



# Mental Health Mondays

Check in & Check out  
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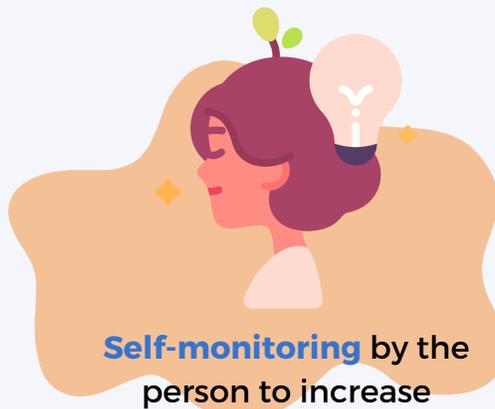


## What is Check in & Check out?

Check in & Check out (CICO) is a research backed Positive Behavior Support (PBS) intervention that provides the **opportunity for a person to work with a mentor** to improve behavior. It is easy to implement and includes the following components:



**Frequent check ins** between staff and the person to share clear expectations, feedback, and support



**Self-monitoring** by the person to increase motivation, self-esteem, and accountability



**Reinforcement**, or positive consequences, given when expectations are met

## The Missouri Department of Mental Health has done research on CICO. Check it out:

CICO was implemented across five units at Fulton State Hospital and across two different Community Residential provider settings. Clinical staff functioned as coaches for Direct Support Professionals (DSPs) which required frequent check ins with DSPs, self-monitoring of implementation, and reinforcement for meeting implementation goals.

Results showed that **CICO was effective at increasing PBS implementation by 85%**. Combining CICO for DSPs with Tools of Choice for individuals was effective at **reducing physical altercations across all settings, with an average reduction of 60%**.



## Want to learn more?

Click [here](#) to read the full published study.



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