



MTSS Tip Sheets

ADAPT

PURPOSE: Regardless of the behavior a scholar is exhibiting, it is crucial to begin addressing the situation following the acronym ADAPT. These strategies are universal for assisting a scholar and can help the whole team handle situations in a safe and effective manner.

A

ACT CALM

calm and quiet voice, neutral facial expressions, non-threatening body language, model and practice deep breathing

D

DE-ESCALATE

give scholar time and space, allow silence, reassure scholars that they are safe, focus on thought behind the feelings (“help me understand what you need”), speak calmly, ignore challenging questions, set boundaries

A

ACKNOWLEDGE FEELINGS

recognize and acknowledge their feelings and emotions, reassuring them that all emotions are okay to feel (but reactions to those emotions are not always okay), be empathetic and non-judgmental

P

PROBLEM SOLVE *

give scholar time to completely calm (possibly wait until next day), discuss potential triggers, problem solve with scholar and with team

T

THINK REFELECTIVELY

after situation, take time with scholar to discuss what happened, come up with strategies for what to do next time, consider implementing regulation strategies throughout the school day with whole class

* When problem solving and attempting to support the scholar, it can be beneficial to include the whole team (teachers, related service providers, administration, family, and scholar if appropriate). If at all possible, create a plan to debrief and document / collect data after a situation occurs.

OT / PT Website

<https://www.clevelandmetroschools.org/occupational-physical-therapy>

** detailed references available on department website