Behavioral Supports in Action

Today’s presentation will:
- Include a brief discussion on frameworks for development and provision of behavioral supports.
- Highlight the differences and similarities of both ABA and Positive Behavioral Supports approaches.
- Discuss successes and challenges using real life examples.

We will:
- Discuss a hypothetical case study which illustrates some common behavioral concerns.
- Present example behavioral interventions.
- Discuss expected outcomes.
Applied Behavior Analysis

The science in which procedures derived from the principles of behavior are systematically applied to improve socially significant behavior to a meaningful degree and to demonstrate experimentally that the procedures employed were responsible for the improvement in behavior. (Cooper, Heron, and Heward, 1987)
Components of Applied Behavior Analysis

- **APPLIED**: Use scientifically proven methods to address behavior because it is important to the individual and society
- **BEHAVIORAL**: Address actual observable behavior rather than verbal reports of behavior, feeling or attitudes
- **ANALYTIC**: Demonstrate systematically and quantitatively that interventions utilized are responsible for behavior change
- **GENERALITY**: Plan for behavior change that is durable over time, various settings, various people, various conditions
Use of Applied Behavior Analysis

- We use the principles of ABA to accurately describe and predict behavior in order to understand the function of the individual’s actions.

- Once we determine function of behavior (why it occurs and in what circumstances it occurs) we can develop and implement effective interventions.

- We use person centered methods/interventions based on evidence and research.
Positive Behavioral Supports

- A function-based approach to eliminate challenging behaviors and replace them with prosocial skills.
- An approach not focused solely on the individual served but also on the person’s environment, and the overall culture and approach within a setting.
Components of Positive Behavioral Supports

- **Person Centered Planning**: A holistic approach to developing meaningful goals and outcomes based on a balance of what is important to and important for a person.

- **Environmental Analysis**: Adapting the environment to best accommodate a person’s needs whenever possible.

- **Proactive and Preventative Strategies**: Providing assistance and guidance to the team in the absence of and prior to the presence of targeted behaviors.

- **Replacement Strategies**: When possible offering a new way to meet the same needs currently being met by the target behavior.
Applied Behavioral Analysis (ABA) & Positive Behavioral Supports (PBS)

What’s the difference?
Wait a minute......
What’s the difference between these? They sound very similar.

**ABO**

的行为 by a person

**PBS**

Person who does a behavior
Applied Behavioral Analysis (ABA) & Positive Behavioral Supports (PBS)

The way in which many behavioral support professionals have applied ABA vs PBS has created a divide and many misconceptions.

ABA and PBS are based on the same foundational principles.

Formal plans (BSPs) may look very different or very similar.
ABA vs PBS: Misconceptions

ABA Misconceptions
- Extremely rigid
- Requires total environmental control
- Uses excessive punishment
- “Cures” Autism
- Effective for only young children

PBS Misconceptions
- Too informal, the process isn’t taken seriously
- No natural consequences present
- Doesn’t consider health and safety
- Nice ideas, but ineffective
- Only works with “easy” behaviors
Applied Behavioral Analysis &
Positive Behavioral Supports

In summary, ABA and PBS are intersecting and overlapping approaches with somewhat different areas of emphasis.
Case study

Jason X
Case Study: Jason X

ABA vs PBS: What’s the same?

• Recognition of a need for expressive communication
• Incorporation of positive preventative strategies
• Provide assistance in areas involving transition planning

• Both plans accommodate the use of approved Personal Control Techniques for situations that may present a significant danger to Jason or others.
Case Study: Jason X

ABA vs PBS: What’s different?

YCS Plan -
• Provides specific expected outcomes and timelines
• Incorporates a break schedule into Jason’s day
• Provides specific timed reactive strategies

CFS Plan-
• Frequently incorporates “pairing” of preferred items and activities to promote participation
• Inclusion of directives which tell staff “what not to do”
• Addresses staff attitudes as a key component of Jason’s success.
How to start, what to expect?
Follow-up
Success Stories
Questions....?
BEHAVIORAL SUPPORTS
IN ACTION

THANK YOU!

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