

*WELCOME!*



Virtual Check-In, Check-Out:  
Providing Tier 2 Support for  
Youth At-Risk

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# I'm Happy to Join You



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**Virtual coach** for sustainable change: supporting school, district, county, regional and state teams

>20 years as a PBIS implementer & trainer

Leader and Creator within the Home & Community PBS Network ([www.hcpbs.org](http://www.hcpbs.org)) and [www.ResilienceNowforParents.org](http://www.ResilienceNowforParents.org)

Parent implementing PBS at home

Published on CICO, Tier 2, Function-based support (FBA/BIP), Tier 3, and Family Partnerships

Supported statewide MTSS/PBIS in HI, NY, IL & CA

Driven school reform as a School Counselor, School Psychologist and PBIS District Coach

# I Wish You Well

- These times are hard for everyone
- I wish peace to you and your loved ones
- Thank you for ALL you are doing to help
- You are appreciated, & needed, more than ever
- Please take care of yourselves
- We are grateful you are joining us today



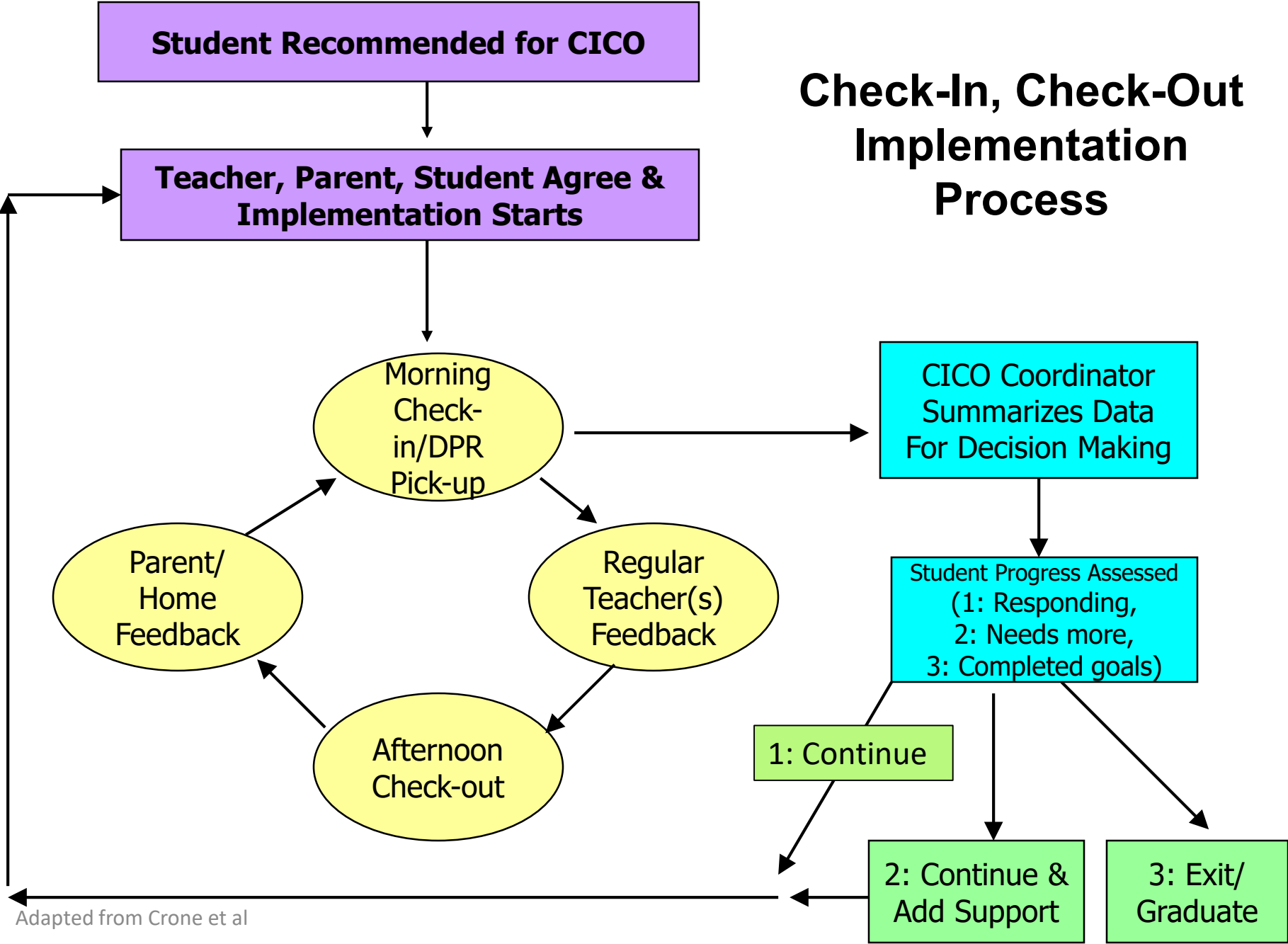
# About This Session

- Check-In, Check-Out (CICO) is one of the most widely known Tier 2 evidence-based interventions.
- However, this simple but effective intervention is often **underutilized**, being **narrowly** applied for a **sub-set** of students needing additional support.
- This session will focus on the **latest** CICO literature and research, including how to support **many more students**.
- What you learn can be applied in **virtual, hybrid and in-person** learning environments.

# Pause to Process



# Check-In, Check-Out Implementation Process



Adapted from Crone et al

**“Social & Academic  
Instructional  
Groups”**

**Daily Progress Report (DPR) Sample**

**“Individualized  
Student Card  
After FBA/BIP”**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Teachers please indicate YES (2), SO-SO (1), or NO (0) regarding the student’s achievement in relation to the following sets of expectations/behaviors.

EXPECTATIONS	1 st block	2 nd block	3 rd block	4 th block
<b>Be Safe</b> Ask for help Report problems Use deep breathing	2 1 0	2 1 0	2 1 0	2 1 0
<b>Be Respectful</b> Keep your distance Use appropriate words when upset	2 1 0	2 1 0	2 1 0	2 1 0
<b>Be Responsible</b> Ask for breaks Avoid fighting with DPR	2 1 0	2 1 0	2 1 0	2 1 0
Total Points				
Teacher Initials				

# Virtual CICO Logistics

## Who

- **CICO Facilitators** can be almost anyone: warm, positive, welcoming
  - Should **not** be student's primary teacher (can be 1 of their teachers)
- **CICO Coordinator** can be almost anyone: organized, timely, positive

## Where & When to Check-In, Check-Out

- Most helpful, **accessible** for youth
- In-person, **semi-private**
- Zoom breakout rooms (or similar)
- Phone or text only

## What/Material

- Digital (google forms, Class Dojo, Beacon Progress Monitoring)



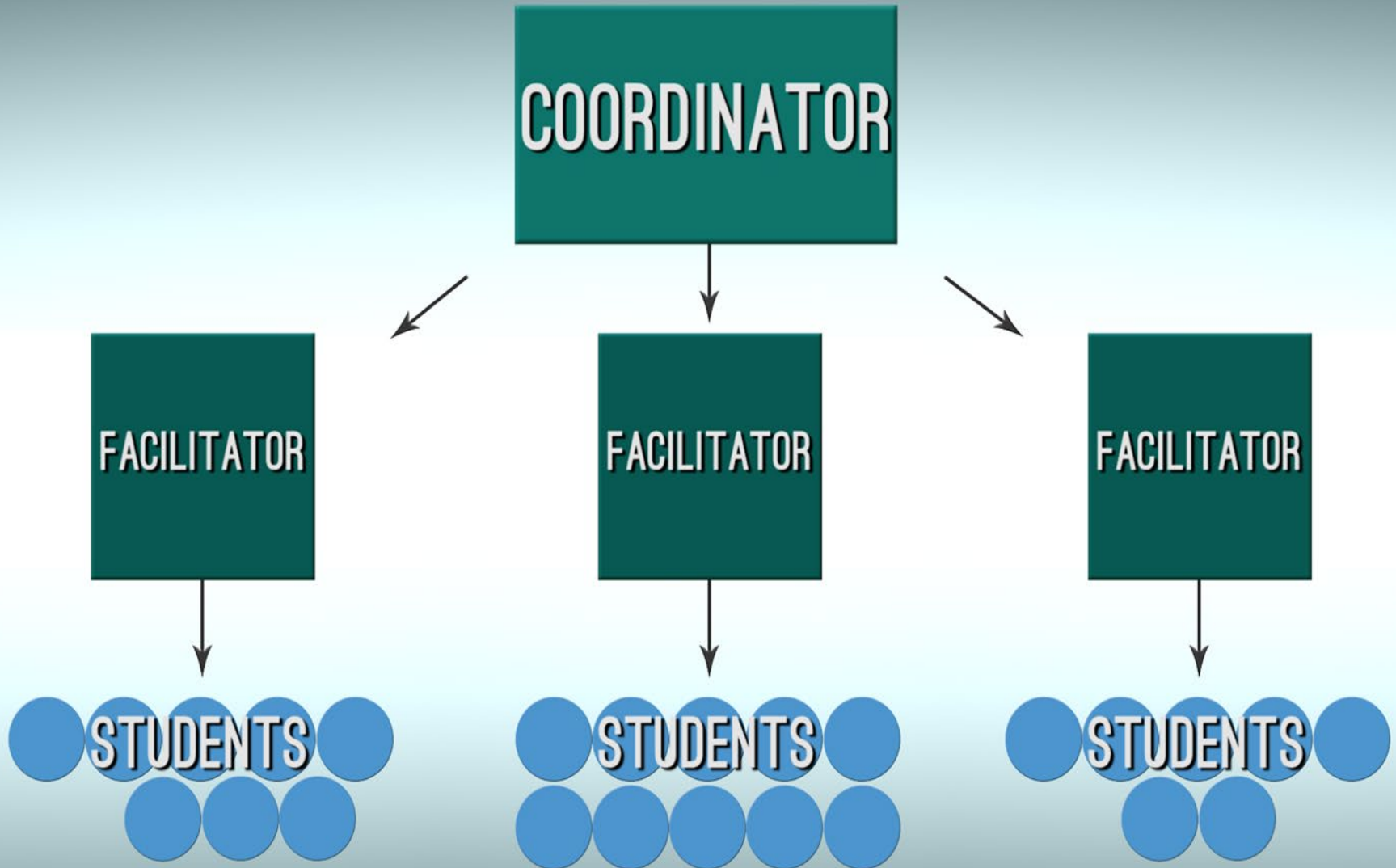
# Pause to Process



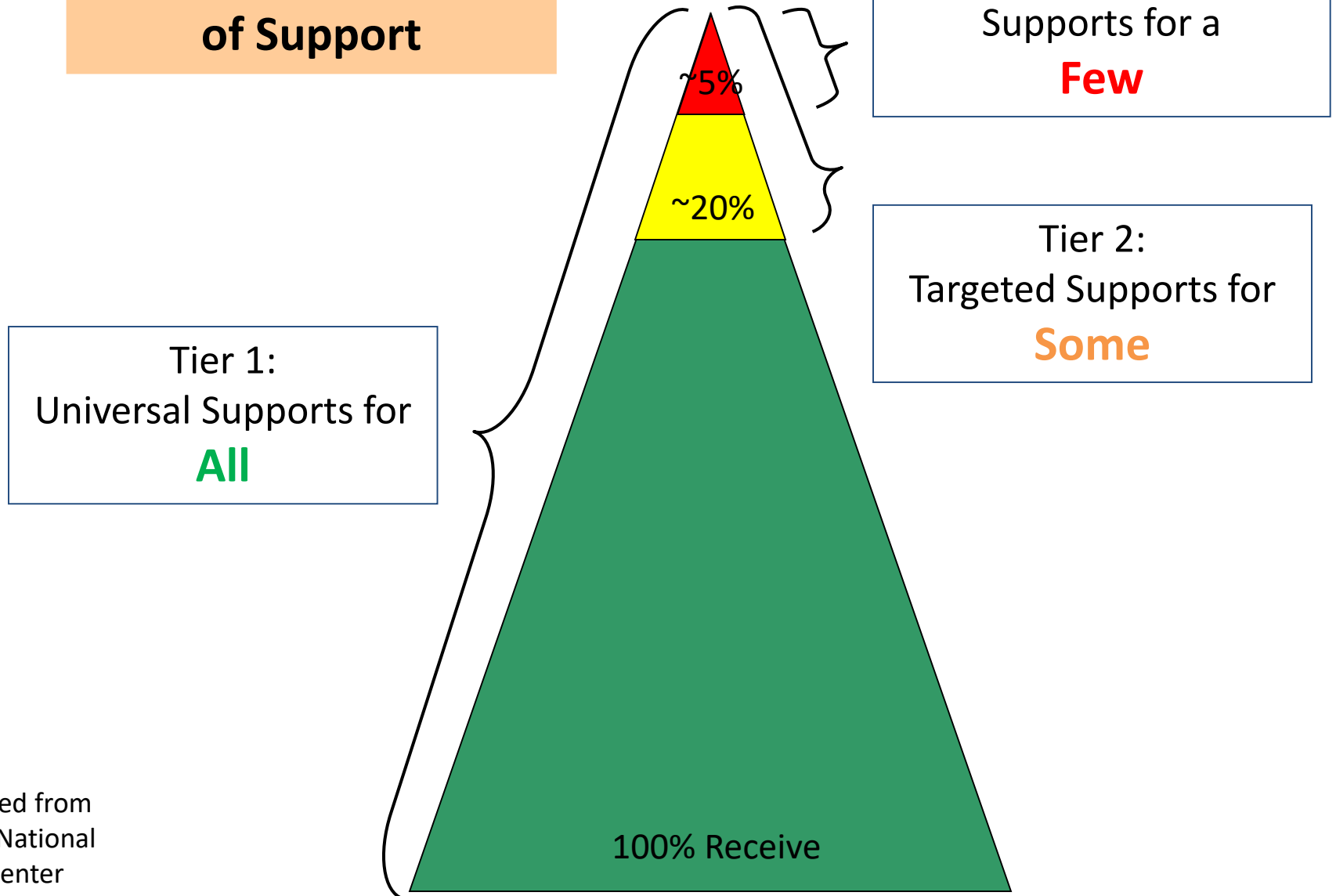
# CICO Roles

- Families with youth on CICO
  - Review data, **reinforce and encourage** youth
- Teachers/staff with students on CICO
  - Provide brief (**30 seconds**) positive feedback & score per period
- CICO Coordinator
  - **1 person** per school; oversees intervention
    - Orients students, trains/supports staff, summarizes data to share, uses data to determine student response & next steps
- CICO Facilitators
  - Provide **~1 minute** positive greeting in A.M. & P.M., remind of expectations, review data card, check on any additional needs
  - Each should support **3-10 youth**; **~20% of school population** may need

# Creating Capacity



# Multi-Tiered System of Support



Adapted from  
OSEP National  
PBIS Center



# Thank You

