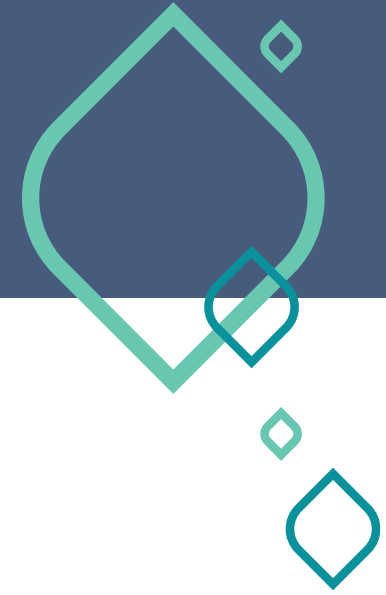


Lean on Me: Resources for Providing Support Through Behavior Challenges

Stacie Lane, MSW, BCBA

Purpose and Objectives



- **Purpose:** To learn to recognize when additional behavioral supports may be needed and who to reach out to.
- **Objectives:**
 - To Learn the early warning signs in individuals
 - To Learn the early warning signs in staff
 - To learn what supports are available for assistance

Introductions

Stacie

- Over 30 years experience with individuals with behavioral support needs
- BCBA and MSW
- CPI and Safety Care
- All different levels of provider agency for 16 years.
- A son with behavioral support needs

Introductions

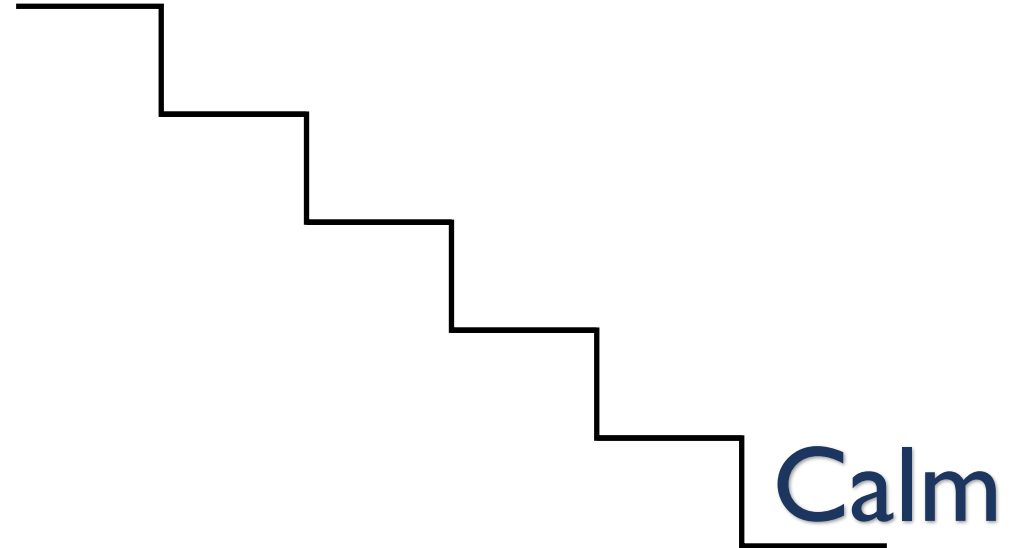
- Name
- Where you work
- How long you've worked in this field
- Describe one time when you didn't know what to do with an individual you provided services to or how to get help

Early warning signs - Individual

■ Levels of Behavior

- Disruptive – Interferes with learning and functioning but are not directly harmful.
Examples?
- Dangerous – Potentially harmful.
Examples?
- VERY DANGEROUS (potentially lethal) – significant likelihood of causing serious harm.
Examples?

Crisis

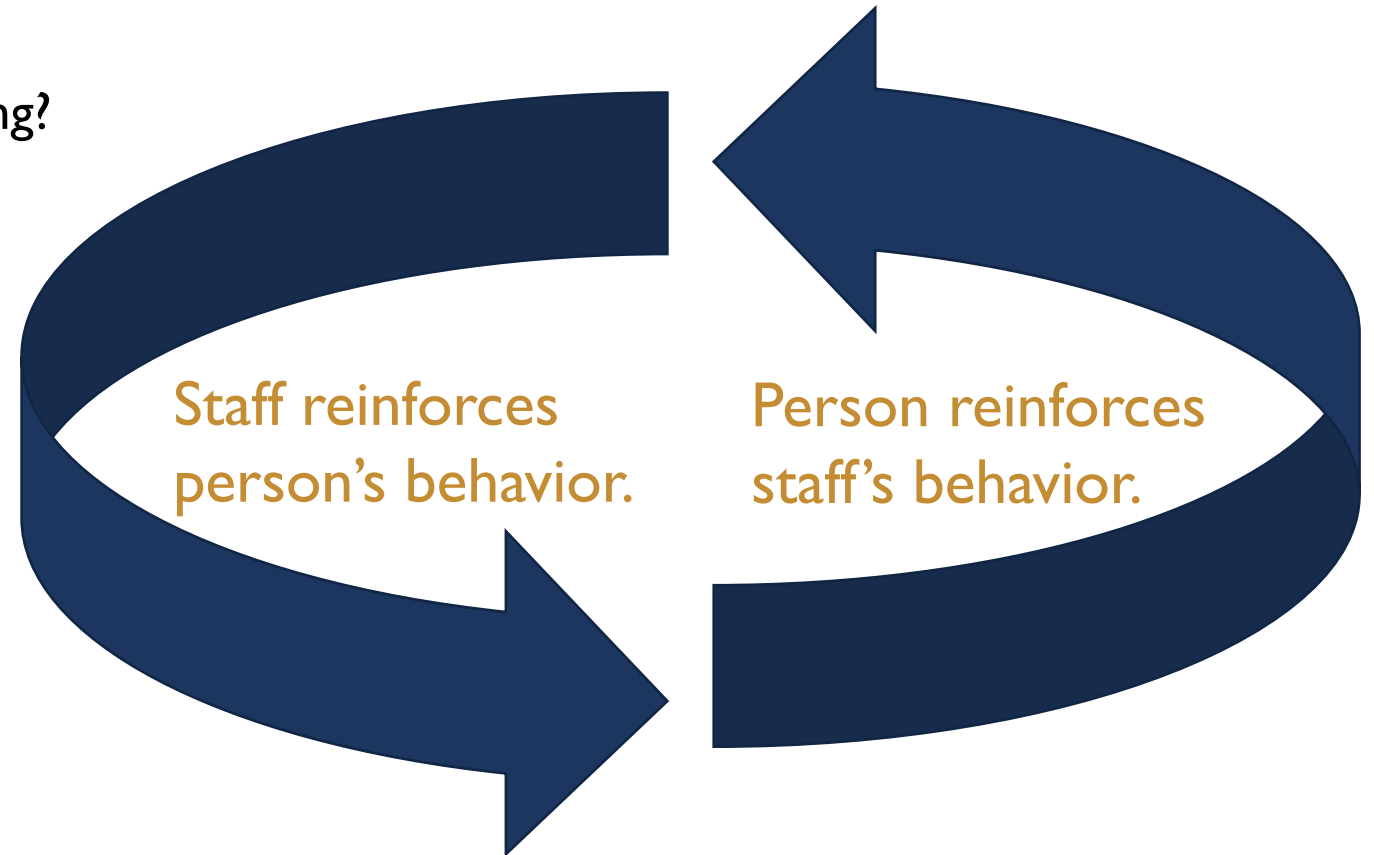


Early warning signs - Individual

- Increased trend in interfering behavior that is not responding to existing supports and plans.

- How do we know if it is increasing?

- Quality of Life
- Cycle of behavior – Behavior Trap
- Psychotropic medication changes
- Frequent Hospitalizations



Early warning signs – Support Persons

- Do not know what the function of the behavior is
 - Definition of function
- Staff, supervisor, administrators' conversations:
 - “Higher Level of Care”
 - “It’s not fair to the roommates”
 - “That’s just how he/she is.”
 - “It just happens for no reason”
 - “He/she just does it.”
 - “We have to think about our liability.”
 - “I’ve tried everything.”

Early warning signs – Support Persons

- Lack of understanding the person's diagnosis and how it effects behavior.
- Guardians or parents of roommates are saying that person needs to leave.
- Frequent PRNs being administered
- Law enforcement interactions.

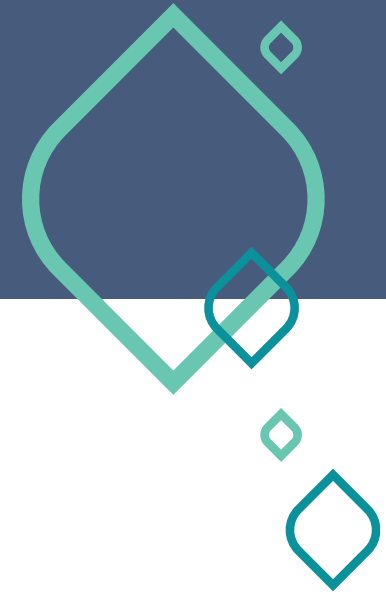
Early warning signs – Support Persons

A 30-day discharge notice is issued

Early warning signs – support persons

STAFF TURNOVER

Scenarios



Scenarios

- I. Joe becomes escalated in a vehicle during a trip back from a fun activity.
 - Level of behavior?
 - What questions might we ask?
 - Should you reach out for support?



Scenarios

2. Carrie starts yelling loudly which triggers Keith to run away.
 - Level of behavior?
 - What questions might we ask?
 - Should you reach out for support?



Scenarios

3. After hearing the tornado siren go off, Yolanda begins engaging in self-injury.
 - Level of behavior?
 - What questions might we ask?
 - Should you reach out for support?



Scenarios

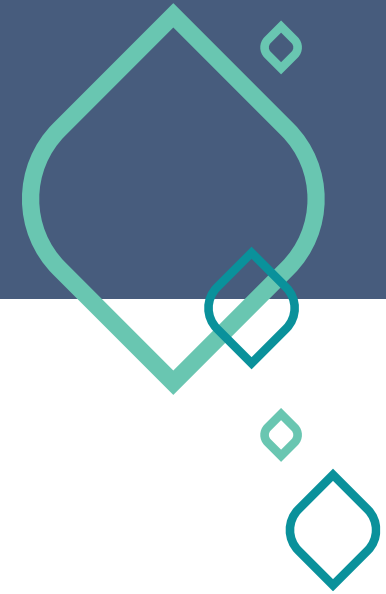
4. Staff put Josh in a stability hold because he was hitting his roommate with a piece of trim.
- Level of behavior?
 - What questions might we ask?
 - Should you reach out for support?



Available Supports

- MFP – brochure
 - What's available now
 - What the process is
 - Where we are heading
- Iowa's Technical Assistance and Behavioral Supports (I-TABS) Susan Smith - handout
- IDMI Clinic - [Intellectual Disability-Mental Illness Program | Department of Psychiatry \(uiowa.edu\)](#)
- Elevate – handout
- [988 Suicide and Crisis Lifeline: https://hhs.iowa.gov/988-lifeline](https://hhs.iowa.gov/988-lifeline)

Conclusion



Questions?