



# PBISApps Community

2025 Wrap Up  
December 12, 2025

Danielle Triplett, M.Ed.  
Senior Research Assistant and PBISApps Trainer  
University of Oregon



# Welcome!

What is your favorite thing  
about PBIS and the work  
you get to do?



## Topic: 2025 Wrap Up

1. Self-care for educators
2. Data in December: Winter Catch
3. New Year, New Teachable Moments



Self-Care: Definition, Benefits, & Ideas to Try

## What Is Self-Care?

Self-care is a daily holistic wellness practice that accounts for emotional, mental, social, and spiritual health. Self-care validates your needs, allowing you to honor your goals, beliefs, relationships, and overall existence.

Fulfilling your needs helps you manage stress, fight physical ailments, and increase positive emotions.

Self-Care: Definition, Benefits, & Ideas to Try

## Why Is Self-Care Important?

- Lower stress levels
- Happier relationships
- Better sleep
- Improved immune response
- Increased self-esteem
- Improved productivity
- Decreased risk of heart disease, stroke, or cancer
- Increased happiness
- Lower likelihood of depression and anxiety
- Reduced risk of burnout

# Model Self Care for Your Students



## Winter Months

~ Dr. Deborah Serani

### SELF CARE TIPS

| SUN                    | MON                       | TUE                         | WED                           | THU                         | FRI                         | SAT                                      |
|------------------------|---------------------------|-----------------------------|-------------------------------|-----------------------------|-----------------------------|------------------------------------------|
| Light a candle         | Take a long bath          | Enjoy a hot cocoa           | Take a walk in the snow       | Peppermint lotion your feet | Read a book                 | Relax to Theta music                     |
| Bake bread             | Eat dinner by candlelight | Go to bed early             | Play a board game             | Apply a soothing face mask  | Listen to beach soundscapes | Burn incense                             |
| Order in comfort foods | Listen to an audiobook    | Unplug from all electronics | Bundle up and count the stars | Take a long, fizzy shower   | Bake some treats            | Nap on laundry right out of the dryer    |
| Do pajama stretches    | Thumb through old photos  | Moisturize your skin        | Rest in a pool of sunlight    | Stay hydrated with water    | Diffuse essential oils      | Get out some crayons and a coloring book |

# Prioritizing Teacher Self-Care



Identify teachers with  
**COMPLEMENTARY  
SCHEDULES**  
to build a support network.

**It's a simple self-care strategy: Teachers text a colleague to cover their class for a minute when they need to de-escalate and recharge.**

Short breaks help reduce stress teacher burnout.

No one is alone; someone always has your back.

# Data in December: The Winter Catch



50% of students who received 6 or more total ODRs during the course of the year already received 2 or more ODRs by the end of October

**79% had 2 or more ODRs by the end of December**

School Psychology Review,  
2010, Volume 39, No. 3, pp. 380–394

Establishing Research-Based Trajectories of Office Discipline Referrals for Individual Students

Kent McIntosh  
*University of British Columbia*

Jennifer L. Frank  
*University of Oregon*

Scott A. Spaulding  
*University of Washington*

# What is The October Catch?



It is once again time for the October Catch! No, we are not talking about Fall seafood! To be sure, this is not so much about “Catch and Release” as it is about “Catch and Support!” The October Catch is a decision rule that is based on research demonstrating that students with **two** or more Office Discipline Referrals (ODRs) by October are on a trajectory for having **six** or more by the end of the year. By identifying and referring kiddos with two or more ODRs by October, teams can catch and support these kids early in the year, making it easier to change the trajectory for these students.



**MO SW-PBS**  
Missouri Schoolwide Positive Behavior Support

# October Questions to Ask



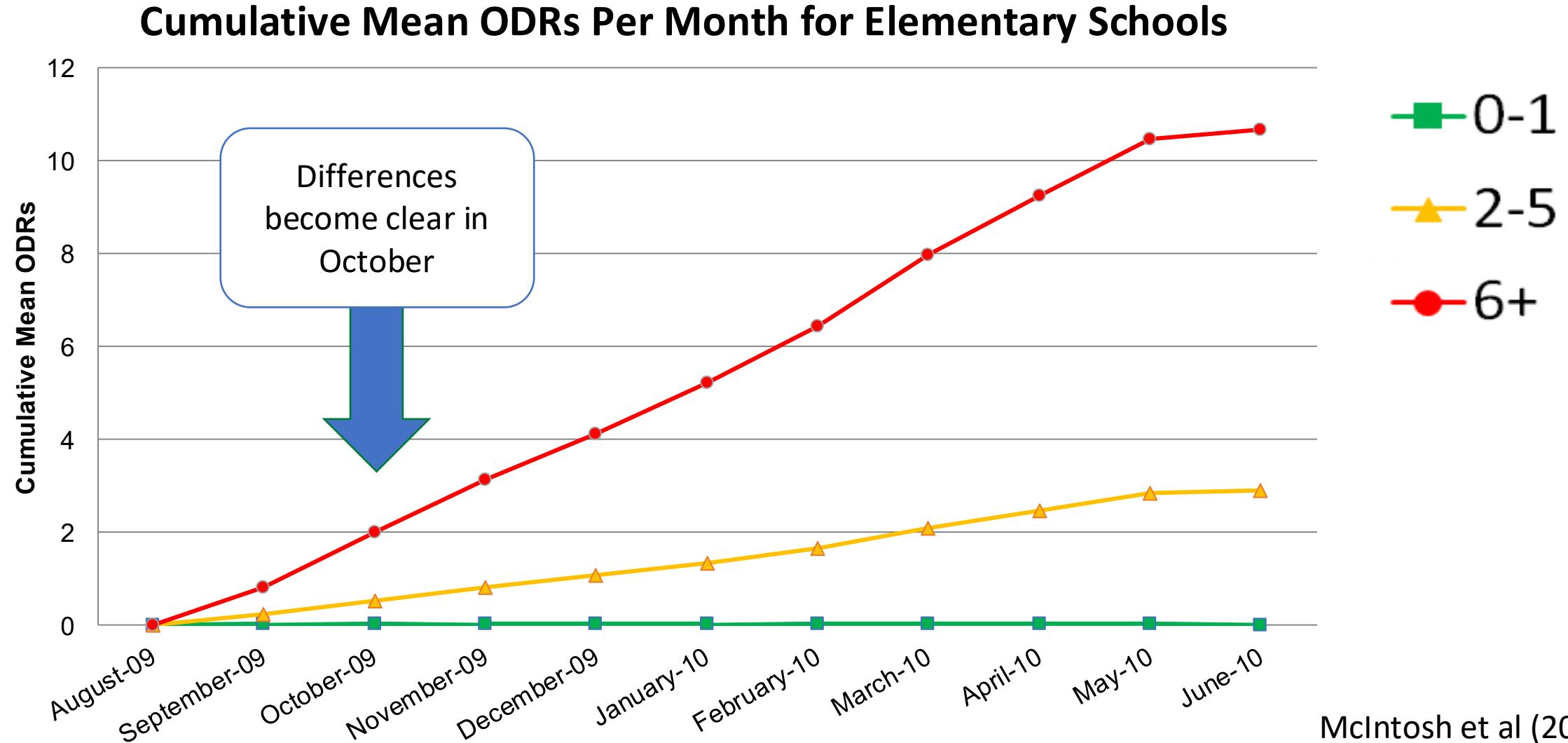
- What you know about each student?
- Do you have additional screening data available to you?
- What are the targeted supports available in your building?
- Which of the students in this report would benefit from enrollment in a targeted intervention?

# November and December Questions to Ask



- How has their referral trajectory changed or not?
- If your school has a Check-In Check-Out program, were any students enrolled in October?
- What do their data in CICO-SWIS tell you?
- Is there additional support needed?

# When should schools start screening?



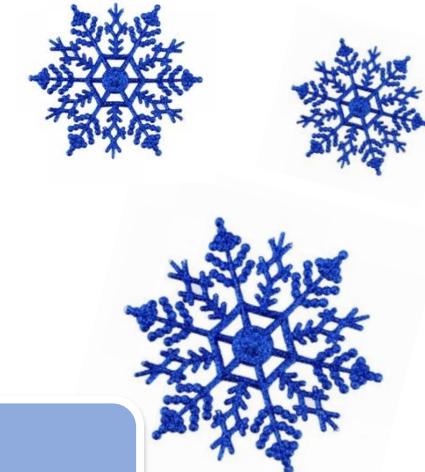
# New Year, New Teachable Moments



In the chat, tell us what you might predict students and staff need to know as January rolls around?

What have they forgotten how to do?

What new things are happening we can be proactive about?



# New Year, New Teachable Moments



No school days and late start days

Snow or ice on the playground, walkways, etc.



Being sick, when to stay home, practicing good hygiene

Substitute teachers: writing plans, preparing your students, setting up guest teachers for success

# Resources: Training and PD



[pbis.org](http://pbis.org)



[pbisapps.org](http://pbisapps.org)

## Complete Training Catalog

Live Trainings and  
Webinars

Online  
Courses



Register for any of the  
upcoming in-person or  
online training events.



Get started with any  
of our self-guided  
training modules.

## Facilitator Training Events

SWIS Certification

CICO-SWIS Certification

I-SWIS Certification

EC-SWIS Endorsement

## Upcoming Events

[All Deliveries ▾](#)

PBISApps Community

SWIS Facilitator and Data Coach Training

Tiered Fidelity Inventory 3.0 Overview

SWIS Equity Reports and the Data Drill Down Process

# Resources: Training and PD



[Home](#) [About](#) [Events](#) [Coaches](#) [Conference](#) [Resources](#) [Contact](#) [Donate](#) [Twitter](#) [Instagram](#) [Search](#)

## Rooted in Relationships: Building Community for Sustainable PBIS

*Strong connections, strong systems, strong futures.*

April 29 – May 1, 2026 | Spokane Convention Center

### About the Conference

The Northwest PBIS 2026 Conference brings together educators, school leaders, family partners, and community members to explore how positive relationships form the foundation for thriving PBIS systems. This year's theme, *Rooted in Relationships*, highlights the critical role of trust, collaboration, and shared purpose in building strong school communities that support every learner.

[pbisnetwork.org](http://pbisnetwork.org)



**NEPBIS**

*Northeast Positive Behavioral Interventions and Supports*

### ***Mark Your Calendars!***

**The 2026 NEPBIS Leadership Forum will be held  
May 14th and 15th, 2026 in Mystic, CT**

**Registration and access to a discounted hotel room block**

**will open in January, 2026**

**Registration for the full 2026 conference: \$395**

**Pre-conference workshops: \$275**

[nepbis.org](http://nepbis.org)

# Wrap up with Intention



What stuck with  
you the most  
from today's  
session?

Contact info:  
[training@pbisapps.org](mailto:training@pbisapps.org)

# Bonus Time!



**11:00-11:15 open for questions, problem solving, resource sharing, etc.**