

CalmConnect™ Reduced Off-Task Behavior in St. Paul Schools by 58%

The St. Paul School District (SPPS) measured CalmConnect’s efficacy in reducing off-task behavior in the spring of 2017. Prevention staff, school counselors, and school social workers observed students in eight classrooms, consisting of four classrooms in each of two schools. The classrooms included three Level 1 Montessori classes (Grades 1-3), as well as three classrooms with neurodiverse students: one first-grade, one-second grade and one fifth-grade classroom.

Observers catalogued each incident, which included the following behaviors: Not following instructions, distracting others, talking out of turn, inappropriately wandering out of seat or area, and disengaged behavior.

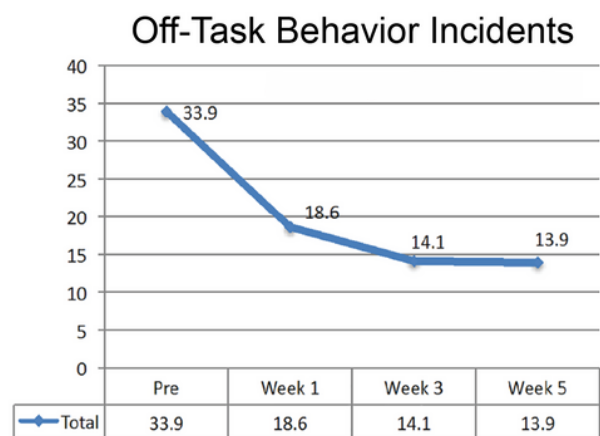
Observations were completed during the week before CalmConnect was introduced to the classrooms and after it was introduced at weeks one, three, and five. Each observation lasted 30 minutes and was done for three days a week. The eight participating teachers all reported that they used the CalmConnect program with fidelity -- using two video sequences at a time and playing the videos twice during each school day at a transition time.

Results

The results were statistically significant. **Using CalmConnect reduced off-task behavior by an average of 58% in 8 classrooms.**

Supporting Research:

Melinda Radcliff, an Early Childhood Specialist with the Alton School District in Illinois, measured a **71% reduction** in off-task behavior for her graduate thesis. She used CalmConnect 4 minutes/day in her mixed/ASD Pre-K/K classroom, collecting data over four weeks.



(Heinrichs, 2017)