

# Positive Behavior Intervention and Crisis Plans

PASRR recommendations may include Crisis Intervention Services (Plans) / Implement plans to prevent and address inappropriate behavior when an individual with a disability or mental illness has conduct that requires mental health supports. Intervention plans can be used to address and support those needs. A behavior intervention plan should be proactive or preventative in responding to an individual's behavior. A crisis plan is an action plan developed for how to respond to support an individual at specific times when he or she may be at risk of harm to self or others related to behavioral health needs. The plans may be combined when trying to be have more success supporting individuals with emotional or behavioral disabilities.

## **What is an intervention plan?**

It is a written proactive plan that is part of an individual's person center planning and includes strategies to help reduce or prevent the likelihood of challenging or inappropriate behaviors from occurring. For some individual's, simple interventions such as reducing the noise level or providing a quiet environment may make a difference. For others, a more formal plan may be needed to address the behavior. When an individual's behavior negatively impacts his or her quality of life or that of others, the person center planning team should consider the use of positive behavior interventions, strategies, and supports to address the problem. It is important for the team to consider ways to help the individual learn positive behavioral skills as well as other necessary coping skills. A positive behavior intervention plan is developed by the person center planning team with information gathered from the:

- Individual
- Family / Friends
- Medical and Nursing staff
- Other staff who know the individual well
- Others who are important to the individual
- Evaluation information including an assessment of the behavior through observation and collection of data. The information is reviewed to determine the reason for a behavior and the times and situations in which it is most likely to occur.

## **What should an intervention plan include?**

An intervention plan should include specific steps to assist the individual to learn new behavioral and coping skills. It should include:

- Environmental changes to reduce or eliminate challenging behaviors
- Strategies for teaching new skills to replace challenging behaviors
- Skills training to increase individual understanding of positive behavior strategies
- Supports that will be provided to help the individual practice the new strategies across different settings within the facility. Below are some resources for nursing facilities to improve ability to address and prevent problematic behavior:

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**Therapy Aide, worksheets and Tools:** <https://www.therapistaid.com/>

**Person-Centered Care Planning:** <https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/providers/long-term-care/qmp/care-planning-dementia.pdf>

**Guide For Assessing Changes in Behavior in Residents of Long Term Care Facilities and... Getting Help When Needed:**,<https://pogoe.org/sites/default/files/ABC-SuppMat.pdf><https://www.maine.gov/dhhs/samhs/mentalhealth/mh-system/olderpersons/guide/GuideTT.pdf>

**Managing Difficult Behaviors in Dementia, By Linda Conti, RN, CHPN, *Today's Geriatric Medicine*:** <http://www.todaysgeriaticmedicine.com/archive/MA16p16.shtml#.W-3FcW1bme8.email>

## What is a crisis plan?

Many individuals who have intervention plans may also benefit from staff developing and using a crisis plan. A crisis plan is an action plan that is needed when an individual may be at risk of harm to self or others. An individual's crisis plan should be developed by individuals knowledgeable about the individual and include someone trained in mental health crisis response. Crisis plans should be individualized and reviewed regularly. The planning team should consider all facility policies and procedures for responding to an individual who is experiencing a crisis. If an individual's actions are viewed as a violation of the facility's policies, the planning team may consider if the individual's crisis warrants a reassessment for significant change in condition and medical and/or mental health assessment.

## What should a crisis plan include?

A crisis plan defines what an individual's crisis looks like. It includes clear steps that will be taken to support the individual during a crisis including knowing who to contact for assistance, how to work together with the individual during the crisis, and how to determine when the crisis is over. A crisis plan also identifies when the physician, emergency medical services and/or law enforcement should be contacted.

A crisis plan:

- Is used when the individual may be at risk of harm to self or others
- Focuses on immediate response to the risk of the individual's harmful behaviors or actions
- Can include support from a trained mental health crisis response provider

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## Resources

The Behavioral Health Crisis Hotline: <https://dmh.mo.gov/mentalillness/progs/acimap.html>

The BHCH is staffed by mental health professionals who can respond to your crisis 24 hours per day and 7 days per week. They will talk with you about your crisis and help you determine what further help is needed, for example, a telephone conversation to provide understanding and support, a face-to-face intervention, an appointment the next day with a mental health professional, or perhaps an alternative service that best meets your needs. They may give you other resources or services within your community to provide you with ongoing care following your crisis. All calls are strictly confidential.

Mental Health First Aid Training is offered throughout the state:

<https://www.mimh.edu/mental-health-first-aid/>