

THE CALM PROTOCOL

THIS TOOL CAN BE REFERENCED DURING MOMENTS OF CRISIS TO HELP ALL STAFF MEMBERS (e.g., PARAPROFESSIONALS, TEACHERS, THERAPISTS) RESPOND TO STUDENTS WITH SHARED VALUES AND PRACTICES. IT IS NOT A REPLACEMENT FOR A BEHAVIOR PLAN; IT IS A GUIDE FOR THE ADULTS.

COMFORT

- REASSURE THE PERSON.
- KEEP IN MIND THAT THE GOAL IS TO GET OUT OF CRISIS.

AVOID CONTACT

- DO NOT TOUCH OR RESTRAIN THE PERSON UNLESS ABSOLUTELY NECESSARY (e.g., IF THEY ARE IN DANGER).

LOWER YOUR VOICE

- SPEAK IN A SOOTHING, HUSHED TONE AND KEEP A PEACEFUL EXTERIOR.

MANAGE

- KEEP OTHER ADULTS (AND STUDENTS) AWAY FROM THE AREA.
- IF NEEDED, ADAPT THE ENVIRONMENT (e.g., DIM THE LIGHTS).
- INTRODUCE USEFUL TOOLS, IF APPROPRIATE (e.g., PREFERRED MATERIALS).

