

Ask the Expert – Kim Hopkins-Betts, LICSW



Presenter: Kim Hopkins-Betts, LICSW
Date: Monday, July 13, 2020
Time: 11:00 AM, EDT
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Registration: N/A

Title: Moving From Power & Control to Collaboration & Problem Solving (CPS)

Description: A brief introduction to the evidenced-based approach, Collaborative & Proactive Solutions (CPS), towards understanding and helping behaviorally challenging youth and young adults. The CPS approach sets forth two major tenets. First, challenging behavior in kids is best understood as the result of lagging cognitive skills (in the general domains of flexibility/adaptability, frustration tolerance, and problem solving). And second, the best way to reduce challenging episodes is by working together – collaborating – to solve the problems setting them in motion in the first place.

Speaker Bio: Ms. Hopkins is an independently licensed clinical social worker in both MA and ME. She has managed the clinical departments of two organizations serving youth and families in residential facilities, foster homes, therapeutic day schools, and homeless shelters, bringing the Collaborative & Proactive Solutions Model to their work. She has worked as a Collaborative & Proactive Solutions Trainer for 12 years delivering on-site and virtual training and coaching to numerous schools, residential facilities, hospitals, and families. Ms. Hopkins is also the Director of Outreach & Communication for Dr. Ross Greene’s non-profit, Lives in the Balance.

Learning Objectives:

- Know the difference between problem solving and behavior modification.
- Understand how to address problems collaboratively instead of unilaterally.
- Understand the concept of “do well” in the CPS model.
- Discover the skills need to foster the better side of human nature in problem solving.
- Learn about an assessment tool to address unsolved problems.
- Learn different plans to utilize for solving problems.