

Behavior Challenges



Janette Long, MA, BCBA, COBA
Vanessa Rodriguez, PhD, BCBA-D
Nikole Loew MS, PCC-S

Transition to adult service

- Have your team assembled!
- Service Coordinator is key player in obtaining needed services (e.g., behavior specialist, day program, etc)
- Regular contact with team to address needs and plan for prevention
- Guardianship

Treatment

- Know function of problem behavior, and how to respond
 - Reinforce appropriate alternatives
 - Teach replacement communication
- Make sure to include the individual in planning if able
 - Behavior contracts

Treatment

- As child gets older, prevention becomes more of the focus (along with skills building)
 - Schedules
 - Change in environment
 - Have an “enriched environment”
 - Continual assessment is done to ensure that needs are met



Treatment

- Some strategies that can be done with those under 18 will require county approval once 18
- Know the Behavior Support Rule.
- [http://codes.ohio.gov/oac/5123:2-2-06#:~:text=Behavioral%20support%20strategies%20that%20include%20restrictive%20measures,-\(A\)&text=Effort%20is%20directed%20at%20creating,choices%20that%20yield%20positive%20outcomes](http://codes.ohio.gov/oac/5123:2-2-06#:~:text=Behavioral%20support%20strategies%20that%20include%20restrictive%20measures,-(A)&text=Effort%20is%20directed%20at%20creating,choices%20that%20yield%20positive%20outcomes)

Mental Health concerns

- Many individuals with IDD/ASD also have mental health concerns that may impact behavior
- Teaching emotional regulation is important for this, but also everyone benefits
- Work on teaching coping skills that work for the individual
- Work with doctor/psychiatrist for medication management if necessary
 - This person then becomes part of the ‘team’

Building Blocks of Coping

Communication:

- Basic vs. complex
 - Happy, angry, sad
 - Comfortable, uncomfortable
 - Disappointed, frustrated, jealous
- Expressing feelings
- Communicating need for support
- * availability of a support person



"I" STATEMENT



What to do to minimize or prevent a significant behavior

- Preventative strategies (e.g., daily exercise, daily meditation, consistent routines, etc...)
 - Looks for signs of impending behavior/mental health status change (i.e., changes in sleep, eating, activity level, interests, primary facial expression)
 - Modify Environment
 - Modify Expectation
 - Communication with team (includes prescribers)
-

What to do when engaging in significant behavior

- Follow the behavior plan if able to do so safely
- Use De-escalation strategies if behavior plan is not working, or cannot be done safely
 - Validate feeling
 - Keep space, limit people (have help ready if possible)
 - Stay calm
 - Reinforce the replacement behavior if possible

Crisis

- Have a crisis plan in place
 - This should be discussed and agreed upon before crisis occurs
 - Preventatively: get to know your neighbors and get to know your emergency services precinct
 - Crisis Alerts, Patient Snapshots, First Responder Cards
-

NCH resources

- Behavioral Health Pavilion (BHP) opened this year
 - Includes Psychiatric Crisis Department (PCD) and other options
 - If injuries or medical concerns, still go to ED
 - Most services are for 17 or under
 - The IDD inpatient unit can take older if necessary

NCH resources

- Recommended to call the crisis line first and they will alert PCD which can help prep
 - NCH Crisis Line: 614-722-1800

Netcare

- 199 S. Central Ave. Open 24 hours, everyday.
- 18 and older
- Assessment Services M-F 8 – 3:30
- Emergency Response Services - 24/7
- DD Clinician – Crisis Alerts
- Crisis Services
- CSU/Miles

Premise Orders

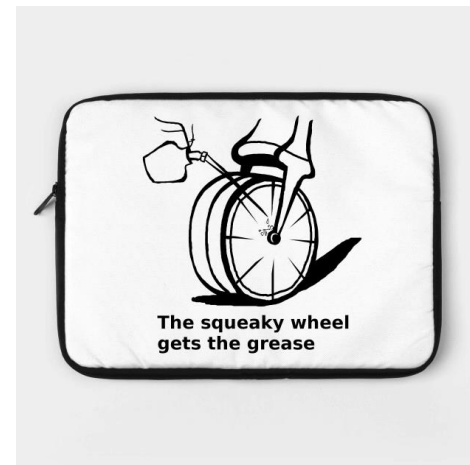
- Information that is shared with police officers when responding to a call.
- Only linked with one address not by person's name
- Template can be altered for important information that will help officers when responding
- Must be concise because officers need to read it quickly

Mobile Crisis Unit

- Mobile Crisis Response Unit =CPD – 614 645 4545
- Community Intervention/Diversion Unit = Sheriff's Office – 614 525 3333
- Prevents unnecessary incarceration/hospitalizations
- Quick access to MH and AoD treatment information
- Provides follow up care to bridge gaps

Advocate

- Be the squeaky wheel!
- Gaps in service will continue to exist if we do not speak up



Questions



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.