

# What You Need to Know About Encouraging Desired Behavior

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# What Is Behavior?

- 💧 **What's the first thing you THINK when someone says BEHAVIOR?**
- 💧 **Behavior is any OBSERVABLE action by a person under a defined set of circumstances.**
- 💧 **All behaviors are influenced by the SAME rules.**

# What Influences Behavior?

- ◆ **Internal events.**
- ◆ **External events.**
- ◆ **What events can you reliably identify and control?**

# Essential Functions of Behavior

- ◆ **Self stimulation**
- ◆ **Social or tangible reward**
- ◆ **Escape**
- ◆ **All behaviors serve an adaptive function for the individual.**

# Value Based Assumptions

- ◆ **Behavior supports must be provided with the dignity of the person as primary concern.**
- ◆ **Behavioral supports must emphasize positive behavior practices.**
- ◆ **Effective supports require a thorough understanding of the individual and behavior.**

# Keys to Prevention

- ◆ **We must create environments and supports that make undesired behaviors irrelevant, ineffective, or inefficient.**
- ◆ **In other words, we must help build lives that have meaning for each individual.**

# Intervention Strategies

- ✔ **Build a daily routine that has value to the individual.**
- ✔ **Define the target behavior.**
- ✔ **Prevent, avoid or stop triggers.**
- ✔ **Create a list of effective staff responses.**
- ✔ **Choose and use a response.**

# Best Practices Guide

Target Behaviors	A-Okay	Simmering	Crisis
<ul style="list-style-type: none"> <li>▶ Physical aggression</li> <li>▶ Self injury</li> <li>▶ Noncompliance</li> </ul>	<ul style="list-style-type: none"> <li>▶ Body appears relaxed</li> <li>▶ Follows 1-step directions</li> <li>▶ Smiles, laughs</li> <li>▶ Follows routine</li> <li>▶ Seeks head rubs/pats</li> <li>▶ Lightly taps head with hand</li> <li>▶ Nods to say "Yes"</li> </ul>	<ul style="list-style-type: none"> <li>▶ Rocking is more intense</li> <li>▶ Makes louder, more frequent noises, yells</li> <li>▶ Slaps head more often &amp; harder</li> <li>▶ Bites hand</li> <li>▶ Bangs head against wall</li> <li>▶ Looks at you out of the corner of his eye</li> </ul>	<ul style="list-style-type: none"> <li>▶ Head butts</li> <li>▶ Screams or yells</li> <li>▶ Bites hand, breaks skin</li> <li>▶ Slaps or punches head with high intensity</li> <li>▶ Ignores directions</li> </ul>
Triggers	What To Do	What To Do	What To Do
<ul style="list-style-type: none"> <li>▶ Loud noises</li> <li>▶ Illness or injury</li> <li>▶ Unwanted social contact</li> <li>▶ Unplanned changes in routine</li> <li>▶ Ignoring requests for attention</li> </ul>	<ul style="list-style-type: none"> <li>▶ Keep him occupied</li> <li>▶ Offer choice of activities</li> <li>▶ Provide brief breaks</li> <li>▶ Avoid downtime</li> <li>▶ Offer movies, TV time</li> <li>▶ Ignore self-stimulation</li> <li>▶ Give lots of positives</li> <li>▶ Look for teaching moments</li> </ul>	<ul style="list-style-type: none"> <li>▶ Redirect to quiet area</li> <li>▶ Don't turn your back</li> <li>▶ Give additional space</li> <li>▶ Provide comfort blanket</li> <li>▶ Use non-verbal prompts</li> <li>▶ Use keyword "Chill out."</li> <li>▶ Reassure that he is ok</li> <li>▶ Inform other staff</li> </ul>	<ul style="list-style-type: none"> <li>▶ Remove others from area</li> <li>▶ Shield self from injury</li> <li>▶ Enhance supervision</li> <li>▶ Ask other staff for help</li> <li>▶ Distract and look for opportunity to engage</li> </ul>