Applying PBS Across Settings: Key Ingredients to Success

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Positive Behavior Support Applications
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Thinking About Context…

- What: What does PBS entail (regardless of context)?
- Who: For whom is PBS helpful?
- When: When is PBS beneficial?
- Where: Where should PBS be implemented?

Agenda

- Evolution of Positive Behavior Support
- Applications Across Contexts and Populations
- Basic Principles and Process/MTSS Framework
- Defining Characteristics: “Benchmarks”
  - Support Team Involvement
  - Assessment of Contexts and Functions
  - Behavior Support Plan Design
  - Data-Based Decision Making
  - Focus on Lifestyle Change
- Implications for Integration & Collaboration
APBS Definition of PBS
Positive Behavior Support (PBS) is a set of research-based strategies used to increase quality of life and decrease problem behavior by teaching new skills and making changes in a person’s environment.
Positive behavior support combines:
- Valued outcomes;
- Behavioral and biomedical science;
- Validated procedures; and
- Systems change to enhance quality of life and reduce problem behaviors.

Characteristics of PBS
(Kincaid, Dunlap, Kern, et al., 2016)
- Research-based assessment, intervention, and data-based decision making
- Building social and other functional competencies, creating supportive contexts, and preventing the occurrence of problem behaviors
- Respectful of a person’s dignity and overall well-being
- Based on behavioral, educational, and social sciences, although other evidence-based procedures may be incorporated.

PBS as a Multi-Tiered Approach
Evolving Practices in ABA/PBS

- Applying Principles (reinforcement contingencies)
- Systematic Instruction (chaining, shaping, error correction)
- Functional Analysis (identifying purposes of behavior to determine intervention)
- Integrated Instruction (combining methods based on FBA: prevention, teaching, management)
- Systems Application (using PBS to improve schools and agencies, as well as enhance other programs)

Carr et al., 2002; Dunlap et al., 2008; Dunlap, Sailor, Horner, & Sugai, 2009; Lucyshyn, Dunlap, & Freeman, 2014; Snell, 2005

Application Across Disciplines and Populations

Schools/Educational Systems
- Early Intervention
- Mental Health
- Positive Behavior Support
- Juvenile Justice
- Child Welfare
- Developmental Disabilities (IDD, Autism)
- Families/Homes
- Aging

Necessary Components of PBS
- Collaborative Process
- Assessment of Contexts & Functions
- Multicomponent Behavior Plans
- Data Based Decision Making
- Focus on Lifestyle Change

Assessment of PBS Practices Questionnaire: www.flapbs.net Resources, Practice, Community
Features Identified in Selected Seminal Works

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<th>Collaborative Process</th>
<th>Assessment of Contexts &amp; Functions</th>
<th>Multi-Component Plans</th>
<th>Data-Based Decision Making</th>
<th>Focus on Lifestyle Change</th>
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Collaborative Process
- Stakeholders from all relevant settings
- Person-centered/group action planning
- Team involved in all aspects of process
- Information and training provided
- Communicate consistently

Assessment of Contexts and Functions
- Assessments include:
  - Interviews/indirect assessments
  - Direct observations across contexts
  - Ecological/curricular assessments
- Assessments result in patterns:
  - Probable functions of behavior
  - Circumstances that trigger behavior
Assessing Contexts and Functions

- Setting Events (Conditions or Circumstances)
  - When
  - Where
  - What
  - Why
  - Activities
- Antecedents (Specific Triggers)
- Behaviors of Concern
- Negative/Problematic
- Maintaining Consequences

Behavior Support Plan Design

- Interventions linked to patterns
- Behavior support plans include:
  - Goals and specific behaviors of concern
  - Environmental arrangements to support behavior
  - Instructional targets and teaching strategies
  - Management of consequences (R+)
  - Maximize autonomy and respect

Behavior Support Plan Elements

- Antecedent/Setting Events
- Behavior
- Maintaining Consequences

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<th>Teaching Strategies</th>
<th>Management Strategies</th>
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<td>Changing environment to prompt positive behavior and make problem behavior unnecessary (prior to the behavior)</td>
<td>Teaching skills to replace problem behavior or allow individuals to be more successful</td>
<td>Responding to behavior to reinforce positive and not negative behavior</td>
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<td>Modifying setting events to improve lifestyle and climate</td>
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<td>Supporting caregivers and practitioners to implement interventions consistently</td>
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Data Based Decision Making

- Behaviors of concern defined objectively
- Objective data collected to monitor progress and evaluate outcomes
- Implementation monitored to ensure fidelity
- Data synthesized and analyzed to guide decision-making

Focus on Lifestyle/System Change

- Achievement of meaningful goals (e.g., participation, relationships)
- Intervention strategies are designed to
  - be implemented by caregivers
  - fit within natural routines
  - Advocacy for resources/systems change as needed

Domains of Quality of Life

- Health and Safety
- Productive Activity
- Community Participation
- Self-Advocacy & Choice
- Social Relationships
- PBS Quality of Life Questionnaire
Implementing PBS at a Systems Level

- Leadership and Planning Processes
- Hiring Practices and Job Descriptions
- Supportive Policies and Procedures
- Resources and Universal Supports
- Templates, Tools, and Resources
- Training and On-Site Coaching
- Evaluations and Incentive Systems
- Data Collection Tools/Systems

Implications for Practice

- Clarity and consistency in defining PBS
- Engaging and empowering stakeholders
- Blending with other disciplines – and integrating in existing processes - without losing integrity
- Creating sustainable training and implementation tools and ensuring fidelity
- Ensuring shared goals and coordinated activity
- Attending to contextual fit and diversity in all aspects of our work (e.g., goals, measures, interventions)
In Closing…

Questions? Answers?

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Home and Community PBS
https://hcpbs.org/
Facebook & Twitter

References
PBS: History and Defining Features

References (cont.)
References

PBS: Multi-Tiered Systems


PBS: Intervention Components


References (cont.)

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PBS: Population-Specific Applications

- Blair, K. S. C., Fox, L., & Lamb, R. (2010). Use of positive behavior support to address the challenging behavior of young children within a community early childhood program. Topics in Early Childhood Special Education, 30, 46-79. (early intervention)

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