

## Behavior Support Plan

**Reason for Referral:** To help “Individual” communicate with staff and peers without resorting to verbal and physical aggression (e.g. cursing, making threats). Teach additional anger management skills.

### **Antecedents/Triggers:**

- Mental Retardation, Mild (low frustration tolerance)
- Impulse Control Disorder, NOS
- Family History (learned maladaptive behaviors)
- Perceived “bad news” from treatment team
- Discussing criminal charges
- Being told “no” or having to wait
- Being corrected by peers
- Step level

### **Maladaptive Behavior(s) to Decrease:**

- Using profane language towards staff and peers
- Verbal retaliation (you hurt me, so I will hurt you)
- Verbally threatening peers and staff
- Bullying peers for money
- Cursing at peers and staff

### **Replacement Behaviors to Increase:**

- Tell staff how he is feeling
- Calm down before saying how he feels
- Speaking slowly so he is more easily understood
- Managing disappointment (being told “no” or waiting)
- Using anger management skills

### **Procedures:**

#### **Antecedent Changes**

- Staff will speak to “Individual” using simple words.
- Staff will tell “Individual” the reason he is being told “no” or has to wait.
- Staff will notice when “Individual” is upset (cursing, racial slurs).
- Staff will remove “Individual” from others.

**Teaching:**

- Staff helps “Individual” lists ways he copes (going for walks, listening to music, ect.).
- Staff daily reminds “Individual” what he can do when he is upset.
- “Individual” does not like people trying to talk to or touch him when he is upset.
- Staff give praise when “Individual” copes well (knuckle bumps, thumbs up).
- Praise will be given daily.
- Staff engages “Individual” daily (playing cards, watching sports, lunch with staff).
- Staff engages “Individual” in activities such as building model cars.
- Staffs helps “Individual” develop arts and crafts activities (collage, appreciation grams, and search-a-words).
- Staff finds ways to help “Individual” feel useful on the unit (pass out items).

**Interventions:**

- If “Individual” engages in verbally aggressive behaviors:
  - Remove him from the area and allow him to calm down.
  - Encourage him to talk after he is calm.
  - Give him an activity that he likes.
  - Use Help-Prompt-Wait Safety Care Technique
  - What do you need?
  - Would you like to walk outside and calm down?
  - Silence

**Other Factors to Consider:**

- Behavioral Support Team recommends on-going, individual therapy.
- Recommendations for therapy include anger management, talking about his charges, coping, and patience.
- “Individual” feels a lack of power.
- Activities that may help him feel more in control are building model cars and the tip system.
- Behavioral Support Team recommends a chart to track positive behavior.
- Behavioral Support Team recommends a weekly reward when “Individual” engages in at least 8 adaptive behaviors each week. This number can be increased as “Individual” continues to progress (e.g. 12 a week, 15 a week).
- Examples of rewards include (time with staff, building/working on a model car, candy, chips).

**Data Collection:**

- An adaptive tracking sheet will be used to track “Individual’s” adaptive behavior.
- The adaptive tracking sheets will be kept in “Individual’s” chart.
- The charge nurse will assign a staff member to place a check on the adaptive tracking sheet when “Individual” engages in the positive behavior(s).
- The Behavioral Support Team will review IPN notes to keep track of maladaptive behavior.

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Dolores D. Tarver, Ph.D.  
PBS Team Psychologist

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Date