

INTERVENTIONS

Solid Roots Intervention: Check-in & Check-out

Purpose: To make direct, scheduled contact with students at the beginning and end of each day. This contact provides non-contingent attention, facilitates goal setting & reflection, and supports behavior skills & strategies practice.

Check-in
Step 1: Connect and Assess
Mentor meets with student at the start of the school day.
Mentor provides a positive greeting to welcome the student.
Mentor uses connection questions to assess the student's mood and check that basic needs have been met.
Step 2: Goal Setting
Mentor provides a review of long term (annual) goals or school expectations. <i>*If the student utilizes a paper copy of the Daily Behavior Report Card (DBRC), mentor provides it to the student at this time.</i>
Student and mentor set a short-term goal for the day (i.e.: remember to use a quiet tone of voice during reading time, etc.) and may include a plan for reinforcement if goal is met.
Step 3: Skill Practice
Mentor prompts the student to recall skills or strategies they will use to meet the goal.
Mentor models, role-plays or practices the skills/strategies with the student.
Mentor ensures student has the necessary supplies or materials they need for the day and provides a positive launch as they leave for class.

Check-Out
Step 1: Connect and Assess
Mentor meets with student at the completion of the school day.
Mentor provides a positive greeting to the student.
Mentor uses connection questions to assess the student's mood.
Step 2: Guided Reflection
Mentor asks student to reflect upon successful application of skills/strategies that day. Mentor responds with feedback and specific acknowledgment. <i>*Use the Daily Behavior Report Card (DBRC) tool to review.</i>
Mentor asks student to reflect upon challenges from the day. Mentor asks guiding questions to help the student identify their actions and choices. <i>*Use the Daily Behavior Report Card (DBRC) tool to review.</i>
Mentor and student identify actions or revisit skills/strategies the student will try tomorrow.
Step 3: Goal Review
Mentor and student revisit and assess goal set during the morning Check-In. <i>*If goal was achieved reinforcement may be delivered at this time.</i>
Mentor ensures student has supplies & items for home, provides a positive launch for the day.