

■ WHAT ARE THE SIMILARITIES AND DIFFERENCES BETWEEN **CPS** & **SUPPORTABLE SOLUTIONS**?

WHAT IS COLLABORATIVE & PROACTIVE SOLUTIONS (CPS)?

Collaborative & Proactive Solutions (CPS) focuses on identifying 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 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 assessment tool of the CPS model – known as the Assessment of Skills and Unsolved Problems (ASUP) – helps caregivers identify the skills and that are making it difficult for a child to respond adaptively to problems and frustrations and the specific expectations they are having difficulty meeting. The model is said to be trauma-informed and neurodiversity-affirming.

WHAT IS SUPPORTABLE SOLUTIONS?

Supportable Solutions, a product developed by speech and language pathologist Connie Persike, is said to focus on practical, sustainable strategies for addressing behavioral and communication challenges in educational settings. The model uses The Why Toolkit – which appears to be a conglomeration of many different models and theories – to reframe perceptions of student behaviors. Its assessment tool, Finding The Why, is said to use data-driven analysis and insights from neuroscience to uncover root causes of behaviors, similar to aspects of Functional Behavior Analysis data collection. Its support plan, Beyond The Why, offers trauma-sensitive, neurodiversity-affirming strategies to reduce stress and promote positive behaviors.

WHAT IS THE RESEARCH BASE FOR THE TWO MODELS?

The CPS model is considered evidence-based, based on several peer-reviewed published studies in clinical settings, schools, and therapeutic facilities. The effectiveness of the CPS model has been studied primarily in kids with significant behavioral challenges. The evidence base for CPS documents that the model is highly effective at improving these kids' behavior (on a par with behavioral interventions), improving adult-child relationships, and dramatically reducing discipline referrals, restraints, and seclusions.

We had difficulty locating any research documenting an evidence base for Supportable Solutions, so we contacted the company directly. They responded as follows: "Supportable Solutions is primarily a business offering practical solutions and support tailored to the needs of educational institutions. While we do not have specific academic papers demonstrating the effectiveness of our services in the traditional sense, we have a track record of successful implementation and positive feedback from schools and educational professionals."

On the Supportable Solutions website, the following information is provided: "The Why Toolkit is an Evidence-Based Practice (EBP), as defined by the American Speech-Language-Hearing Association (ASHA). This means it integrates clinical expertise, cutting-edge research, and the perspectives of neurodivergent individuals and their families...it was expertly reviewed, piloted by practitioners, and refined with feedback from sensitivity readers."

■ CAN THE TWO MODELS BE IMPLEMENTED TOGETHER?

Supportable Solutions echoes some of the principles that have long been established by CPS. The model is also said to promote connection and collaboration. There is no evidence to suggest that implementation of Supportable Solutions in combination with CPS would yield outcomes that are better than CPS alone.