



# Initial Skills System Implementation Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Organization: \_\_\_\_\_

## 4.1 How could you teach Skills to the individuals you work with?

- 1:1 instruction
- Group instruction

Describe ideas:

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## 4.2 How could you train staff to be Skills Coaches?

- Require staff complete Courses 1 and 2 of the E-Learning
- Discuss coaching in team meetings

Describe ideas:

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## 4.3 How could you train collateral supports to be Skills Coaches?

- Add individuals' family members and outside providers)

Describe ideas:

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## 4.4 How could you build in opportunities for individuals to practice into the individual's services?

- Create Skills check-in's
- Add Skills to other groups/interventions

Describe ideas:

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## 4.5 How could individuals receive Skills System-infused individual therapy?

- Send your program therapists to the 2-Day Training
- Send Skills System materials to the outside therapists

Describe ideas:

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## 4.6 What other models at your program could be integrated with the Skills System?

- De-escalation/crisis intervention models (e.g., CPI, Safety Care, MANDT)
- Therapeutic models like DBT, CBT, ACT
- Positive behavior supports/ABA

Describe ideas:

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## 4.7 What documents could you add Skills System concepts to?

- Assessments
- Individual support plans
- Safety plans

Describe ideas:

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## 4.8 When could individual meet with staff/case managers (etc.) to use Calm Only Skills to address important quality of life issues?

- Weekly 30/60-minute meetings with their staff case manager

Describe ideas:

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## 4.9 What visual aid could you use with individual and/or staff?

- Print handout notebooks (150-page PDF from the text)
- Print and laminate the Skills Posters and Skills Cards
- Print the Skills Map
- Create individualized visual aids

Describe ideas:

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Note:

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