



Vernonia School District

Parent Education Opportunities

VSD is currently offering two training opportunities for families: Ukeru & Safety Care for Families. Each course teaches skills to respond to challenging behavior with a focus on prevention and de-escalation. Please see below for more details on each course.

To learn more about these opportunities or to sign up, contact:

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Ukeru (pronounced “oo-care-oo”)

Course Description

Ukeru is a trauma-informed approach to crisis intervention and behavioral support, particularly used in settings like schools and residential treatment facilities. It focuses on de-escalation techniques that prioritize safety and respect for individuals in distress, rather than using physical restraint. The method emphasizes building trusting relationships, understanding individual needs, and promoting positive behaviors through supportive interactions. By fostering a calm and safe environment, Ukeru aims to reduce the likelihood of crises and improve outcomes for those involved.

Objectives of the Training

Ukeru will provide skills that will help you:

- Protect yourself & others when someone becomes aggressive
- Protect those who engage in dangerous or self-injurious behavior
- Minimize the use of restraint & seclusion

Topics We Will Cover

- Essential Skills
 - Brain Development & Interpersonal Relationships
 - Definition & Prevalence of Trauma
 - Trauma & the Brain
 - Trauma-Informed Approach
 - Comfort vs. Control
 - Communication
 - Conflict Resolution
- Advanced Skills (*See additional requirements below*)
 - Introduction to Protective Physical Skills

Safety Care for Families

Course Description

Safety Care for Families is a structured program designed to support families in managing challenging behaviors in children, particularly those with developmental disabilities or behavioral

disorders. The program focuses on teaching parents and caregivers effective strategies for prevention, intervention, and crisis management. It emphasizes communication, relationship building, and the use of positive reinforcement. By providing tools and techniques, Safety Care aims to enhance family dynamics, promote safety, and improve the overall well-being of both children and caregivers.

Objectives of the Training

- Create a positive & supportive environment
- Understand challenging behavior and how to teach alternative behavior
- Prevent behavioral crisis as much as possible
- Maintain safety & minimize the intensity of behavioral incidents when they do happen
- Prevent similar incidents from happening in the future

Topics We Will Cover

- Essential Skills
 - Understanding Behaviors & The ABCs of Behavior
 - Incident Prevention
 - Incident Minimization & De-escalation
 - Create a Family Safety Plan
 - Incident Recovery & Debriefing
- Intermediate Skills (*See additional requirements below*)
 - Safety Practices & Grab Releases
 - Management of Dangerous Objects
- Advanced Skills (*See additional requirements below*)
 - Physical Management

Additional Requirements for Intermediate & Advanced Modules

- Requirements for Intermediate Skills Module:
 - Completion of Essential Skills module
 - Participants must maintain an ongoing relationship & communication with VSD
 - Submit a Safety Care for Families Referral Form, signed by an approved licensed practitioner. (Not required for Ukeru advanced module.)
- Requirements for Advanced Skills Module:
 - **Participants must meet the above requirements, AND obtain written approval of VSD Superintendent**

Time Commitment

- Ukeru: Up to 6 hours for the Essential Skills module
- Safety Care for Families: Up to 5 hours for the Essential Skills module

Ukeru & Safety Care can be presented to a small group or individually.