

Examples of Evidence-Based Behavioral Interventions within an MTSS

Universal Support: *Promoting Positive Behavior School-Wide For All Students*

Social-emotional learning (SEL) programs	SEL programs teach students essential emotional and interpersonal skills, fostering empathy, self-awareness, and responsible decision-making.
School-wide positive behavioral interventions and support (SWPBIS)	SWPBIS establishes clear expectations for behavior and reinforces positive behaviors, creating a consistent and supportive school environment.
School-wide climate and culture initiatives	These initiatives involve cultivating an inclusive and respectful atmosphere, promoting positive relationships, and valuing diversity.

Additional Support: *Addressing the Needs of Specific Groups of Students*

Check-in / check-out (CICO)	CICO is a structured program where small groups of students receive daily feedback and support from designated staff members to promote positive behavior.
Lunch bunch	Lunch Bunch is a small group intervention where students engage in discussions and activities to develop social skills and foster positive peer relationships during lunchtime.
Academic seminar	Academic seminars provide additional academic support and skill-building opportunities for groups of students in a structured group setting based on similar needs.
Other targeted group interventions	Targeted interventions focus on specific skills or behaviors for small groups of students, offering tailored support and guidance.

Intensive Support: *Providing Comprehensive Support for Individual Students*

Functional behavioral assessment (FBA)	An FBA is a comprehensive assessment that identifies the causes and functions of a student's behaviors of concern, informing targeted intervention strategies for that student. A FBA guides the development of a BIP.
Behavior intervention plan (BIP)	A BIP is a tailored plan that outlines specific strategies, interventions, and data collection methods to address an individual student's behavioral needs based on the results of the FBA. BIPs might include strategies such as reinforcement, social skills training, environmental modifications, prompting, and self-monitoring. Follow-up monitoring of skill development and adjustment of strategies is essential when implementing BIPs.
Restorative practices	Restorative practices address harm and repair relationships through structured dialogues, encouraging accountability and promoting understanding among students involved in conflicts.

More detailed information about each of these practices can be found on the Center for PBIS's site [here](#).