

■ WHAT ARE THE SIMILARITIES AND DIFFERENCES BETWEEN **CPS & THE MANDT SYSTEM?**

WHAT IS COLLABORATIVE & PROACTIVE SOLUTIONS (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). Rather than focusing on concerning behaviors and modifying or de-escalating them, the CPS model focuses on the problems that are causing concerning behaviors and solving them collaboratively and proactively. 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 THE MANDT SYSTEM?

With a catchphrase of "supporting people, not just their behaviors," the Mandt System is said to provide training designed to enhance safety by focusing on de-escalation, crisis prevention, and relationship-building. The crisis prevention aspect of the program is aimed at teaching behavior management tools to teachers and students, helping caregivers recognize cues for potentially violent behavior, and promoting desired behaviors. For use in schools, The Mandt System is dedicated to Positive Behavior Interventions and Support (PBIS), aiming for full integration of PBIS concepts rather than mere alignment with existing materials. The Mandt System curriculum focuses on how to interact with people who have experienced trauma, including building healthy relationships, healthy communication, healthy conflict resolution, trauma informed services, and implementing PBIS.

The Mandt System incorporates restraint in its training, but, it is said, only as part of a broader strategy and should be used sparingly. "A (restraint) can only temporarily interrupt dangerous behavior, as restraint does not address the root cause of dangerous behavior. The root cause of most dangerous behavior is addressed through meeting people's basic needs and positive behavior supports applied within a trauma informed culture."

WHAT IS THE EVIDENCE BASE FOR THE TWO MODELS?

Mandt is one of the few crisis management models to provide an honest appraisal of the evidence base for such models, and shares the following in their Evidenced Based Brochure: "To date, we are not aware of any nationally-recognized vendor of crisis management training that can claim to be evidence based using the more traditional scientific definition of evidence-based practice. This is validated by The California Evidence-Based Clearinghouse For Child Welfare (CEBC). The CEBC lists five national crisis management training programs and not one has received a scientific rating. The Mandt System has been utilized in practices that are deemed evidence-based and have contributed to the body of knowledge in the field of restraint reduction."

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 CPS BE COMBINED WITH MANDT?

Because of its emphasis on the interventions of PBIS and ABA, Mandt is more focused on behavior and modifying it, whereas CPS is focused on the problems that are causing those behaviors and solving them. While those two approaches can be combined, we find that modifying behavior is no longer necessary once the problems causing the behavior are solved.