

# ■ WHAT ARE THE SIMILARITIES AND DIFFERENCES BETWEEN CPS & CPI/NCI?

## WHAT IS CPS?

Collaborative & Proactive Solutions (CPS) is disseminated and trained by the non-profit Lives in the Balance, founded by Dr. Ross Greene (the originator of the model). CPS focuses on the problems that are causing concerning behaviors and solving them collaboratively and proactively (rather than on concerning behaviors and modifying them). As such, it has been said that CPS focuses on the root cause of behavior problems. The problem solving is collaborative (meaning, the student is fully involved in the process) and proactive. The model views concerning behavior as a child's "frustration response," and helps caregivers move away from motivational explanations for such behavior and toward understanding that a variety of skills are implicated when students are having difficulty handling problems and frustrations. The CPS model has been implemented in schools and treatment facilities for nearly three decades.

## WHAT IS CPI/NCI?

The Crisis Prevention Institute (CPI) is owned by a private equity company, Wendel, one of Europe's leading private-equity firms. Wendel acquired CPI in 2019 from FFL Partners, another private equity firm, for \$910 million. CPI offers a variety of programs: its Nonviolent Crisis Intervention Program (NCI) has been providing de-escalation and restraint training in schools and other settings for over 40 years.

## ■ DON'T BOTH MODELS FOCUS ON PREVENTING CRISES?

Not really. CPI/NCI training focuses on teaching caregivers to de-escalate and restrain kids who are already escalated. As such, it is better thought of as a crisis management program. We have been able to locate no research indicating that such training improves safety. A recently published 26-year study of restraint documented 79 restraint-related fatalities across a spectrum of children's out-of-home child welfare, corrections, mental health, and disability services.

Because CPS focuses on proactively solving problems well before crises occur, it can be best thought of as a true crisis prevention program. The CPS model has helped schools and treatment facilities dramatically reduce or completely eliminate the use of restraint and seclusion.

## WHAT IS THE RESEARCH BASE FOR THE TWO MODELS?

Because we had difficulty finding any evidence of the effectiveness of CPI/NCI, we reached out to the company for clarity and received this response: *We have a library of case studies and customer success stories and of course evidence based references and resources on which our program was based but no published research studies. At this time for public view we do not have any studies that have utilized our program.* In association with the Alliance Against Seclusion and Restraint (AASR), CPI has also developed a new program for schools called *Reframing Behavior*. There is no evidence base whatsoever for this new program, which is being sold to schools for a \$2000 annual subscription.

The CPS model is recognized as evidence-based; the model has been studied primarily in kids with significant behavioral challenges across a wide variety of settings (families, schools, inpatient psychiatric units, and residential and juvenile detention facilities). The evidence base for CPS documents that the model is highly effective at improving kids' behavior (on a par with behavioral interventions), improving adult-child relationships, and dramatically reducing discipline referrals, suspensions, restraints, and seclusions.

## ■ CAN THE TWO MODELS BE IMPLEMENTED TOGETHER?

While CPS and CPI/NCI can be implemented in tandem – the former as a form of true crisis prevention, the latter as a form of crisis management – our experience is that when schools and treatment facilities implement the CPS model the need for de-escalation and restraint is dramatically reduced or completely eliminated.