



Improving lives THROUGH  
supports and services  
THAT FOSTER self-determination.

# **MO DDD & You: Skills to Build Relationships and Create Positive Behavior Change**

Information for Individuals & Families

Presented by:

Lisa Nothaus, Supporting Families Lead, Division of DD

Kathleen Deppeler, Positive Supports State Lead, Division of DD



**November 22, 2022**



- Tools of Choice/Division of DD
- How response/reaction impacts behavior
- Recognizing coercive responses
- Building and strengthening relationships
- Using positive consequences

# Tools of Choice

Skills for Improving Interactions and Behaviors

**FREE**

Hybrid on-demand/Live practice

Four Workshops:

1. About Behavior and Avoid Coercion
2. Stay Close
3. Use Positive Consequences and PIVOT
4. Set Expectations



# Family Coaching Workshops

Support for Improving Interactions and Behaviors

**FREE**

Evening practice and feedback sessions

- Everyone welcome
- Leave with implementable tools
- Get connected to peers and professionals



**SCAN ME**

# Universal Strategy

Base of Intervention  
pyramid

Strategies that improve the  
QoL of EVERYONE!

## Fundamental Fact

Behavior is a result of  
the  
environment.

# ACTIVITY:

## Identifying YOUR Coercion

**1. Questioning**

**2. Arguing**

**3. Sarcasm/Teasing**

**4. Force (verbal/physical)**

**5. Threats**

**6. Criticism**

**7. Despair**

**8. Lecturing/Logic**

**9. Taking Away**

**10. Talking about “bad”  
behavior when there**

# Questioning

Asking a question you don't really want answered...

Why?

Was that a good idea?

What were you thinking?

Identifying YOUR Coercion

# **Arguing**

Having a back/forth, trying to  
convince someone to see it  
your way

**Politics-religion**

**Identifying YOUR Coercion**

# **Sarcasm/teasing**

**Saying the opposite of what you mean-Making a joke**

**It's always at someone's expense  
High-level social skill- nuanced**

## **Identifying YOUR Coercion**

**Force (verbal/physical)**  
making others do something  
they may not want to and  
often against their will

**Injury-Autonomy**

**Identifying YOUR Coercion**

# Threats

Reminding or pointing out  
“bad” events that will follow if  
undesirable behavior  
continues

If you..., 1.2..3....

Identifying YOUR Coercion

# Criticism

Telling someone you don't like how they are doing a task or suggesting other ways to do the task after they already started

You're missing... It's better if  
you...

Identifying YOUR Coercion

# **Despair**

Saying or acting as if you don't know what to do, are hopeless, or giving up

**Fine... Ugh... I guess you'll never learn**

## **Identifying YOUR Coercion**

# **Lecture/Logic**

talking about what should be done instead, talking too much or by repeating something the person already knows

**Charlie Brown's Teacher**

**Identifying YOUR Coercion**

# **Taking Away**

**removing something important to the person such as privileges, possessions, access to things**

**time-out, “grounding”, putting a toy out of reach**

## **Identifying YOUR Coercion**

# Talking About “Bad” Behavior in Front of the Person

show of disrespect

You know what YOUR kid did  
today?

## Identifying YOUR Coercion

# Effects of Coercion

- **Avoid**
- **Get even**
- **Escape**
- **Learn coercive behavior**
- **Behave less confidently**
- **Receive attention for undesirable behavior**

# What to do about coercion?

**\*\*\*\*\*Identify when you're doing it:**

**Hungry**

**Angry**

**Lonely**

**Tired**

Pet peeves, you're being coerced, it's what we've practiced a LOT, etc.

Give yourself some empathy (see HALT above)

Stop and try something else (like empathy)

Get support!

# Tools of Choice

Skills for Improving Interactions and Behaviors

Hybrid on-demand/Live practice

Register now- it's **free!!!**



SCAN ME

# Family Coaching Workshops

Support for Improving Interactions and Behaviors

**FREE**

Evening practice and feedback sessions

- Everyone welcome
- Leave with implementable tools
- Get connected to peers and professionals



**SCAN ME**

# Questions?



# Next MO DDD & You Webinar



Mark your calendar now!

The next “MO DDD & You” webinar is  
scheduled for

**December 20, 2022**

**12:30pm-1:00pm**



Improving lives THROUGH  
supports and services  
THAT FOSTER self-determination.

**Thank You**