



Behavioral  
Health  
Division

# Developing and Implementing a Positive Behavior Support Plan

A PROCEDURE  
MANUAL FOR  
PROVIDERS



## **Behavioral Health Division**

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**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

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## MISSION AND VISION OF THE BEHAVIORAL HEALTH DIVISION

To improve the quality of life of Wyoming residents with developmental disabilities, acquired brain injury, mental illness, and/or substance abuse issues. We are dedicated to be a division of state government that is responsive to the behavioral health needs of Wyoming residents by developing and overseeing a quality continuum of care that is customer-focused, collaborative, evidence-based, and outcomes driven.

The Developmental Disabilities Community Program seeks to provide funding and guidance that is responsive to the needs of people with disabilities to live, work, enjoy, and learn in Wyoming communities with their families, friends, and chosen support services, and support providers.

### **1. Participant Choice**

Participants and families have choices about services they receive through the waiver:

- *Full participation in the development of their service plan;*
- *Choice of service providers, location of services, and elements related to implementation of their service plan;*
- *Opportunity for and development of the capacity to make choices in their everyday life.*

### **2. Inclusion**

Participants are supported and encouraged to participate in the life of their community, with their family, friends, and any other natural or community supports.

### **3. Appropriate Environment**

Participants have the right to receive services in the least restrictive environment possible that meets the needs of the person being served.

### **4. Quality Service**

Participants receive the highest quality of service provided by competent staff, utilizing flexibility and positive reinforcements and support that reinforce quality and efficiency.

### **5. Individualized Services**

Participants are provided services at the appropriate level of intensity based on their individual strengths, needs, goals, and choices.

## GLOSSARY OF TERMS

- A. **“Antecedents.”** The stimulus or event that occurs before a behavior.
- B. **“Behavior Support Plan.”** A written plan that is developed based on a functional assessment of behaviors that negatively impact a person’s ability to acquire, retain, and/or improve the self-help, socialization, and adaptive skills necessary to reside successfully in home and community-based settings, and that contains multiple intervention strategies designed to modify the environment and teach new skills.
- C. **“Division.”** The Developmental Disabilities Section of the Department, its agent, designee, or successor.
- D. **“Drug used as a restraint.”** Any drug that:
- i. Is administered to manage a participant’s behavior in a way that reduces the safety risk to the participant or others, and
  - ii. Has the temporary effect of restricting the participant’s freedom of movement; and
  - iii. Is not a standard treatment for the participant’s medical or psychiatric condition.
- E. **“Elopement.”** The unexpected or unauthorized absence of an individual for more than four hours when that person is receiving waiver services or the unexpected or unauthorized absence of any duration for a participant whose absence constitutes an immediate danger to himself or others.
- F. **“Functional Behavior Assessment Analysis.”** A process that seeks to identify the behavior a participant may exhibit to determine the function or purpose of the behavior, and to develop interventions to teach acceptable alternatives to the behavior. The process shall include:
- i. Identifying the behavior(s) that need to change.
  - ii. Collecting data on the behavior(s).
  - iii. Developing a hypothesis about the reason for the behavior.
  - iv. Developing an intervention to help change the behavior.
  - v. Evaluating the effectiveness of the intervention.
- G. **“Habilitation.”** Services designed to assist participants in acquiring, retaining, and improving the self-help, socialization, and adaptive skills necessary to reside successfully in home and community-based settings.
- H. **“Hypothesis.”** A statement or theory about the possible relationship between two or more variables.
- I. **“Intervention.”** A method or activity used to facilitate change in an individual’s behavior.

- J. **“Mechanical Restraint.”** Any device attached or adjacent to a participant’s body that restricts freedom of movement or normal access to the body, that he or she cannot easily move or remove
- K. **“Objectives.”** Set of meaningful and measurable goals for the participant and the methods used to train the person on goals.
- L. **“Participant.”** An individual who has been determined eligible for covered services under a Home and Community Based Services Waiver.
- M. **“Personal Restraint.”** The application of physical force or physical presence without the use of any device, for the purposes of restraining the free movement of the body of the participant. The term personal restraint does not include briefly holding, without undue force, a participant in order to calm or comfort him or her, or holding a participant’s hand to safely escort him or her from one area to another.
- N. **“Person-Centered Planning.”** A process, directed by a participant, that identifies the participant’s strength, capacities, preference, needs, the services needed to meet the needs, and providers available to provide services. Person centered planning allows a participant to exercise choice and control over the process of developing and implementing the individual plan of care.
- O. **“Replacement Behaviors.”** A behavior that replaces an unwanted or challenging behavior.
- P. **“Restraint.”** A personal restraint, mechanical, or drug used as a restraint as defined in this section.
- Q. **“Seclusion.”** The involuntary confinement of a participant alone in a room or an area from which the participant is physically prevented from leaving.

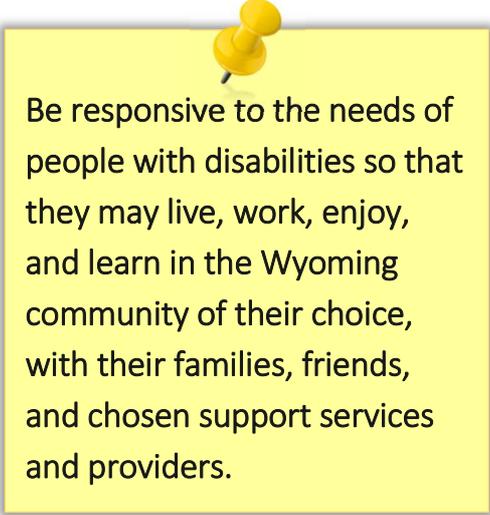


A Positive Behavior  
Support is NOT:

- Aversive
- Negative
- Restraints
- Restrictions

## INTRODUCTION

**PURPOSE:** This Manual is to supply Wyoming developmental disability providers a tool and guidance to develop positive behavior support plans, which are based on scientific research and best practice standards. This manual supports the mission of the Division by guiding the development, implementation, and monitoring of behavior supports that are necessary in maintaining or improving the health, safety, and well-being of a participant. By providing person-centered planning, the participant is empowered to live a full and satisfying life. This manual provides a systematic process to guide teams in developing positive behavior support



Be responsive to the needs of people with disabilities so that they may live, work, enjoy, and learn in the Wyoming community of their choice, with their families, friends, and chosen support services and providers.

plans, which promote growth, development, and independence of participants and encourage participant choice in daily decision-making, emphasizing self-management, and individual responsibility for behavior. This manual also serves to reduce aversive or restrictive procedures that are used to manage undesirable behaviors. Interventions shall focus on enabling individuals to learn desirable replacement behaviors. Behavior support methods shall be utilized with sufficient safeguards and supervision by the appropriate staff to ensure the safety, welfare, due process, and human rights of the participants.

**AUDIENCE:** Staff and providers shall use teaching and therapeutic approaches that focus on increasing appropriate adaptive behaviors, which are consistent with accepted standards of care in the treatment of individuals with intellectual and developmental disabilities and as defined in Chapter 45, Section 17 of the Medicaid Rules. Our goal is to assist support providers to work collaboratively to develop an understanding of circumstances that affect a participant's behavior and to design a plan that leads to acquisition of replacement skills and positive life style changes.

Where applicable, references are made to the *State of Wyoming Medicaid Rules* in an effort to offer providers a quick reference and concise guidance to specific rule and policy requirements. This manual shall be revised as any new State-specific or Center for Medicare and Medicaid Services (CMS) are promulgated but ultimately, the provider is responsible for ensuring all applicable rules and policies are followed at their facilities.

Providers are encouraged to participate in professional courses on behavior analysis and encourage their direct care staff to participate in the State of Wyoming Training and Certification Program for Behavior Specialist Technicians Serving People with Dual Diagnosis course developed by Dr. William MacLean Jr., Ph.D. of the Wyoming Institute of Disabilities, University of Wyoming.

## WYOMING MEDICAID RULES

### CHAPTER 45: WAIVER PROVIDER CERTIFICATION AND SANCTIONS

Chapter 45 applies to and governs certification of Behavioral Health Division Medicaid waiver providers. Included in this manual is a section from the revised rules that will be posted for comment and promulgated in the coming months. *These rules are subject to change during the comment and promulgation process.* Included in this manual is a section related to Positive Behavior Support Plan Standards (Section 17 and Section 18).

### SECTION 17. POSITIVE BEHAVIOR SUPPORTS (DRAFT FOR PUBLIC COMMENT)

(a) Participants shall receive treatment and habilitation services designed to maximize the potential of the participant and provided in the setting that is least restrictive of the participant's personal liberty.

(b) Participants shall have access to positive behavioral supports as behavioral interventions from providers prior to the use of any restrictive intervention.

(c) Challenging behaviors may include actions by the participant that constitute a threat to the person's immediate health and safety, the health and safety of others in the environment, a persistent pattern of behaviors that inhibit the participant's functioning in public places and integration within the community, or uncontrolled symptoms of a physical or mental condition.

(d) A participant with a challenging behavior identified by the team shall have a current functional behavioral analysis conducted to learn what the person is trying to communicate through the behavior(s), the function or possible purpose for the behavior(s), to explore antecedents and contributing factors to behaviors, and to review and describe potentially positive behavioral supports and interventions in order to develop a positive behavior support plan.

(i) The functional behavioral analysis shall include data compiled regarding all behaviors exhibited and be utilized to develop the positive behavior support plan used by the provider during the provision of waiver services.

(ii) A person chosen by the participant shall write the functional behavior analysis, which shall include input from the team, participant, and any legally authorized representative(s).

(e) A positive behavior support plan, based upon a current functional behavioral analysis, must be developed for a participant in order for employees working with the person to understand and recognize the communication and behaviors exhibited by the person. The positive behavior support plan must describe agreed upon supports to assist the participant using proven support techniques and non-restrictive interventions. A positive behavior support plan must include the components included on the template provided on the Department's website. At a minimum, a positive behavior support plan must:

(i) Maintain the dignity, respect, and values of the participant.

(ii) Use a person-centered approach with the participant involved in the development of the plan on a level appropriate for that person.

(iii) Prevent the use of restrictive interventions or restraints. If restraints are used then the positive behavior support plan has failed, and must be reviewed to possibly add or modify the service environment or behavioral interventions.

## DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS

(iv) Be specific and easily understood, so direct care employees can implement it appropriately and consistently.

(v) Be approved by verification of a signature by the participant or any legally authorized representative(s) through informed consent. As part of the informed consent process, education must be given by the provider to the participant and any legally authorized representative(s) regarding positive behavior supports that may be used and the risks and benefits of any supplemental plan for the use of a restrictive intervention, prescribed psychoactive medication, or restraint if the positive behavior support plan fails.

(vi) Define the antecedents and the targeted behavior(s) that need to be replaced or reduced.

(vii) List positive behavioral supports that assist the participant in replacing targeted or challenging behaviors with appropriate replacement behaviors.

(viii) Provide protocols for providers and provider employees to recognize emerging targeted behaviors, and determine the appropriate interventions to implement positive behavioral supports.

(ix) Provide protocols for employees to respond when targeted behaviors take place; protocols must focus on positive interventions that are the least restrictive and the most effective.

(x) Reviewed quarterly by the provider(s) to assess the effectiveness of the plan, or more frequently if needed.

(xi) Include specific guidelines for tracking and analyzing the antecedents related to the occurrence of a targeted behavior, the actual behavior(s) displayed, and the results of positive behavioral interventions.

(f) A provider employee implementing a positive behavior support plan shall receive competency-based training on the positive behavior support plan, and on specific positive de-escalation techniques and interventions before they begin working with the participant.

(g) The providers shall maintain and analyze trend data relative to the occurrences of behaviors, antecedents, and the interventions, restrictions, or restraints used. When appropriate, the provider shall change approaches, modify the plan when it is no longer effective, or eliminate the plan when it is no longer needed.

### SECTION 18. RESTRICTIVE INTERVENTION AND RESTRAIN STANDARDS (DRAFT FOR PUBLIC COMMENT)

(a) When the use of positive behavior supports is not effective in modifying or changing a participant's challenging behavior, **the participant's plan of care team may implement a restrictive intervention protocol to supplement the positive behavior support plan**, subject to the provisions of this section. The provider shall have and implement policies and procedures governing its use of restrictive interventions, which complies with state and federal statutes, rules, regulations, and Division policy.



*Note the change in rule*

Restrictive interventions and restraints are NO LONGER in a Positive Behavior Support Plan

*"Human beings, by changing the inner attitudes of their minds,  
can change the outer aspects of their lives."*

~William James

## BUILDING A POSITIVE FOUNDATION FOR CHANGE

It cannot be stressed enough throughout this manual the importance of building a positive relationship with your participant. This relationship serves as the foundation for the participant's **self-determination** and the **person-centered** services that are provided. Person-centered planning is a shift away from program-centered supports. Person-centered planning allows the team to get to know the person, hear their "story", and realize their hopes and dreams for their own life. Person-centered planning is a process, which addresses all areas of a person's life. This includes health, community integration, work, and relationships with friends and family. This collaborative process helps the individual get the services and supports he/she needs to live a quality and meaningful life based on their choices and values.

Adopting a person-centered focus helps us see people with disabilities as people first. We gain a clear and shared understanding of the talents of the person. There is a greater emphasis on one's capabilities and skills versus deficits.

### ADOPTING PERSON-CENTERED PLANNING

The concept of person-centered planning has had a significant impact on the field of intellectual and developmental disabilities. It represents a paradigm shift from a "system-centered" approach to a person-centered approach in the way supports and services are provided. It means we truly look not only at each individual's basic needs, but also at their unique preferences and desires. Not that every single desire will be fulfilled, but so that the person can structure their life, to the maximum extent feasible, around their own choices and preferences.

#### **Three concepts to keep in mind when doing person-centered planning.**

- **Autonomy:** people acting according to their own priorities.
- **Self-actualization:** people exploring and developing their unique talents and gifts.
- **Self-regulation:** people learning to manage their behavior.



Person-centered planning is a critical component of positive behavior support approaches, and as such, it is vital that individuals providing positive behavior supports are trained in person-centered planning.

Person-centered programs view the participant as having unique needs and preferences and build interventions from this foundation. Rather than implementing interventions that are one-

## DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS

size-fits-all, a person-centered programs design interventions that meet the unique needs of their participant. Secondly, person-centered programs emphasis the importance of targeting the participant's quality of life. With such an emphasis, the provider embraces the belief that a behavior intervention is not to just change the "challenging" behavior, but to enhance the quality of life of the participant by making positive lifestyle changes. Like individuals without intellectual or developmental disabilities, participants want to participate in meaningful and enjoyable activities across all settings.

An effective person-centered planning process requires that the team who is working with the participant are informed, adopt, and are trained on how to utilize person-centered mechanisms for development and implementation of a plan.

### The components necessary for success are:

- Person directed – The participant controls the planning process.
- Trauma-informed – Improve function vs. fixing a person.
- Recognizing cultural differences and preferences.
- Capacity building - Focus is on the participants abilities rather than deficits.
- Focus on the participant – The participant's vision of what he/she would like to do.
- Presumed competence – Assume participant has the capacity to actively participate in the planning process.
- Obtaining input from informal, formal supports, and peers – The participant chooses who they feel is important to support their goals.
- Outcome based - Focus on increasing some or all of the participant's experiences:
  - Relationship building
  - Engaging in meaningful activities
  - Being part of their community
  - Valued role that expresses gifts, talents, or interests
  - Making choices
  - Addressing health and welfare needs
  - Employment
- Documentation – Planning process and results should be documented in a way that it is meaningful to the participant and useful to the team who is implementing the plan
- Monitoring – The plan should be reviewed with participant to determine effectiveness and revised as needed.



A person-centered planning approach is based on a team that is thoughtful, committed, and works with the participant to develop ideas that will create a meaningful life and a life that offers the participant the opportunity to participate fully as a citizen of the community.

*“Behavior is the mirror in which everyone shows their image.”*

~Johann Wolfgang von Goethe

## UNDERSTANDING BEHAVIOR

Comprehending the underlying functions of human behavior is critical to being able to adequately understand others. It must be understood that all human behavior is purposeful and goal-oriented, although the purposes or goals of each behavior may not be readily perceived.

### WHAT INFLUENCES BEHAVIOR

Understanding the many factors, which influence human behavior and the way that behavior generally tends to present itself, serves to guide us into greater understanding of others. By understanding what influences our behavior, we can begin to listen and learn the messages behind those behaviors. It is important to remember that behavior is motivated by something; *behavior is functional*. Individuals around the person may not actually realize that the person’s unpleasant or disruptive behavior is achieving some desired outcome for the person.

That means that if the undesired behavior has proven to be an effective communication tool (such as a way of communicating, *“I am frustrated and I want to stop this activity now”*, or *“I don’t like it when you do that”*), we are obligated to teach the person another way to get what they want that is just as quick and effective. The first consideration should always be safety, security, and dignity of the individual and others in the area.

There are many reasons a person’s behavior may change. A person’s behavior can change in response to many things, which include the things around them, the people interacting with them, understanding others or being understood, the activity, or task they are doing, and their health and well-being. Trying to figure out the cause of a challenging behavior is an attempt to piece a puzzle together. Each person is different and responds differently to situations.



To substitute a non-desirable behavior with one that is more desired, the new behavior must have the same outcome for the person. The new behavior must be such that it is functionally equivalent to the old undesired behavior, and be just as easy to use for the person. We cannot remove a functional behavior from a person without teaching an alternative that will be just as successful for the person.

## WHAT IS “CHALLENGING” OR “MALADAPTIVE” BEHAVIOR

Now that we have a basic understanding of what the term *behavior* means and the influences on behavior, the next step is to gain an understanding of challenging behavior, historically known as “aberrant” or “maladaptive behavior.” As defined in the *State of Wyoming Training and Certification Program for Behavior Specialist Technicians Servicing People with Dual Diagnosis* curriculum, “a behavior can be described as challenging when it is of such an intensity, frequency, or duration as to threaten the quality of life and/or the physical safety of the individual and others and is likely to lead to responses that are restrictive, aversive, or result in exclusion.” (Royal College of Psychiatrists, 2007). More importantly in this definition is the emphasis that the person is not the problem, but the behavior that poses the challenge. Additionally, this definition describes behavior in the context of what could happen to the person as a consequence. This includes responses such as physical interventions such as restraints, inappropriate use of medications, or restrictions on activities.

## IDENTIFYING CHALLENGING BEHAVIORS

**All behaviors are a form of communication** and not all behaviors are challenging behaviors. Additionally, what is challenging for one person might not be for another. There are three steps in identifying a challenging behavior. A challenging behavior must be observable, measurable, and other team members who are providing support to the participant agree the behavior exists and can identify the behaviors when they occur.

At what point should a behavior be considered challenging? A behavior is considered challenging when it affects the participants life in a negative way.

Challenging behavior is a social construction – meaning the interpretation of behavior depends on the context and the people involved. Often, behaviors viewed as challenging are those that affect staff or services (e.g., aggression) rather than having their primary effect on participants (e.g. self-injury). Problem behavior is often solution behavior. The behavior is not an issue for the person having the challenging behavior, but for the caregiver. The behaviors purpose is to fix a problem the participant has identified themselves.



A behavior is only “Challenging” when it:

- Results in harm to the participant or others.
- Results in property damage.
- Impedes the participant’s ability to participate in social activities.
- Prevents the participant from learning new skills.

## CAUSES OF CHALLENGING BEHAVIOR

The causes of challenging behaviors are as varied and diverse as the behaviors themselves. There is rarely a one-to-one correspondence between a challenging behavior and a particular factor. Historically, there has been a belief that challenging behavior was due to a purely medical/biological factor. This is no longer the case and current schools of thought take into account both individual and environmental factors. It is imperative to understand what the participant is trying to communicate through a challenging behavior and determine the cause of the behavior. Furthermore, it is extremely important to understand the role of expressive and receptive communication regarding challenging behaviors. All communication has two aspects: receptive language and expressive language. Receptive language is what we hear and understand. Expressive language is what we say to others. Receptive language is the ability to listen and understand language. Expressive language is the ability to communicate with others using language. Receptive vocabulary is necessary for understanding directions and social contact. Expressive language is necessary for a person to communicate their needs to another person.

*Several questions must be answered to narrow down the cause:*

1. **Is the behavior a symptom of a medical condition?**
2. **Is the behavior a possible side effect of medication they are taking?**
3. **Is the behavior resulting from a lack of skills?**
4. **Is the behavior resulting from something occurring in the immediate environment?**
5. **Is the person's quality of life meaningful? (How is their relationship with family? What is their living situation like? Are they making their own personal choices?)**
6. **What does the participant get from the behavior?**
7. **Does the participant want to escape? If so, what is the behavior helping them escape?**
8. **What does the behavior help the participant avoid?**

*Here are some examples of specific triggers:*



**Being told you can't have something you want**



**Asked to do something you don't know how to do**



**Asked to do something you don't want to do**



**Being ignored when you want something**

## DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS

Providers should identify whether the behavior is new or have they done it over time. This may help determine if there is a medical cause for the behavior. If there is an acute change in behavior, the first step in determining the cause of the challenging behavior should be ruling out a medical cause.

Participants with intellectual disabilities suffer the same mental health problems as those without intellectual disabilities. The difficulty of identifying these mental health problems is in part due to the participant's communication impairments. Challenging behavior could be associated with psychological problems, such as depression or anxiety.

More often, there are multiple underlying factors associated with challenging behaviors and we must consider all of the details that are involved in identifying challenging behaviors and their cause. Is it psychological, physiological, environmental, or social? It is vital to consider physical causes for a behavior.

**A W A R E N E S S**

WHAT ARE CAUSES OF CHALLENGING BEHAVIOR



## MEASURING CHALLENGING BEHAVIORS

**A behavior can be measured several ways**, as an amount, (the number of times a challenging behavior occurs) or through time (how long). This can be done through direct observational recording, family, caregivers, support staff, or self-reported accounts of past behavior. To obtain a baseline measurement of a challenging behavior, the frequency, severity, duration, etc. must be documented. Efforts should be made to be as accurate as possible, using observation in the participant's natural environment rather than after the fact, or accounts from family, staff, etc. Behaviors should be recorded as close to the occurrence of the behavior as possible. The data may be collected either by the psychologist, behavior analyst, or by others such as care staff or family members who are in daily contact with the participant. Those recording the participants challenging behavior must understand the rationale for doing so.

## THE FUNCTION OF CHALLENGING BEHAVIORS

As often reported by those in the behavioral field, **a behavior always serves a purpose**. This purpose may be to avoid a situation or an individual, to provide a distraction, produce fear in others, to receive attention or a tangible item, or gain access to a particular activity. A person repeatedly engages in a behavior that serves a purpose or function for them. Looking behind the behavior helps us to identify the feeling, and then identify what the person is trying to accomplish through their behavior. They may be trying to meet a need, cope with a demand, avoid a demand or a person, control an impulse or perhaps not control the impulse. The function of the behavior is the “why” the behavior is occurring.

Four common functions of challenging behavior include:

- Social – The reward is interaction with someone else, including staff, peers, etc.
- Tangible – The reward is something tangible, such as food or drink
- Sensory – The reward is sensory stimulation
- Demand Avoidance – The behavior allows the participant to escape from a demand or situation he or she does not find pleasurable.

In order to develop a positive behavior support plan and determine the correct interventions, it is imperative that the team ascertain the “function” of the challenging behavior. This is done through a functional assessment/analysis. First, a collaborative behavioral support team must be established.



## FUNCTIONAL BEHAVIOR ANALYSIS

The term **functional** refers to the causes of behavior. It was first used by B.F. Skinner when referring to the “causes” of behavior. His research stressed the importance of identifying the environmental events, which were functionally related to behavior. He suggested that maladaptive as well as adaptive behaviors showed functional relationships related to antecedents and consequences.

### WHAT IS A FUNCTIONAL BEHAVIOR ANALYSIS

**A functional behavior analysis or assessment** is a set of procedures used to identify the causes of maladaptive or socially inappropriate behavior and reduce it through teaching replacement behaviors instead of suppressing it through punishment.

A functional analysis explores the causes of behavior in the immediate and natural environment and the learning history of the individual. The outcome of the analysis is identifying the way the person learned the challenging behavior and how it is supported or maintained in the present learning environment. The analysis does not emphasize a search for a diagnosis or classification of symptoms, but rather to classify the maladaptive behavior by its function (cause) and then select treatments or interventions that are effective in reducing behavior in that functional category. As a result, interventions are classified by functional categories and not by form of the maladaptive behavior.

**A comprehensive functional behavior analysis includes:**

- A review of records for psychological, health and medical factors which may influence behaviors (e.g. medication levels, sleep, health, diet, psychological and neurological factors);
- An assessment of the person’s likes and dislikes events/activities/objects/people)
- Interviews with individual, caregivers and team members for their hypotheses regarding the causes of the behavior;
- A systematic observation of the occurrence of the identified behavior for an accurate definition and description of the frequency, duration and intensity;



#### Factors that MUST be considered:

- ✓ Physical setting
- ✓ Social setting
- ✓ Activities occurring and available
- ✓ Degree of participation and interest
- ✓ Nature of teaching, the
- ✓ Schedule
- ✓ Routines
- ✓ Interactions between the individual and others
- ✓ Degree of choice and control
- ✓ Amount and quality of social interaction

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- A review of the history of the behavior and previous interventions, if available;
- A systematic observation and analysis of the setting events that immediately precede each instance of the identified behavior;
- A systematic observation and analysis of the consequences following the identified behavior;
- Analysis of functions that these behaviors serve for the person;
- Get/obtain: interaction, reaction, desired activity, self-stimulation, other;
- Escape/avoid/protest: an emotional state, demand/request, activity, person, other;
- An analysis of the settings in which the behavior occurs most/least frequently.

### **WHEN SHOULD A FUNCTIONAL BEHAVIOR ANALYSIS BE DONE**

From a best practice perspective, a functional behavior analysis should be completed whenever a problem behavior is difficult to understand, a behavior intervention plan is needed to increase the participant's success, or if the ICAP indicates a particular behavior is of moderate severity.

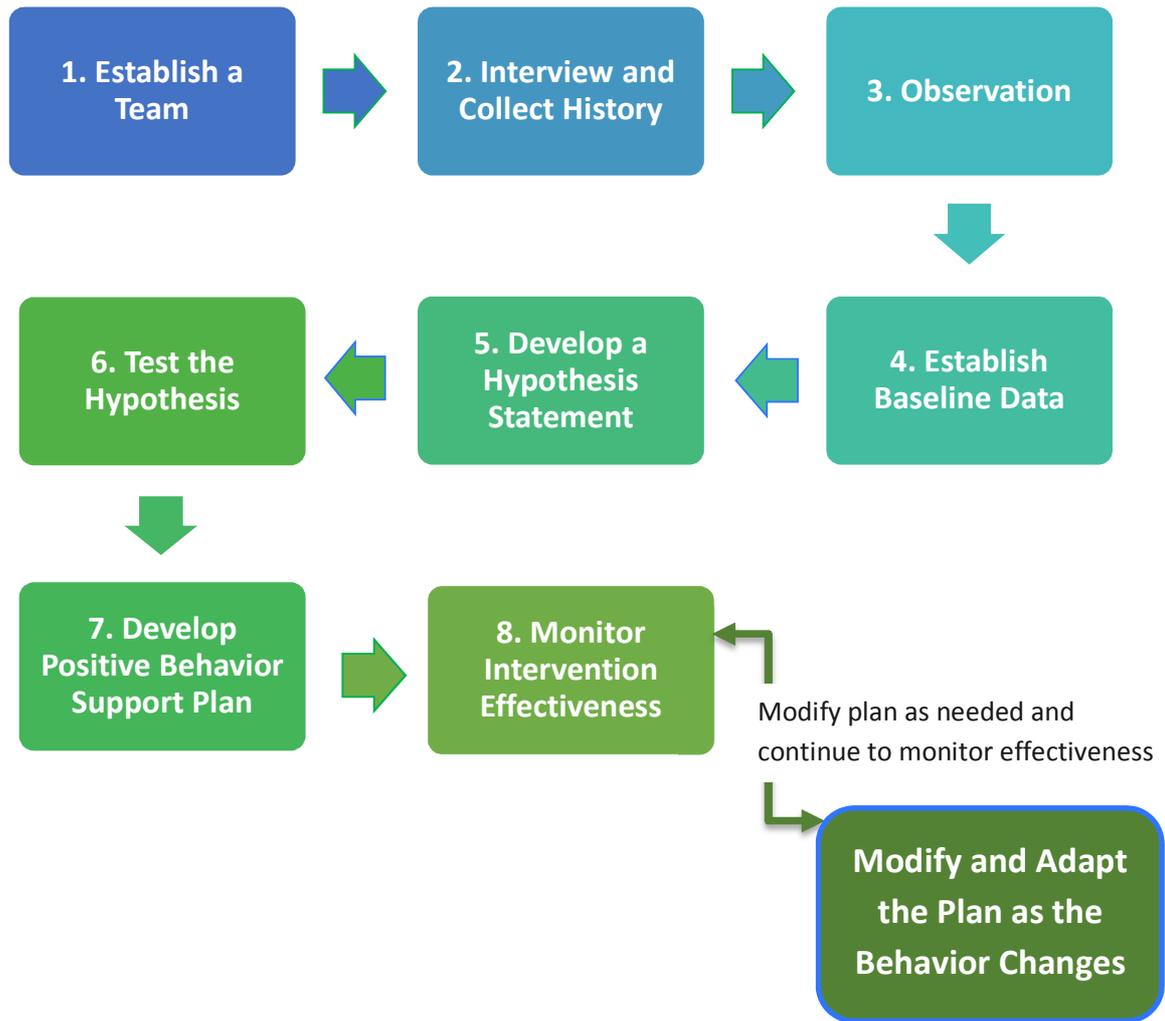
A functional analysis must be conducted by or under the supervision of a person with training and skill in behavior analysis and positive behavioral supports. It must be based on direct observation of the individual, interviews with the individual and significant others, including family where possible, caregivers and team members, and review of available information such as assessment reports and incident reports.

### **CONDUCTING A FUNCTIONAL BEHAVIOR ANALYSIS**

A functional analysis is an assessment process by which the controlling environmental variables (functions) of behavior are identified. Moreover, once these variables or functions are identified, they can be manipulated so that behavior changes. A functional analysis must be conducted by or under the supervision of a person with training and skill in behavior analysis and positive behavioral supports.

THE 8 STEPS TO CREATING A POSITIVE BEHAVIOR SUPPORT PLAN

There are basic steps to conducting a Functional Analysis and creating a positive behavior support plan.



*“Unity is strength... when there is teamwork and collaboration,  
wonderful things can be achieved.”*  
~Mattie Stepanek

## STEP 1 - DEVELOPING A COLLABORATIVE BEHAVIORAL SUPPORT TEAM

### ESTABLISH A TEAM

The first step to developing a positive behavior support plan is the formation of a behavioral support team. This team is comprised of individuals who play an active role in the participant’s life.

#### PURPOSE OF THE BEHAVIORAL SUPPORT TEAM



A successful behavior support team is one whose members collaborate to develop, implement, and monitor the positive behavior support plan.

A multidisciplinary team is established to provide a variety of perspectives about the challenging behavior that a participant is exhibiting. Members of the team should include all individuals who have observed the challenging behavior demonstrated by the participant over an extended period of time in a variety of settings and conditions. Monitoring is ongoing and the team should develop protocols to ensure plans are reviewed at least quarterly to assess their effectiveness. When a team is involved with the development of a behavior support plan, they are more likely to “buy into” and reliably implement the plan.

#### STEPS TO DEVELOP YOUR BEHAVIORAL SUPPORT TEAM

The first step in developing your team involves asking the following questions:

- Who are the key individuals in the participants’ life?
- Why is collaborative teaming a key element for this participant?
- What is needed to make this a successful collaborative experience that will benefit the participant?
- How is the team going to promote active participation in the behavior support planning process?



When developing your Behavioral Support Team, begin with identifying the key individuals in the participant’s life. The goal is to create a team that represents all of the key individuals that will interact with the participant both in and outside of your program.

Key members include the participant, guardian, family, case manager, psychologist, medical staff, direct care staff, program supervisors, therapists, educational staff, and dietary.

By including all potential individuals, the team can ensure that the positive support plan will remain consistent across all environments and this in turn, makes it more likely that new skills are more likely to be learned and generalized across settings.

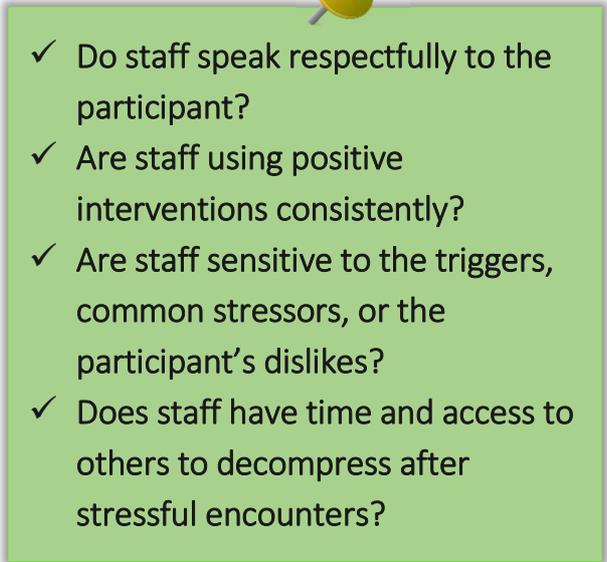
## THE ROLE OF SUPPORT STAFF

**Support staff MUST be involved and trained in the implementation of a positive behavior support plan.** Support staff have frequent contact with the participant and must be supportive of the behavior support plan and understand the components necessary to teaching the participant replacement skills. The better the quality of relationships between staff and participants, the fewer behavioral challenges there will be and the better the quality of life will be for participants. Support staff must recognize the importance of the plan and their role. If support staff feel that their participation or behavior is irrelevant to the success or failure of a positive behavior support plan, they are less likely to adhere to the positive behavior support plan.

It is necessary to address all underlying assumptions or beliefs the support staff might have that could interfere with the team's performance. Training for all staff involved in the participant's day is essential to obtaining staff support for implementation and success of the positive behavior support plan.

**Staff input is extremely important.** The team should consult with the staff throughout the process. Staff should be involved in the assessment process. Staff members have constant direct contact with the participant and are vital in the success of implementing a positive behavior support plan. Being systematic is essential to following the plan. One of the most important things staff can do, regardless of their role in the organization, is to follow the participant's positive behavior support plan. Support staff should be responsible for tracking data regarding behaviors.

Staff must always have their radar on to recognize when they are in the crisis cycle. It is important for staff to affirm their feelings and then choose their behaviors. This will ensure that staff do not over react and get into a power struggle with the participant.

- 
- ✓ Do staff speak respectfully to the participant?
  - ✓ Are staff using positive interventions consistently?
  - ✓ Are staff sensitive to the triggers, common stressors, or the participant's dislikes?
  - ✓ Does staff have time and access to others to decompress after stressful encounters?

*“When trauma occurs early in life, children do not develop the capacity to regulate their experience...to calm themselves down when they’re upset, to soothe themselves, to interact in appropriate ways with other people, to learn from their behavior.”*

~Margaret Blaustein

## TRAUMA INFORMED CARE

Trauma-informed care is based on the understanding that many individuals have suffered traumatic experiences, and the provider is responsible for being sensitive to this fact, regardless of whether a person is being treated specifically for the trauma. Therefore, providers should

initially approach all of their participants as if they have a trauma history, regardless of the services for which the participants are being seen.

***Another important element of trauma-informed care is recognizing trauma’s uniqueness to each participant and how this plays into their perception of physical and emotional safety, relationships, and behaviors.***

When trauma goes unrecognized, it can be difficult to understand a participant’s behaviors or attitudes. Often, a participant’s otherwise challenging behavior is provoked by a valid trigger that easily could have been avoided.

Adopting a trauma-informed care approach also allows providers to think differently about their potentially traumatized participants by asking “What happened to you?” instead of “What is wrong with you?” This is a far more engaging and respectful approach, especially when working with a person who already may feel broken, unwanted, or unlovable.



### Key Principles of Trauma-Informed Approaches

1. Safety
2. Trustworthiness & transparency
3. Collaboration & mutuality
4. Empowerment
5. Voice & choice
6. Peer support
7. Resilience & strengths-based
8. Inclusiveness & shared purpose
9. Cultural, historical, and gender issues
10. Change process

From SAMHSA’s Working Definition of Trauma and Guidance for a Trauma-Informed Approach, Draft September 9, 2012.

For more information on Trauma Informed Care visit:

<http://www.samhsa.gov/traumajustice/traumadefinition/index.aspx>

## STEP 2 – COMPLETING THE FUNCTIONAL BEHAVIORAL ANALYSIS TO GATHER INFORMATION

### INTERVIEW AND COLLECT HISTORY

*The functional analysis interview* offers an efficient method for getting information on the circumstances that relate to the participant's problem behavior. The interview should be conducted by at least two (2) persons who know the individual and have been involved in situations in which the maladaptive behavior occurs. As much interview information should be collected as possible. In addition to the interview, two assessments should be completed. There are many assessment tools that can be utilized. Functional Assessment Screening Tool (FAST), Motivation Assessment Scale (MAS), Functional Assessment Interview (FAI), Reinforcement Inventory, and Interest Inventory. Please see the sample in the back of this manual.

### FUNCTIONAL ANALYSIS SUMMARY

In this step, the evaluator completes the *Functional Analysis Summary* form using content from the information gathered during the interview and observation. It includes:

- 1) Functional Assessment interviews you have conducted
- 2) Direct Observation data that you have collected

Once the functional assessment summary is complete, the next step is to develop a hypothesis statement—a prediction or "best guess" of the function or reason a participant's challenging behavior occurs. Hypothesis development is a critically important step toward developing interventions that are directly linked to the function of the participant's challenging behavior.

All the above information should be gathered and reviewed as part of the functional analysis to formulate a hypothesis regarding the underlying causes and/or function of the targeted behavior. The hypothesis should lead logically to the development of the plan. Once the hypothesis is formulated, attention should be paid to the way it is written. Care should be taken to write the hypothesis as a series of sentences that include each component (e.g., description, predictors, purpose, maintaining consequences), or as a "when...then" or "if...then" statement. Remember the more clearly articulated the hypothesis, the more likely the hypothesis will clearly communicate your understanding of the participant's challenging behavior. Once collected, interview data is a useful tool for a team when attempting to identify patterns that may predict the function of the participants challenging behavior.

## STEP 3 – OBSERVATION OF THE PARTICIPANT

### DIRECT OBSERVATION

**Observation** is the foundation of the functional behavior assessment. In its simplest form, an observation is a means of describing a participant’s behavior at any given moment. That is, what the behavior looks like, how often it occurs, the length of time it occurs, and its intensity. Observations can be anecdotal or systematic. Anecdotal behavioral observations are informal in nature and may be based on recollection of the participant’s behavior earlier in the day, notes about a participant’s behavior, or scatter plots involving time periods. In contrast, systematic behavioral observations are more structured and controlled.

The observer is trained and watches the participant while recording their observations. In some instances, the observer may review a video of the participant, however; video monitoring in a participant’s bedroom or bathroom is strictly prohibited per

**Chapter 45 rules: Section 13. Standards for Provider Facilities.**

**(i) The use of video monitors in participant bedrooms and/or bathrooms is strictly prohibited.**

Regardless of which observational technique is used, it is important to conduct as many observations as possible so there is confidence that the data obtained is accurate and reflective of the participant’s typical behavior.

During the observation, the recorder should note the antecedents, behavior, and consequences. Antecedents are the conditions that immediately precede the occurrence of the participant’s behavior. These can include the specific time of day, settings, people, and activities that are present or occur before the behavior. Behavior refers to the participant’s behavior – what they are doing, how often it occurs, the length of the occurrence, and the intensity. Consequences are the events that immediately follow the behavior. This can include the attention paid by a staff member in response to the participant’s behavior, as well as the activities and objects the participant either escapes or has access to as a result of the behavior.

Collect data by directly observing the targeted behavior and measuring:

*(See Appendix A for ABC Analysis Form Template)*

- Sequence Analysis - Recording of:
  - Antecedents;
  - Behavior; and
  - Consequences
- Frequency of occurrence - how many times the behavior occurs

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

- Rate of occurrence - the frequency of occurrence per unit of time (e.g. 10 behaviors divided by 20 min observation = .5 behaviors per minute or about one behavior every two minutes).
- Duration - how long the behavior lasts (e.g. tantrum for 10 minutes).
- Latency - the duration of time between a stimulus and a response (e.g. the participant begins task 40 seconds after a staff member gives the direction to begin the task).



OBSERVATION			
Collect ABC information on challenging behavior and then monitor strategies to ensure consistency and progress.			
Day/Time	Antecedent	Behavior	What is Maintaining the Behavior?
<b>Example:</b> 9/1/2014 9:00 a.m.	Transition to a different activity	Aggression (hitting chair against wall)	Activity/task removed (participant does not have to participate in the activity)

## DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS

In our culture, the word “consequence” has become synonymous with punishment. “You have to pay for what you did” is the idea that people associate with the concept of consequences. The goal of any consequence, however is to help people make a different choice next time. When people are in a situation similar to one that has occurred in the past, the goal of any behavioral intervention is to either help them make a different decision, or the same decision as the last time they were in this position. Changing the future, not punishing the past, is the goal of a positive behavior support.

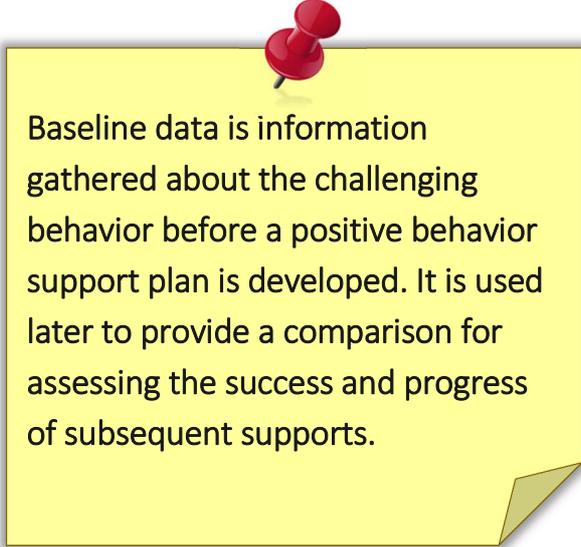
*FOCUS on the FUTURE, Don't PUNISH the PAST*

## STEP 4 – ESTABLISHING BASELINE DATA

### ESTABLISH BASELINE

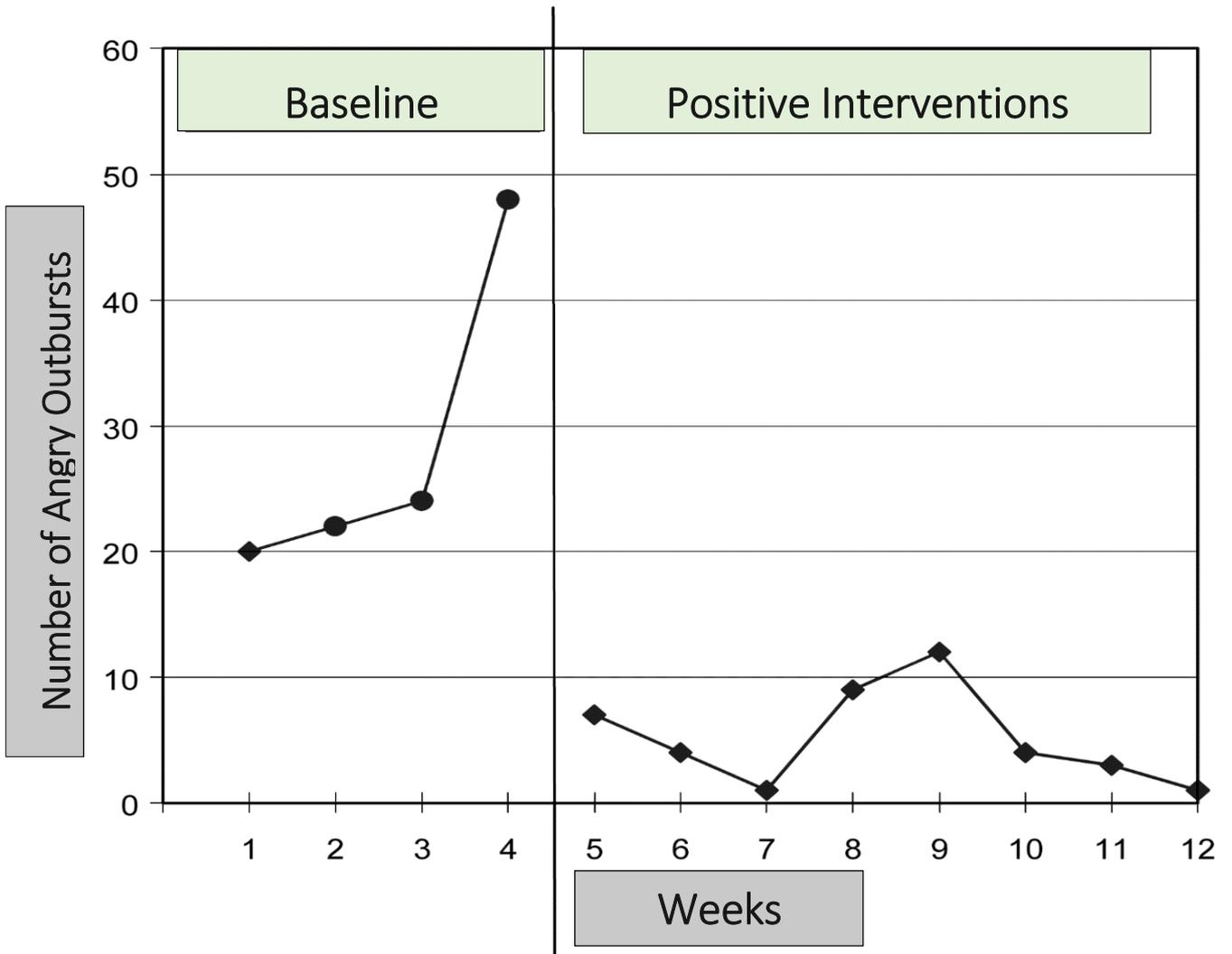
Collection of data from multiple sources is essential in understanding the interfering behavior prior to developing and implementing a positive behavior support plan. Although collecting baseline data is an essential feature of FBA, data collection is important throughout the FBA process because it helps providers define the behavior, record what the participant is currently doing, and evaluate the outcomes of the behavior plan. Without carefully observing and recording behaviors, staff and caregivers may not be able to tell if an intervention should be continued or stopped. Data collection allows for unbiased decision making. The results of an intervention technique are recorded in the data, and the data will tell you how the individual is or is not progressing. Once collected, interview data is a useful tool for a team when attempting to identify patterns that may predict the function of the participant's challenging behavior.

When collecting baseline data, be sure to collect data on frequency, duration, and intensity of the adaptive behavior as well as the challenging behavior.



Baseline data is information gathered about the challenging behavior before a positive behavior support plan is developed. It is used later to provide a comparison for assessing the success and progress of subsequent supports.

SAMPLE BASELINE DATA CHART



## STEP 5 – DEVELOPING THE HYPOTHESIS

### DEVELOPING A HYPOTHESIS

Antecedent-behavior-consequence (A-B-C) analyses are used to determine patterns in the occurrence of the antecedents, behaviors, and consequences that relate to the problem behavior. A-B-C analyses are useful in developing initial hypotheses. *See Appendix A, ABC Analysis form template.*

If you are unsure about the hypothesis, you can consider the following questions:

- What would make the problem behavior stop?
- Is there something to remove?
- Is there something you would provide or allow the participant the access?
- Can you allow the participant to leave?

**Sample hypothesis:**

***John avoids the demands of activities that he finds difficult to complete by resisting or withdrawing. When John is forced to participate, then he will react by screaming and throwing objects. If his providers allow him to leave the room, then he no longer is required to participate in the activity.***

If you are still unable to determine the function of the behavior, continue to collect data in the same context. It is possible that the behavior serves multiple purposes. Additionally, it is possible that a function will change (e.g., from escape to attention). Thus, a behavior initially performed for one reason may begin to occur for an entirely different reason. This is why it is so vital to continue collecting data and formulating hypotheses.

<h3 style="margin: 0;">HYPOTHESIS</h3> <p style="margin: 0;">Making a “Best Guess”. After looking carefully at the ABC’s of the participant’s behavior. Identify what the participant <i>gets</i> or <i>avoid</i> as a result of the behavior? Make your “best guess” as to what the participant is “getting out of” this behavior.</p> <p style="margin: 0;">What is the <i>purpose</i> or <i>function</i> of the behavior?</p>	
<p style="text-align: center; margin: 0;">Challenging Behavior(s)</p>	<p style="text-align: center; margin: 0;">“Best Guess” or <i>hypothesis</i> of the purpose function of the behavior.</p>

## STEP 6 – TESTING THE HYPOTHESIS

### TEST THE HYPOTHESIS

Once the behavior support plan is implemented, you will be able to test your hypothesis. It is important to keep in mind that the participant will have “extinction bursts.” This is likely to happen because a new approach is being introduced to meet the needs of the participant. If the participant has gained some reward every time for a particular behavior, the behavior will persist. If suddenly the reward stops coming, it's likely that the participant will not immediately give up the behavior. Instead, they'll try it again and again, harder, and faster. It's a burst of activity. If the reward still doesn't come, eventually the behavior will extinguish, or become extinct. If we plan on changing a behavior, we need to know that extinction bursts are very likely to happen. Everyone involved with the participant and implementation of the behavior support plan must be aware of this and on the same page. Consistency is key.

As you test the hypothesis, you are validating your hypothesis by verifying that the consequences are maintaining a challenging behavior. You should always test the hypothesis prior to plan development if you are uncertain of the variables maintaining the behavior or if the behavior patterns are not clear.

**Example:**

Behavior Identified	Function of the Behavior	Skill to be Taught
Yelling and throwing objects when participant wants to escape from a boring or uncomfortable activity.	Avoid an unwanted activity	Use of a word or sign that means they want to stop the activity and do something else.

## STEP 7 - BEHAVIOR SUPPORT PLAN DEVELOPMENT

According to Rule 45, the Behavior Support Plan is a “Written plan that is developed based on a functional analysis or assessment of behaviors that negatively impact a person’s ability to acquire, retain, and/or improve the self-help, socialization, and adaptive skills necessary to reside successfully in home and community-based settings, and that contains multiple intervention strategies designed to modify the environment and teach new skills.

Once hypotheses are formulated, attention should be paid to how it is written. Care should be taken to write the hypothesis as a series of sentences that include each component (e.g., description, predictors, purpose, maintaining consequences), or as a "when...then" or "if...then" statement. Remember the more clearly articulated



- A behavior support plan should be written in easy-to-understand language and fit with the participant’s lifestyle.
- Direct care staff **MUST** be able to understand the plan.
- A behavior support plan should be **POSITIVE**.

the hypothesis, the more likely the hypothesis will clearly

communicate your understanding of the participant’s challenging behavior. An effective behavior support plan is comprehensive and contains strategies that are linked to each element of the hypothesis statement (e.g. antecedents, behavior, and function). Critical components of the behavior support plan are prevention strategies, the instruction of replacement skills, new ways to respond to problem behavior, and lifestyle outcome goals.

***A Behavior Support Plan should fit with the participant’s routines, activities, and values across all environments.***

Each plan should include long and short-term strategies developed from the functional assessment and knowledge of the participant’s lifestyle and the vision obtained during person centered planning. It should describe the rationale for the team’s decision. The plan must be designed to fit the participants daily life, taking into consideration natural routines and structure of their environment, i.e. day hab, res hab, etc.

During the development phase, the team creates an action plan that identifies tasks that need to be completed, specific objectives, steps that need to be taken, and which team member is responsible for the action step to ensure the plan is implemented as intended.

The goal of a positive behavior support plan is to support participants to become as independent as possible, enjoy their life, and overcome challenging behaviors.

After completing a Functional Analysis, interventions that are the least restrictive, and have the best possibility of accelerating or decelerating a targeted behavior can be implemented. It is important that the entire team be involved in development of the behavior support plan. Each person on the team must understand the plan and agree that the interventions in the plan are appropriate.

#### BEHAVIOR PLAN COMPONENTS

1. **What is the behavior?** *(Based on observations, history, data gathered. Describe in measurable and observable terms the targeted behavior.)*
2. **How does it impede the participant's participation in activities?** *(Based on observations, history, data gathered)*
3. **What is the frequency, intensity, or duration of the behavior?** *(Based on observations, history, data gathered)*
4. **What are the predictors for the behavior?** *(Situations where the behavior is most likely to occur: people, time, place, task, etc.)*
5. **What supports the participant using the challenging behavior?** *(What is missing in the environment, task, activity that needs change?)*
6. **What are the prevention strategies needed to try to avoid the antecedents that occur prior to the targeted behavior?** *(Changes in time/space/materials/interactions that will remove the likelihood of behavior)*
7. **Why does the team believe the behavior occurs?** *(What is the function of the behavior: avoidance, getting something, etc.?)*
8. **What does the team believe the participant should do instead of the challenging behavior?** *(How should the participant get his/her need met in an acceptable way?)*
9. **What strategies are necessary to teach replacement skills?** *(List successive steps necessary for the participant to learn replacement behaviors)*
10. **What strategies will be utilized if the challenging behavior occurs again?** *(Prompt participant to switch to the replacement behavior)*
11. **Description of how staff should handle to challenging behavior when it occurs.**
12. **When behavior changes, what should staff do to recognize the effort or successful use of a replacement behavior?** *(Identify reinforcers)*
13. **Behavioral goals.** *(Increase use of replacement behaviors, reduce frequency of challenging behaviors, develop new skills that remove participant's need to use the challenging behavior)*
14. **Documented data.** *(This will help the team determine whether the plan is working or not)*
15. **Modification of plan as needed.** *(Modify the plan if it's not working)*

## DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS

The behavior support plan needs to contain clear directions for implementing the strategies including:

- ~ When and where the strategies will be carried out and by whom
- ~ Who will have the overall responsibility for making sure the plan is implemented
- ~ Who will be responsible for recording data and how often
- ~ How will the team know that the plan is working
- ~ A schedule for assessing behavioral goal progress
- ~ A plan for training staff on strategies
- ~ Prevention plan – Focus on an early intervention prior to the behavior emerging
  - **Example: Joe has a challenging behavior to escape a task that he perceives as difficult. Staff should find a way to make the task doable, “We can do this together” so the challenging behavior will be unnecessary)**
- ~ Meaningful participation – Focus on meaningful engagement in chosen life activities. Ample opportunities for participation in activities that the participant considers meaningful.
- ~ Positive social interactions with staff and peers.
- ~ Learning strategies – Teaching replacement skills should be organized in such a way that the participant makes few, if any errors. Frequent errors can lead to discouragement and the likelihood of a challenging behavior.

The behavior support plan must detail who will participate, objectives of the plan, replacement skills to be taught, data collected during the process, a test of the plan, evaluation of the plan, and modification of the plan if needed. The positive behavior support plan is designed to introduce, model, and reinforce positive social behavior without the use of restraints or rights restrictions by using proactive strategies.

### GOAL SETTING USING STRENGTHS AND PREFERENCES

A profile is developed to include the strengths and preferences of the participant. By naturally building on strengths a participant already has it makes it easier to set goals and implement the plan. Allow the participant opportunities to carry out activities independently using their strengths. Give the participant opportunities to practice their skill building. Knowing the participant’s preferences ensures person-centered planning and keeps the behavior support plan positive. Developing goals based on the participant’s strength and preferences ensures more successful implementation of the



Remember to give the plan time to demonstrate the desired outcomes. If changes are not seen after four weeks, you may need to re-evaluate and modify the plan.

behavior support plan. Setting goals allows us to objectively measure progress toward an identified desired outcome. It also allows staff and caregivers to ask themselves, “What behavioral changes would really make the greatest improvements in the participant’s life?” It allows them to identify what really matters.

Being realistic at the outset is crucial. It can help the team and participant appreciate that they are making small yet meaningful changes. Making goals realistic means they are achievable. Being realistic keeps the picture positive. It focuses attention on progress towards a goal, rather than perfection.

*Help participants use their own strengths to meet their own needs.*

***Participant Strengths:***

Social and Emotional	Academic	Motor	Other Skills/Traits
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***Participant Preferences:***

Tangible Items	Activities	People
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***List the behavioral goals for the participant:***

Target Behavior	Behavioral Goal
<i>Describe Target Behavior</i>	<i>Identify Behavioral Goal</i>

Most importantly, remember the value of positive behavior support is respect for the rights of all participants. Positive behavior support must be person-centered and treat participants with dignity. The participant has control of which supports and services they receive. Positive behavior supports enhance a person’s quality of life, support individual growth, and make the use of more intrusive methods unnecessary.

ADDRESS THE CHALLENGE

Choose strategies to prevent problems, teach new skills or behaviors to replace the challenging ones, and use consequences consistently when challenging behavior occur.

Target Behavior(s)	Strategy to Prevent Challenging Behavior	Replacement Skills/Behaviors to Teach	Positive Outcome
Yelling and throwing objects when participant wants to escape from a boring or uncomfortable activity.	Use of a word or sign that means they want to stop the activity and do something else.	Participant will raise hand in group to address his/her need to stop the activity	Participant will start another activity

**Relationship building is essential in addressing the challenge.**

*Tools necessary to improve relationships:*

- **People First**
- **Interact with others using dignity and respect**
- **Manage our own behavior**
- **Then co-manage the behavior of others**

**Do not use coercion.** Coercion attempts to control the behavior of others through threat of, or escape from unpleasant events. Coercion minimizes the dignity of the other person, provokes retaliation, and causes physical and emotional harm. Even minor coercion can be harmful as it takes away dignity, autonomy, and sense of self-control.

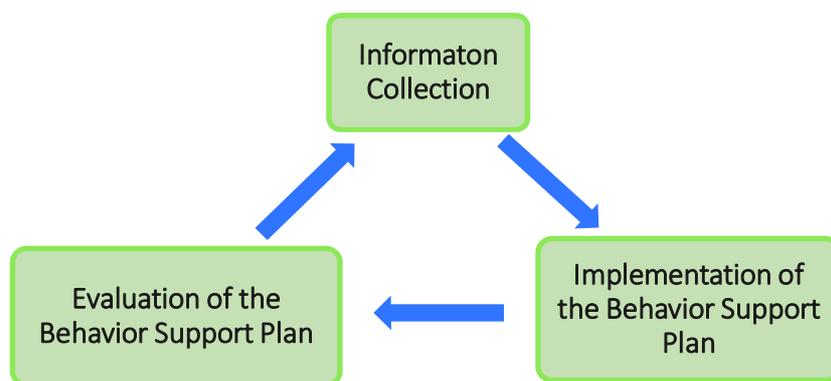
DEVELOPING A POSITIVE BEHAVIOR SUPPORT PLAN

The development of a Behavior Plan involves synthesis and formulation. It is based on the information obtained from the above procedural steps using a person-centered approach. Developing person-centered plans is a means, not an end. Plan documents are merely tools to help people to get the lives that they want. Any plan that focuses on outcomes, demands accountability to the person and is demonstrated through actions. Team members are making a promise to the person.

The behavior plan represents the culmination of the assessment process described above. It is the “action plan” outlining specific steps that can be used to promote the participant’s success and participation in daily activities and routines. Plans are only as good as the assessment. Be sure to get accurate and comprehensive information from the direct support staff. It must be clearly written and contain the following components:

- **Behavior Hypothesis Statements** – Statements that include a description of the behavior, triggers or antecedents for the behavior, maintaining consequences, and the purpose of the challenging behavior.
- **Prevention Strategies** – Strategies that may be used to reduce the likelihood that the participant will have problem behavior. These may include environmental arrangements, personal support, changes in activities, new ways to prompt a participant, changes in expectations, etc.
- **Replacement Skills** – Skills to teach that will replace the problem behavior.
- **Consequence Strategies** – Guidelines for how the adults will respond to problem behaviors in ways that will not maintain the behavior. In addition, this part of the plan may include positive reinforcement strategies for promoting the participant’s use of new skills or appropriate behavior (this may also be included in prevention strategies)
- **Long Term Strategies** – This section of the plan may include long-term goals.
- **Data tracking methods** – This section of the plan must include how the data will be tracked, who is responsible for tracking data, and what methods will be used to record data.

**Writing a Positive Behavior Support Plan is a Process!!**



## REINFORCEMENTS

Our behavior is influenced by our environment and the impact our behavior has on our environment. The nature of the impact determines whether we will continue to repeat the behavior when faced with similar conditions in the future. The purpose of any reinforcement is to help the person repeat the same or similar behaviors the next time they find themselves in that situation (*the next time the antecedent arises*). Reinforcement is much more effective at changing behavior than punishment.

**Positive reinforcement is a very powerful and effective tool to help shape and change behavior.** Positive reinforcement works by presenting a motivating comment or item to the person after the desired behavior is exhibited, making the behavior more likely to happen in the future.

Negative reinforcement is when a certain stimulus/item is removed after a particular behavior is exhibited. The likelihood of the particular behavior occurring again in the future is increased because of removing/avoiding the negative stimuli.

For positive reinforcement, think of it as adding something positive in order to increase a response (allows *access* to something). For negative reinforcement, think of it as taking something negative away in order to increase a response (allows *escape* from something). Remember that behavior is learned and shaped by reinforcement.

### An example of a reinforcement to a behavior:

*When I hit my head, staff come and sit with me.*



Reinforcers can be divided into three main categories:

1. Attention
2. Tangibles and/or activities, and
3. Sensory (e.g., warmth, touch, pleasant sounds, or avoid pain, discomfort, noise, etc.)



The plan designed **MUST** teach the participant an alternative behavior to replace the challenging behavior. Positive reinforcement procedures should be implemented to increase a desired behavior.

## STEP 8 - MONITORING OUTCOMES

### MONITORING EFFECTIVENESS OF POSITIVE BEHAVIOR SUPPORT PLAN

***It is critical to monitor the effectiveness of the behavior support plan.*** This should include measurement of changes in problem behavior and identifying achievement of new skills and lifestyle outcomes. Monitoring must also include how well the plan is being followed and, more importantly, how effective it is in changing the individual's behavior. Data should be collected through documentation to determine if the plan is being implemented as intended, how is measured against baseline data, and is achieving the goals that were identified by the team. Replacement skills learned should be documented to determine if they could be maintained over time and/or across settings. If minimal progress is made in decreasing challenging behaviors, increasing replacement skills, or enhancing lifestyle, the behavior support plan should be reevaluated and refined. The assessment may also need to be re-visited to repeat or expand the information gathering process to determine where aspects of the intervention need to be adjusted.



Outcomes that have been identified in the plan need to be documented to measure target success. Frequency counts of target behaviors, log of activities and length of time engaged, incident reports, provider observation, increase in replacement skills, lifestyle changes, etc. should be documented to monitor outcomes of the behavior support plan.

***Outcomes Checklist:*** A provider should expect to find the following in a completed positive behavior support plan:

- Person-centered approach was used in developing the plan.
- Descriptive terms are used to identify challenging behavior.
- The plan is practical.
- The antecedents and consequences that influence the occurrence of the behavior have been identified.
- Functional skills are taught.
- The environment is positive, healthy, educational, supportive, nurturing, and safe.
- The conflicts regarding individual choice making have been identified, reduced, or eliminated.

## DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS

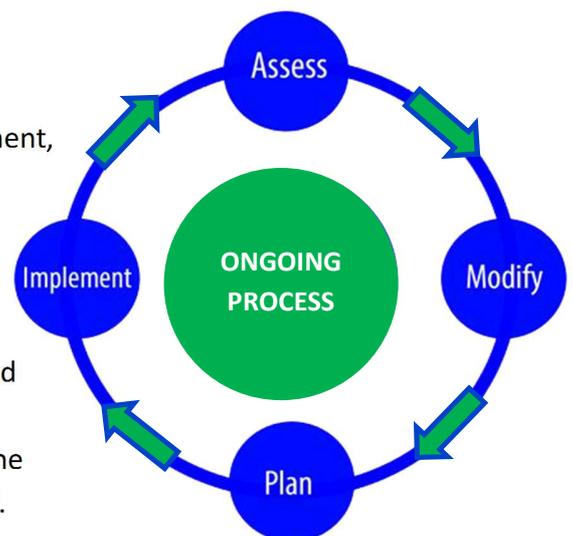
- The participant has positive and meaningful social interactions with staff and other participant's.
- The team and staff are properly trained on how to use prompts, error corrections, and task analysis.
- Teaching methods for replacement behaviors are be identified.
- The fundamental components of the plan are clearly described and easily understood by everyone team and staff member involved.
- The staff understand that they are responsible for asking questions or requesting help.
- Reliable data is being collected.

### ***The barriers to effective behavior support plans:***

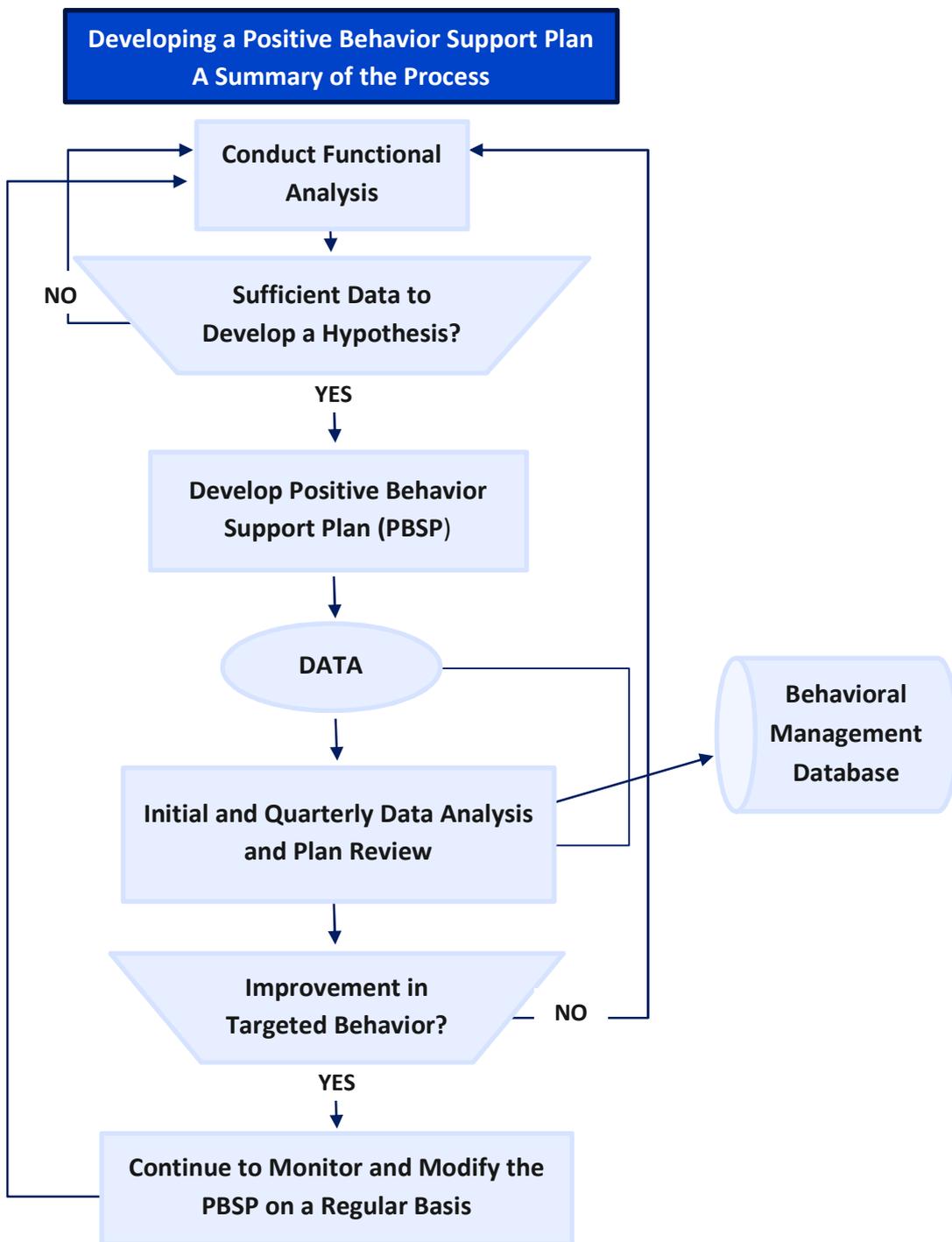
There are a few common reasons why a positive behavior support plan is not working and poor outcomes are measured.

- ~ Not including all of the team (including the participant) and support staff in the development and implementation of the plan
- ~ Not having a clear definition of the target behavior
- ~ The plan is not being implemented as it was designed.
- ~ The plan is not being utilized when it should be.
- ~ The plan needs to be revised because it does not have what is needed to assist the participant with the challenging behavior.
- ~ Insufficient or incomplete data
- ~ An inaccurate hypothesis
- ~ Inappropriate or inconsistent interventions
- ~ Failing to take into account other issues that may be affecting the participant's behavior such as environment, culture, physical health, mental health, community activities, etc.

Outcomes are proven or disproven by the data that is collected to support the objective. Data must be collected throughout implementation of the behavior support plan and it must be reliable data. The purpose of data is to guide the behavior support plan. If challenging behaviors still occur, the team will need to re-evaluate the plan and adjust as needed.



DEVELOPING A POSITIVE BEHAVIOR SUPPORT PLAN, A SUMMARY OF THE PROCESS



*You can't make positive choices for the rest of your life  
without an environment that makes those  
choices easy, natural, and enjoyable.  
~Deepak Chopra*

## THE IMPORTANCE OF A POSITIVE ENVIRONMENT

It cannot be stressed enough the importance of maintaining a positive environment for the participant. Some features of a positive environment include:

- Structured, well organized activities and routines.
- Planned activities.
- Understanding of the participants' functional behaviors.
- A stimulating environment with opportunities for participation in activities.
- Positive and constructive communication between staff and participants.
- Activities based on the participant preferences.



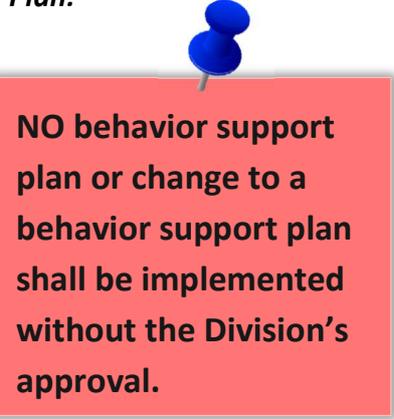
## ROLES AND RESPONSIBILITIES

### CASE MANAGER RESPONSIBILITIES

The case manager should be part of the behavioral support team. The case manager is responsible for coordinating efforts during development of the functional behavior analysis (FBA) and positive behavior support plans (PBSP's) and submitting the initial and subsequent PBSP's and FBA's to the Division by uploading the required documents into EMWS.

#### *Steps required for Division approval of a Positive Behavior Support Plan:*

1. PBSP and FBA are submitted along with the plan of care to the Division through EMWS for review.
2. Division staff reviews and approves or denies the plan.
3. If the plan is approved, on the plan status page it will show "approved."
4. If the plan is denied, the case manager will receive a task in EMWS with what needs to be added, corrected, removed, etc.
5. At any time the PBSP is changed after it has been approved by the Division, the case manager **MUST** open up a modification in EMWS and upload the modified PBSP, and the verification form and indicate in the comment box the reason for the modification.

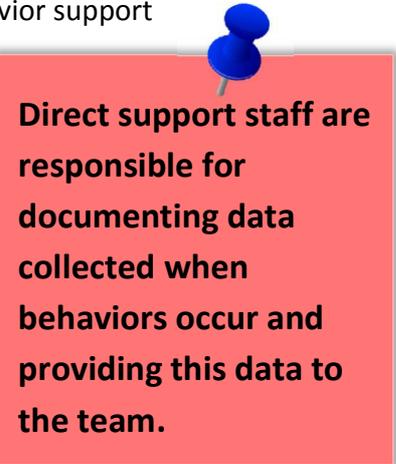


**NO behavior support plan or change to a behavior support plan shall be implemented without the Division's approval.**

The case manager is responsible for collecting the Positive Behavior Support Plan data every month and submitting it to the Division on the quarterly report by uploading the required forms into EMWS.

### DIRECT SUPPORT STAFF

Direct support staff have a key role in the success of the positive behavior support plan. Support staff have daily contact and interaction with the participant and are responsible for ensuring the components of the positive behavior support plan are implemented as outlined in the plan. Consistency is key and both day habilitation and residential habilitation staff must be supportive of the plan and consistent with its implementation.



**Direct support staff are responsible for documenting data collected when behaviors occur and providing this data to the team.**

## BEHAVIORAL SPECIALIST, ANALYST, OR PSYCHOLOGIST

The behavioral specialist, or case manager, and the team is responsible for completing the FBA and training the team on successful implementation of a PBSP. The behavioral specialist or case manager is also responsible for collaborating with the team to modify the PBSP if change is needed. Data that is documented by the team shall be collected by the behavioral specialist or case manager and submitted for review to the Division on a monthly basis.

## DIVISION RESPONSIBILITIES

The Behavioral Health Division is responsible for reviewing individualized plans of care and positive behavior support plans to ensure the participant is receiving support in a manner consistent with their needs, risks, preferences, functioning level, and identified behaviors.

The Division is responsible for ensuring that any modifications to a person's plan of care or PBSP continues to meet the standards in rule and Division policy. The Division reviews the quarterly case management reports, incidents, complaints, and assessment information to monitor how the participant is doing and if any of the information raises concerns.



**Supports outlined in the plan of care or PBSP MUST NOT unfairly restrict the participant's rights.**

The Division is also responsible for consulting with other medical professionals as needed if a participant's incidents, treatment plan, plan of care, or services are showing health or safety concerns. The Division may intervene on a participant's behalf by requesting case consultation within Medicaid and contracted providers and may issue a corrective action plan to providers if standards of care are not being met.

**APPENDIX A – ASSESSMENT AND SCREENING TOOLS**

**A-B-C ANALYSIS FORM**

Participants Name: \_\_\_\_\_ Date: \_\_\_\_\_

Behavior Specialist: \_\_\_\_\_

Antecedent	Behavior	Consequence

*Antecedent: What conditions are present just before the challenging behavior occurs?*

*Behavior: What is the participant's response? (What does he or she do?)*

*Consequence: What occurs immediately after the participants' behavior?*

**FUNCTIONAL ASSESSMENT SCREENING TOOL (FAST)**

Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

DOB: \_\_\_\_\_ Behavior Problem: \_\_\_\_\_

Informant: \_\_\_\_\_ Interviewer: \_\_\_\_\_

**To the Interviewer:** The Functional Analysis Screening Tool (FAST) is designed to identify a number of factors that may influence the occurrence of problem behaviors. It should be used only as an initial screening toll and as part of a comprehensive functional assessment or analysis of problem behavior. The FAST should be administered to several individuals who interact with the person frequently. Results should then be used as the basis for conducting direct observations in several different contexts to verify likely behavioral functions, clarify ambiguous functions, and identify other relevant factors that may not have been included in this instrument.

**To the Informant:** After completing the section on “Informant-Person Relationship,” read each of the numbered items carefully. If a statement accurately describes the person’s behavior problem, circle “Yes.” If not, circle “No.” If the behavior problem consists of either self-injurious behavior or “repetitive stereotyped behaviors”, begin with Part I. However, if the problem consists of aggression or some other form of socially disruptive behavior, such as property destruction or tantrums complete only Part II.

**Informant-Person Relationship**

Indicate your relationship to the person: \_\_\_\_\_ Family \_\_\_\_\_ Case Manager \_\_\_\_\_ Residential  
 \_\_\_\_\_ Staff \_\_\_\_\_ Other

How long have you known the person? \_\_\_\_\_ Years \_\_\_\_\_ Months

Do you interact with the person on a daily basis? \_\_\_\_\_ Yes \_\_\_\_\_ No

If “Yes,” how many hours per day? \_\_\_\_\_ If “No,” how many hours per week? \_\_\_\_\_

In what situations do you typically observe the person? (Mark all that apply)

- |                          |                                |                |                                    |
|--------------------------|--------------------------------|----------------|------------------------------------|
| _____ Self-care routines | _____ Academic skills training | _____ Meals    | _____ When (s)he has nothing to do |
| _____ Leisure activities | _____ Work/Vocational training | _____ Evenings | _____ Other: _____                 |

## DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS

---

### PART I. SOCIAL INFLUENCES ON BEHAVIOR

- |    |   |     |    |
|----|---|-----|----|
| 1. | The behavior usually occurs in your presence or in the presence of others   | Yes | No |
| 2. | The behavior usually occurs soon after you or others interact with him/her in some way, such as delivering an instruction or reprimand, walking away from (ignoring) the him/her, taking away a "preferred" item, requiring him/her to change activities, talking to someone else in his/her presence, etc. | Yes | No |
| 3. | The behavior often is accompanied by other "emotional" responses, such as yelling or crying   | Yes | No |

*Complete Part II if you answered "Yes" to item 1, 2, or 3. Skip Part II if you answered "No" to all three items in Part I.*

---

### PART II. SOCIAL REINFORCEMENT

- |     |   |     |    |
|-----|---|-----|----|
| 4.  | The behavior often occurs when he/she has not received much attention   | Yes | No |
| 5.  | When the behavior occurs, you or others usually respond by interacting with the him/her in some way (e.g., comforting statements, verbal correction or reprimand, response blocking, redirection) | Yes | No |
| 6.  | (S)he often engages in other annoying behaviors that produce attention  | Yes | No |
| 7.  | (S)he frequently approaches you or others and/or initiates social interaction   | Yes | No |
| 8.  | The behavior rarely occurs when you give him/her lots of attention  | Yes | No |
| 9.  | The behavior often occurs when you take a particular item away from him/her or when you terminate a preferred leisure activity (If "Yes," identify: _____)  | Yes | No |
| 10. | The behavior often occurs when you inform the person that (s)he cannot have a certain item or cannot engage in a particular activity. (If "Yes," identify: _____)                                 | Yes | No |
| 11. | When the behavior occurs, you often respond by giving him/her a specific item, such as a favorite toy, food, or some other item. (If "Yes," identify: _____)                                      | Yes | No |

## DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS

- |     |   |     |    |
|-----|---|-----|----|
| 12. | (S)he often engages in other annoying behaviors that produce access to preferred items or activities.   | Yes | No |
| 13. | The behavior rarely occurs during training activities or when you place other types of demands on him/her. (If "Yes," identify the activities: ___self-care ___academic ___work ___other) | Yes | No |
| 14. | The behavior often occurs during training activities or when asked to complete tasks.   | Yes | No |
| 15. | (S)he often is noncompliant during training activities or when asked to complete tasks.   | Yes | No |
| 16. | The behavior often occurs when the immediate environment is very noisy or crowded.  | Yes | No |
| 17. | When the behavior occurs, you often respond by giving him/her brief "break from an ongoing task.  | Yes | No |
| 18. | The behavior rarely occurs when you place few demands on him/her or when you leave him/her alone.   | Yes | No |

---

### PART III. NONSOCIAL (AUTOMATIC) REINFORCEMENT

- |     |  |     |    |
|-----|--|-----|----|
| 19. | The behavior occurs frequently when (s)he is alone or unoccupied.  | Yes | No |
| 20. | The behavior occurs at relatively high rates regardless of what is going on in his/her immediate surrounding environment.  | Yes | No |
| 21. | (S)he seems to have few known reinforcers or rarely engages in appropriate object manipulation or "play" behavior.   | Yes | No |
| 22. | (S)he is generally unresponsive to social stimulation.   | Yes | No |
| 23. | (S)he often engages in repetitive, stereotyped behaviors such as body rocking, hand or finger waving, object twirling, mouthing, etc.  | Yes | No |
| 24. | When (s)he engages in the behavior, you and others usually respond by doing nothing (i.e., you never or rarely attend to the behavior.)  | Yes | No |
| 25. | The behavior seems to occur in cycles. During a "high" cycle, the behavior occurs frequently and is extremely difficult to interrupt. During a "low" cycle the behavior rarely occurs. | Yes | No |

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

26. The behavior seems to occur more often when the person is ill. Yes No
27. (S)he has a history of recurrent illness (e.g., ear or sinus infections, allergies, dermatitis). Yes No

---

**SCORING SUMMARY**

Circle the items answered "Yes." If you completed only Part II, also circle items 1, 2, and 3

**Potential Source of Reinforcement**

1	2	3	4	Social Reinforcement (attention/preferred items)
5	6	7	8	Social Reinforcement (escape from tasks/activities)
9	10	11	12	Automatic Reinforcement (sensory stimulation)
13	14	15	16	Automatic Reinforcement (pain attenuation)

Comments/Notes:

This FAST form was adapted from: Iwata, B.L., & DeLeon, I. G. (1996). *The Functional Analysis Screening Tool (FAST)*.

**FUNCTIONAL ASSESSMENT INTERVIEW (FAI)**

Participant: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M F

Interviewer: \_\_\_\_\_ Date: \_\_\_\_\_

Person answering the interview questions: \_\_\_\_\_

---

**DESCRIBE THE CHALLENGING BEHAVIORS.**

Define each challenging behavior that is of concern. Include information about what it looks like, how often it occurs (per day, week, month), how long the behavior lasts and how damaging or destructive the behaviors are when they occur.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

**DESCRIBE THE PARTICIPANT'S SOCIAL BEHAVIORS.**

Define positive social behaviors you have observed the participant perform. Include information about what it looks like, how often it occurs (per day, per, week, month) and when you are most likely to see the behavior.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

Which of the behaviors described above are likely to occur together in some way? Do you see positive behaviors occurring before challenging behaviors occur? Do all of the behaviors occur about the same time? If you see behaviors occurring in a sequence from least to more problematic, describe the order in which they occur.

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**DESCRIBE ANY SETTING EVENTS THAT YOU THINK ARE ASSOCIATED WITH A HIGHER LIKELIHOOD OF CHALLENGING BEHAVIORS.**

*Physiological Setting Events*

Is the participant taking any medications that may have an effect on the participant's behavior?

---

---

Does the participant have medical or physical concerns that may affect his or her behavior (e.g., gastrointestinal problems, allergies, ear or sinus infections, seizures, and headaches)?

---

---

Does the participant have normal sleeping patterns or does he or she have any problems getting enough rest each night?

---

---

Are there any dietary or eating problems that might have an impact on challenging behavior?

---

---

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

*Environmental & Social Setting Events*

Make a list of the activities where the participant is successful and does not engage in challenging behavior. Include the times when these activities occur.

*Successful Activities*

*Problematic Activities*

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---

---

Are the activities on the daily schedule predictable for the participant? Does the participant know what to expect after one activity ends and the next begins? Is it clear to the participant who they will be spending time with and for how long?

---

---

---

Does the participant get a chance to make choices about what he or she will be doing each day? Does the participant choose what to wear in the morning, the activities that she will be experiencing and when she will be able to engage in fun and reinforcing events?

---

---

---

Are there usually a lot of people around at home, school, or work (including staff, classmates, family members or roommates)? How does the participant respond to crowded or noisy settings?

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---

---

What kinds of support does a participant receive at home, school, work, and other settings? Do you believe there may be issues related to the number of staff, level of family support, staff or family training needs, or certain types of social interactions that may be related to the participant's challenging behaviors?

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**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

Define specific immediate antecedent events that predict when the behaviors are likely and not likely to occur.

*Settings that are most and least likely to trigger challenging behavior*

**Most Likely**

**Less Likely**

_____	_____
_____	_____
_____	_____

*Times that are most and least likely to trigger challenging behavior*

**Most Likely**

**Less Likely**

_____	_____
_____	_____
_____	_____

*People who are most and least likely to trigger challenging behavior*

**Most Likely**

**Less Likely**

_____	_____
_____	_____
_____	_____

*Activities that are most and least likely to trigger challenging behavior*

**Most Likely**

**Less Likely**

_____	_____
_____	_____
_____	_____

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

Describe something that you could do or say that almost always results in challenging behavior. This may include a certain tone of voice (authoritarian, aloof, overly concerned, etc.), particular words or phrases (e.g. "no, that's not right, do it again.")

---

---

**Briefly describe what the participant would do in the following situations.**

The participant is asked to complete a difficult task.

---

---

A highly preferred activity naturally ends or is interrupted.

---

---

There is a sudden and unexpected change in the participant's daily schedule.

---

---

A preferred item or activity is visible but the participant needs assistance to obtain it.

---

---

The participant is left alone (e.g., for 15 minutes).

---

---

The participant is in the room with other people but no one is interacting with him or her.

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**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

**IDENTIFY THE CONSEQUENCES OR OUTCOMES OF THE CHALLENGING BEHAVIORS (WHAT HAPPENS RIGHT AFTER THE BEHAVIOR OCCURS)**

Think of each of the behaviors you listed previously, and identify a specific routine (e.g. getting up in the morning, going to the store, etc.). Describe what happens right after the behavior. Does the participant obtain something? Does the participant escape or avoid something?

Challenging Behavior	Routine	What does the participant obtain?	What does the participant escape or avoid?
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			

Challenging Behavior	Routine	What does the participant obtain?	What does the participant escape or avoid?
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

**CONSIDER HOW MUCH EFFORT IT TAKES TO ENGAGE IN EACH OF THE CHALLENGING AND POSITIVE BEHAVIORS.**

*(A) HOW MUCH PHYSICAL EFFORT IT TAKES TO ENGAGE IN EACH BEHAVIOR,*

*(B) HOW OFTEN A BEHAVIOR OCCURS BEFORE IT IS REINFORCED, AND*

*(C) HOW LONG THE PARTICIPANT HAS TO WAIT TO GET THE REINFORCER.*

<i>Problem Behaviors</i>	<i>Low Effort</i>					<i>High Effort</i>
_____	1	2	3	4	5	5
_____	1	2	3	4	5	5
_____	1	2	3	4	5	5
_____	1	2	3	4	5	5
<i>Positive Behaviors</i>						
_____	1	2	3	4	5	5
_____	1	2	3	4	5	5
_____	1	2	3	4	5	5
_____	1	2	3	4	5	5

**WHAT FUNCTIONAL ALTERNATIVE BEHAVIORS DOES THE PARTICIPANT ALREADY KNOW HOW TO DO?**

Which socially appropriate behaviors or skills listed previously generate the same outcomes or reinforcers produced by the challenging behaviors?

**HOW DOES THE PARTICIPANT COMMUNICATE WITH OTHER INDIVIDUALS?**

Describe the most common strategies a participant uses express himself and what communication strategies are available to the participant. Communication used may involve speech, signs and gestures, communication boards, or electronic devices. Are there any problems with assistive communication systems that are currently being used?

Describe the participant’s receptive communication skills and ability to understand others.

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

Can the participant follow spoken requests or instructions that are simply stated? Give examples of simple and more complicated (if applicable) requests or instructions that can be followed.

Does the participant seem to understand and respond to requests or instructions that are signed or gestural? Give several examples of signed or gestural instructions that can be followed.

Can participant imitate actions if you show the participant how to do something? Give several examples of the types of actions that can be imitated.

How does the participant typically communicate *yes or no* when given a choice or being told to do something?

**DESCRIBE THINGS THAT YOU SHOULD DO AND THAT SHOULD BE AVOIDED WHEN WORKING WITH AND SUPPORTING THIS PARTICIPANT.**

Describe what you do to improve the likelihood that activities or other things will go well when you are with this participant.

Describe the things you do to avoid interfering with or disrupting an event or activity when you are with this participant.

**DESCRIBE THE THINGS THAT THE PARTICIPANT LIKES AND FINDS REINFORCING**

*Favorite foods:* \_\_\_\_\_

\_\_\_\_\_

*Toys, games, or items:* \_\_\_\_\_

\_\_\_\_\_

*In-home activities:* \_\_\_\_\_

\_\_\_\_\_

*Community activities:* \_\_\_\_\_

\_\_\_\_\_

*Other events, people or activities:* \_\_\_\_\_

\_\_\_\_\_

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

**DESCRIBE WHAT YOU KNOW ABOUT THE HISTORY OF CHALLENGING BEHAVIORS IDENTIFIED PREVIOUSLY OR OTHER CHALLENGING BEHAVIORS THAT NO LONGER ARE PRESENT. INCLUDE INFORMATION ABOUT ANY INTERVENTIONS THAT HAVE BEEN TRIED IN THE PAST AND HOW EFFECTIVE THOSE INTERVENTIONS WERE AT THE TIME.**

<i>List past problem behaviors</i>	<i>Interventions</i>	<i>Effectiveness</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

**WRITE DOWN HYPOTHESIS STATEMENTS FOR EACH MAJOR TRIGGER AND/OR CONSEQUENCE.**

Setting Event	Immediate Antecedent (Trigger)	Challenging Behavior	Consequence Maintaining Behavior
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

This FAI form was adapted from: Kansas Institute for Positive Behavior Support, 2014

**MOTIVATION ASSESSMENT SCALE (MAS)**

Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

Rater Name: \_\_\_\_\_

Description of Behavior (be specific): \_\_\_\_\_

Instructors: The MAS is a questionnaire designed to identify those situations where an individual is likely to behave in specific ways. From this information, more informed decisions can be made about the selections of appropriate replacement behaviors. To complete the MAS, select one behavior of specific interest. Be specific about the behavior. For example “is aggressive” is not as good a description as “hits other people.” Once you have specified the behavior to be rated, read each question carefully and circle the one number that best describes your observations of this behavior.

Questions	Never 0	Almost Never 1	Seldom 2	Half the Time 3	Usually 4	Almost Always 5	Always 6
<b>SENSORY</b>							
1. Would the behavior occur continuously if this person was left alone for long periods of time?							
2. Does the behavior occur repeatedly, over and over, in the same way (e.g. rocking back and forth for over an hour?)							
3. Does it appear to you that the person enjoys doing the behavior? (It feels, tastes, looks, smells, sounds pleasing).							
4. When the behavior is occurring does this person seem unaware of anything else going on around her/him?							
<b>SENSORY SCORE</b>							
<b>ESCAPE</b>							
1. Does the behavior occur following a request to perform a difficult task?							
2. Does the behavior occur when any request is made of this person?							
3. Does this person seem to do the behavior to upset or annoy you when you are trying to get him/her to do what you ask?							
4. Does the behavior stop occurring shortly after (one to five minutes) you stop working with or making demands of this person?							
<b>ESCAPE SCORE</b>							

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

Questions	Never 0	Almost Never 1	Seldom 2	Half the Time 3	Usually 4	Almost Always 5	Always 6
<b>ATTENTION</b>							
1. Does the behavior seem to occur in response to your talking to other persons in the room/area?							
2. Does the behavior occur whenever you stop attending to this person?							
3. Does this person seem to do the behavior to upset or annoy you when you are not paying attention to him/her? (e.g. you are in another room or interacting with another person)							
4. Does this person seem to do the behavior to get you to spend some time with her/him?							
<b>ATTENTION SCORE</b>							
<b>TANGIBLE</b>							
1. Does the behavior ever occur to get a toy, food, or an activity that this person has been told he/she can't have?							
2. Does the behavior occur when you take away a favorite food, toy or activity?							
3. Does the behavior stop occurring shortly after you give the person food, toy, or requested activity?							
4. Does the behavior seem to occur when this person has been told that he/she can't do something he/she had wanted to do?							
<b>TANGIBLE SCORE</b>							

SCORES	SENSORY	ESCAPE	ATTENTION	TANGIBLE
<b>TOTAL SCORE =</b>				
<b>MEAN SCORE=</b>				
<b>RELATIVE RANKING=</b>				

**Motivation Assessment Scale: Functions for usage**

- To direct our understanding of the behavior challenge to the intent of the challenge versus the way it appears or makes us feel.
- To understand the correlation between the frequency of the challenging behavior and it's potential for multiple intents.
- To identify those situations in which an individual is likely to behave in certain ways (e.g., requests for change in routine or environment lead to biting).

**Outcomes:**

- To assist in the identification of the motivation(s) of a specified behavior.
- To make more informed decisions concerning the selection of appropriate reinforcers and supports for a specified behavior.

**Note:** Like any assessment tool, the MAS should be used in an on-going continually developing mode.

This MAS form was adapted from: *Michael J. Delaney /Mark Durand, Ph.D. 1986*

**APPENDIX B – SAMPLE TEMPLATES FOR POSITIVE BEHAVIOR SUPPORT PLANS**

**SAMPLE POSITIVE BEHAVIOR SUPPORT PLAN 1**

<b>Participant Name:</b>	
<b>Person Responsible:</b>	
<b>Implemented:</b>	
<b>Objective:</b>	

**Behavior Support Team:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

---

**Desired Outcomes and Rationale:**

Target Behaviors to Decrease:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*a. Motivational Factors:*

*b. Environmental Considerations:*

*c. Antecedents:*

Alternate Behaviors to Increase:

a. *Environmental Considerations:*

b. *Reinforcers:*

Hypothesis:

**Strategy:**

This section details what staff should do before, during, and after a target behavior.

BEFORE:

*Exhibits Target Behaviors:*

DURING:

*Exhibits Target Behaviors:*

AFTER TARGET BEHAVIOR HAS CEASED:

**Data to be Collected:**

**Revisions to Plan**

Behavior Specialist: \_\_\_\_\_ Date: \_\_\_\_\_  
Printed Name

Behavior Specialist: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature

**SAMPLE POSITIVE BEHAVIOR SUPPORT PLAN 2**

Participants Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Behavior Support Team:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Date Plan Implemented:** \_\_\_\_\_

**Identify the Challenging Behavior:**

*The purpose of the behavior:*

**Things to Do All the Time:**

- Teach Skills*
- Teach Social Interaction Skills*
- Teach Communication Repair strategies*

**Short Term Prevention Strategies:**

*These strategies are used prior to situations occurring*

***Choices -***

***Personal Cuing -***

***Simple Language -***

***Safety Signal -***

***Comfort Area -***

***Positive Reinforcement -***

**Replacement Skills:**

*e.g. Learn to negotiate difficult social situations*  
*e.g. Learn to cope with negative emotions*

**When the Problem Behaviors Happen:**

*Actions that will be taken:*

**Data Collected:**

**Revisions to Plan:**

Behavior Specialist: \_\_\_\_\_ Date: \_\_\_\_\_  
Printed Name

Behavior Specialist: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature

**SAMPLE POSITIVE BEHAVIOR SUPPORT PLAN 3**

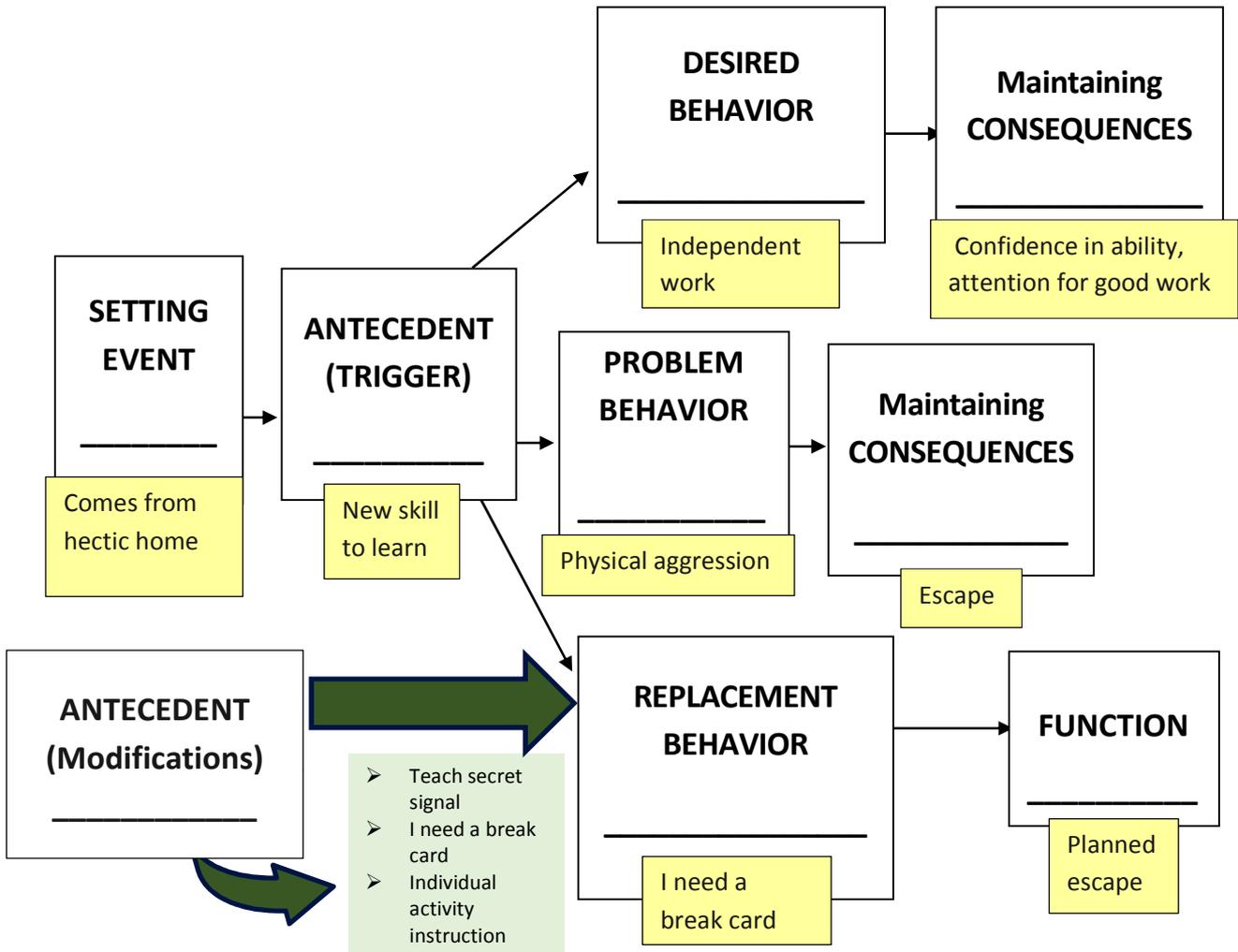
Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

Behavior Specialist: \_\_\_\_\_

Behavior Support Team:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**BEHAVIOR SUPPORT PLAN: COMPETING BEHAVIOR PATHWAY CHART**



**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

*(Make problem behavior irrelevant)*

*(Make problem behavior inefficient)*

*(Make problem behavior ineffective)*

<b>Setting Event Strategies</b>	<b>Antecedent Strategies</b>	<b>Behavior Teaching Strategies</b>	<b>Consequence Strategies</b>

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

**BEHAVIOR SUPPORT PLAN: ACTION PLAN**

Tasks	Person Responsible	By When	Review Date	Evaluation Decision <ul style="list-style-type: none"> <li>• Monitor</li> <li>• Modify</li> <li>• Discontinue</li> </ul>
<p><u>Prevention</u>: Make problem behavior irrelevant (environmental redesign)</p> <p><u>Teaching</u>: Make problem behavior inefficient (teach new skills)</p> <p><u>Extinction</u>: Make problem behavior ineffective (minimize reward for problem behavior)</p> <p><u>Reinforcement</u>: Make desired behavior more rewarding.</p> <p><u>Safety</u>: Ensure safety of all (what to do in dangerous situations) (if needed)</p>				

**DEVELOPING POSITIVE BEHAVIOR SUPPORT PLANS**

**BEHAVIOR SUPPORT PLAN: EVALUATE PLAN**

Plan review date: \_\_\_\_\_

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**Behavioral Goal** (Use specific, observable, measurable descriptions of goal)

**What is the short-term behavioral goal?**

Expected date:

**What is the long-term behavioral goal?**

Expected date:

---

**Evaluation Procedures**

<b>Data to be Collected</b>	<b>Procedures for Data Collection</b>	<b>Person Responsible</b>	<b>Timeline</b>
Is Plan Being Implemented?			
Is Plan Making a Difference?			

Behavior Specialist: \_\_\_\_\_ Date: \_\_\_\_\_  
Printed Name

Behavior Specialist: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature

*Adapted from Positive Behavioral Interventions & Supports, OSEP Technical Assistance Center*

**SAMPLE POSITIVE BEHAVIOR SUPPORT EVALUATION**

**Behavioral Goal (use specific, observable, measurable descriptors of goal)**

1. What is the short –term behavioral goal?
  
2. What is the long-term behavioral goal?

Data to be collected	Procedures for data collection	Person responsible	Complete by: (DATE)

Date of Review						
Is plan being implemented?	<input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not Implemented	<input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not Implemented	<input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not Implemented	<input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not Implemented	<input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not Implemented	<input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not Implemented
Is plan making a difference?	<input type="checkbox"/> Yes <input type="checkbox"/> No					
Evaluation Decision	<input type="checkbox"/> Continue <input type="checkbox"/> Modify <input type="checkbox"/> Discontinue					

We agree to the conditions of this plan:

Participant	Date	Guardian	Date
Case manager	Date	Team Member	Date
Team Member	Date	Team Member	Date

*Adapted from Michigan’s Integrated Behavior and Learning Support Initiative, Competing Pathways Handouts*



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