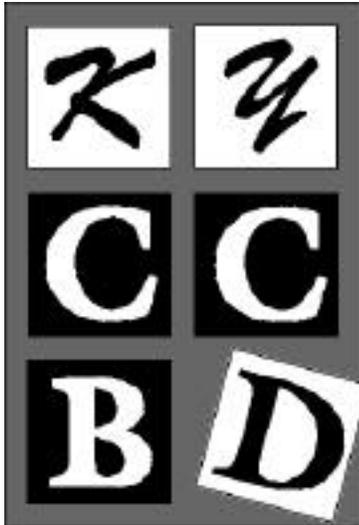


The Newsletter of the *Kentucky Council for Children with Behavioral Disorders*



President's Message

Alan Siegel

Greetings,

Greetings everyone! At this time of the year it is wonderful to be a member of the KY-Council for Children with Behavior Disorders due to the opportunity to see

the dedication and commitment from many of our members. Also, I get a chance to announce the 2002 Behavior Institute line-up of speakers and the theme for the Institute.

This summer we are honoring those of you who are "Going the Distance" for your students and your profession. We, on the Executive Board, have the good fortune to be able to see the wonderful things that are going on around our state for children with Emotional and Behavioral Disorders. In keeping with the extraordinary effort we see in our schools and other programs, we are recognizing that "Going the Distance" is the next step in meeting the challenging needs of students with EBD.

To accomplish this effort, we have invited a panel of national speakers that reflects the current trends in special education and mental health. Particularly, we have folks coming who have "been there and done that" when it comes to meeting the day-to-day challenge in the classroom. These speakers include:

DR. CECIL MERCER from the University of Florida; **Dr. Jim Kauffman** of the

University of Virginia; **Dr. Kristine Melloy** from the University of St. Thomas, Minneapolis, MN; **Freta Parkes** from aha! Process, Inc., Highlands, TX. ; **Dr. Sylvia Rockwell** from St. Petersburg, FLA.; **Marlene Wong, L.C.S.W.** representing the Los Angeles Unified School District, **CADr. and Paul Zions** of Kent State University, Ohio

I am also taking this opportunity to recognize the contributions of our Executive Board members who have "Gone the Distance" for our teachers in Kentucky.

A special thanks is given to **Dr. Laura McCullough** for her tireless efforts to make sure that the Behavior Institute continues to be the premier Institute in the nation.

Toyah Robey, Nancy Snook, and Jeana Barnes for their efforts in getting our registration materials ready and into your hands as soon as they humanly could. Also, a special thanks for making sure that our new registration effort goes smoothly and that there are far fewer problems this year than last.

Donna Meers has served as our coordinator for the in-state speakers as well as moderating our member and E-Board listserv's. **Donna's** efforts and

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organization have provided us with a structure that makes this year's Institute one of the best.

Tena Robbins, Karen Meade, and LaNell Taylor have taken an idea that Tena and I had from the Atlanta CCBD Conference and made it a reality. I am referring to the Poster Sessions that will offer you an opportunity to not only see many of the emerging programs in the state but also will give you a chance to network with others.

Thank you to Susan Isaacs, Laura Straughn, Marcia Lemon, Wanda Fouts, Tammy Williams, Stanley Arachikavitz, Kim Tipton, and others I know I have forgotten for their efforts at the Retreats and their willingness to make call after call in tracking down speakers for this Institute.

Tom Denton who made sure that, while "we had some and spent some," we also had some left over. His efforts in managing our budgets and scheduling our special events help make sure that this year's Institute is at least as fun as last year's.

Last of all, thanks to Mike Waford for being Mike Waford. I continue to be in awe of Mike and his creativity and boundless energy in coming up with new and exciting ideas for the current Institute. I only hope I can be half the source of inspiration for Tena that he has been for me.

Please join me in Louisville this year as we celebrate our Ninth Behavior Institute! And be sure to let the folks on the Executive Board know how much you appreciate their efforts

Our Membership Drive Will be offered again!

Look for this opportunity at the Behavior Institute again this year. Tell your colleagues that they can join CCBD as a first time member and have their \$22.00 sub-division dues paid by KYCCBD when they join CEC. In addition, the Council for Exceptional Children is offering a 10.00 discount on memberships filed electronically. KYCCBD will have on-line access for those who wish to join at the Institute. Urge your friends and colleagues to sign-up to be a part of an important organization!

Bullying: Is it Just Part of Growing Up?

By Donna T. Meers and Susan Isaacs

Haven't you done it? Haven't you gossiped, excluded people from a group, socially rejected someone, teased, called someone a name, or given dirty looks? Isn't this behavior just part of growing up or normal peer conflict? Maybe it used to be, but now that we know a common characteristic of students who kill in school is being bullied, the implication is that we've got to begin dealing with it.

PEER CONFLICT OR BULLYING?

It is important for teachers and parents to understand the difference between normal peer conflict and bullying. *Normal peer conflict is characterized as equal power (friends), happens occasionally, accidental, not serious, equal emotional reaction, not seeking power or attention, and not trying to get something. Those involved will show some remorse and put forth effort to solve the problem. On the other hand, bullying is characterized as an imbalance of power (not friends), repeated negative actions, purposeful, serious with threat of physical or emotional harm, strong emotional reaction from victim and little or no emotional reaction from the bully, seeking power, control, or material things, and attempts to gain material things or power. The bully shows no remorse (blames the victim) and puts forth no effort to solve the problem.

WHAT DO BULLIES LOOK LIKE?

Understanding the difference between normal peer conflict and bullying is important, but teachers and parents have to understand what bullies looks like. Most of us are surprised to learn that bullies are not always physically large, low achieving, and insecure boys. In fact, bullies are typically average to just slightly below average in achievement, have friends, and can be a boy or a girl. It is true that boys are more likely to admit being a bully and are easier to identify because they tend to bully using aggressive tactics, but girls are guilty too. Girl bullies tend to socially alienate and intimidate others and are more difficult to identify because the bullying acts are

more subtle and sly. Typically, boys will trip, hit, or put a knee to the stomach while using verbal aggression and threatening future physical consequences while girls tease about clothing, spread gossip, send intimidating notes or make intimidating phone calls, and use extortion tactics with the promise of inclusion in a desired peer group if a specific act is performed. For both male and female bullies, the behaviors can range from mild name calling or shoving to very severe acts of violence and coercion. Regardless of the act, another individual will always be hurt.

WHAT DO THE VICTIMS LOOK LIKE?

In the past, victims of bullying were thought to be randomly targeted or selected exclusively because of external appearance or disabilities. Now, we know this is not true. There are two types of victims: passive and provocative. Passive victims are likely to be a child who is isolated or alone during much of the school day, is anxious, insecure, and lacking in social skills, is physically weak and therefore unable to defend himself or herself, cries easily, yields when bullied, and is unable to stick up for himself or herself, may have suffered past abuse or traumatization, and may have a learning disorder that compromises his or her ability to process and respond to social interactional cues. The provocative victim is more difficult to identify because he or she may be seen engaging the bully. For instance, the provocative victim is one who is often restless, irritable, and who teases and provokes others. They often will fight back but most frequently end up losing the power struggle and become targets of the bully. The children are easily emotionally aroused, tend to maintain the conflict and lose with frustration and distress, and are impulsive and action oriented.

Victims usually suffer in silence. Many victims do not tell because they are afraid. They fear that the bullying will become worse and feel that no one will help them or be able to stop the bully even if they do tell.

WHAT CAN WE DO?

Now that we know how to distinguish between normal peer conflict and bullying and what the bully and the victim look like, what can we do to help? The first step is for the adults to obtain this knowledge. Next, a school-wide effort to change the culture and climate of the school must be promoted. The adults must explicitly state that bullying will not be accepted in the school and the adults and students must consistently recognize and respond to instances of bullying. Conflict resolution strategies are not recommended because of the imbalance of power involved in bullying. Instead, adults must be a part of the resolution to balance the power.

RESOURCES

For more information and resources, you may want to visit the following Web sites:

Behavior Home Page: Bullying Resources

<http://www.state.ky.us/agencies/behave/bi/Bully.html>

The 'In' Crowd and Social Cruelty Among Kids, Competition to Belong Is Fierce

http://abcnews.go.com/onair/2020/stosel_020215_popularity.html

**Content adapted from Bully Proofing Your School: A Comprehensive Approach for Elementary Schools, 2nd Edition.*

Behavior Institute 2002

Registration for the Behavior Institute is officially open. Letters were sent to CCBBD members, Directors of Special Education, superintendents, principals, counselors, IMPACT members, Family and Youth Resource Centers, Alternative Schools, and KECSAC head teachers.

Our theme for this year is "Going the Distance" which reflects the dedication and mission of all the professionals who have dedicated themselves to the education of students with emotional and behavioral difficulties.

The Institute will be held in Louisville at the Kentucky International Convention Center on

June 24, 25, and 26. The Hyatt Regency, Seelbach Hilton, and The Galt House are all prepared to accept reservations for the Institute. When you call please be sure to mention that you are registering for the Behavior Institute to get the convention rate.

Our out-of-state speakers are outstanding. We are proud to offer topics that address poverty, safe schools, taking responsibility, school-based mental health, and effective curricular and instructional planning.

KEYNOTE SPEAKER: DR. CECIL MERCER, University of Florida. Nationally renowned expert in effective instructional methods and strategies for teaching underachieving students or those with learning/ behavior problems/ learning disabilities (LD). Keynote will address strategies for keeping teachers motivated and energized to do difficult work with our most challenging students without burning out!

Dr. Jim Kauffman:

University of Virginia. Nationally respected author of many of the most widely used textbooks on student behavior disorders. Known for high professional standard setting and a willingness to question common assumptions (and national policy-makers) to assure that we as educators are challenged to think deeply and carefully as professionals about what we believe and implement for kids.

Dr. Kristine Melloy:

University of St. Thomas, Minneapolis, MN. Former EBD teacher, now professor, with expertise in social skill instruction and the effective use of service learning experiences with secondary students with learning and behavior problems or EBD.

Freta Parkes:

aha! Process, Inc., Highlands, TX. Former teacher, principal and school board member who brings a follow-up message from Ruby Payne's work on a "Framework for Understanding Poverty" (Ruby was last year's keynote). Freta brings thirty-three years of experience in working with students of poverty

using new and innovative instructional methods in a variety of school settings.

Dr. Sylvia Rockwell:

St. Petersburg, FLA. Author of "Tough to Reach, Tough to Teach: Students with Behavior Problems" (CEC). Sylvia has expertise and recent teaching experience in elementary school and alternative settings and is currently working in a middle school. She has written extensively on classroom management/ effective programming for students with emotional/ behavioral problems.

Marlene Wong, L.C.S.W.:

Los Angeles Unified School District, CA. Marlene is currently Director of the National Center For Child Traumatic Stress and Director of School Crisis/ Disaster Recovery for LA Unified Schools, the second largest school district in the US. Marlene's expertise includes school-based mental health, day treatment, child psychiatry, school safety and crisis intervention.

Dr. Paul Zions:

Kent State University, Ohio. President-Elect of National CCBD, Paul brings a national perspective on issues as well as expertise in the area of cognitive-behavioral techniques useful for teachers and students with emotional and behavioral challenges.

In addition to all of these wonderful national speakers, we are thrilled to be able to offer a line-up of some of the best and brightest practitioners from the state of Kentucky. Please make plans to join us in Louisville to see not only those from the national arena but your most talented colleagues as well.

Help Wanted!!!

KY-CCBD Host/Hostess Position For Behavior Institute

KYCCBD general members who want to be active in their professional organization and offer help during the Behavior Institute may hold this volunteer position. The following tasks may be a part of the host/hostess job.

1) A host/hostess will be assigned to a room in which Institute Presenters are giving their workshops. The job of the host/hostess will be to

*Ask the Presenter if he/she needs anything. If they do, the Host/Hostess will assist the Presenter or will find someone on the KY-CCBD Executive Board to get whatever the Presenter needs.

*Greet participants as they enter the workshop room. Answer any general questions participants may have.

*Pass out handouts, if needed.

*Pass out Professional Development forms, if needed, at the end of the day.

*NOTE: The host/hostess will NOT have to introduce the workshop or Presenter nor will they have to speak to the workshop participants as a whole group in any way.

2) KY-CCBD host/hostesses would be willing to wear some sort of shirt or large tag that identifies them as a Behavior Institute Host/Hostess.

If interested, please email Tammy Williams at: twilliams@mayfield.k12.ky.us

KYCCBD Teacher of the Year Nomination "One of the BEST"

Once again, KYCCBD will award the KYCCBD teacher of the year. The purpose of this award is to recognize a classroom Teacher who demonstrates the commitment, professionalism, and characteristics that would exemplify the highest standard to qualify them as "one of the best."

Only KYCCBD members may make nominations. Nominees do not have to be members of KYCCBD. The award will be presented at the Behavior Institute. Three top nominees will be recognized, with TEACHER OF THE YEAR selected from the finalists. KYCCBD Executive Board will determine final candidates and the TEACHER OF THE YEAR. Members of the Executive Board and Regional Representatives are not eligible for the award.

What Characteristics are we looking for?

1. Quality of Service to children with disabilities for whom behavior is a challenge.
2. Involvement in professional/community activities supporting children with disabilities for whom behavior is a challenge.
3. Demonstrated commitment to the involvement of parents/families and community agencies as partners in service to students.
4. Recommendations from colleagues and/or Supervisors
5. Examples of why this individual is "One of the

Best."

Submit vital information to:

Mike Waford, 704 Laural Cove Versailles, KY 40383.
Electronic submission preferred at:
mwaford@anderson.k12.ky.us

Please include *all* of the following information in the Nomination:

- Name, address, phone, email, school/district, grade/class of the nominee
- Name, address, phone, email, and CCBD membership number of the person nominating the individual for Teacher of the Year.
- Supporting information relative to above characteristics.

Interview will be conducted for three finalists

Nomination due by May 15, 2002

KYCCBD General Meeting February 27, 2002

A General Meeting of KYCCBD was held at the Executive Inn, Owensboro during the Council for Exceptional Children's Conference.

In attendance: Alan Siegel, Tena Robbins and Bill Rigney.

Topic: Introduction and Welcome

Topic: Review of upcoming Behavior Institute and Slate of National Speakers

Topic: Treasurer's Report
Not available

Topic: Regional Representatives
Kathy Rigney has not been receiving email.
Her correct address is crigney@perry.k12.ky.us

Topic: Membership Updates
Two new members (one regular, one student) were registered at this conference.

Topic: Election Announcement
Offices open for nomination are Vice-President and Secretary

Topic: Constitution
Final draft to be addressed at the Executive Board meeting and presented to the general membership at the Behavior Institute 2002.

Topic: Next Meeting Date:
Next general membership meeting on June 25, 2002 at the Behavior Institute

Institute 2002 Membership Giveaway!

As we did at last year's Behavior Institute, we will again give away a free one-year membership to CEC and CCBD. This give away will be announced at the Behavior Institute.

You must attend the Behavior Institute to be eligible for this outstanding opportunity. As always, please feel free to contact Marcia Lemon or Wanda Fouts with any membership questions or concerns!

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(*) Indicates a voting member

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CAN COORDINATOR*

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HISTORIAN

Vacant at this time.

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KyCCBD Policy and Procedures

Recently, the executive board has made revisions to the KyCCBD Policy and Procedures. Approval from the executive board should happen soon. After approval is obtained, these will be posted on the KyCCBD Web site for general member download. We hope to bring these before the general membership for final approval at a general meeting held at the Behavior Institute 02. Keep checking the KyCCBD Web site for more information.

<http://ebd.coe.uky.edu/kyccbd/home.html>

“Benevolence alone will not make a teacher, nor will learning alone do it. The gift of teaching is a peculiar talent, and implies craving in the teacher himself.”

John Jay Chapman

Visit the Behavior Home Page

<http://www.state.ky.us/agencies/behave/homepage.html>

KYCCBD Web site

<http://ebd.coe.uky.edu/kyccbd/home.html>

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