



Medicine Hat School District No. 76

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SIVA Training

- SIVA (Supporting Individuals through Valued Attachments) is a Canadian-created safety management course for mental health professionals, educators and caregivers responsible for individuals with special needs who engage in unsafe behaviors. SIVA does incorporate a component for restraints however the overall framework of SIVA guides support and interaction. SIVA is a proactive, holistic safety management program that promotes goal-directed, collaborative efforts to maintain safety. Foundational to the SIVA philosophy is the belief that safety is built on communication and the establishment of trusted relationships. Relationships play a key role in the implementation of SIVA.
- SIVA also addresses the dynamic of caregiver self-care. Compassion is quintessential to the establishment of trust, respect and safety in any growth-promoting relationship. As caregivers support difficult situations, they are vulnerable to feeling undervalued, overextended and isolated in their efforts to motivate and evoke positive change. Too often, frustration and emotional exhaustion replace compassion and the people being supported tend to endure an arrest of development and/or a regression. As a result, the understanding and management of compassion fatigue is crucial to the longevity and efficacy of any self-care model.
- The SIVA W.I.S.E. Plan is a key part of SIVA training, and offers a sense of balance that maximizes individual and caregiver well-being at all times. Goal directed W.I.S.E. Plans encourage families and professionals to move away from crisis planning and indicate how to be successful in restoring and maintaining safety. A W.I.S.E. Plan is developed during a period of non-crisis where the caregiver and student discuss the difference between safe and unsafe states of being in a specific environment. Collaboratively, they develop a list of unsafe states and a list of agreed upon interventions to restore safety. Each symbol/metaphor represents a state of being and includes themes and qualities that are valued by the student.
- MHSD 76 has 2 SIVA trainers who are providing the training (Jerri-Lynne Worth and Rachelle Ulmer). Training opportunities are being provided for educational assistants, teachers and administrators. Given that the plan that will be developed for the student is done with a focus on relationship building and collaboration between the people involved, it is most beneficial to have teachers and educational assistants trained. It is our goal to have every educational assistant in the district participate in the 2 day compulsory training over 12 hours (6 hours/day) by June 2016.
- In addition to training district staff we are also looking at providing training for our service providers and community partners. This will ensure we are able to develop a common language and philosophy.
- Recertification involves two days of training and will be required every two years.