

## Basic Principles of Behavior Support

*All behavior is communication*

*Change the environment*

*ABC's of behavior support*

*-consequences become reinforcement and can shape behavior: good or bad*

*Target Behaviors will increase before they decrease*

*It will take two times the "life" of the behavior to extinguish*

*Aversive interventions have a more immediate effect but not a long lasting effect. Positive interventions have a long term effect*

*Consistency in intervention is a must*

*Proactive vs. Reactive*

*-find the function of the behavior and be proactive*

*Protect yourself and others*

*Be careful that you are not "labeling" people. Remember we all have "behaviors"*

# *Good Behavioral Assessment*

## Strategies:

- File review
- Interviews
- Observation in a number of locations

## Factors to be determined:

- Develop a clear description of the behavior. What does it look like? ..sound like?... Is there any warning? How long has it been a problem?
- Collect baseline information including ABC data.
- Identify any patterns or themes.
- Typical routines: when does the behavior occur and with whom?
- Rationale: Why is the behavior occurring?
- What is most important to the person?
- Look at the person's strengths and needs.
- Identify the person's likes and dislikes.
- Take into consideration the person's values and culture.
- Evaluate possible medical factors.
- Look at environmental factors.
- Motivation. What does the person gain through the behavior?
- Do a thorough file review. Develop an intervention history.
- Evaluate the person's learning style.
- Look at the current and historic use of medications. Is there a corresponding diagnosis for each drug that is prescribed to alter behavior?
- Evaluate the numbers and quality of the relationships the person has.

# AVERSIVE INTERVENTIONS

- Check individual county policy....
- Emerging methods and technologies: new methods of restraint or seclusion that create possible health and safety risks for the individual;
- Financial restitution: Individual is required to pay back owner of broken or damaged items;
- Overcorrection: Individual must restore environment, then repeatedly perform an appropriate substitute behavior;
- Response cost: Removal of previously earned tokens, privileges or other reinforcers contingent upon inappropriate behaviors;
- Withholding of routinely given items, materials, or activities;
- Restraint: manual, mechanical or chemical;
- Time out: Removing attention by removing the person and placing them in a room preventing egress;
- Suspension: Prohibition of an individual from presence in their typical environment other than time out.
- Chemical Restraint: Use of a prescribed medication for the purpose of modifying, diminishing, controlling, or altering a specific behavior given without a DSM diagnosis.

## *Power Types*

*Coercive Power:* One person allows another to make decisions out of fear of consequences. May see effective, but outcomes are reactive and temporary. Imposes psychological and emotional burden on both parties. Encourages suspicion, deceit, and dishonesty.

*Utility Power:* "I'll do something for you if you do something for me." Based on a sense of equity and fairness. Relationships lead to individualism rather than teamwork. At its worst, utility power mirrors the court system. At its best utility power reflects a willingness to stay in a relationship, as long as it has payoffs for both parties.

*Principle-centered Power:* Mark of principle centered power is sustained, proactive influence. Values of both parties must overlap. Personal agendas of both people are encompassed by a larger purpose. Control is apparent but it is not external, it is internal--self control. Because of their character and their nature, principle-centered power is the core of the relationship. Requires a long-term commitment to the relationship by both parties.

**Positive Behavior Supports**

<a href="http://www.udel.edu/cds/pbs/forms_tools.html">http://www.udel.edu/cds/pbs/forms_tools.html</a>	Assessment tools/Positive Behavior Support information
<a href="http://cdd.unm.edu/fbaps/index.htm">http://cdd.unm.edu/fbaps/index.htm</a>	Functional Behavior Assessment
<a href="http://kipbs.org/home.aspx">http://kipbs.org/home.aspx</a>	PBS Philosophy
<a href="http://www.aamr.org/">http://www.aamr.org/</a>	PBS training curriculum
<a href="http://cecp.air.org/">http://cecp.air.org/</a>	Functional Behavior Assessment
<a href="http://mfba.net/index.html">http://mfba.net/index.html</a>	Multimodal Functional Behavior Assessment
<a href="http://www.nau.edu/ihd/index.shtml">http://www.nau.edu/ihd/index.shtml</a>	PBS Philosophy
<a href="http://www.usu.edu/teachall/text/behavior/LRBI.htm">http://www.usu.edu/teachall/text/behavior/LRBI.htm</a>	Resources for assessment, interventions, program development
<a href="http://www.pbis.org">http://www.pbis.org</a>	Positive Behavior Intervention Systems
<a href="http://www.beachcenter.org">http://www.beachcenter.org</a>	Beach Center on Disability (training, PBS)
<a href="http://www.bacb.com">http://www.bacb.com</a>	Behavior Analyst Certification
<b><u>CCOE</u></b>	
<a href="http://ohiomidd.org/">http://ohiomidd.org/</a>	CCOE website
<b><u>ABA/CBT</u></b>	
<a href="https://apps.abainternational.org/index.asp">https://apps.abainternational.org/index.asp</a>	Association for Behavior Analysis
<a href="http://www.aabt.org/">http://www.aabt.org/</a>	Association for Behavioral and Cognitive Therapies
<b><u>Autism</u></b>	
<a href="http://www.autisminfo.com/">http://www.autisminfo.com/</a>	Autism information
<a href="http://www.vaporio.com/autism/">http://www.vaporio.com/autism/</a>	Misc. resources
<a href="http://www.autismsociety.org/">http://www.autismsociety.org/</a>	Information/Research
<a href="http://autism.com">http://autism.com</a>	Autism Website

## Behavior Support Resource List

<a href="http://autismohio.org/">http://autismohio.org/</a>	Ohio Autism Organization
<b><u>Mental Health</u></b>	
<a href="http://www.bipolarworld.net/About_Us/about.htm">http://www.bipolarworld.net/About_Us/about.htm</a>	Misc. Bipolar information
<a href="http://www.bpdcentral.com/">http://www.bpdcentral.com/</a>	Borderline Personality Disorder
<a href="http://www.dmid.org/">http://www.dmid.org/</a>	Diagnostic Manual
<a href="http://www.thenadd.org/">http://www.thenadd.org/</a>	The National Association for the Dually Diagnosed
<a href="http://www.mhaspectsofdd.com/">http://www.mhaspectsofdd.com/</a>	MH and DD publications
<a href="http://www.mentalhelp.com">http://www.mentalhelp.com</a>	Information regarding MH Diagnosis
<a href="http://www.oacbha.org/">http://www.oacbha.org/</a>	Ohio Association of County Behavioral Health Authorities
<a href="http://www.samhsa.gov/">http://www.samhsa.gov/</a>	Substance Abuse and Mental Health Services Administration
<a href="http://www.namiohio.org/">http://www.namiohio.org/</a>	National Alliance on Mental Illness
<a href="http://ouiocouncil-bhp.org/">http://ouiocouncil-bhp.org/</a>	Mental Providers, training curriculum
<a href="http://nisonger.osu.edu">http://nisonger.osu.edu</a>	MH Resources
<a href="http://www.med.wright.edu">http://www.med.wright.edu</a>	MR/Substance Abuse
<b><u>Crisis Intervention Programs</u></b>	
<a href="http://www.crisisprevention.com/">http://www.crisisprevention.com/</a>	CPI
<a href="http://www.taps@taps1.com">www.taps@taps1.com</a>	Therapeutic Assault Prevention System Harry Bryan (740)972-8141
<a href="http://www.mandtsystem.com">www.mandtsystem.com</a>	Mandt System
<a href="http://www.therops.com">www.therops.com</a>	Therapeutic Options, Inc.
<a href="http://www.aamr.org">www.aamr.org</a>	AAMR (soon to be AAID)
Therapeutic Crisis Intervention	Franklin County Board of MRDD

Pmtassoicates.com (Lee Lowery-(860) 347-1347 PMT (Physical/Psychological Management Training)

**Criminal Justice Supports**

Kristopher Steele  
Family Law Education Manager  
The Supreme Court of Ohio Judicial College  
65 South Front St.  
Columbus, Ohio 43215-3431  
(614) 387-9445  
[steelek@sconet.state.oh.us](mailto:steelek@sconet.state.oh.us)

**Sex Offender Issues**

<http://www.atsa.com/> The Association for the Treatment of Sex Abusers

<http://ici.umn.edu/> Research on SO and MRDD

<http://www.ohiopartnersinjustice.org/>

[www.csom.org/pubs](http://www.csom.org/pubs) Center for Sex Offender Management

<http://cspl.uis.edu/ILAPS/Trainings/ProbationAndDetentionTraining/SexOffender.htm>  
Univ. of Ill.- Link to SO info. including DD and other special SO populations

**Miscellaneous:**

<http://www.ldonline.org/4/21/2008> 7:47 PM Research articles/information

<http://www.odmrdd.state.oh.us> ODMRDD Website

<http://www.thearcofohio.org> ARC of Ohio

<http://www.opra.org> Provider organization

<http://oaas.org/> Adult Services

<http://www.oacbmrrd.org/> County Board Association

<http://pwsausa.org> Prader Willi

## Behavior Support Resource List

<http://www.biaoh.org>

Brain Injury Association

<http://www.par-ohio.org/>

Training Initiatives

Eliminating Restraint

<http://www.cwla.org/>

Child Welfare League of America

<http://www.samhsa.gov/>

Substance Abuse and Mental Health  
Services Administration

[www.mandtsystem.com](http://www.mandtsystem.com)

Mandt System

<http://www.tash.org/index.html>

Supports rights of individuals

<http://www.nami.org>

HCFA Restraint policies

<http://caica.org/>

Coalition Against Institutionalized  
Child Abuse