



# Behavior Bulletin

Newsletter of the Kentucky Council for Children with Behavioral Disorders  
Fall 2004

## FAST FACT

In addition to numerous health problems, children who are overweight also experience psychosocial difficulties, such as increased risk for discrimination, low self esteem, and poor body image.

## President's Message

Another school year has started and our 11<sup>th</sup> Annual Behavior Institute has passed. One goal of the Behavior Institute is to provide teachers, paraprofessionals, and administrators a quality avenue in which to "revive" their skills, spirits, and dedication to working with some of our toughest students in the Commonwealth. Bea McGarvey, one of the Behavior Institute's national speakers, commented to a CCBD board member that she had never been to a conference where she looked at her audience and SAW so much compassion for students.

The theme for the 2005 Behavior Institute is RACHEL'S CHALLENGE. Rachel Scott was a student at Columbine High School who was present on that dreadful day, April 20, 1999, when Eric Harris and Dylan Klebold killed 13 and injured 23 people. Rachel was the first student killed. Rachel's father, Darrel Scott, is on a mission. He wants ALL educators to recognize the power they have to make a difference in students' lives.



Laura Hamilton  
KYCCBD President

Let me give you an example of the kind of power that I am talking about. Darrel spoke of Rachel's Challenge to a school in Baltimore, Maryland. When I called the Baltimore school to talk about Mr. Scott's presentation, Rachel's Challenge was described as "inspirational" and "not one person will leave there not knowing the capacity that they have in making a significant impact on students!"

In addition, teachers in the district reported that a student who ALWAYS ate lunch by himself suddenly had a "table full of friends" after the students heard Rachel's Challenge. A parent also reported that after her son heard Mr. Scott speak at his high school, he came home and called many people whom he hadn't talked to for awhile just to tell them that he loved them. Many parents reported that their children were kinder to each other, thought of one another more, and were truly working to meet Rachel's challenge.

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## KYCCBD Welcomes New Members!!

KyCCBD is pleased to welcome the following new members:

Rogna Mae Wagoner	Pamela Dixon
Tamara L. Castle	Sharon Sparks
Barbara Connor	Cayce McCamish
Brandi Violette	Carolyn Burgin
Theresa Bednar	Debra May
Jennifer Riggs	Twanya Crowell
Kari Huber	Susan Shelton

## 2004 Teachers of the Year

Each year, KYCCBD seeks nominations to honor an educator who has gone above and beyond. This year, KYCCBD honored two such individuals at the 2004 Behavior Institute in Louisville, Kentucky.

**Ms. Alicia Rummage** teaches 5<sup>th</sup> through 8<sup>th</sup> graders with a wide range disabilities in an EBD Self Contained/Resource Room at Old Kentucky Home Middle School in Bardstown (Nelson County). In her nomination letters, Ms Rummage was described as more than a teacher to her students—“She is like family”. Even though Ms Rummage has high expectations for her students, she is willing to do whatever is in her power to assist them in meeting their potential. Ms Rummage has gone a step further by serving as a foster parent for the past 3 years. She was further described as one of the most motivated and caring teachers known and has obtained the well-deserved reputation of “going above and beyond what is required”. One individual commented that Ms. Rummage deserves teacher of the year because she continuously strives to “make a difference in the students’ lives by exposing them to many different things that they have not had the opportunity to experience”.



**Ms Debbie Brown** teaches 9<sup>th</sup> through 12<sup>th</sup> graders in an EBD Self Contained/Resource Room at Powell High School in Powell County. In her nomination letters, Ms. Brown was described as having a genuine love for students and a desire to see them make a positive changes in their lives. Her concerns go beyond the classroom. “She gives all she has each day to her students and in return they give her the respect that she so deserves”. One individual stated that Ms. Brown deserves teacher of the year because “she is an excellent teacher, advocate, and collaborator who never hesitates to work both within the school system as well as within the community to improve the quality of life for her students.”

**Congratulations, Ms. Alicia Rummage & Ms. Debbie Brown, you are both ONE OF THE BEST!**

## Check this out.....

*Whale Done! The Power of Positive Relationships*

*by Kenneth Blanchard, Thad Lacinak, Chuck Tompkins, Jim Ballard*

*Reviewed by Donna Meers*

When I visit classrooms to help teachers with students who are having behavioral problems, one piece of data I collect is the amount of adult attention the student receives for doing what is expected versus the amount of adult attention the student receives for not doing what is expected. Almost always, I find that the only time this student receives attention from an adult is when they are acting irresponsibly. Each time I see this, I remember the phrase, “The behavior we pay attention to is the behavior we see more often.” This same message is weaved throughout the book, *Whale Done! The Power of Positive Relationships*.

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*“The behavior we pay attention to is the behavior we see more often.”*

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## Save the Date

Please be sure to join us at the next KyCCBD General Membership Meeting being held in conjunction with the 40th Annual Exceptional Children's Conference. The meeting will begin at 4:45 pm on Monday, November 22nd at the Galt House East.



## Turn Your Ideas into Reality with a \$1000 KYCCBD Mini-Grant

KyCCBD offers 4 Mini-Grants of \$1,000 annually. Application guidelines are below:

1. Your KYCCBD membership must be current.
2. Funds are earmarked for programs that serve students identified as EBD and/or their parents.
3. Proposals must address academic and/or social skill development.
4. Include a brief description (100-250 words) for the proposed use of the funds, including clearly stated outcomes or objectives, population served, and manner in which additional funds will be generated, if necessary.
5. The proposal should present a reasonable set of activities that can be completed with the \$1000 or explain how additional funds will be secured.
6. The proposal must be signed and dated.
7. The applicant cannot have been a recipient of a mini-grant during the previous school year.

### MINI GRANT APPLICATION FOR 2004-2005 (Attach brief description—see Guideline #4)

Name \_\_\_\_\_

KYCCBD Membership #: \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Position \_\_\_\_\_

District(s) \_\_\_\_\_

Age of Students Served \_\_\_\_\_

Type of Classroom \_\_\_\_\_

I understand that if awarded the mini-grant, I will submit a brief written report to the KYCCBD Executive Board along with receipts verifying the use of funds as proposed. In addition, I understand that I am required to conduct a poster presentation at the Behavior Institute. Projects implemented with the help of the KYCCBD funds will be highlighted in a KYCCBD newsletter.

\_\_\_\_\_  
Signature Date

Submit application and description to:

Karen Meade-King  
1101 Shagbark Lane  
Lexington, KY 40515

## National CCBD Happenings

*By Alan Jay Siegel*

This October I had the opportunity to attend my first face-to-face National CCBD Executive Board. The meeting, held in Providence, RI, was an opportunity for the new Executive Board to work together. I must say this is a tireless group that is working hard on the behalf of our organization – our schedule included work sessions of 9 hours on Saturday, 7 hours on Sunday, and 4 hours on Monday.

This year the National group is looking at redefining our Mission Statement (it has not been updated in 12 years), looking at ways to support the efforts of the Canadian Congress, and updating the focus of our organization on issues, such as the upcoming reauthorization of IDEA. A critical issue for the Board at this meeting was membership. We not only addressed the problems that everyone is experiencing related to National CEC Membership Services but also the recent declines in national membership for CCBD (Kentucky's membership continues to be very strong). There will a renewed effort to make sure that CCBD Regional Services and Membership are strengthened.

Kentucky continues to be one of the bright spots for National CCBD. The strength of our state organization and the innovative programs we have implemented continue to be recognized. If you have concerns or questions about the direction that our National Executive Board is taking or want to raise an issue that should be considered at the national level, please feel free to contact me by email at: [bagel40@insightbb.com](mailto:bagel40@insightbb.com)

## President's Message

*(Continued from page 1)*

What is this challenge? TO START A CHAIN REACTION - A CHAIN REACTION OF KINDNESS. Ironically, when Eric's and Dylan's diaries were found, they also wrote of a chain reaction, but it was a chain reaction of violence, death, and destruction.

Rachel's Chain Reaction of Kindness obviously has made an impact across many states. The KYCCBD Executive Board is excited to assist in bringing that challenge to the teachers, administrators and students of Kentucky!

The impact that we make as teachers, especially in the lives of some of our toughest students, often passes by us. We hope you will make plans to come to the 2005 Behavior Institute and hear more about meeting RACHEL'S CHALLENGE in your school and classroom. Mr. Scott will be providing us with a keynote address on RACHEL'S CHALLENGE as well as providing follow up sessions.

The 2005 and 2006 Behavior Institutes will be held at a different location! Please make note that next year's Behavior Institute will be at the NEWLY RENOVATED Lexington Convention Center which is adjacent to Rupp Arena and the Hyatt Regency Hotel in downtown Lexington, Kentucky. The KYCCBD Executive Board recently toured the new facility and is very excited about the potential it has for the Behavior Institute. As a participant, you will find roomier training areas and an atmosphere of elegance!

It will be the perfect setting to "rekindle" your spirit and remind you once again of why you went into education. Come and participate to begin RACHEL'S CHALLENGE with us!

*Laura*



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### Fast Fact

Suicide is the 3rd leading cause of death among U.S. adolescents.

## Check This Out.....

*(Continued from page 2)*

The book uses a fictional story about a business manager visiting the killer whale show at Sea World. The manager is excited and curious about how the whales learned the tricks used in the show. He learns through conversation with the Sea World trainers that positive feedback and mild corrective consequences (redirection and time out) are used to teach the tricks. The story continues with the manager incorporating the use of positive feedback into his work and family life. In time, he begins to see the power of building positive relationships through the use of these behavioral principles. While the story is fictional, the principles are real.

The following quotes were meaningful to me: "Accentuate the positive," "the more attention you pay to a behavior, the more it will be repeated," "If you don't want to encourage poor behavior, don't spend a lot of time on it," and "Praise progress. It's a moving target." As a former teacher of students with emotional and behavioral disorders and as a behavior consultant, I know first hand how effective these principles can be when implemented correctly. I would highly recommend this book as a fun, quick, and memorable read. Enjoy and Whale Done!

## It Just Keeps Getting Better

Once again the Behavior Institute was successful in providing educators and others who work with students with behavior problems with high quality speakers and boosting morale and energy for the new school year. The 2004 Behavior Institute marked the 11<sup>th</sup> year that individuals have gathered for a professional development experience recognized by its focus on behavior issues. This summer's Institute also marked the very special recognition of one of the field's most notable leaders, **Dr. C. Michael Nelson**. Dr. Nelson received KyCCBD's first-ever Legacy Award in recognition of his tireless efforts to improve the educational experience and quality of life of students who have behavioral disorders.

The Behavior Institute's keynote was provided by **Rachel Simmons** who inspired participants to look closer at girl bullying within their schools. Ms. Simmons called our attention to the often-overlooked problem of girl-on-girl bullying in a dramatic way as she described the damaging effects of female aggression and ways to address this phenomenon.

As always, the national speaker line-up was impressive: **Dr. Rich Allen** energized participants in his sessions advocating for use of music, storytelling, and active participation in classroom teaching; **Mr. William Jenkins** used his years as a classroom teacher and his involvement in the Civil Rights movement to share ideas about effectively teaching in culturally-diverse environments; **Dr. Janet Graden** addressed school-wide intervention and the data-based decision making process; **Ms. Bea McGarvey** introduced ideas for student motivation and achievement helping to turn research-based strategies into everyday practice; and **Dr. Don Deshler** from the Center for Research and Learning focused on using motivation to improve student achievement. A variety of fantastic state and regional speakers shared their expertise on topics ranging from basic behavior management to school-wide discipline to collaboration with mental health services. Informal networking and information sharing occurred during the **Poster Session**. These sessions provided an opportunity for presenters to share ideas about behavior-related programs and initiatives that are proving successful in their schools and communities. In addition, the poster sessions allowed the 2004 mini-grant recipients to highlight their projects (see pg. 3 of this newsletter for information on applying for a mini-grant) .

And, of course, the Behavior Institute would not be complete without a social event. Educators learned together during the day and partied together during the night on the Belle of Louisville with good food, music, and dancing. A big thank-you to all educators, volunteers, and presenters who helped make the 2004 Behavior Institute such a success!

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Visit the KyCCBD Website at  
<http://ebd.coe.uky.edu/kyc cbd/home.html>

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