

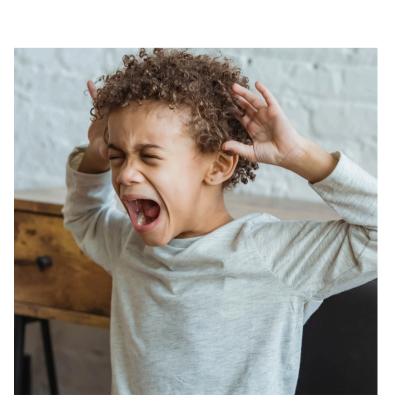
De-Escalation



TYPES/PURPOSE

For Teachers:

- Calm Phase: Encourage baseline behaviors and establish routines.
- Trigger Phase: Recognize and mitigate triggers to prevent escalation.
- · Agitation Phase: Engage in problemsolving to de-escalate situations.
- Acceleration Phase: Maintain control of the environment and prevent further escalation.
- Peak Phase: Implement safety measures and use minimal interventions.
- De-escalation Phase: Restore calm and order.
- Recovery Phase: Reflect and plan for future prevention.





BENEFITS

- Reduces the likelihood of escalation to physical conflict.
- Helps maintain a safe and supportive learning environment.
- · Promotes emotional regulation and problem-solving skills in students.
- Encourages positive teacher-student relationships.

TEACH THE LEARNER

Step-by-Step Intervention Guide:

- 1. Calm Phase
- Teach and reinforce pro-social behaviors and emotion regulation skills.
- Use antecedent based strategies to remind students of potential triggers.
- 2. Trigger Phase
- Identify and reduce exposure to triggers.
- Provide opportunities for self-regulation through time away.
- Use gestures or verbal prompts to encourage desired behaviors.
- 3. Agitation Phase
- Communicate using Collaborative Problem-Solving (CPS) techniques.
- Focus on generating mutually agreed-upon solutions to prevent further escalation.
- 4. Acceleration Phase
- Maintain a non-verbal, calm demeanor.
- Avoid engaging in arguments or power struggles.
- Guide the student to a personalized spot in the room to cool down.
- 5. Peak Phase
- Use a calm and regulated voice tone.
- Implement short-term, intrusive interventions if necessary.
- Ensure the safety of the student and others by removing individuals from the situation if needed.
- 6. De-escalation Phase
- Gradually reintroduce calm and normalcy to the student.
- Use restorative techniques to rebuild trust and relationships.
- 7. Recovery Phase
- Facilitate rational problem-solving discussions.
- Update the crisis intervention plan based on the incident.

REMINDERS

- If necessary, involve other trained professionals or authorities who can provide assistance in de-escalating the situation.
- Maintain a composed demeanor regardless of the situation. Your calmness can help diffuse tension.











