



DIVISION OF DEVELOPMENTAL DISABILITIES
Olympia, Washington

TITLE: POSITIVE BEHAVIOR SUPPORT POLICY 5.14

Authority: RCW 71A
Chapter 275-26-010(5) WAC

BACKGROUND

The mission of the Division of Developmental Disabilities (DDD) is to make a positive difference in the lives of people served by the division, through offering services and resources to individuals and their families in a manner which meets their needs and promotes and supports everyday activities, routines and relationships common to most citizens.

DDD wants people to experience positive life benefits, including:

- * 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.

SCOPE

This policy applies to all persons who receive services funded by DDD.

PURPOSE

This policy describes the division's general approach to promoting quality of life and adaptive behavior through the provision of positive behavior support.

POLICY**A. Positive Behavior Support**

Positive behavior support shall 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 one's needs and helps reduce problem behaviors. Different people will require different supports. Common types of support include:

- * Assisting a person to live in a home which is safe, attractive, and in a location which is readily accessible to the community, friends, and relatives;
- * Giving a person opportunities to learn how to make choices and exercise personal power
- * Providing opportunities and assistance in managing or learning to manage daily activities, pursuing personal goals, and accessing good health care; and
- * Providing opportunities and assistance to participate in a broad range of activities which the person enjoys and which promotes positive recognition by self and others. This includes work, leisure, socialization and personal interests.

B. Components of Positive Behavior Support**1. Supportive Environments**

A supportive environment helps ensure that a person may meet his or her needs through positive behaviors and does not need to resort to problem behaviors to get the environment to respond. A supportive environment responds quickly and effectively.

A variety of factors help make an environment supportive. Examples include:

- * Rearranging environmental factors, such as location of residence, access to transportation and user friendly kitchens;

- * Reducing the factors which may trigger inappropriate behaviors;
- * Ensuring that people in the environment respond quickly and consistently to adaptive behaviors;
- * Increasing a person's opportunity to make daily choices; and
- * Promoting strong healthy relationships with people who can serve as an anchor or ally.

2. Skill Development and Personal Support

- * Increasing one's communication abilities;
- * Increasing participation in ordinary community activities (work, socialization, shopping, recreation, and leisure, etc.);
- * Learning new skills to obtain what one wants; and
- * Ensuring people opportunities to form significant friendships and relationships.

3. Functional Assessment

If a person engages in problem behaviors, it may be appropriate to conduct a functional assessment to better determine how to provide a supportive environment for the person. A functional assessment is a structural process to interpret what the person is attempting to obtain or avoid through the problem behavior. Once this is clarified, alternative positive ways to meet the needs of the person may be developed.

Positive behavior support uses functional assessment in respectful, non-aversive ways to help a person change problem behaviors. This may include:

- * Negotiating with the person to naturally restructure the setting or situation so that the onset of the behavior is less likely.
- * Calmly helping interrupt and redirect ineffective behavior to promote a more useful response.

- * Providing natural and logical reinforcement contingent on the occurrence of the more useful behavior, and reducing the potential reinforcement of the less useful behavior.
- * Helping the person to understand to the best of their ability, how and why behavior change is helpful.

All people involved in supporting the person should be informed of the methods to reinforce appropriate behavior and how to deal with specific behaviors which may be troublesome or inappropriate. Document teaching and learning by keeping good records to help guide future teaching.

4. Health Care

Health care is an important component of positive behavior support. Health care support needs to be offered to the person to ensure prompt assessment and treatment of any ongoing or suspected problem. Health care support should be offered until the problem is resolved. Establishing a relationship with a primary health care provider is part of health care support.

5. Treatment of Mental Illness

If it appears that a person may have a mental illness or would benefit from a psychoactive medication, the person should be evaluated by a professional in mental health, preferably one with expertise in developmental disabilities. The recommendations of the professional should be considered in developing the positive behavior support plan for the individual. This may include prescription of psychoactive medication. Any use of psychoactive medications should be integrated into the larger plan to build a supportive environment for the person.

For persons receiving 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.

6. Protection From Injury

Some people's behaviors may pose the threat of injury to themselves, others, or property. DDD has the responsibility to help protect people or property from injury. In order to prevent injury or the destruction of property, physical restraint may be necessary. When this is the case, it is used only for the protection of the person, others, or property, and only in accordance with DDD Policy 5.15, Use of Restrictive Procedures, and Policy 5.17, Physical/Manual Intervention Techniques.

PROCEDURES

Plans for how to provide positive behavior support and the types of supports which work best for the individual shall be described in the Individual Instruction and Support Plan (IISP), the Individual Habilitation Plan (IHP), or the Individualized Family Service Plan (IFSP).

SUPERSESSION

DDD Policy 5.12

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Approved: /s/ Norm Davis Date: 1/30/1996
Director, Division of Developmental Disabilities