



MTSS Tip Sheet

Eloping

PURPOSE

This tip sheet will help you help your scholars who are eloping. Below are tips that may be helpful, both in the moment and for future planning.

This list is not all encompassing, discuss with OT (and whole team) and see additional references for other suggestions.

TIPS

In the moment:

- Ensure scholar safety
- Contact security/administration based on building procedures
- Provide a space in the classroom to unwind

Future planning:

- See CMSD “Missing Child” policy
 - Stay calm, call security, identify students clothing if possible
- Educate scholar and self on potential triggers
 - Document any known triggers
 - Consult with OT to discuss possible sensory based or environmental triggers
- Offer self-regulation techniques to support scholar before elopement occurs
 - deep breathing at the end of a lesson
 - engage in weekly mindfulness activity
 - utilize Zones of Regulation “Tools to Try”
 - provide time for journaling
 - emotional check in’s with whole class
- Allow time (e.g. weeks, a month or more) for change to happen
- Use students “regulation plan” to identify meaningful alternatives to running

A act calm

D de-escalate

A acknowledge feelings

P problem-solve

T think reflectively

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Information from (Boyle & Adamson, 2017) and (Hummel, 2020)*

OT / PT WEBSITE

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

* detailed references available on department website