

■ WHAT ARE THE SIMILARITIES AND DIFFERENCES BETWEEN CPS & REFRAMING BEHAVIOR FROM CPI?

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). CPS focuses on the problems that are causing concerning behaviors and solving them collaboratively and proactively (rather than on concerning behaviors and modifying them). 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 REFRAMING BEHAVIOR?

Reframing Behavior is a new program from the Crisis Prevention Institute (CPI), and a collaboration between CPI and the Alliance Against Seclusion and Restraint (AASR), drawing primarily from the trauma literature. Susan Driscoll, President of CPI, has stated that a primary motivation for Reframing Behavior was the recognition that CPI's other programs were mostly geared toward acute moments of crisis. The program is centered on four elements:

Reframe Your Perspective, in which educators are taught basics about the nervous system and brain functioning, how behaviors often come from a stress response, how to detect a stress response in a student, and how to know when stress becomes toxic.

Reframe Your Awareness, which is focused on helping educators learn more about themselves and become aware of their own dysregulation. This step promotes awareness of one's body and employing skills to regulate the nervous system.

Reframe Your Actions is focused on promoting co-regulation through the relationship between student and teacher, emphasizing the importance of self-regulation for the teacher to promote calmness. This element consists of four tenets: assume stress behavior first, think can't not won't, get curious and ask questions, and change your language.

Reframe Your Relationships is focused on helping educators provide cues of safety and regulation for students. "When we are positive and supportive, our students' mirror neurons cause them to mirror our positive feelings and behaviors." Relationships are built through small, frequent interactions, including greetings, planned touchpoints, and apologies.

Reframing Behavior is being sold to schools for a \$2000 annual subscription. CPI is owned by Wendel, one of Europe's leading private-equity firms. Wendel acquired CPI in 2019 from FFL Partners, another private equity firm, for \$910 million.

■ IS REFRAMING BEHAVIOR TRULY PROACTIVE?

Although Reframing Behavior is advertised as a proactive approach, it is heavily focused on understanding the moments when students exhibit dysregulated behavior. Once this dysregulation occurs, from the CPS lens, you are already late.

WHAT IS THE RESEARCH BASE FOR BOTH MODELS?

There is no evidence base whatsoever for Reframing Behavior.

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 Reframing Behavior could conceivably be implemented simultaneously, our sense is that there would be no reason to – given that the CPS model is already renowned for helping caregivers change their lenses and behavior -- nor evidence to suggest that combining the two models would improve outcomes beyond what is accomplished by CPS alone.