[](https://www.google.com/imgres?imgurl=https://mbtskoudsalg.com/images/waterfall-clipart-river-7.jpg&imgrefurl=https://mbtskoudsalg.com/explore/waterfall-clipart-river/&docid=5xGcbx4FrKvI0M&tbnid=FIWKEVCQ7j0hOM:&vet=10ahUKEwis8NbjpcfeAhXQo1kKHbZICl8QMwioAShYMFg..i&w=450&h=424&bih=461&biw=1012&q=drawings%20of%20rivers%20with%20waterfalls&ved=0ahUKEwis8NbjpcfeAhXQo1kKHbZICl8QMwioAShYMFg&iact=mrc&uact=8)

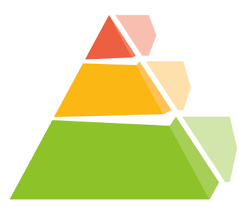
**Upstream and downstream interventions at all tiers of support**

What was my intervention?

When did I intervene?

Where was I in my own stress cycle?

How did that impact the intervention?

[](https://www.google.com/imgres?imgurl=http://www.koi-education.com/wp-content/uploads/2015/10/pbis-triangle.png&imgrefurl=http://www.koi-education.com/event/2016-pbis-tlc-institute-tier-1-a-trainer-of-trainer-training/attachment/pbis-triangle-3/&docid=uFBGvp2NcIsS6M&tbnid=949oW2wT-pcIUM:&vet=10ahUKEwjxgbWW5MXeAhURyFkKHQ13AJQQMwhmKBkwGQ..i&w=351&h=311&bih=461&biw=1012&q=images%20of%20PBIS%20triangles&ved=0ahUKEwjxgbWW5MXeAhURyFkKHQ13AJQQMwhmKBkwGQ&iact=mrc&uact=8)

**What is my upstream intervention at each tier?**

**How can I move upstream if I start downstream?**