The BILD Positive Behaviour Support International Research and Practice Conference 2014

Defining PBS and promoting evidence based practice

8-9 May, Glasgow
Defining PBS and promoting evidence based practice
Positive Behaviour Support

Dr Brian McClean
Acquired Brain Injury Ireland
Support Systems

1. Behaviour Support Plans
   • Functional Assessment
   • Multi-element intervention: Arousal, rapport, predictability, communication training, reward.
   • Periodic Service Review

2. Longitudinal Training in Positive Behavioural Support

3. Intensive Support Workers

4. Crisis Response
   • CPI Training
   • On-call Crisis Response
   • Emergency respite

5. Mental Health Clinic

6. Individualised costing
   • Non-congregate living options
   • Low arousal living options
   • Family connectedness
   • Matched staffing

7. Behaviour Support Team
   • Dedicated time
   • Contribution to individual plans
The Five Term Contingency

Antecedent

Behaviour\textsubscript{1}

Behaviour\textsubscript{2}

Behaviour\textsubscript{3}

Prompt

Consequence

Positive Reinforcement

Setting Events

- e.g. Noise
- Crowds
- Activities
- Choice
- Predictability
- Attention
- Hunger
- Pain
- Diet
- Tiredness
- Medication

Relationship Family

Access to satisfying activities

Life choices   Dignity and Respect

Immediacy, Value and Probability of Reinforcement

Physical and Cognitive Effort
Behaviour Support Plan

Functional assessment

Proactive Strategies

Adapt the environment
Teach skills
Direct Intervention

Rapid effects
Generalisation
Maintenance
No side effects
Quality of life

Reactive Strategies

Reactive plan
Brendan

- 15 years of age
- Very active, short attention span
- Three signs for requesting (sweet, drink, food)
- Pre-occupied with food access
- Regurgitating, projectile vomiting
- Slapping, hair-pulling every hour
- Hand biting, face slapping many times per hour
- Expelled from school
Five Steps in Support

Low arousal
Rapport
Predictability
Communication
Reward
No aggressive behaviour many years
Regularly spontaneously requesting with signs
Participating in food preparation and self-care
Visiting shops, smoothie bars
Climbed Croagh Patrick
Still living, and deeply connected, with his family
1. Arousal

Fi*!??sh
2. Rapport

- Follow
- Name
- Wait
- Reinforce
3. Predictability

- Repetition
- Rituals
- Routines
- Cues
- Choice
4. Alternative Communication
FIVE STEPS IN BEHAVIOUR SUPPORT
Low Arousal
Rapport Building
Predictability
Communication
Incentives

An Evaluation of an Intervention Sequence Outline in Positive Behaviour Support for People with Autism and Severe Escape-Motivated Challenging Behaviour

Mindfulness is . . .

Paying attention
On purpose
Without judgment
In the present moment
Mindful caregiving increases happiness among individuals with profound multiple disabilities – Singh et al 2004
Mindful Staff Can Reduce the Use of Physical Restraints When Providing Care to Individuals with Intellectual Disabilities – Singh et al (2009)

Use of PRN medication and verbal redirection also reduced. Staff injuries reduced to near zero levels.

**Figure 1.** Number of events (aggression, noncompliance, and self-injury) per week during experimental conditions across parent–child dyads.
Liam

- 9 years of age
- Gentle boy with a huge smile and an infectious laugh
- Very little voluntary movement e.g. little outward arm extension
- Full visual impairment
- Hits himself in the face, frequently and often severely, once detaching his retina
- Staff were considering use of helmet and restraint
• Arousal
• Music
• Background noise
• Cognitive abilities
• Interruptions & transitions
• Body Position
• Interaction style
• Health
• Medication
Functional assessment

Rate of SIB per 10 minutes

- Tired / falling asleep
- Background noise
- Preferred Music
- Non Preferred Music
- Massage
- TV3/ Simpsons
<table>
<thead>
<tr>
<th>Function</th>
<th>Environmental Accommodations</th>
<th>Skills Teaching</th>
<th>Direct Interventions</th>
<th>Reactive Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>To achieve an orientation point</td>
<td>Quiet environment Structured programme (20 minutes) Position change Variety of stimulation Variety of music Interaction style Transition protocol</td>
<td>Eating Switch for music Change music switch Night time mode</td>
<td>Switch continually available Antecedent control</td>
<td>Block hitting for 10 seconds, then turn on music or change music</td>
</tr>
</tbody>
</table>
“The widespread adoption and consistent implementation of positive behavioural support could significantly improve the quality of life of many people with severe intellectual disabilities and severe challenging behaviour. To achieve this constitutes, perhaps, the single greatest challenge for this area of applied behaviour analysis” (Emerson, 2001, p. 192).
Introduction to Behavioural Support
Environmental Accommodations
Skills teaching
Direct Intervention
Reactive Strategies
Behavioural Assessment

Functionally Equivalent Skills Teaching
Functional Assessment

Intervention Development

Periodic Service Review
1st Quarterly

Case Review
2nd Quarterly

Generalisation and maintenance
Evidence of effectiveness:

Evidence of effectiveness:

Tom
Periodic Service Review

Behaviour Support Plan for
Primary Function of the Behaviour: Do not tease or criticise me / I am confused about what is expected of me

Date of PSR _____________ ISW completing PSR _____________

<table>
<thead>
<tr>
<th></th>
<th>1 / 0</th>
<th>Comments</th>
</tr>
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<tbody>
<tr>
<td>1.</td>
<td>Medication review every three months</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Never given medication to take on his own</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>HoNOS taken every month</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Recording of mood</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Recording of aggression, phone use, bossing</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Observations of communication style protocol took place last</td>
<td></td>
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</tbody>
</table>
## Periodic Service Review

6. Observations of communication style protocol took place last week

7. Chat time each night

8. Timetable of activities is wiped and reset on Sunday and Wednesday.

9. Timetable of activities is includes one evening activity every week

10. Timetable of activities for week is presented to Tom each day

11. When asked, Tom knows where he is the next day and the next evening

12. Reward contract for every timetable element Tom participates in

13. Brainstorming session of 3 new solo leisure pursuits in last month (insert date of session)

14. Brainstorming session of 3 new jobs in last month (insert date of session)

15. Weekly timetable contains 3 of the new activities from brainstorming session
• Five Exceptional People
  – Severity criterion
  – Placement Breakdown
• Medication
• Psychiatric symptoms
• Quality of life
• Costs
• Support systems

Months

Frequency of physical aggression

% of 30 minute intervals with physical aggression

Frequency of head banging (bouts)

Frequency of physical aggression

Aine

Andrew

Sean

Ciara

Tom

% of 30 minute intervals with physical aggression

Frequency of physical aggression

Frequency of head banging (bouts)

Months
Frequency of physical aggression

% of 30 minute intervals with physical aggression

Frequency of  head banging (bouts)

Frequency of physical aggression

Frequency of physical aggression

Frequency of physical aggression

Units of Medication

Units of Medication

Units of Medication

Units of Medication

Aine

Andrew

Sean

Ciara

Tom

Months
Mini PAS-ADD Scores

Baseline | Intervention (26 weeks) | Follow-up (74 weeks)

Dep Anx Hyp | Dep Anx Hyp | Dep Anx Hyp

Aine
Andrew
Sean
Ciara
Tom
## Costs (in euro per annum)

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
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</thead>
<tbody>
<tr>
<td>Ann</td>
<td>13,460</td>
<td>17,680</td>
</tr>
<tr>
<td>Andrew</td>
<td>80,000</td>
<td>83,600</td>
</tr>
<tr>
<td>Sean</td>
<td>165,000</td>
<td>165,000</td>
</tr>
<tr>
<td>Ciara</td>
<td>304,000</td>
<td>90,000</td>
</tr>
<tr>
<td>Tom</td>
<td>36,100</td>
<td>75,000</td>
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The Role of Family

- Frequency of physical aggression
- % of 30 minute intervals with physical aggression
- Frequency of head banging (bouts)
- Frequency of physical aggression

Aine

Andrew

Sean

Ciara

Tom

Months