

# LSCI TRACKING AND FIDELITY FORM



Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Youth Name: \_\_\_\_\_ Setting or Location: \_\_\_\_\_

Staff Name: \_\_\_\_\_ Staff Position: \_\_\_\_\_

Time Began: \_\_\_\_\_ Time Ended: \_\_\_\_\_ Total LSCI Time: \_\_\_\_\_

Intensity of Incident:

Stage of Escalating Behavior When LSCI Began

(1 = low; 5 = high) 1 2 3 4 5 ☐ Regulated ☐ Agitated ☐ Accelerated ☐ Peak ☐ De-escalated ☐ Recovery ☐ Regulated

## LSCI TYPES, STAGES, AND OUTCOMES

### DIAGNOSTIC STAGES

#### 1. DRAIN OFF

- ☐ Validated youth's feelings
- ☐ Used "I-Messages"
- ☐ Used attending, reassuring, validating, affirming, and decoding
- ☐ Avoided the Conflict Cycle

#### Outcomes for Drain Off Intervention

- ☐ Youth has calmed down
- ☐ Safety was established or no longer a concern

#### 2. TIMELINE

- ☐ Used interviewing skills to hear the youth's story
- ☐ Youth indicated that they felt understood
- ☐ Used core listening skills to discover the youth's point of view
- ☐ Validated the youth's perception of the situation/crisis

#### 3. CENTRAL ISSUE

- ☐ Identified how the youth perceives, thinks, feels, and behaves during a crisis
- ☐ Determined that a short-term intervention was sufficient
- ☐ Determined that the Central Issue would be best managed by using one of six LSCIs

#### Outcomes for Diagnostic Intervention

- ☐ Youth understands why this crisis happened and their role (Issue)
- ☐ Adult establishes the Central Issue or self-defeating pattern (CI)

### RECLAIMING STAGES

#### 4. INSIGHT

- ☐ Identified self-defeating pattern of behavior
- ☐ Youth gained new Insight

#### Indicate Which Reclaiming Intervention to Address Self-Defeating Pattern

- ☐ Red Flag ☐ Reality Check ☐ New Tools
- ☐ Peer Manipulation ☐ Benign Confrontation
- ☐ Regulate and Restore

#### Outcomes for Insight-Oriented Intervention

- ☐ Youth \_\_\_\_hears, \_\_\_\_accepts, \_\_\_\_articulates the self-defeating pattern (In)

#### 5. NEW SKILLS

- ☐ Pro-social skills were identified
- ☐ Self-regulation skills were identified
- ☐ Self-monitoring skills were identified
- ☐ Practice/role-playing was done to illustrate these skills

#### 6. TRANSFER OF LEARNING

- ☐ Staff consulted with each other to understand and address the youth's self-defeating behavior
- ☐ Staff adjusted behavioral plans/guidance forms/etc. in order to track the pattern.
- ☐ New skills training will be addressed by the treatment team/classroom team

Stage of Escalating Behavior When LSCI Ended

☐ Regulated ☐ Agitated ☐ Accelerated ☐ Peak ☐ De-escalated ☐ Recovery ☐ Regulated

Optional comments may be added to the following page.

Name of Person Completing LSCI and Documentation: \_\_\_\_\_

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