

## Example of a Crisis Prevention and Management Plan

This information was included within a positive behavior support plan and was considered part of the crisis prevention plan as well as the consequence interventions for this particular person.

### Consequences for problem behavior (including crisis prevention plan)

1. Never attend to problem behavior. Scolding, reprimands, even “aw, come on!” will only reinforce his behavior and cause it to increase. If you have to intervene, keep a neutral expression, use minimum physical intervention, and don’t talk to him or to other staff. The least reaction possible is best, using the minimum proximity. He picks up on every little thing, including things you may not even realize they’re doing (like changes in body language).
2. Keep your distance whenever possible. Unless you are working directly with Dave, keep as much distance as possible. Hovering and standing close is a kind of physical attention, and although it’s difficult not to hover and be alert for problem behavior, the further you can be from Dave when he has problem behavior, the better. In addition, if Dave starts to engage in problem behavior, keep the number of individuals present to a minimum. Two staff members can almost always deal with situations that arise and although it’s our nature to jump in and try to help, Dave will just think “the more the merrier” and find all the attention reinforcing. Perhaps the best tactic would be for one staff person to be in charge. The lead person can always ask for assistance as needed.
3. Consider using varied consequences. Vary the consequences for problem behavior as much as possible. In addition, avoid using restraint or consequences that involves holding Dave in any way because again his finds this type of physical attention rewarding.
4. Consequences for noncompliance/dropping. This is probably the most frustrating behavior because it is very difficult to know what to do when it happens. For most kids, when they don’t comply it’s because they find the request difficult or aversive in some way. This may be true for Dave, but more likely, he 1) doesn’t want staff to be in control, and/or 2) he wants attention. Therefore, the normal reaction to pick him up when he drops and continue him on his way may just reinforce his behavior with physical attention. Waiting him out, however, means that he has successfully delayed the activity or schedule according to his wishes. Therefore, the team decided on the following:
  - if he starts to drop, allow him to do it safely with minimum attention
  - don’t physically move him unless necessary
  - move as far away from Dave as possible
  - if not engaging in any serious problem behavior; prompt or use behavioral momentum with Dave after 30-45 seconds
  - ask a new staff person to come in prompt or use behavioral momentum

The minute he starts to comply or get up, start chatting with him and keep him talking about something. Keep the interaction going as long as he’s being compliant. Remember, don’t praise him for standing or he’ll be sure to drop to the ground again.

### Training for Crisis Prevention

1. Each person working with Dave should complete the training session with a designated trainer and have completed Mandt training.
2. Each new staff person must read Dave's PBS plan, observe a designated trainer implementing the consequence interventions or observe as the trainer models how to implement the interventions. The next step is for the new staff person to implement the interventions while the designated trainer observes and discuss issues related to the session.
3. The designated trainers need to pass the new staff person in consequence-based interventions before they work independently.
4. Finally, the new staff person will be introduced to the data collection process needed to record the occurrence of serious problem behavior (incident report, frequency tracking form, and duration recording).
5. Dave is described as being in "crisis" if his behavior escalates to the point where he has injured another person breaking the skin or severe bruising.