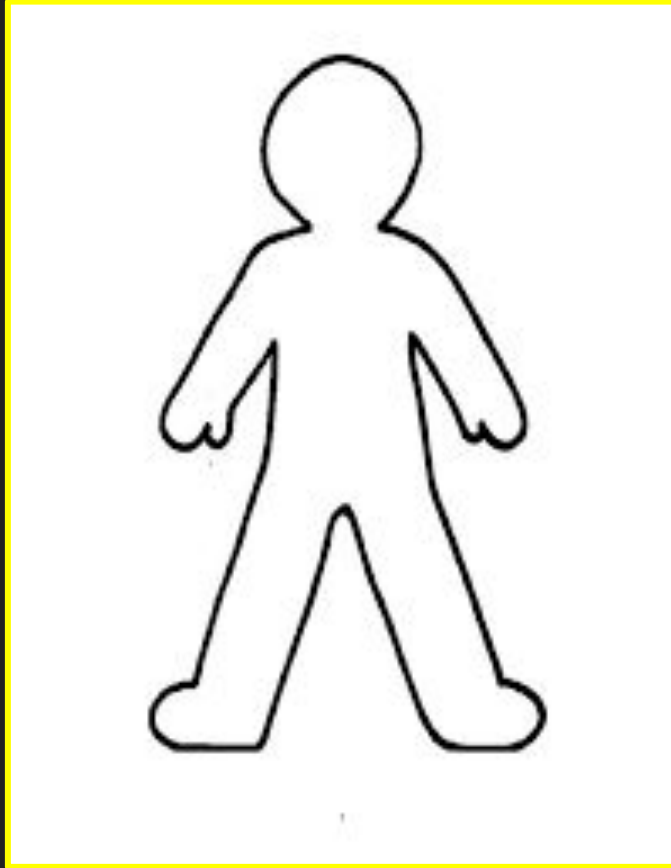
1. DON'T ENGAGE
2. KEEP MOVING
3. USE SILENCE
4. REDIRECT





# CREATE A WELCOMING ENVIRONMENT

# BODY SCAN

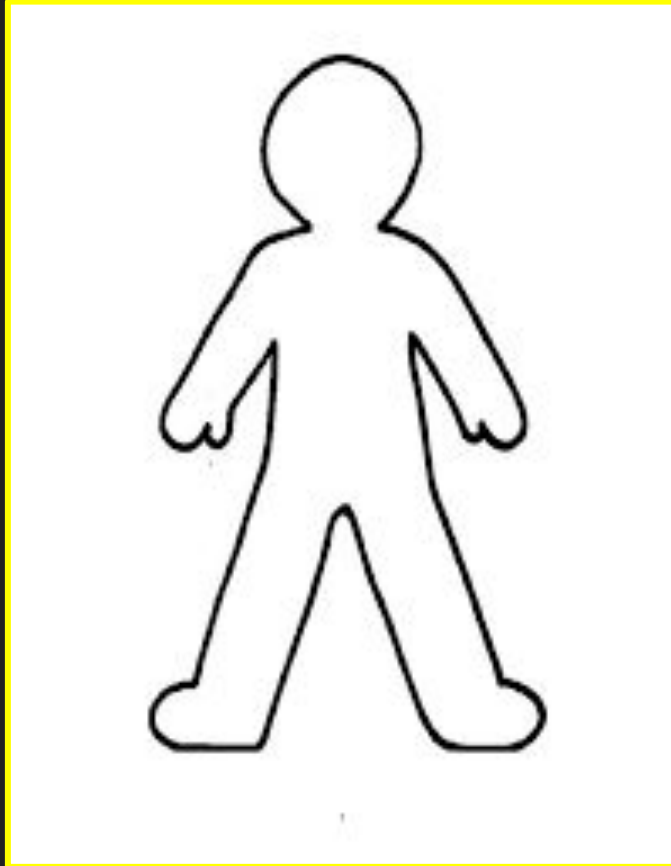








# BODY SCAN

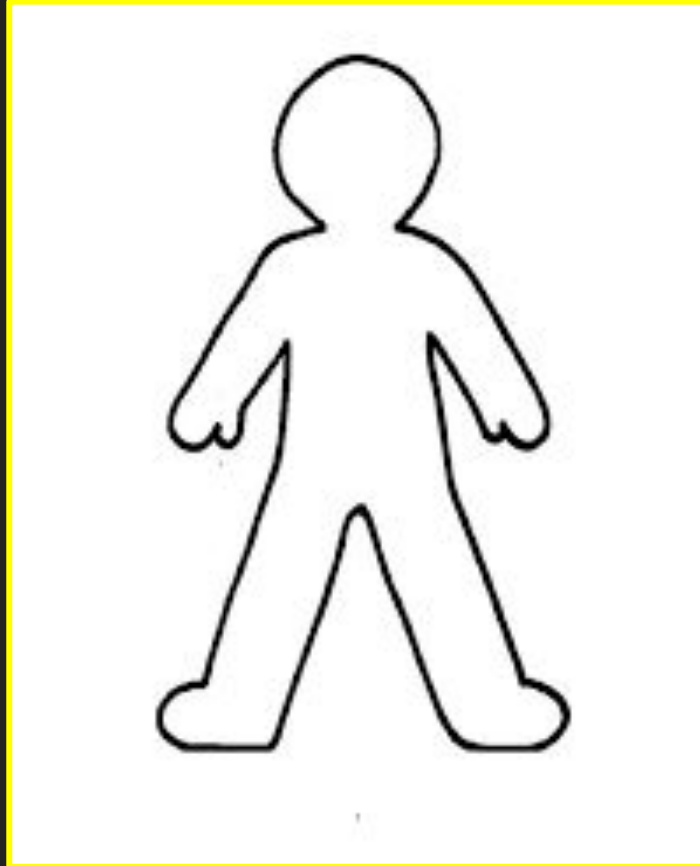








# BODY SCAN



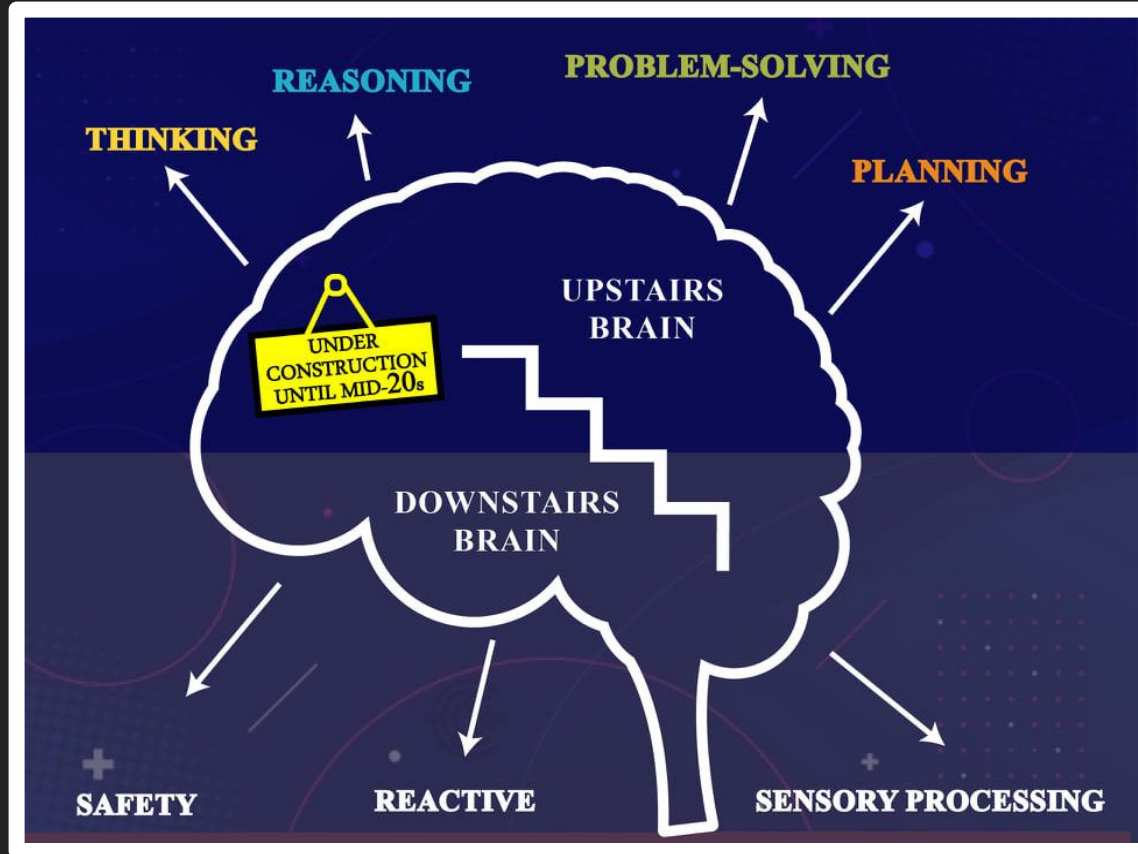
# ENVIRONMENT





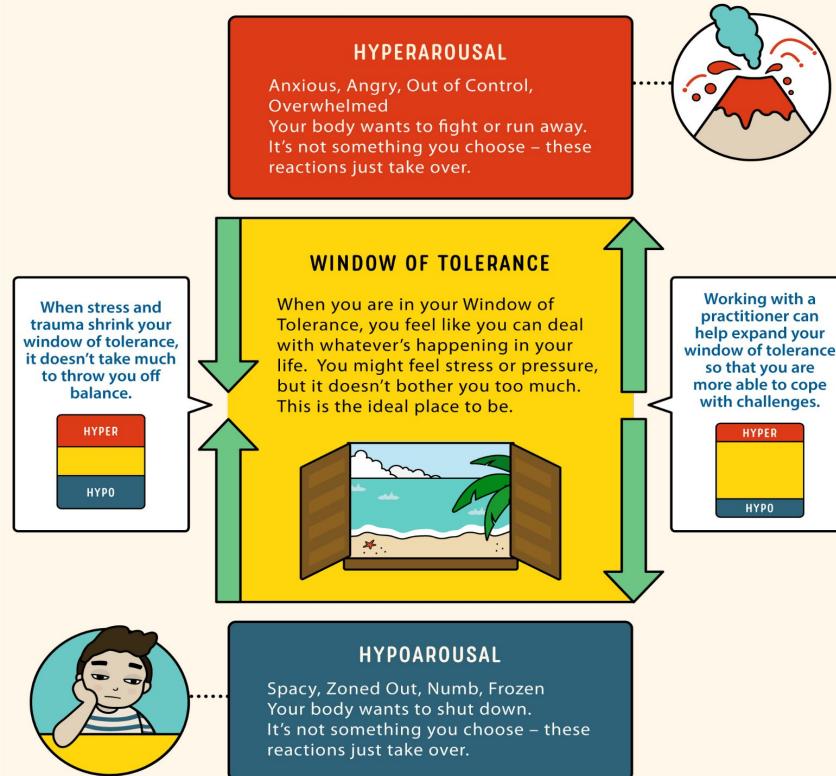
# EMOTIONAL REGULATION

# UPSTAIRS DOWNSTAIRS PROCESSING





# How Trauma Can Affect Your Window Of Tolerance





# CALMING TECHNIQUES



# GROUNDING TECHNIQUES

# FLOWERS & CANDLE



# SAFE PLACE





# RELATIONSHIPS MATTER

# MEANINGFUL INTERACTIONS

- ★ DEVELOP RAPPORT
- ★ OFFER GROWTH-ORIENTED FEEDBACK
- ★ ENCOURAGE RESILIENCE
- ★ EMPOWER DON'T RESCUE
- ★ PROVIDE CHOICES NOT ANSWERS
- ★ BE A ROLE MODEL
- ★ PROVIDE A SAFE SPACE
- ★ LISTEN TO UNDERSTAND
- ★ CARE



# Be A Mr. Jensen Video

[https://www.youtube.com/watch?v=4p5286T\\_kn0](https://www.youtube.com/watch?v=4p5286T_kn0)





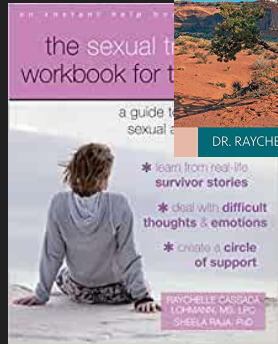
**TWO REMINDERS**



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*is a form of*  
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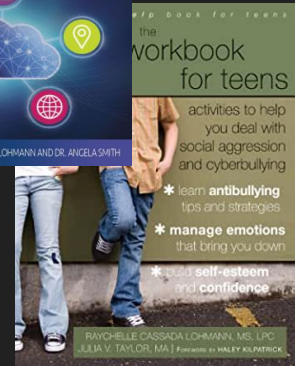
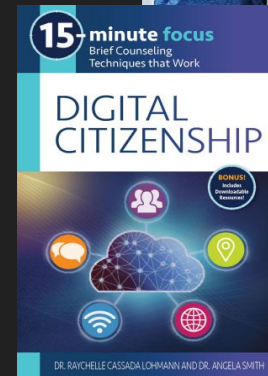
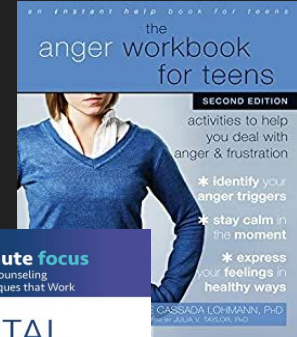
**The kids  
who need the  
most love  
will ask for it  
in the most  
unloving way**



YOU CAN FIND ME @  
RAYCHELLECASSADALOHMANN.COM



@RLOHMANN



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<https://pixabay.com/>  
Deposit Photos  
<https://depositphotos.com/>



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