Respite: Addressing Challenging Behavior in Children

Kate Loving, MS, RQBA, Director of Education, The Joshua School
Kristen Kaiser, MA, Director of Operations, The Joshua School; Family Discipline Director, JFK Partners
Brian Talant, LPC, Program Director, Intercept Center, Amnis Mental Health

Addressing Challenging Behavior

- How do we think about behavior
- What can we do to change behavior
- How do we talk about behavior with family members
- How do we cultivate resilience in our work as a respite provider

Behavior
- Has meaning for the individual
- Serves a function
- Is learned
- Is related to specific preliminary events and consequences in the immediate environment

<table>
<thead>
<tr>
<th>Antecedent (A)</th>
<th>Behavior (B)</th>
<th>Consequence (C)</th>
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<tbody>
<tr>
<td>Any event that occurs <strong>before</strong> the behavior occurs</td>
<td>Any observable action of the individual</td>
<td>Stimulus changes that <strong>follow</strong> the behavior and occur <strong>contingent</strong> of the behavior</td>
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Functions of Behavior-- The Why
- Gain access to tangibles
- Gain access to attention
- Escape/avoidance
- Sensory/automatic

Mental Health Conditions
- Neglect and Trauma
- Disorganized attachment
- Mood disorders - chemical imbalance
- Attention Deficit Hyperactivity Disorder
- Psychosis (thought disorders)
Sensory Integration Dysfunction
- Hypersensitivity
- Hyposensitivity
- Occupational therapy
  - Sensory data
  - Joint compression
  - Brushing
  - Vestibular stimulation, swinging/spinning
  - Weighted vests

Caregiver Inconsistency
- Caregiver mental health issues
- Caregiver fear/guilt

Functions of Physical Behavior
- Sensory pain masking – release of endorphins
- Gains control over immediate environment

Visual Supports

Antecedent (Proactive) Based Interventions
- Arranging the environment
- Schedules/routines
- Structuring time
- Using highly preferred items to increase interest and motivation
Antecedent (Proactive) Based Interventions
- Enriching the environment
- Issuing warnings about upcoming transitions and expectations
- Prompting communication (help, no)
- Teaching coping/calming strategies

Consequence Based Interventions
- Reinforcement: Give access to favorite toys or items, foods, activities or attention: Consult with parents
- Varying the level of attention you provide for both expected and unexpected behaviors
- Redirection

Specific Questions/Examples
- Determining the function of the challenging behavior (FAST, FBA)
- Running away (attention, escape, responding to demands)
- Communication challenges
- Reinforcement/punishment (tokens, rules board, behavior map)
- Large groups/community (shaping, structure)

Impact of Challenging Behaviors on Family
- How do we communicate with families about challenging behavior?
- Understanding how behavior may be impacting family ability to communicate

Research on Family Impact
- Raising a child with DD can be very difficult regardless of severity of symptoms
- Stressors from both within and outside the family
- These challenges may put the family members at risk for increased mental health challenges

Protective Factors
- Identifying risk and protective factors impact mental health outcomes
- Social support was one of the most influential predictors of well-being and adjustment
- Your interaction with families can make an impact!
DD and the Grief (or Coping) Cycle

- Disequilibrium (loss)
- Acknowledgement (acceptance, understanding)
- Recovery (action, mobility)
- Maintenance (new normal)

Grief Triggers in Home Setting

- Talking about challenges
- Behavior
- Using Strategies, evidence of disability
- Community outings
- Upcoming school meetings/IEP

Impact on Communication

- Disequilibrium phase
- Acknowledgement
- Recovery
- Maintenance

Family/Caregiver Communication

- Dignity is a birthright- how we talk about an individual, their behavior matters
- Stay away from judgement language
- Positives before addressing a difficult behavior

Questions to Ask a Caregiver

- Caregivers and parents are experts on their children
- Ideas on reinforcers and motivators
- Triggers for behavior

Rational Detachment (Crisis Prevention Institute)

- The ability of staff to maintain control of their own behavior in the presence of acting-out behavior (Crisis Prevention Institute)
- One’s ability to rationally and objectively consider all of the factors that lead to dysregulation in order to emotionally detach from the situation, regulate one’s self, and manage behavior effectively (Brian Tallant)
Levels of Resilience

Physical Resilience
- Medical treatment
- Diet
- Sleep
- Limiting toxins
- Routine, Purposeful movement of the body

Psychological Resilience
- Healthy relationships
- Psychological help
- Time-off
- “Self-talk”
- Meditation, mindfulness, creativity
- Professional development

Spiritual Resilience
“With spiritual self-care, one size does not have to fit all. Nor do the benefits. Taking care of your spiritual side can mean being more connected to the present moment, aware of what is important and what is not so important in life, connected to other people in a meaningful way, being guided by God, or a Higher Power. Basically, being connected to a greater meaning and purpose in life."
(2015 Dr. Gary R. McClain PhD)

Belonging to a spiritual community
“A spiritual community may not have a religious affiliation, but may be a collection of people who have a common bond in the human experience”

Embracing compassion & Compassion satisfaction
- Celebrate your personal strengths
- You are human, not superhuman!
- Exhaustion  ® accomplishment
- Embrace the nobility of your work
Framework for Resilience Planning

- Prevention activities
- Soothing activities
- Discharge activities
- Professional/social support
- Inspiration/re-charging activities

Questions?

Speaker Contact Info

Kate Loving, MS, BCBA, Director of Education, The Joshua School
kloving@JoshuaSchool.org

Kristen Kaiser, MA, Director of Operations, The Joshua School
kkaiser@JoshuaSchool.org or Kristen.Kaiser@ucdenver.edu

Brian Tallant, LPC, Program Director, Intercept Center, Aurora
Mental Health Center
BrianTallant@aumhc.org

Thank you!