

Empowering
youth with
behavioral
skills to
thrive in the
classroom,
in the home,
and in life.

What is Cornerstones of Care?

It isn't just our name.

It symbolizes something far greater. It stands for the lasting impact on the safety and health of thousands of children and families throughout Kansas, Missouri, and beyond. Cornerstones of Care is a behavioral healthcare nonprofit creating positive change in our communities through trauma-informed prevention, intervention, and treatment services in youth and family support programs, foster care and adoption, and education and community trainings.



Partnering for *safe* and *healthy* communities.



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1-844-824-8200
cornerstonesofcare.org



BIST In-Home
Services

Addressing disruptive behaviors with grace and accountability.

Behavior Intervention Support Team (BIST)

is an evidence-based outreach program that partners with school administrators, teachers, and parents across the country to address the growing behavioral challenges of students in the classroom and at home. By helping schools and families understand trauma to help the youth, children can make positive changes in their lives.

BIST uses problem-solving, founded on grace and accountability, to learn and grow. **Grace** is the unconditional relationship children have with adults, which allows them to make choices—some of which are mistakes—with the knowledge that adults will understand and still be on their side. **Accountability** guides children through their problem solving when they have made a mistake and need to fix it. These two concepts allow children to feel secure in their relationships while learning.

Being a foster parent is stressful.

Every child is unique, so there isn't a one-size-fits-all solution to behavioral issues and emotional outbursts. However, there are guidelines for **foster parents** that support growth and emotional well-being when consistently put into action. We coach parents on setting boundaries, establishing procedures and routines, and problem-solving with children to promote growth, critical thinking, and resilience. Using the same strategies that BIST uses in the classroom, youth learn to make better decisions.

BIST In-Home Services also helps parents find new ways to connect with children who they have previously found difficult. Our strategies provide youth with tools to facilitate changes in behavior patterns and develop new skill sets that will benefit them in the classroom and throughout life. Parents can expect to see fewer disruptions and less stress at home.

A child's misbehavior is not just a result of their past trauma. It also reflects a skill set yet to be learned, such as responding respectfully even when the child receives a direction they do not like. Parents must learn to address things early and in a way that children can "hear" them. Developing skills that will meet the child's needs with appropriate words, rather than inappropriate actions, builds trust.



Ask your case manager for a referral or learn more at bist.org.

What to Expect:

A BIST consultant will make regularly scheduled in-home or virtual visits to develop a tailored program to address the child's needs. Parents will learn strategies to teach/model and also learn how to problem-solve with their children. By implementing BIST at Home, foster parents will receive guidance on how to:

- Model calm, clear communication that lets children know you're on their side.
- Establish clear boundaries to gain a sense of trust, safety, and security.
- Establish routines that teach responsibility, develop competency, and create a sense of belonging.
- Create an optimal learning environment to set goals and expectations when schoolwork is challenging.
- Structure and facilitate family meetings to support productive discussions where every member has a voice.
- Use language to reduce resistance by reducing emotional responses and gaining accountability with kindness.

"Our BIST specialist gave us strategies to empower my daughter, and coached us on how to react, talk to her about her feelings, and set time limits on things. This service has done wonders not only with my daughter, but with all our children. I highly recommend that BIST be included in the aftercare service, and that all adults who need that extra guidance take advantage of what BIST has to offer."

—Foster Parent