

RES-PECT Model

Introduction

Mission Statement
Definition of RES-PECT

Understanding Behaviors

Emotional problems and behaviors
Dealing with behaviors
Reasons for behaviors
The brain and its functions
Mental health diagnosis
Prognosis
AXIS defines
Global Assessment of functioning (GAF)

Youth Development

Know your clients
Understanding Culture
Exercise: three things game
Client's elements of performance
Basic Social Behaviors
Self-esteem
Running away
Lying

Teaching Methods

Active Listening
Reflective Listening/Paraphrasing
Paralanguage
Side and Cross Dialogue
Task Analysis
Effective Coping
Building a Relationship

Staff Relationships

Working as a team
Team building: Activity
Staff Self-Care

Emotions
Understanding Emotions
Anger/cues to Anger
Understanding Aggression
The Crisis Cycle
Behavior Focus Questions
Body Changes
Decreasing Skills

Disorders

QTIP
Severely Emotionally Disturbed (SED)
Oppositional Defiant Disorder (ODD)
Conduct Disorder (CD)
Fetal Alcohol Disorder Spectrum (FAS/D)
Attention Deficit Hyperactivity Disorder (ADHD)
Self Harm/Self Injury
Bipolar Disorder
Autism
Post Traumatic Stress Disorder (PTSD)

Interventions and Strategies

Setting Guidelines
Behavior Focus Questions
Positive Rewards
Preventive Teaching
Verbal Prompts
Non Verbal Prompts
Addressing Behaviors
Positive Practice
Role Play
Time Out
Role Modeling
Problem Solving
Shaping
Chaining
Processing with client
Processing with staff
Physical Skills Guidelines

Addendum

AXIS description
Childrens GAF scale
Adult GAF scale
Commonly used medications
Behavioral Directives and Assurances
Mental Health Glossary
Resources

Physical Skills Manual