

# Positive Strides: Systematic Implementation of Tiered Supports in Developmental Disabilities

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## Introduction

Systematically implementing universal strategies improves quality of life and reduces the likelihood of undesirable behavior in individuals with developmental disabilities.

The Behavior Resource Team (BRT) from the Kirksville Regional Office consulted with agencies to create agency-wide changes.

The goal for the BRT and agency was to evaluate, develop and implement systematic changes that would create a consistent teaching environment and enhance the quality of life for individuals with developmental disabilities and direct support professionals.

### Expectations Matrix

	KITCHEN	BATHROOM	BEDROOM	LIVING ROOM	IN AUTOMOBILE	OUTSIDE THE HOME
<b>BE RESPONSIBLE</b>	Wash hands before preparing food & eating Wash dishes Clean counter tops Dispose of trash	Wash hands after using restroom Pick up personal items	Keep bedroom free of clutter Close door & window coverings while getting dressed Change sheets weekly	Keep living room free of clutter Keep phone & TV remote in proper place	Be aware of other vehicles when opening car doors. Keep car free of trash & personal items	Keep track of personal belongings Talk to each other about where you are going to be
<b>BE RESPECTFUL</b>	Get permission before eating or drinking items belonging to others Give others personal space when they are cooking Eat meals at the time they are prepared	Respect others' privacy while they are using the restroom Only use personal items you have purchased unless you are given permission	Keep TV & music sound level low to respect others Get permission before entering others rooms	Share TV time & program choices with housemates Keep conversation level low when others are watching TV	Keep hands & feet to self Be respectful of others' personal belongings	Be respectful of others' personal belongings Respect others personal space Use good manners
<b>BE SAFE</b>	Remain in kitchen when cooking Use caution when using kitchen appliances, knives, utensils	Sanitize bathroom surfaces daily Keep bathroom floor dry Turn off electrical items when leaving the room	Turn off electrical items when leaving the room	Turn off electrical items when leaving the room Blow out lit candles	Wear a seatbelt Be aware of hands & feet when closing car doors Make sure vehicle is completely stopped before unbuckling seatbelt or opening car door	Be careful sharing personal information about yourself & others Look both directions when crossing the street

Sample Agency Expectations Matrix

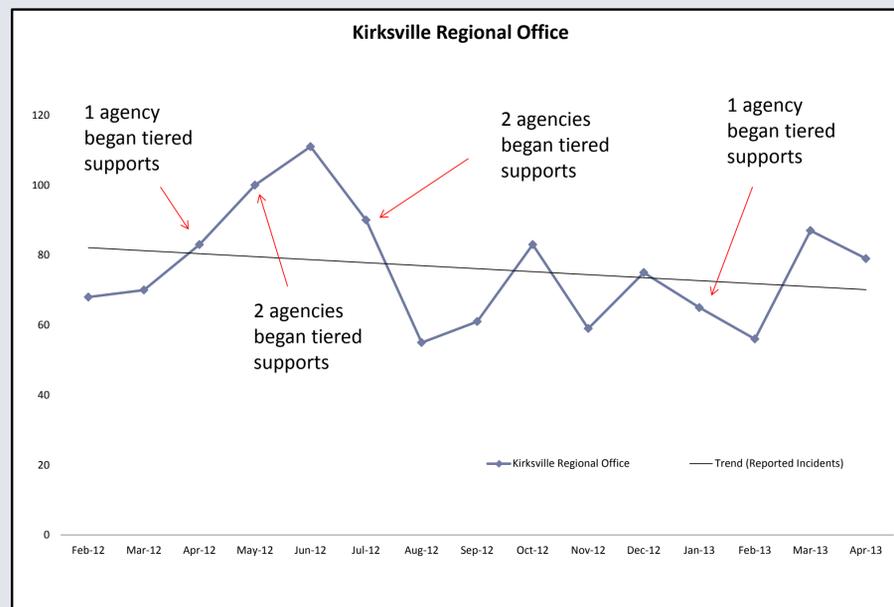
## Methods and Materials

The BRT participated in agency team meetings as scheduled by the agency, typically monthly. During these meetings the agency teams received coaching and consultation to develop agency-wide life values and expectations, an expectations matrix and teaching strategies. In addition to these practices, the agency team and coaches evaluate and design systems to insure consistent and ongoing implementation of practices and collection and review of data to evaluate effectiveness.

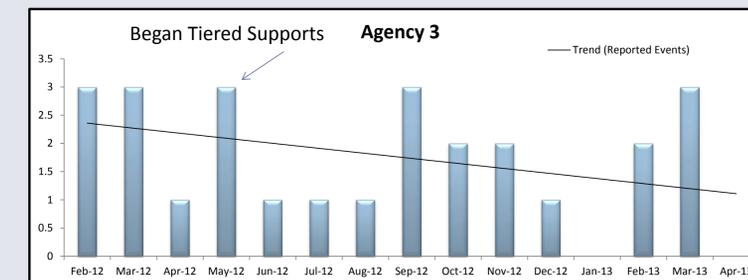
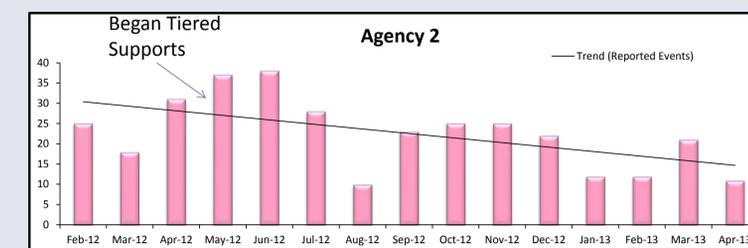
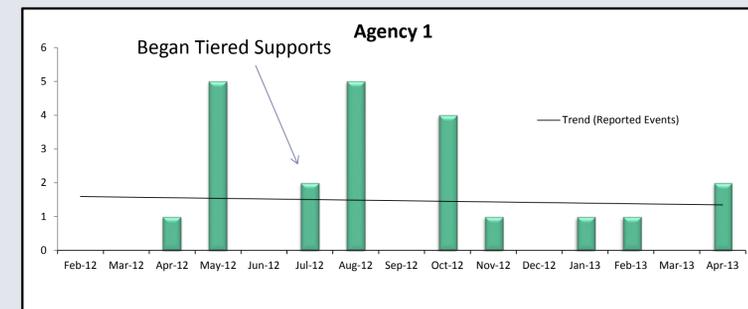
The following activities have been the initial focus of the Tiered Supports coaching for the agencies:

- A supports and systems evaluation tool was completed to highlight the agency's strengths and enhancement needs.
- Agencies systematically trained administration and direct support professionals in the Tools of Choice Curriculum provided by the BRT.
- BRT provided coaching to direct support professionals on Tools of Choice skills.

### Total number of reported events for region from February 2012 through April 2013



### Figures -The total number of events reported from February 2012 through April 2013



## Results and Discussion

The region (all provider agencies included) is experiencing a gradual decrease in incidents as the Tiered Supports Model is implemented. The agency teams that met routinely had a decrease in reported incidents as they implemented life values and expectations and Tools of Choice Training.

Seven agencies are participating in tiered supports within the Kirksville region. Despite the low number of agencies participating, the Kirksville region continues to see a decline in the total number of reported events.

In the future, we will look at providing reinforcement to agencies meeting implementation criteria and to agency direct support professionals for implementation of universal strategies and its impact on the ration of positive interactions in an environment.

## Contact

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## References

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