

# ■ WHAT ARE THE SIMILARITIES AND DIFFERENCES BETWEEN CPS & UKERU?

## WHAT IS COLLABORATIVE & PROACTIVE SOLUTIONS (CPS)?

The CPS model focuses on helping kids and caregivers solve the problems that are causing concerning behaviors (rather than focusing on concerning behaviors and de-escalating or modifying them). 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 model also helps caregivers focus on crisis prevention rather than crisis management.

## WHAT IS UKERU?

The Ukeru Behavior Model is an approach to behavior management that emphasizes non-restrictive techniques for de-escalating and managing challenging behaviors, particularly in individuals with autism or other developmental disabilities. The model focuses on minimizing the use of physical restraints and seclusion, instead promoting techniques such as redirection, distraction, and positive reinforcement. Ukeru markets and sells blocking equipment that is used to protect both clients and staff against aggressive behaviors. The Ukeru Behavior Model encourages caregivers to understand the underlying causes of behaviors and respond with empathy and proactive strategies to address them effectively, accomplished through S.A.F.E.R. principles (Sensing the why behind a person's behavior, Acknowledging the importance of safety in de-escalation, understanding your Feelings, Engaging to praise and build relationships, and Receiving through "Comfort vs. Control"). Comfort vs. Control means "responding to what someone is trying to communicate through nonverbal and verbal cues" and eliminating restraint and seclusion practices. Ukeru also encourages calming strategies such as taking a hot shower, coloring, reading, or eating a snack to help children soothe their fight or flight response during times of stress.

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

Ukeru is not considered evidence-based due to limited academic research supporting its efficacy. The founder of Ukeru has published two research papers documenting the effectiveness of the model. They are both program evaluations of the sites where Ukeru originated, and they demonstrate a decrease in physical restraints and employee injuries. Several case studies are also available on the Ukeru website.

The CPS model is recognized as evidence-based. Several peer reviewed studies employing controlled randomized designs have shown that the model is highly effective at improving kids' behavior (on a par with behavioral interventions) and improving adult-child relationships. Other studies have shown that the model is effective at dramatically reducing discipline referrals, suspensions, restraints, seclusions, and staff and child injuries in schools and therapeutic facilities.

## ■ CAN UKERU BE IMPLEMENTED IN COMBINATION WITH CPS?

While CPS and Ukeru 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 crisis management strategies is dramatically reduced or completely eliminated.