

Contracted Behavior Services

Objectives For Participants

- ▶ To gain an understanding of behavioral services and what to expect for quality services
- ▶ To gain an understanding of when to request behavioral services
- ▶ To gain an understanding of the Service Coordinator's role

What is Applied Behavior Analysis Service

- ▶ A therapy based on the principles of science that demonstrates why particular behaviors are occurring by defining the behavior, examining the environment, and implementing strategies to teach or shape new skills while decreasing undesirable behaviors

Behavior Analysis Services

- ▶ This service is designed to help individuals demonstrating significant deficits (challenges) in the areas of behavior, social, and communication skills acquire functional skills in their homes and communities and/or to prevent hospitalizations or out-of-home placements

Who Needs Contracted Behavior Services

- ▶ People who
 - ▶ Have deficits in communication and language
 - ▶ Do not understand boundaries, how to develop healthy relationship and or social cues
 - ▶ Display physical aggression, elopement, property destruction, self-injurious behavior, fecal smearing
 - ▶ are prescribed 3 or more psychotropic medications
 - ▶ Have limited access to the community, personal belongings, areas of their home
 - ▶ Require physical holds, restraints, PRN medication, time alone in an isolated area
 - ▶ Come in contact with law enforcement and hospitals
 - ▶ Require 1:1 or 2:1 staffing

What is a Functional Behavior Assessment

- ▶ An assessment that explains purpose(s) FUNCTION what the person gets as a result of displaying the behavior(s)
- ▶ It involves the contracted provider:
 - ▶ Interviewing the person
 - ▶ Observing the person across environments
 - ▶ Collecting and reviewing data
 - ▶ Interviewing people who interact with person
 - ▶ Completing checklist
 - ▶ Reviewing records (medical, psychological, social service, discharge summaries)
- ▶ It guides the development of the Behavior Support Plan
- ▶ An FBA is current within two years of the date it was written and is necessary for other behavioral services to be used.

What is a Functional Behavior Assessment

- ▶ The assessment helps to determine if other services or if behavior services might be appropriate.
- ▶ Not every instance of assessment will lead to behavioral services. If changes in situations occur, a new assessment might be warranted.
- ▶ After units are placed in CIMOR it can take approximately 45 days to complete the FBA
- ▶ The Behavioral Service Provider is responsible for reviewing the FBA with the entire team

What is a Behavior Support Plan

- ▶ A written documents that summarizes the function(s) of the behavior(s) that need to be reduced, while identifying skills that need to be developed. It provides step by step instruction on the most effective ways to respond to behavior and teach skills
- ▶ It is a part of the Individual Support Plan that is comprised of behavior analytic procedures developed to systematically address behaviors to be reduced or eliminated and behaviors and skills to be learned.
- ▶ Must only be developed by a licensed behavioral service provider in collaboration with the individual's support system.

What is Included in a Behavior Support Plan

- ▶ The Behavior Support Plan includes:
 - ▶ Summary of the function(s) of the behavior(s)
 - ▶ Graphs
 - ▶ Goals
 - ▶ Positive Proactive Strategies that lead to prevention
 - ▶ Teaching that leads to new skills being emitted
 - ▶ Data Collection Procedures
 - ▶ Training
 - ▶ Explanation of how skill will be used in all environments
 - ▶ Identify behaviors related to the symptoms for which psychotropic medications were prescribed

What is Included in a Behavior Support Plan

- ▶ Steps to take when unsafe behavior is occurring
- ▶ If physical restraint or time-out are included, specific criteria and procedures are identified including health status monitoring every 15-minutes for 1-hour
- ▶ Justification that level of restriction is least restrictive and most likely to be effective
- ▶ Staff or Family training plan for competency of staff or family implementing and overseeing the plan

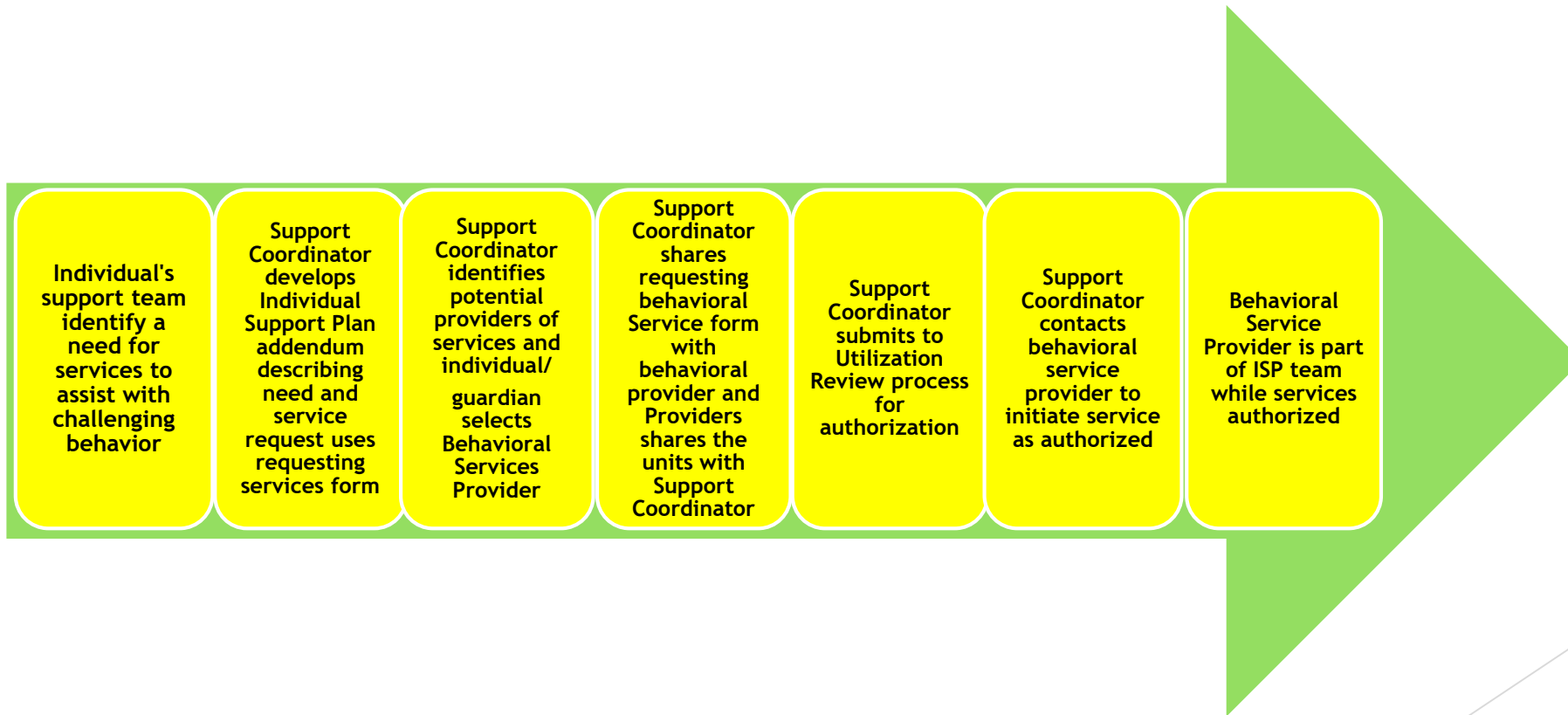
Role of the Service Coordinator

- ▶ To facilitate a team meeting to discuss the need for behavior services and to complete the request form
- ▶ To share the list of contracted behavior providers with the guardian
- ▶ Provide guardians with a list of questions that may help identify the right provider
- ▶ To complete the addendum for the services and turn in the request to the Utilization Review Team
- ▶ Enter the number of units into CIMOR
- ▶ Assist the Contracted Behavioral Provider with setting up a meeting to review the findings of the Functional Behavior Assessment

Role of the Service Coordinator

- ▶ Review the monthly progress notes
- ▶ Coordinate meetings when there is lack of improvement, barriers and or concerns
- ▶ Request help from the Regional Behavior Support Review Committee or the Area Behavior Analyst after team meetings have occurred and there is no continuous progress
- ▶ To document in the Individual Support Plan what strategies were tried and the outcomes of those strategies
- ▶ To remove units when there is a change in service providers

Behavior Analysis Services-How To Request Services



What to Expect While On-going Services are being provided

- 👤 Once units have been approved for on-going services the entire team can be trained
 - 📄 Monthly progress notes emailed, scanned, or faxed to the Service Coordinator with a graph illustrating a decrease in target behavior and a summary of actions taken by behavioral service provider(s)
 - 📄 Quarterly or monthly meeting for people who have restrictions or prohibited procedures
 - 📄 Behavior Support Plan addendums
 - 📄 Ongoing Competency Based Training

Expectations For Contracted Behavior Analyst

- ▶ To Complete or Review the Functional Behavior Assessment (FBA)
- ▶ To Review the Finding of FBA with the entire team
- ▶ To Provide the Service Coordinator with the number of units needed for services
- ▶ To Develop a Behavior Support Plan (BSP)
- ▶ To provide ongoing competency based training
- ▶ To Complete Monthly Progress Note
- ▶ To include goals, graphs, and a summary that reviews progress and barriers in the **Monthly Progress**
- ▶ To Complete a BSP addendum when there is no behavioral progress or rapid progress
- ▶ To seek support when there is not continuous progress

Behavior Analysis Services- Steps To Take When there is Lack of Progress

- ▶ Team Meeting - this will be a great time to review progress notes, address barriers, discuss medical issues, and to complete some collaborative problem solving
- ▶ Invite - staff who are struggling to manage the targeted behavior as well as those who are experiencing success, the home manager, guardians, counselors, psychiatrist, behavioral provider, day program staff, anyone the person identifies as valuable to their life
- ▶ Information to review- progress notes, data, goals, medical status, side effects of all medication, individual observation notes, BSP
- ▶ Make Modifications - write an addendum for the BSP or ISP

Behavior Analysis Services- Steps To Take When there is Lack of Progress

- ▶ Regional Behavior Support Review Committee
 - ▶ Most Regions have a Regional Behavior Support Review Committee (RBSRC).
 - ▶ Teams can meet with any committee they choose to meet with
 - ▶ Eastern Region Melantha Witherspoon Melantha.Witherspoon@dmh.mo.gov
 - ▶ Central Region Lucas Evan Lucas.Evans2@dmh.mo.gov
 - ▶ Rita Cooper Rita.Cooper@dmh.mo.gov
 - ▶ Each Committee has a set date and time
 - ▶ Meetings are approximately 45 minutes
 - ▶ Teams can participate in person or via phone

Behavior Analysis Services- Steps To Take When there is Lack of Progress

- ▶ This committee shall review the restraints and restrictive interventions used for individuals in the region who are referred to the committee for consultation or who are considered by the region's assigned Area Behavior Analyst to be at risk.
- ▶ Members of the committee will be licensed professionals whose scope of practice and training includes specialization in Applied Behavior Analysis.

Behavior Analysis Services

- ▶ BSPs are not valid and should not be implemented if there is not a contracted behavioral service provider overseeing implementation
- ▶ Contracted Behavioral Providers need to be included in hospital discharge meeting, psychiatry appointments, debriefing of incidents and meeting to assess restrictions
- ▶ Everyone providing support needs to be trained on the BSP and there also needs to be discussion pertaining to CIT officer receiving training
- ▶ People can receive counseling services and Behavioral Services at the same time. Clinicians need to share their course of treatment

Medicaid State Plan Services & Service Coordination

- ▶ Service Coordinators are NOT responsible for entering or authorizing units for behavioral services
- ▶ It is helpful for Service Coordinators to be aware of the following

Short term Behavioral Health Case-Management can be offered through state plan services

There is a website that list Behavior Analyst who have been approved to provided ABA services

ECHO and Regional Behavior Support Review Committee offer support to families and teams who are struggling to stabilize those with mental and behavioral issues needs

Questions

