



DIVISION OF DEVELOPMENTAL DISABILITIES
Olympia, Washington

TITLE: POSITIVE BEHAVIOR SUPPORT POLICY 5.14

Authority: Chapter 71A RCW Developmental Disabilities
Chapter 388-820 WAC Community Residential Services and Supports
Chapter 388-825 WAC DD Services Rules
Chapter 388-850 WAC County Employment and Day Programs

BACKGROUND:

The mission of the Division of Developmental Disabilities (DDD) is to endeavor to make a positive difference in the lives of people eligible for services, through offering quality supports and services that are: individual/family driven; stable and flexible; satisfying to the person and their family; and able to meet individual needs. Supports and services shall be offered in ways that ensure people have the necessary information to make decisions about their options and provide optimum opportunities for success.

DDD wants people to experience positive life benefits as described in the *DDD Residential Service Guidelines*. These benefits include:

- Health and safety;
- Personal power and choice;
- Personal value and positive recognition by self and others;
- A range of experiences which help them participate in the physical and social life of their communities;
- Good relationships with friends and relatives; and
- Competence to manage daily activities and pursue personal goals.

PURPOSE:

This policy describes the division's general approach to promoting quality of life and adaptive behavior through the *DDD Residential Service Guidelines* and by providing positive behavior support for individuals with challenging or problem behaviors.

SCOPE:

This policy applies to all persons who receive services in:

1. DDD certified and contracted residential programs serving people in their own homes;
2. State Operated Living Alternatives (SOLA);
3. Intermediate Care Facilities for the Mentally Retarded (ICF/MR);
4. Residential Habilitation Centers (RHC); and
5. Services provided by counties that are funded by DDD.

POLICY:**A. Positive Behavior Support**

Positive behavior support is an approach for dealing with problem behavior that focuses on changing the environment and skill deficits that contribute to the person's problem behavior. Positive behavior support must be emphasized in all services funded by DDD for persons with developmental disabilities.

Positive behavior support is based on respect, dignity, and personal choice. It helps develop effective means of meeting a person's needs and helps reduce problem behaviors. Different people will require different positive supports. Common types of support are:

- Assisting a person to live in a home which is safe, attractive, and in a location which is readily accessible to the community, activities, friends, and relatives; and
- Providing a person opportunities and assistance to:
 - Learn how to make choices and exercise personal power;
 - Manage daily activities, pursue personal goals, and access good health care;

- Form and maintain significant friendships and relationships; and
- Participate in a broad range of activities that the person enjoys and which promote positive recognition by self and others. This includes work, leisure, socialization and personal interests.

B. Components of Positive Behavior Support

➤ Supportive Environments and Learning Opportunities

A supportive environment helps a person meet his or her needs through positive expression instead of needing to resort to problem behaviors to get the environment to respond. In a supportive environment, caregivers proactively plan to meet a person's needs. Many things contribute to a good environment, including:

- Promoting warm and caring relationships, especially with caregivers;
- Increasing a person's opportunity to make daily choices;
- Reducing factors and forms of treatment that may make a person feel anxious, afraid, angry or devalued;
- Arranging environmental factors, such as location of residence, access to transportation, and user-friendly kitchens;
- Providing consistent, positive responses to appropriate behavior on the part of the person;
- Providing a consistent, predictable environment;
- Calmly interrupting and redirecting inappropriate behavior; and
- Assisting the person to understand, to the best of their ability, how and why behavior change is helpful.

➤ Skill Development and Status

Skill development and improvement help increase a person's status and confidence. Skill development is dependent upon age, capabilities, interests, and personal motivation. Important types of support are:

- Teaching a person new skills to obtain what they want;

- Improving a person's communication skills;
- Increasing participation in typical community activities (work, socialization, shopping, recreation, and leisure, etc.);
- Fostering skills and behaviors that promote mental and physical wellness;
- Encouraging a person to take more responsibility in their lives; and
- Helping a person to find ways to make contributions to others.

➤ Health Care

Health care support needs to be offered to the person to ensure prompt assessment and treatment of any ongoing or suspected problem. Untreated or under-treated health problems are often related to challenging behavior. Health care support should be offered until the problem is resolved. Establishing an ongoing relationship with a primary health care provider is part of health care support.

➤ Treatment of Mental Illness

Persons who have a mental illness or mental health issues should be evaluated by a mental health professional, preferably one with expertise in developmental disabilities. The professional's recommendations should be considered in developing the person's positive behavior support plan. This may include prescription of psychoactive medication. Any use of psychoactive medication should be integrated into the larger plan to build a supportive environment for the person.

For persons receiving certified contracted residential services and services through SOLA, refer to DDD Policy 5.16, *Use of Psychoactive Medications*.

For persons residing in Community ICF/MRs and Residential Habilitation Centers (RHCs), refer to DDD Policy 9.02, *Administration of Psychotropic/Neuroleptic Drugs and Other Medications for Behavior Management or Treatment of Mental Illness*.

➤ Protection From Harm

Some people's behaviors may pose the threat of harm or injury to themselves, others, or property. In order to prevent injury or the destruction of property, physical intervention or restraint may be necessary. When this is the case, physical intervention is used only for the protection of the person, others, or property. Refer to DDD Policy 5.15, *Use of Restrictive Procedures*, and Policy 5.17, *Physical Intervention Techniques*, for more information.

➤ **Functional Assessment**

Some individuals have challenging behaviors that may interfere with their ability to have positive life experiences and form and maintain relationships. Positive behavior support uses functional assessment to help build respectful support plans for persons with challenging or problem behaviors.

A functional assessment is a process that evaluates:

- The overall quality of a person's life;
- The factors or events which increase the likelihood of problem behavior;
- The factors or events which increase the likelihood of appropriate behavior;
- When and where the problem behavior occurs most frequently;
- The presence of a diagnosed mental illness or neurological dysfunction which may contribute to the problem behavior; and
- The functions of the problem behavior (what the person obtains or avoids by engaging in the behavior).

C. Positive Behavior Support Plans

The completed functional assessment provides the basis for developing individualized positive behavior support plans, which will help reduce the frequency and severity of the challenging or problem behavior. These supports form the core of a Positive Behavior Support Plan (BSP).

BSPs are required when challenging or problem behaviors interfere with a person's ability to have positive life experiences and form and maintain relationships.

A BSP generally contains the following common elements:

- Recommendations for improving the general quality of a person's life as described throughout this policy;
- Providing increased interesting activities to fill a person's time;
- Reducing events that are likely to provoke the problem behavior;

- Methods to teach alternative appropriate behaviors that will achieve the same results as the problem behavior;
- Methods to reduce the effectiveness of the problem behavior in obtaining the desired outcomes; and
- Professional recommendations for treating mental illness and/or neurological dysfunction.

For people with challenging or problem behavior, BSPs emphasize positive supports that are essential to the person successfully meeting their needs.

SUPERSESSION:

DDD Policy 5.14
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DDD Policy 5.14
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DDD Policy 5.14
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DDD Policy 5.12
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Approved: /s/ Linda Rolfe
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