

WHAT COLLABORATIVE & PROACTIVE SOLUTIONS (CPS) CAN HELP YOU ACHIEVE

"It is possible to envision the day when schools no longer deploy discipline referrals, detentions, suspensions, paddling, restraints, or seclusions. What is required is vision, commitment, a desire to change things for the better for all students and staff, and a willingness to examine and change structures and practices that haven't been working for a very long time. This is a process that many, many schools have already embraced."

Ross W. Greene, Ph.D.
Founding Director,
Lives in the Balance

Collaborative & Proactive Solutions (CPS) is an evidence-based, trauma-informed, neurodiversity-affirming approach to understanding and helping kids with concerning behaviors. The CPS model has been implemented in countless families, schools, inpatient psychiatric units, and residential and juvenile detention facilities, often with dramatic effect: significant improvements in behavior, enhancement of communication and relationships between kids and caregivers, and major reductions or total elimination of punitive, exclusionary disciplinary practices such as restraint, seclusion, and suspension. When caregivers focus on solving problems collaboratively and proactively (rather than modifying the behaviors that are caused by those problems), and on preventing crises rather than managing them, the culture of the school community is enhanced for all its members.

Create A Positive, Nurturing, and Effective Learning Environment:

Imagine this:

- a school culture in which, when students are struggling, caregivers are focused exclusively on the problems that are causing them to struggle rather than on the concerning behaviors that are caused by those problems
- a school culture in which the problem-solving is almost exclusively collaborative rather than unilateral (i.e., students are deeply engaged in solving the problems that are affecting their lives)
- a school culture in which the problem-solving is almost exclusively proactive rather than reactive (de-escalating isn't proactive and isn't a problem-solving strategy)
- a school culture that is focused on meeting all students where they're at

That's a culture that works better for all students...and all educators.

Be Truly Trauma-Informed:

There are four components of trauma-informed care:

- Emotional and physical safety
- Collaboration and mutuality
- Trustworthiness and transparency
- Empowerment and choice

The CPS model checks all the boxes.

Eliminate the Disproportionate Application of Punitive, Exclusionary Disciplinary Practices

As research continues to show punitive and exclusionary discipline practices are being disproportionately applied to Black and Brown students and those with disabilities, many educators and policymakers are striving to move away from the very programs that have fostered that disproportionality. Often they're not sure what to do instead. When caregivers are implementing the CPS model, they're no longer trying to modify behavior through application of punitive, exclusionary disciplinary practices; they're busy solving the problems that are causing those behaviors.

Truly Prevent Crises and Eliminate Restraint and Seclusion

A study released in 2021 documented 79 deaths of kids in the U.S. while being restrained over a period of 26 years. The key to creating safe environments for kids and caregivers is to prevent crises rather than manage them. The CPS model has been shown to reduce or completely eliminate restraint and seclusion in schools and facilities. De-escalation, restraint and seclusion are crisis management strategies. The key to crisis prevention is identifying and solving the problems that are causing kids to become escalated in the first place.

Eliminate Corporal Punishment

As research continues to accumulate documenting the significant long-term emotional and physical harms of corporal punishment, the need to eliminate this practice from schools grows. Even if it didn't cause harm (it does), wasn't an act of aggression (it is), and had positive effects (it doesn't), corporal punishment cannot possibly solve the problems that are causing kids' concerning behavior. When adults start proactively identifying and solving those problems, the need for corporal punishment is eliminated.