

Managing Challenging Behaviors

School-based Pediatric ECHO

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Internal vs. External Locus of Control

Internal

Believe they are in control and take responsibility for their own actions



External

Blame external forces for their own circumstances



How does the Behavior Present?

Internalizing or Externalizing

- * **Internalized:**
- * **Externalized**

**Use the traits listed in the Student Risk Screening Scale—
Internalizing and Externalizing Behaviors (SRSS-IE) to
identify students with internalized or externalized
behaviors.**



Internalized vs Externalized Behaviors

@thrivinglittles

Internalizing

Passivity, keep emotions in

Quiet, "easygoing" kids

Prone to self blame

Fear of failure

Shut down/detach from
any perceived "negative"

emotion

Overdo, overhelp, overfeel
for others

Guilt prone

Think they are the problem

and if they are "better"
problem will go away

Externalizing

Hitting, kicking, biting etc.

Yelling, outward expression
of emotion

Blame others to reduce
negative feelings of self

"Defiant" "Oppositional"

Labeled "bad kids"

Act on environment/others
to communicate distress

Think others/situational
events are the problem



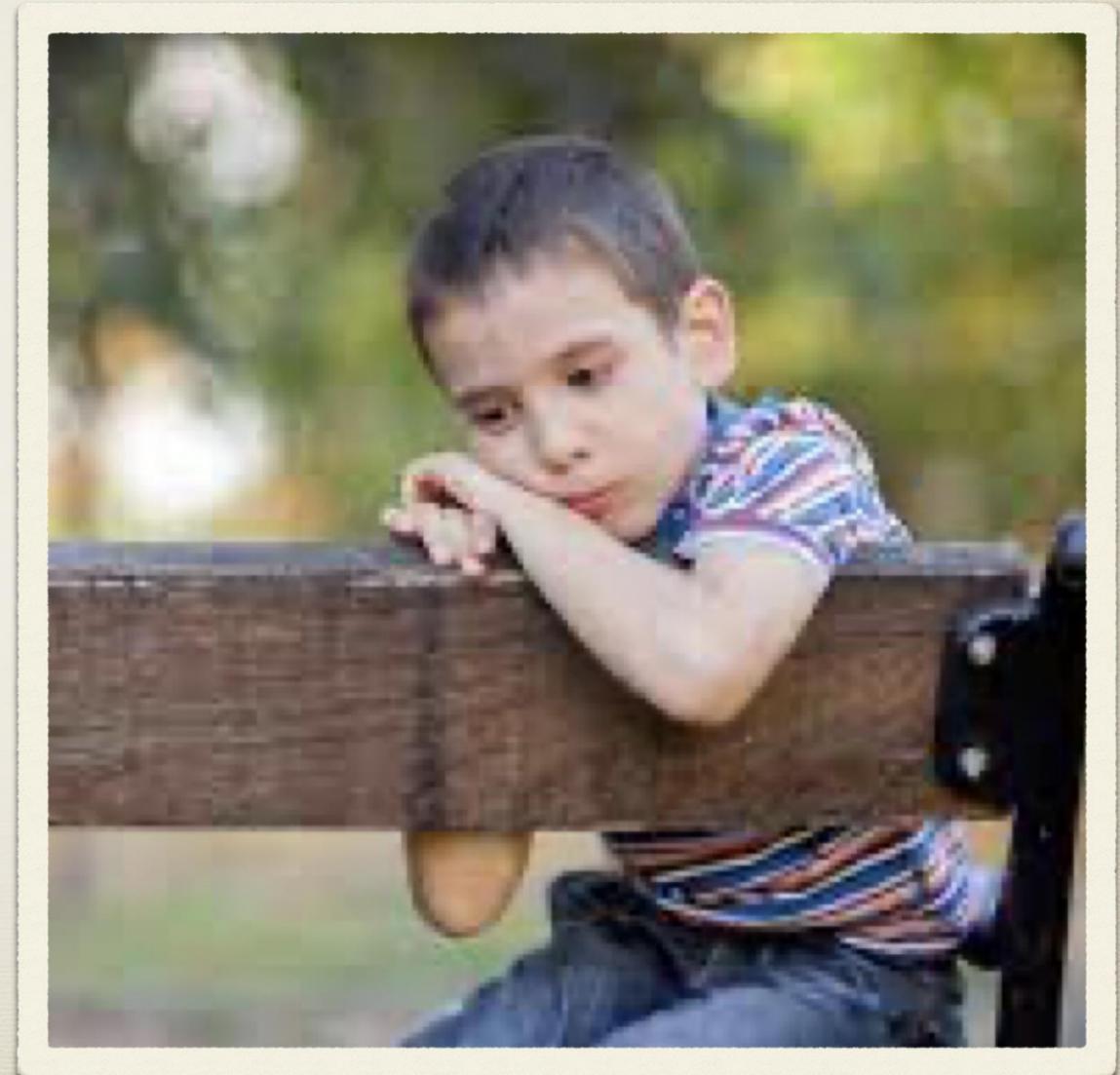
Internalized Behavior

- * **More difficult to notice**
- * Shy / Withdrawn
- * Sad / Depressed
- * Lonely, isolated from peer group
- * Emotionally Flat
- * Anxious
- * Peer Rejection



Internalized Behavior

- * Emotions are *over-controlled*
- * Emotions and problems are directed inward
 - * Depression
 - * Anxiety
 - * Somatic complaints



Consider Additional Support for:

- * Clear signs of Sadness / depression /irritable mood
- * Acts fearful / worriedVery Shy / timid / withdrawn
- * Does not participate in group activities
- * Teased / bullied by peers
- * Signs of self-injury
- * Somaticizing



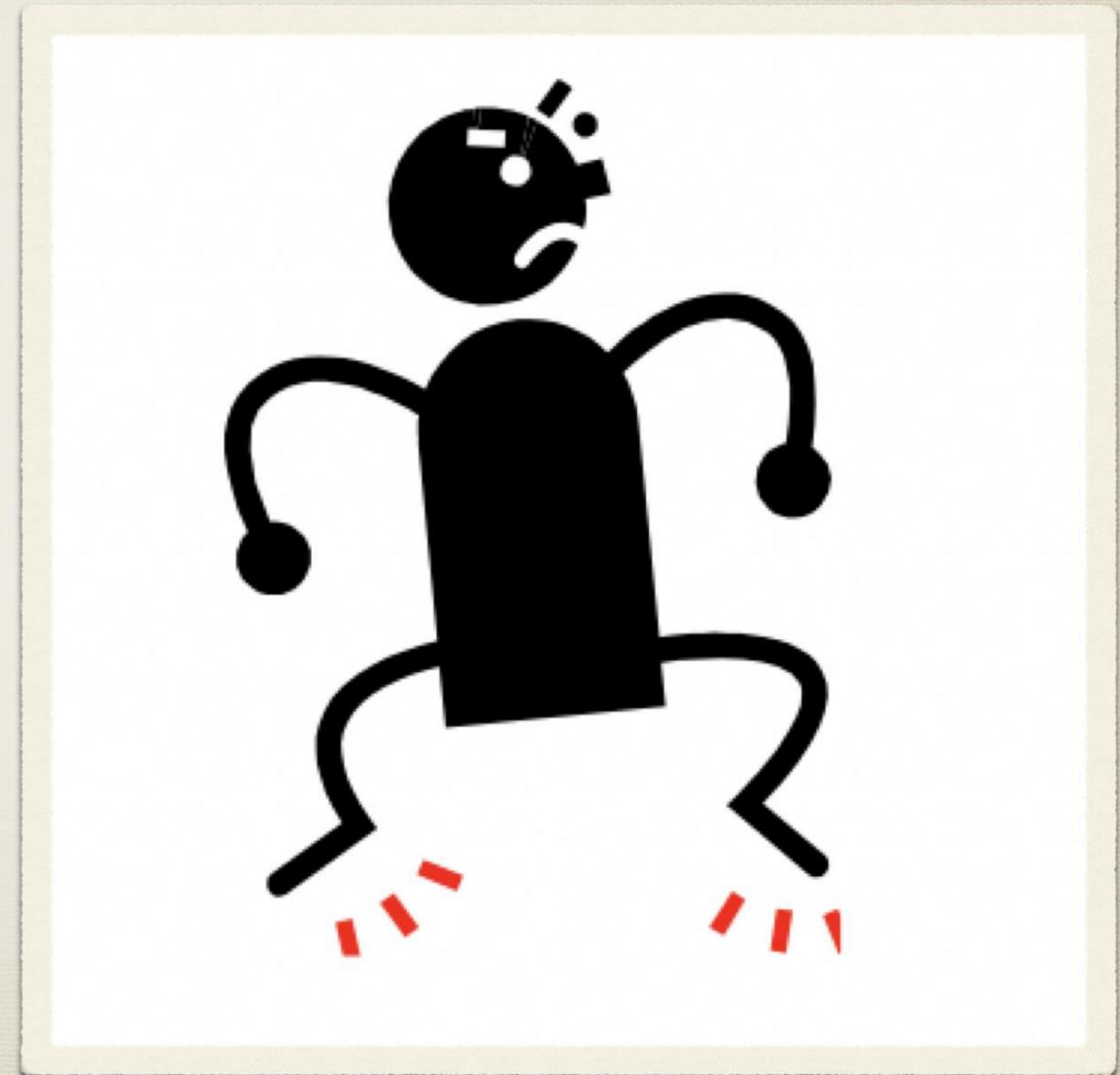
Externalized Behavior

- * Much more noticeable
- * Causes disruption
- * Call for attention to manage disruption
- * Worse long-term outcomes



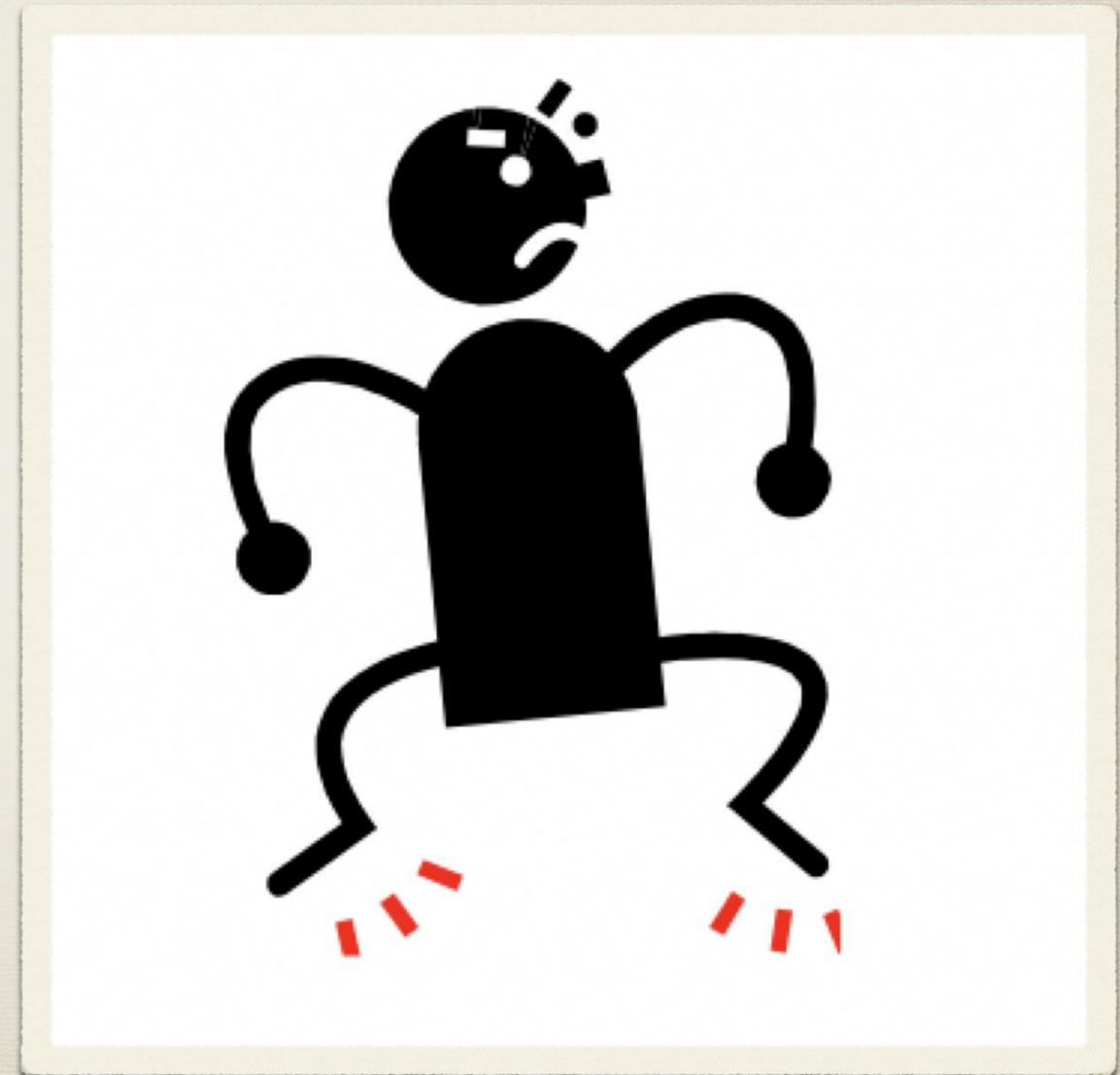
Externalized Behavior

- * Emotions are under-controlled
- * Emotions that cannot be coped with are directed *outward*
- * *Verbal and physical aggression*
- * *Noncompliance*
- * *“Delinquent acts”*



Target Behaviors

- * Aggression
- * Rule bending, breaking; non-compliance
- * Intrusiveness
- * Acting out
- * Substance Use
- * What else



Ideas for working with Internalization

- * Connect with the person behind the behavior
- * Understand the pattern of behavior
- * Positive support for expected behavior
- * Support transitions and establish norms
- * Build trust & support steps to resilience
- * Actively address high risk behaviors
- * You all are the experts!



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