DIVISION OF DEVELOPMENTAL DISABILITIES
Olympia, Washington

TITLE: POSITIVE BEHAVIOR SUPPORT   POLICY 5.14

Authority: Chapter 71A RCW
              WAC 388-820-010

BACKGROUND

The mission of the Division of Developmental Disabilities (DDD) is to endeavor to make a positive difference in the lives of people eligible for services, through offering quality supports and services that are: individual/family driven; stable and flexible; satisfying to the person and their family; and able to meet individual needs. Supports and services shall be offered in ways that ensure people have the necessary information to make decisions about their options and provide optimum opportunities for success.

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.

PURPOSE

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

SCOPE

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

POLICY

A.   Positive Behavior Support

Positive behavior support must 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 a person's needs and helps reduce problem behaviors. Different people will require different supports. Common types of support are:

●   Assisting a person to live in a home which is safe, attractive, and in a location which is readily accessible to the community, activities, friends, and relatives;

●   Providing a person opportunities and assistance to:

1.   Learn how to make choices and exercise personal power;

2.   Manage daily activities, pursue personal goals, and access good health care;

3.   Form significant friendships and relationships, and

4.   Participate in a broad range of activities which the person enjoys and which promote positive recognition by self and others. This includes work, leisure, socialization and personal interests.

B.   Components of Positive Behavior Support

1.   Supportive Environments and Learning Opportunities

A supportive environment helps a person meet his or her needs through positive behaviors and not resort to problem behaviors to get the environment to respond. In a supportive environment, caregivers proactively plan to meet a person's needs. Many things contribute to a good environment, including:

●   Promoting warm and caring relationships, especially with caregivers;

●   Increasing a person's opportunity to make daily choices;

- Reducing factors that may lead to inappropriate behaviors;

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

- Calmly interrupting and redirecting inappropriate behavior; and

- Assisting the person to understand, to the best of their ability, how and why behavior change is helpful.

2. Skill Development and Status

Skill development helps increase a person's status and confidence. Important types of support are:

- Teaching a person new skills to obtain what they want;

- Improving a person's communication skills;

- Increasing participation in typical community activities (work, socialization, shopping, recreation, and leisure, etc.);

- Fostering skills and behaviors that promote mental and physical wellness;

- Encouraging a person to take more responsibility in their lives; and

- Helping a person to find ways to make contributions to others.

3. Functional Assessment

a. Positive behavior support uses functional assessment to help build respectful support plans for persons with problem behaviors. A functional assessment is a process that evaluates:

- The overall quality of a person's life;

- The factors or events which increase the likelihood of problem behavior;

- The factors or events which increase the likelihood of appropriate behavior;

- When and where the behavior occurs most frequently;

- The presence of a diagnosed mental illness or neurological dysfunction which may contribute to the behavior; and

- The functions of the behavior (what the person obtains or avoids by engaging in the behavior).

b.   The completed functional assessment provides the basis for developing individualized positive behavior supports which will help reduce the frequency and severity of the problem behavior.

Common elements of a behavior support plan (BSP) may include:

- Recommendations for improving the general quality of a person's life as described throughout this policy;

- Providing increased interesting activities to fill a person's time;

- Reducing events that are likely to provoke the problem behavior;

- Methods to teach alternative appropriate behaviors that will achieve the same results as the problem behavior;

- Methods to reduce the effectiveness of the problem behavior in obtaining the desired outcomes; and

- Professional recommendations for treating mental illness and/or neurological dysfunction.

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 a person has a mental illness or mental health issues, they should be evaluated by a professional in mental health, preferably one with expertise in developmental disabilities. The professional's recommendations should be considered in developing the person's positive behavior support plan. This may include prescription of psychoactive medication. Any use of psychoactive medication should be integrated into the larger plan to build a supportive environment.

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 Harm

Some people's behaviors may pose the threat of harm or injury to themselves, others, or property. In order to prevent injury or the destruction of property, physical intervention or restraint may be necessary. When this is the case, it is used only for the protection of the person, others, or property. Refer to DDD Policy 5.15, *Use of Restrictive Procedures*, and Policy 5.17, *Physical/Manual Intervention Techniques,* for more information.

SUPERSESSION

DDD Policy 5.14
Issued May 26, 1999

DDD Policy 5.14
Issued January 30, 1996

DDD Policy 5.12
Issued December 28, 1993

Approved: */s / Timothy N. Brown*   Date: 4/13/2000
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