SEAT 12

THE SEAT SERIES · HANDOUT B · FIND YOUR DATA AND PLAN

Practitioners · K-12

Refusal and Avoidance: Matching Care to Cause

How do I respond when anxiety or the school environment is keeping a student home?



PRESENCE™ DATA DISCOVERY: STEPS IN THIS PROMPT ARE HIGHLIGHTED

P	R	E	S	E	N	C	E
Problem definition	Research evidence	**Environmental context**	Statistical analysis	Equity assessment	Network and partnership	**Compliance and legal**	Evidence-based recommendations

YOUR PROMPT Map where and when avoidance occurs. Cross-reference incident reports with absence by period. Then check what your policy requires before acting.

RECORD WHAT YOU FIND

Student or group	What the data shows	Reason heard (4 reasons)	Next step, owner, date

REFLECT WITH YOUR TEAM

How quickly does a refusal pattern reach your counselor?

Where do students in your school feel least safe?

What does your policy require before a referral for an anxious student?

YOUR ROADMAP

FIRST 30 DAYS

Set a 48-hour counselor referral rule

BY 90 DAYS (3 MONTHS)

Map avoidance hotspots

BY 180 DAYS (6 MONTHS)

Track re-entry progress for each case

Measure. Leading: Refusal cases with a re-entry plan. Lagging: Partial-day to full-day progress. Record a baseline today and a target for six months.