



Positive Interventions...are they?

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Antecedent based interventions

- Steps we take to encourage behaviors
 - Address antecedent situations that our assessment indicates occur prior to the display of prosocial or problematic behavior
 - Discussion

Antecedent based interventions

- Is behavior related to connection seeking, escape or sensory issues
 - If Sensory - teaching, coaching and providing self regulation supports
 - If connection seeking – provide attention and reinforcement
 - If escape – is it because there is lack of motivation or is it skill deficit
 - Lack of motivation – Reinforce expected behavior
 - Skill Deficit – Teach the skill

Antecedent based interventions

- Reinforcement
 - Verbal praise; gestures, naturally occurring,
 - Rewards, reinforcers for demonstrating a behavior / not demonstrating a behavior
 - Token economies – earn an item for displaying a specific behavior or not displaying a specific behavior

Antecedent based interventions

- Prompt Help strategies
 - Verbal praise; gestures, naturally occurring,
 - Least intrusive promptwait....prompt again....wait
 - Prompt Hierarchy – Verbal, gestural, visual, physical cues, physical assistance, total assistance

Positive Interventions:

- Reflect, Honor and Connect
- The 3 P's
- Safety Scripts
- Having expectations and understanding these expectations
- Avoid the no, don't stop - Yes, when...., 2 types of no's
- First ..., then....
- There are 2 Good choices...
- Setting limits – clear, simple, reasonable and enforceable
- Problem solving
- Compromise

Positive Interventions:

- Do not pick up the rope!
 - Recognize...this may be a power struggle – listen to your internal signals (racing heart, fast breathing, facing turning red, dry mouth, arm's crossed, etc.)
 - Regulate our own emotions, thoughts, feelings and behaviors – This mirrors the behavior we want to see in the other person
 - Model calm in your body language and tone of voice – use head nods, touch your chin, lean your head to the side to let the other person know you are thinking about what they are saying, lean toward the person to let them know you are listening, uncross your arms and legs, calm neutral tone of voice
 - Be present – turn off the phone, put down the papers, give the person your full attention
 - Empathize – put yourself into the other person's shoes
 - Listening more than you talk

More ideas:

- Recognize any attempts the person makes to engage in the requested behavior
- Visual supports – remember when a person is demonstrating off line thinking they respond better to visuals than spoken word. Use gestures or pictures to give directions. Role model calming techniques
- Walk away – if the person's safety is not in jeopardy, let the person know you are going to take a break to get your emotions together and will revisit later

Rights of people with Disabilities:

- Review the Rights of People with Disabilities

Positive Intervention...is it?

- The right to privacy, including both periods of privacy and places of privacy;
- The right to communicate freely with persons of their choice in any reasonable manner they choose;
- The right to ownership and use of personal possessions so as to maintain individuality and personal dignity;
- The right to social interaction with members of either sex;
- The right of access to opportunities that enable individuals to develop their full human potential;

Positive Intervention...is it?

- When Sarah is spending time with her boyfriend, staff are within visual and auditory supervision because Sarah has a history of making allegations against others.
- John wants to quit smoking, and has decided he only wants to smoke 10 cigarettes per day to start. Team provides John a lockbox to keep his cigarettes, staff keeps the key and John asks for his cigarettes. If John asks for more than 10 cigarettes staff remind him of his ISP.
- Mary is diabetic and she is trying to follow her 1800 calorie diet at home but at work she is accused of stealing her coworker's food from the fridge.
- When Amy completes the chores on her list, she is rewarded with a shopping trip where she can spend \$20.00 on whatever she wants. If she doesn't complete the chores on her list no shopping trip and no money.

Positive Intervention...is it?

- Staff remind Amy to put her cell phone in the kitchen to charge every night at 11 PM and takes it off the charger at 7 AM.
- Staff remind Bob that if he doesn't go to work today, he cannot go bowling this evening.
- Bill has been putting things in his pockets at work. Prior to leaving, staff ask Bill if he wants to show them what he has in his pockets.
- Jess has access to \$5.00 of personal spending money.

Final Thoughts

- Sometimes it is not what we write in an ISP but what we don't write that turns a positive support into a restriction!