Tools of Choice: Universal Strategies for Improved Relationships and Reduced Crisis Behaviors

Mike Stoutimore, Ph.D. BCBA LBA
Teresa Rodgers, Ph.D. BCBA LBA
Department of Mental Health, Division of Developmental Disabilities

What does learning the Tools do for you?

- How to "do" the philosophy and concepts from Positive Behavior Supports and Person Centered Strategies in everyday situations. Tools are “Universal Strategies” on the PBS triangle.
- Learn to develop positive relationships with others.
- Learn to prevent problem situations and de-escalate most behavioral crisis situations and help someone in emotional distress.
- Learn to teach, promote and encourage desirable behaviors.
- Understand and be able to identify what is coercive and the effects of coercion.
- Understand that coercive interactions are a large part of the problem.

What does a Tools Training Involve?

- Minimum of 6 classes - 18 hours, more if necessary to achieve competency
- Three hours each class – approx. 1.5 hours of presentation and discussion and 1.5 hours of demonstration and practice with feedback
- Homework and practice between classes
- On sight follow up, coaching with observation and feedback in addition to class hours
- Assistance in building a system that promotes Tool use
- No cost to DD Agency or Individual receiving DD supports
- Available to individuals and their support persons who are eligible for DD services

Table 1 The tools and When to Use Them

<table>
<thead>
<tr>
<th>Name Of The Tool</th>
<th>When Is The Tool Used?</th>
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<tbody>
<tr>
<td>AVOID COERCION</td>
<td>All the time, in all situations</td>
</tr>
<tr>
<td>STAY CLOSE – COOL, ROUTINE AND RANDOM</td>
<td>Regularly, in good times and typical situations, as often as possible</td>
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<tr>
<td>STAY CLOSE – HOT</td>
<td>When emotions are high, something bad has happened, serious behavior may occur or has just occurred</td>
</tr>
<tr>
<td>USE REINFORCEMENT</td>
<td>For junk behavior- (behavior that is not harmful to self, others or property- BUT is Annoying, Undesirable)</td>
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<tr>
<td>PIVOT</td>
<td>When you want to see more of a behavior (when desirable, healthy, appropriate behavior occurs)</td>
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<tr>
<td>SET EXPECTATIONS</td>
<td>Before a problem situation, or a new situation or requirement</td>
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Do the Tools Really Work?

How do the Tools relate to the Continuum of Supports?

What are Universal Strategies?

Positive, Proactive, Preventative & Teaching based strategies that we should all use consistently and continuously. When people in our lives use these strategies we all benefit and for most people this would result in a quality life with fewer crises and behavior problems.

Example: Support professionals or families consistently use reinforcement and other Tools of Choice, such as Set Expectations and respond with Stay Close Hot when temps or behaviors escalate.

REFERENCES