

Fort Bend ISD

# Parent Training

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Emotional and Behavioral Regulation for Students with Disabilities  
+ How to Find Resources at Home & in the Community

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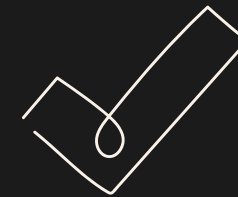
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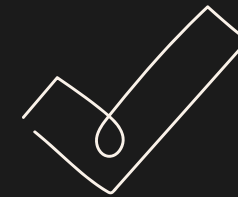
# Content Preview



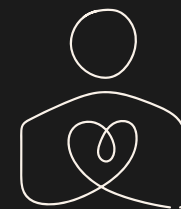
## Emotional & Behavioral Regulation



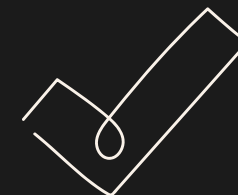
How to recognize



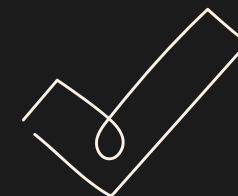
How to manage



## How to Find Resources



Through Fort Bend ISD



Through your community

# Pre-Presentation Survey







# How to Recognize

**Emotional/Behavioral Dysregulation at Home**



# What is Emotional/Behavioral Dysregulation?

**Emotional Dysregulation** means that an emotional response does not fall within the traditionally accepted range of emotional reactions. It is a difficulty with regulating/managing your emotions.

Can manifest in several ways, typically as problematic behaviors:

- Feeling overwhelmed
- Struggling to control impulses
- Having unpredictable outbursts

Someone who is able to regulate their emotions can adapt their behaviors to be fitting to a given situation.



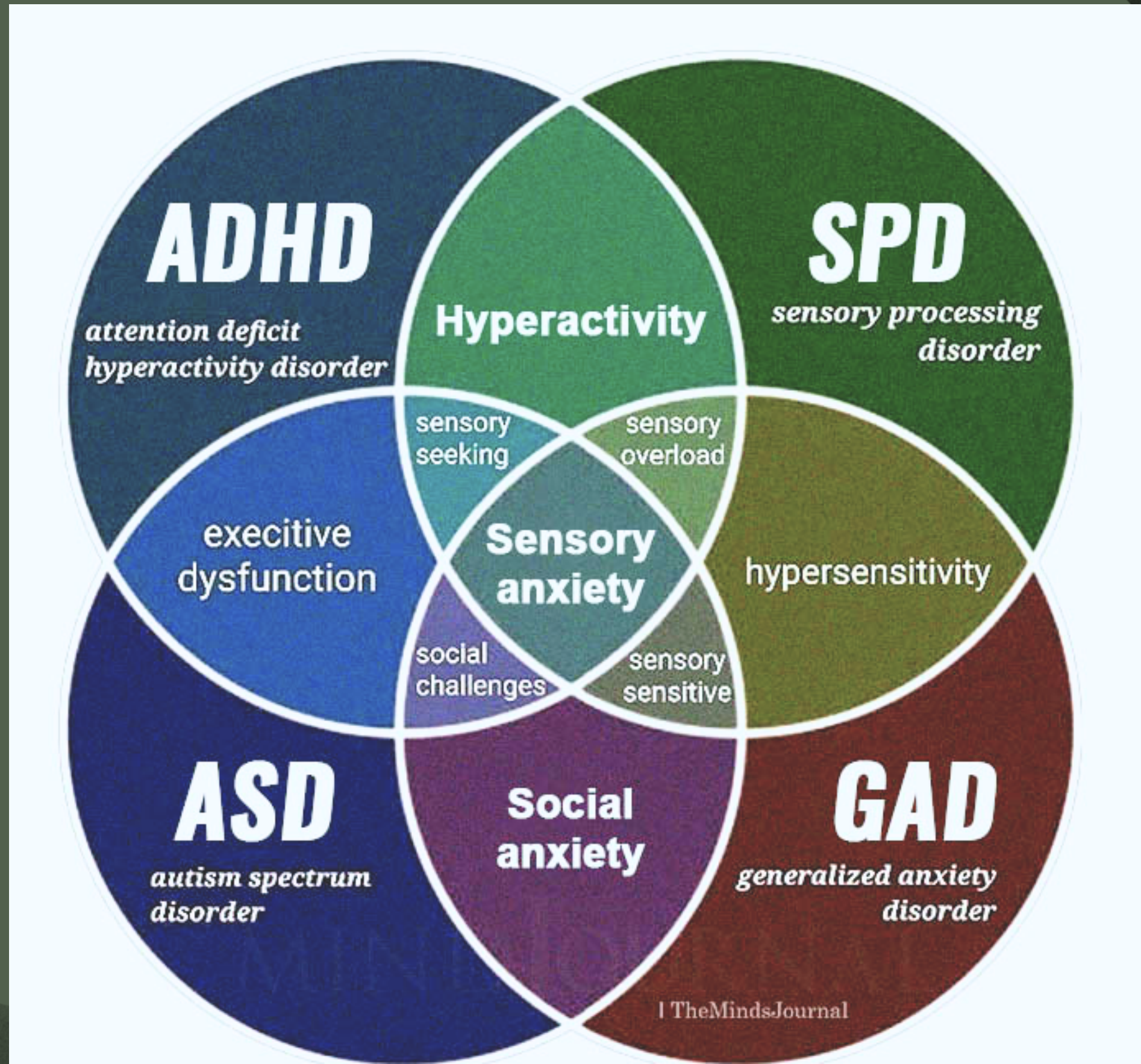
# Who Does it Impact?



We all feel  
dysregulated  
from time to  
time.

Children

Obsessive-  
Compulsive  
Disorder (OCD)



PTSD

Borderline  
Personality  
Disorder (BPD)

and more!



# What is the Behavior Communicating?

It's normal to have an emotional reaction when our children act out. But their acting out is also a sign that something is not right – they're upset... why?



All  
BEHAVIOR  
is a form of  
COMMUNICATION

There's always a reason behind a behavior, which is to either get or avoid:

- Someone's attention
- Something tangible or an activity (e.g., a toy, an electronic, sleep)
- A sensory input (i.e., touch, sight, sound, smell, taste)



# Triggers

**Trigger** - A thought about a situation that leads to an unsuitable response to that situation.

When a child lacks the skills to effectively respond to or manage a trigger, acting out occurs.

First: Learn their triggers through observation. Then, when they come up, use a strategy to manage them.

Tips to help your child manage their triggers:

1. Talk about feelings
2. Connect the dots for them
3. Talk about the physical signs
4. Cue them when a trigger is present
5. Check-in to correct when they don't respond appropriately



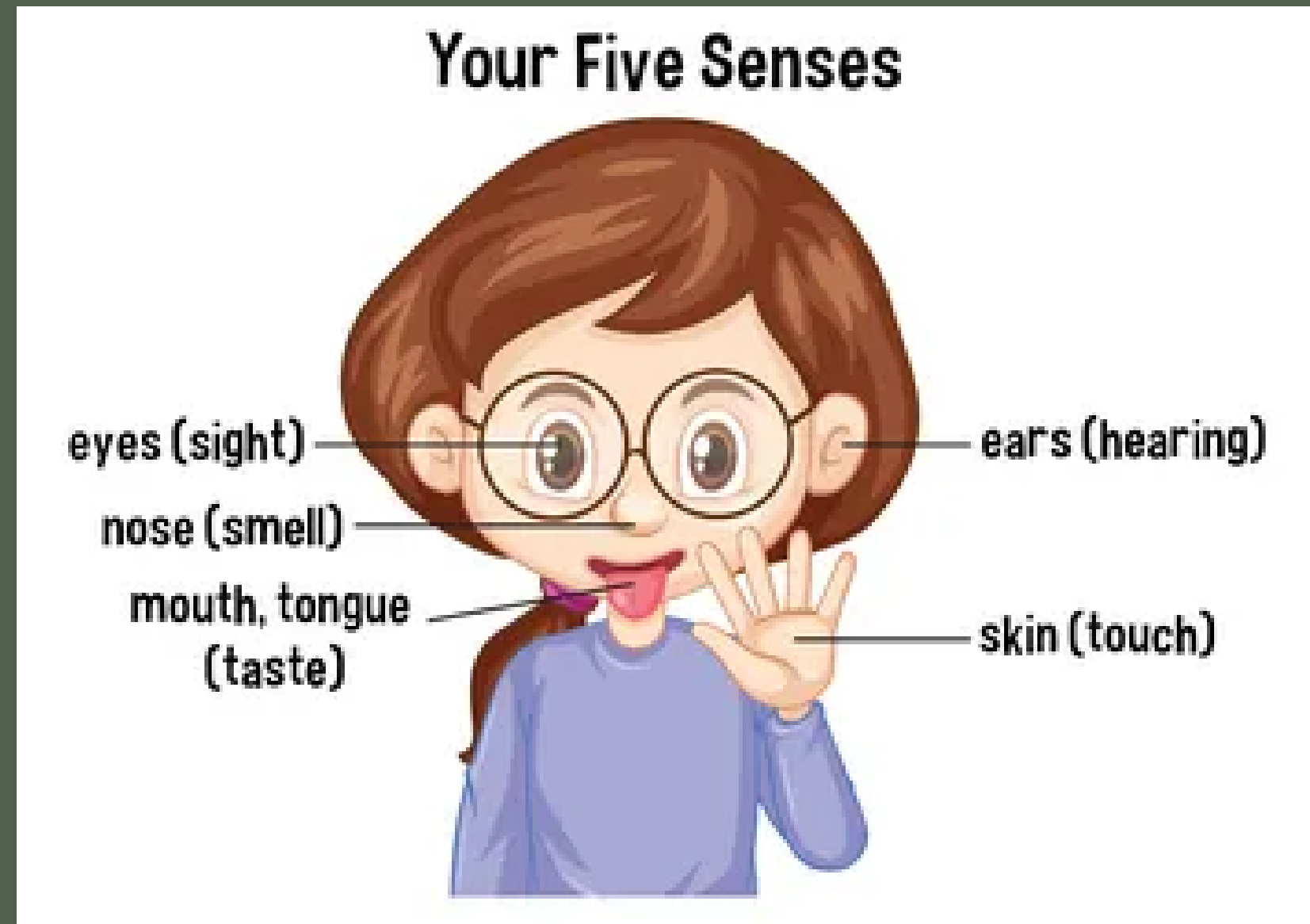
# Triggers (cont.)

## Categories of Triggers:

- Basic needs (food, sleep)
- Environmental
- Sensory
- and more!

## Examples of Triggers:

- Planning
- Change of routine
- Sensory sensitivities (e.g., clothing tags, bright lights, loud sounds, unfamiliar people/surroundings, smells, tastes, food textures)





**Sensory Stimulation  
(Stimming)** – To stimulate  
senses

**Pain Attenuation** – To stop  
some pain they are feeling





# How to Manage

**Emotional Dysregulation at Home**



# Step 1: Pause

Rather than reacting to a behavior that appears inappropriate.

Take a pause.

Ask yourself: “What could they be feeling?”

Then, “What can I do to lessen their stress?”



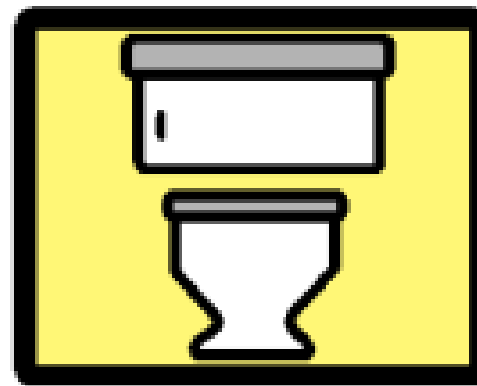
# Proactive Strategies to Prevent

- Celebrate successes
- Limit visual and auditory distractions
- Motor and sensory breaks when needed
- Non-verbal visual cues for communication
- Open communication between home & school
- Pick your battles
- Encourage positive behaviors
- Be empathetic
- Remember their triggers
- Give yourself grace
- Ask for help

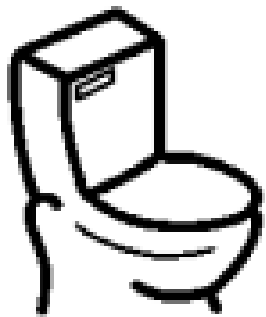


# Visual Schedules

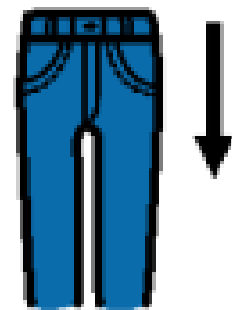
bathroom



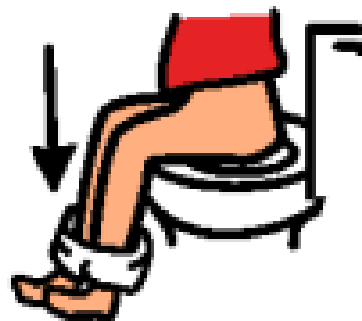
go to toilet



pants down



underwear down



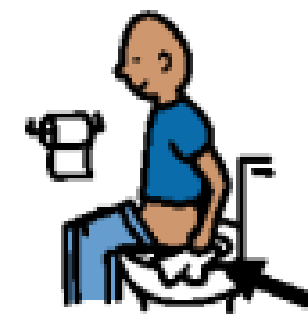
go to bathroom



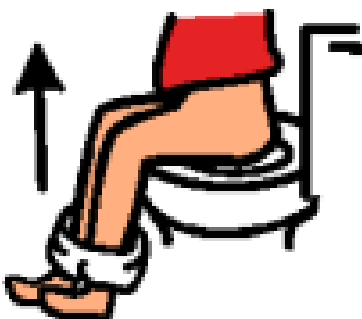
get toilet paper



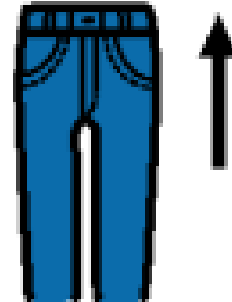
wipe



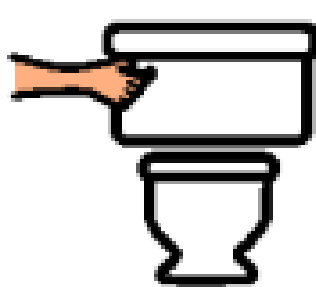
underwear up



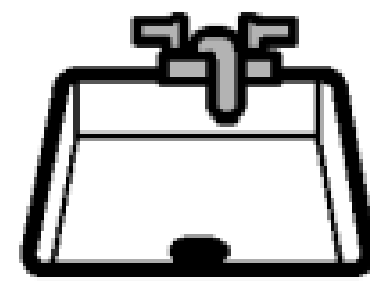
pants up



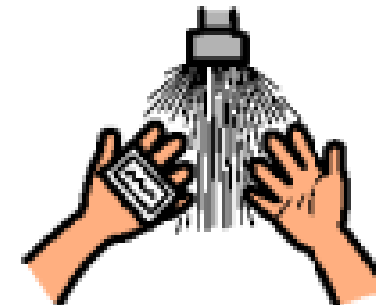
flush



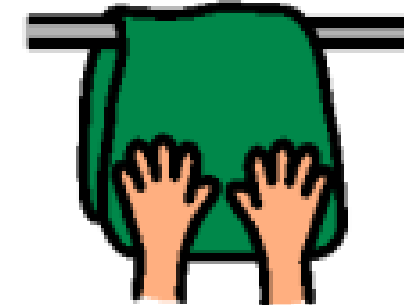
go to sink



wash hands



dry hands





# Positive Behavior Support (PBS)

[pbisapps.org/articles/4-tips-for-your-families-trying-pbis-at-home](https://pbisapps.org/articles/4-tips-for-your-families-trying-pbis-at-home)

- Set routines
- Set home expectations
- Teach, remind, reward expected behaviors with positive feedback
- Correct unwanted behaviors
- Share facts about the current state of affairs
- Communicate with schools for instructional guidance
- Be creative
- Model and Promote Emotional Wellness



# How to Find Resources

**Through your School/District**



# FBISD Mental Health Services

All campuses have 1 or more:

- Professional School Counselors
- Mental Health Therapists
- Social Workers
- School Psychologists

Every special education student is additionally assigned a case manager.

Fort Bend ISD also contracts with:

- Invo IMPACT (VOCA Grant) – Program that assembles dynamic professional teams to assess and treat significant behavioral issues stemming from a high number of Adverse Childhood Experiences (ACEs)
- Clearhope Counseling & Wellness (VOCA Grant, Medicaid, private insurance)
- Sugar Land Counseling Center (Blue Cross Blue Shield insurance, private pay)

Not all campuses are contracted with every service.



# How to Find Resources

**Through your Community**



# Where Can You Find Resources?

Discuss your concerns with your pediatrician for potential referrals

and/or

Find out who your insurance covers & call those providers individually



# Community Resources



# Imagine Pediatrics

24/7 virtual Pediatrician-led service and behavioral health support for children with Medicaid coverage.

The goal is to keep students out of the emergency room and in school and home with their families.



For more information about Imagine Pediatrics and our services, scan the QR code, contact [zjohar@imaginepediatrics.org](mailto:zjohar@imaginepediatrics.org), visit [imaginepediatrics.org](https://imaginepediatrics.org), or call 833-208-7770.

## Our goal

To reimagine pediatric health care together, so that children with complex medical conditions can spend less time in the hospital and more time at home and in their communities.

## What we do

Our first-of-its-kind virtual solution surrounds eligible children and their families with an extra layer of medical, behavioral, and social care at home. Our multidisciplinary, pediatrician-led medical group doesn't replace a child's existing care team. Instead, we collaborate with them to deliver continuous support to children with medical complexity and special health care needs. So that together, we provide the unwavering 24/7 care they deserve.

## Clinical model

### Multidisciplinary care team



## How we help

### Care teams

- ✔ More medical, behavioral, and social care for patients, expanding the collective impact of care teams
- ✔ Relief from clinical and non-clinical care coordination tasks
- ✔ Improved experience and satisfaction
- ✔ Better compliance and outcomes
- ✔ Fewer off-work hours

### Patients and caregivers

- ✔ More care from home
- ✔ Fewer ED visits and hospitalizations
- ✔ More help navigating the healthcare system, increasing caregiver peace of mind
- ✔ Enhanced health care equity
- ✔ Fewer gaps and unmet needs

[tea.texas.gov/academics/special-student-populations/special-education/supplemental-special-education-services-sse](https://tea.texas.gov/academics/special-student-populations/special-education/supplemental-special-education-services-sse)



The Supplemental Special Education Services (SSES) program is a one-time \$1,500 online grant for parents/guardians of eligible students served by special education and enrolled in a Texas public school.

Those eligible can use the online accounts to shop the marketplace to obtain educational materials and resources such as textbooks, curriculum, or technology devices and/or services such as additional speech therapy, tutoring, or other specific services.

The application closes **March 15, 2024**  
and will reopen next school year on February 3, 2025



## General

- **National Suicide & Crisis Lifeline** – Text or call 988 for 24/7 free, confidential connection to a trained crisis prevention professional. 988lifeline.org/ includes more information and suicide prevention learning resources [English & Spanish]
- spedsupport.tea.texas.gov/ – Resources and learning opportunities on a variety of topics created by experts, including about the special education process in Texas [English only]
- mentalhealthtx.org/ – Find local mental health resources or learn more about particular disorders through their learning hub. [Available in 50+ languages]
- texanacenter.com – Fort Bend county's local mental and behavioral health clinic [Available in 9 languages]
- hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health – Special education students are eligible for community mental health services in Texas. This link can help connect you to these resources in your area. [English & Spanish]

## Autism Specific

- autismspeaks.org – Provides parents with a wealth of information including community outreach, tool kits, and various resources. [English & Spanish]
- texaschildrens.org/content/conditions/autism-information – Connects you to resources about signs, symptoms, and red flags of Autism and what to do if you suspect or know your child has Autism. [English with some links in Spanish]
- autismsociety.org – The Autism Society of America connects you to resources, news, events, and support for the Autism community. [English only]

# References

- 01 American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). <https://doi.org/10.1176/appi.books.9780890425787>
- 02 Prizant, B. M., & Fields-Meyer, T. (2015). *Uniquely human : a different way of seeing autism*. Simon & Schuster.
- 03 <https://www.empoweringparents.com/article/how-to-find-the-behavioral-triggers-that-set-your-kid-off/>
- 04 <https://www.understood.org/en/articles/noise-sensitivity-how-to-cope>
- 05 Center on Positive Behavioral Interventions and Supports, Center for Parent Information & Resources. (March, 2020). Supporting Families with PBIS at Home. University of Oregon. <https://www.pbis.org>.
- 06 Barrett, S., Eber, L., McIntosh, K., Perales, K., & Romer, N. (2018). Teaching Social-Emotional Competencies within a PBIS Framework. OSEP Technical Assistance Center on Positive Behavioral Interventions and Supports. <https://www.pbis.org>.
- 07 ChoiceWorks, paid app, iTunes only



# Post- Presentation Survey



# Satisfaction Survey



Q & A