Use of the Life Space Interview in Residential Settings: Issues, Benefits, and Challenges

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TCI Regional Event
Building Communities of Practice: Sharing What We Have Learned
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How is the LSI really used in practice with youth after crisis?
Questions for you today

• What surprises you?
• How can we share this information with trainers?
• How will this inform your training?
• TCI7?
What is the LSI?

• **I** - Isolate the conversation

• **E** - Explore youth’s point of view

• **S** - Summarize feelings and content

• **C** - Connect feelings to behavior

• **A** - Alternative behaviors discussed

• **P** - Plan developed/practice new behavior

• **E** - Enter youth back in to routine
Trainer Surveys

- 626 Trainers in UK/Ireland (59), US (550), Canada (17)
- 43 Trainer sessions
- Trainer experience
  - 7% < 1 year (22% UK/IE)
  - 55% have been trainer 1-5 years (68% UK/IE)
  - 17% > 10 years (5% UK/IE)
- 91% (75% UK/IE) have conducted an LSI
How often are LSI’s...?

- Conducted After Major Incident (US): 37% Always, 43% Usually, 14% Sometimes, 5% Rarely, 0% Never
- Conducted After Major Incident (UK/Ireland): 12% Always, 47% Usually, 16% Sometimes, 26% Rarely, 0% Never
- Conducted After Minor Incident: 5% Always, 28% Usually, 21% Sometimes, 15% Rarely, 7% Never
- Documented in writing: 27% Always, 31% Usually, 20% Sometimes, 15% Rarely, 7% Never

Legend:
- Always
- Usually
- Sometimes
- Rarely
- Never
How many staff are LSI proficient at my agency?

![Bar chart]

- **US**
  - Few: 9
  - Some: 42
  - Most: 49

- **UK/Ireland**
  - Few: 20
  - Some: 24
  - Most: 56
When are LSI's conducted after an incident?

UK/Ireland
- 25% same shift
- 37% 24 hrs
- 12% 48 hrs
- 12% 1 week
- 14% not done

US
- 52% same shift
- 25% 24 hrs
- 5% 48 hrs
- 3% 1 week
- 3% not done
Time it takes for LSI

UK/Ireland
- <10 mins: 14
- 10-19 mins: 42
- 20-29 mins: 18
- 30+ mins: 26

US
- <10 mins: 19
- 10-19 mins: 56
- 20-29 mins: 17
- 30+ mins: 8
How many staff trained in...?

- **Proactive aggression**
  - Most staff: 44%
  - Some staff: 13%
  - Few staff: 17%
  - No staff: 24%

- **Young children/Communication deficits**
  - Most staff: 17%
  - Some staff: 21%
  - Few staff: 25%
  - No staff: 31%

- **Advocate LSI**
  - Most staff: 13%
  - Some staff: 11%
  - Few staff: 12%
  - No staff: 48%
Trainer views about LSI

- LSIs productive for youth with devel. disability:
  - Strongly agree: 15
  - Agree: 11
  - Neither agree/disagree: 60
  - Disagree: 112

- LSIs productive for <6:
  - Strongly agree: 5
  - Agree: 29
  - Neither agree/disagree: 47
  - Disagree: 15

- Documenting in writing not worth time:
  - Strongly agree: 210
  - Agree: 54
  - Neither agree/disagree: 34
  - Disagree: 3

- Difficult to schedule b/c not enough staff coverage:
  - Strongly agree: 5
  - Agree: 31
  - Neither agree/disagree: 19
  - Disagree: 36

- Takes too much time:
  - Strongly agree: 2
  - Agree: 13
  - Neither agree/disagree: 53
  - Disagree: 32
Wish staff had more practice

Wish staff had more training

Wish I had more practice (UK/Ireland)

Wish I had more practice (US)

Wish I had more training

Strongly agree

Agree

Neither agree/disagree

Disagree

Strongly disagree
Trainer views about LSI

- LSI confined to restraint situations (UK/IE)
  - Strongly agree: 4
  - Agree: 19
  - Neither agree/disagree: 9
  - Disagree: 39
  - Strongly disagree: 30

- LSI confined to restraint situations (US)
  - Strongly agree: 4
  - Agree: 34
  - Neither agree/disagree: 15
  - Disagree: 34
  - Strongly disagree: 13

- LSI done formally (UK/IE)
  - Strongly agree: 0
  - Agree: 14
  - Neither agree/disagree: 22
  - Disagree: 43
  - Strongly disagree: 22

- LSI done formally (US)
  - Strongly agree: 0
  - Agree: 25
  - Neither agree/disagree: 24
  - Disagree: 39
  - Strongly disagree: 10

- LSI done informally
  - Strongly agree: 8
  - Agree: 47
  - Neither agree/disagree: 22
  - Disagree: 21
  - Strongly disagree: 2
Trainer views about LSI

- Youth resist practicing new skills in LSI
  - Strongly agree: 23
  - Agree: 43
  - Neither agree/disagree: 10
  - Disagree: 23

- LSI well matched to youth in my agency
  - Strongly agree: 31
  - Agree: 48
  - Neither agree/disagree: 12
  - Disagree: 8

- Majority of colleagues have + attitude toward LSI
  - Strongly agree: 10
  - Agree: 30
  - Neither agree/disagree: 10
  - Disagree: 37
  - Strongly disagree: 13

- Managers have unrealistic expectations of completing LSI
  - Strongly agree: 2
  - Agree: 30
  - Neither agree/disagree: 9
  - Disagree: 45
  - Strongly disagree: 14

- Managers have good understanding of LSI
  - Strongly agree: 18
  - Agree: 47
  - Neither agree/disagree: 14
  - Disagree: 18
  - Strongly disagree: 3
How effective is LSI for...

- Maintaining/preserving relationship: 78% Very Effective, 20% Somewhat Effective, 2% Not Effective
- Helping youth re-enter program: 72% Very Effective, 26% Somewhat Effective, 1% Not Effective
- Helping youth practice new coping skills: 52% Very Effective, 45% Somewhat Effective, 2% Not Effective
- Reducing aggressive behavior: 31% Very Effective, 63% Somewhat Effective, 4% Not Effective
How effective is LSI for...

- Youth w developmental disabilities
  - Not Effective: 10
  - Somewhat Effective: 56
  - Very Effective: 15
  - NA: 19

- Youth <6
  - Not Effective: 12
  - Somewhat Effective: 38
  - Very Effective: 9
  - NA: 41

- Helping youth connect feelings to behavior
  - Not Effective: 2
  - Somewhat Effective: 33
  - Very Effective: 64
  - NA: 0

- Improving school attendance
  - Not Effective: 23
  - Somewhat Effective: 50
  - Very Effective: 13
  - NA: 13
## What makes LSI successful?

<table>
<thead>
<tr>
<th>Structure</th>
<th>Staff</th>
<th>Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fidelity</td>
<td>• Buy in/believe it works</td>
<td>• Practice new behaviors</td>
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<tr>
<td>• Consistency/repetition</td>
<td>• Well trained</td>
<td>• Process feelings/crisis</td>
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<tr>
<td>• Adequate staff levels</td>
<td>• Experienced</td>
<td>• Connect feelings to behaviors</td>
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<tr>
<td>• Short</td>
<td>• Make it priority</td>
<td>• Re-enter program</td>
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<tr>
<td>• Soon after event</td>
<td>• Follow-up/check in</td>
<td>• Feel listened to</td>
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<tr>
<td>• Visual guides for DD</td>
<td>• Plans shared</td>
<td>• Build/repair relationship</td>
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<tr>
<td>• Clear steps/common language</td>
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<td>• 1:1 interaction</td>
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[Image of Bronfenbrenner Center for Translational Research logo]
## What are the challenges?

<table>
<thead>
<tr>
<th>Structure</th>
<th>Staff</th>
<th>Youth/Families</th>
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<tbody>
<tr>
<td>Time (night, day students)</td>
<td>Don't believe it works</td>
<td>Refuse/won't practice</td>
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<tr>
<td>Not enough trained staff</td>
<td>Lack training</td>
<td>Rote/say what staff want/go through</td>
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<td>Staff coverage</td>
<td>Lack experience</td>
<td>motions</td>
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<td>Private space</td>
<td>Not competent/drift</td>
<td>Unable to id realistic behaviors</td>
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<tr>
<td>No coaching/supervision for staff</td>
<td>Getting other staff to follow plans</td>
<td>Proactive aggression/DD/non-verbally</td>
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<td>Youth with short stays</td>
<td>Fear of re-escalation</td>
<td>young</td>
</tr>
<tr>
<td>Leadership that doesn’t support</td>
<td>Clinical staff who take over debriefing</td>
<td>Parents who don’t understand LSI</td>
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What can Cornell do?

**Materials**
- Videos!
- Newsletters
- Posters
- Signage/key chains
- Examples of LSI in non-private space
- Provide evidence of effectiveness
- Tips for roadblocks
- Examples outside residential

**TA**
- Online forums/webinars/e-mail reminders/skype
- Visit sites to introduce LSI/train
- Wonderful support!!

**Training**
- LSI update
- Former youth to share story of how LSI helped
- Proactive/DD in core training
- Admin/management training
- More practice
- Training criteria with emphasis on LSI refreshers
- LSI for teachers
Questions for you today

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- How will this inform your training?
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For More Information

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