

# Functional Behavior Assessment for Persons with Intellectual or Developmental Disabilities and Mental Illness



Minnesota Department of **Human Services**

Daniel J. Baker, Ph. D., NADD-CC

Internal Reviewer

Jensen/Olmstead Quality Assurance and Compliance Office

MN DHS

# Purpose of PSCoP

Provide training and technical assistance on the requirements in 9544 & 245D regarding positive support, emergency use of manual restraint and the creation of positive support transition plans

# How to submit questions

Submit questions to the Q&A Panel

# Additional training opportunities

[Person-Centered Thinking and Planning Training:](#)

<http://rtc.umn.edu/pctp/training/>

[PBS Intensive Training:](#)

<http://rtc.umn.edu/cpcsd/positivebehaviorsupports/>

Information training on person-centered/positive behavior supports training opportunities; Email the university at contact listed at: [rtc.umn.edu/](http://rtc.umn.edu/)

# Resources

- [eDocs](#)
- [Minnesota Rules, Chapter 9544](#)
- [Disability Services Division Training Handouts Archive page](#)
- DSD E-lists – [Instruction to subscribe](#)

# Functional Behavior Assessment

- **What the behavior is**
- **Why the behavior occurs**
- **If the behavior is:**

**An attempt to communicate, or  
the result of a medical condition**

 **Often completed with interview and supported by  
observation and data collection**

# A four component model of behavior

- Setting events alter the reinforcing or aversive properties of potential antecedents. They explain WHY the antecedent can be a bigger deal some days than others
- Antecedents immediately precede Problem Behavior and trigger problem behaviors
- Problem Behavior serves a function for the individual
- Consequences reward the problem behavior

# Setting Events and Antecedents

- Setting events do not trigger problem behaviors by themselves
- Setting events increase the likelihood that an antecedent event ( demand, reprimand, etc.) will trigger problem behavior
- Setting events include environmental, social or physiological factors

- Have you ever supported someone, and you just knew that the person was in a bad mood and the slightest thing might set the person off?
- There probably was a setting event at play
- Sometimes you might know what it is; other times...

**Something Sets Me Up...**

**And then something Sets Me Off!**

# Environment Examples

- Environmental setting events may occur when a person's routine is disrupted and h/she may be unable to predict upcoming events or a person's worksite might be unusually loud, putting the person in a bad mood

# Social Examples

- Social setting events may include being left alone for a period of time, or fighting with a family member or roommate

# Physiological Examples

- Illness, pain, sleep deprivation, hunger and medication changes are a few examples of internal factors that may increase the likelihood of Problem Behavior

# Mental Illness as a Setting Event

## Clinical Examples: Anxiety

- An individual with an anxiety disorder may experience typical life events as more anxiety provoking
- When the person experiencing anxious thoughts and feelings is confronted by a typically neutral stimulus, h/she may experience this as highly aversive, and respond with problem behavior



Mental wellness factors are relevant here as well!!!

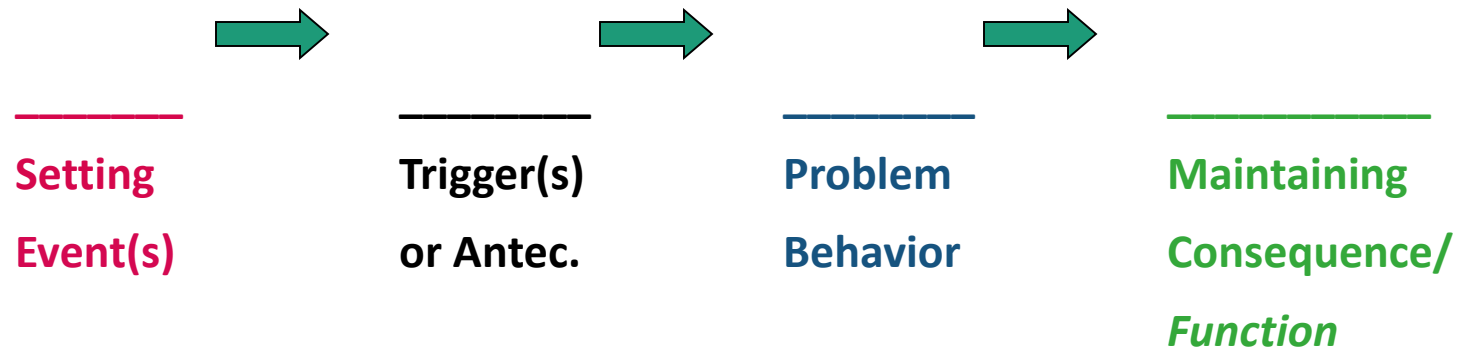
# Depression

- Things that used to be highly reinforcing suddenly are not. Motivation can disappear.
- “Hey, why doesn’t this behavior support plan using natural rewards work anymore?”

# PTSD

- Certain events which seem commonplace to anybody else can cause extreme levels of avoidant behavior which can be misinterpreted as different mental health disorders or socially motivated aggression
- They can differ from day to day

# Four Components of Behavior



<p>Depression</p> <p>Low coping skills</p> <p>Not that interested in work</p> <p>Just got dumped by boyfriend</p>	<p>Cued regarding going to work</p>	<p>Ignore cue and become aggressive</p>	<p>Avoid going to work.</p> <p>Work and paycheck used to be an incentive, but due to depression formerly preferred events are not preferred</p>
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<p>Bipolar cycling into manic phase</p> <p>Not always a good sleeper</p> <p>Not a lot of friends</p>	<p>Want to continue activity for many hours into night</p> <p>Staff interrupt activity</p>	<p>Began to scream and wake rest of house</p>	<p>Staff allows to return to activity since it is quieter than screaming</p>
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<p>Autism Generalized Anxiety Disorder (GAD) Low tolerance for frustration History of conflict with family</p>	<p>Family member interrupts routine</p>	<p>Strip</p>	<p>Allowed to return to routine</p>
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<p>Borderline personality disorder</p> <p>Lots of staff turnover</p> <p>Wants to be in charge</p> <p>New manager creates conflict on team</p>	<p>Staff arguing at work site</p>	<p>Split staff</p>	<p>Get to watch the drama</p>
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# Implications: Assessment

- The FBA process can yield information about the relationship between biopsychosocial variables influencing an individual and the environmental events experienced.
- Particularly valuable for individuals with cognitive disability because of problems with communication and self report
- The FBA process helps to identify clinical features and FBA strategies use this information to improve support

# Implications: Intervention

- In common clinical practice, psychiatric and behavioral interventions are managed separately
- By viewing mental illness as a setting event, these two approaches can inform and strengthen each other

# In Summary

- The behavior of persons with IDD & MI is often interpreted by others as random or incomprehensible
- The process of FBA can reveal the relationship between setting events (symptoms of mental illness) and events in the environment
- The function of problem behavior can be understood and effective interventions identified

# Recommendations

- Secure a psychiatric diagnosis form a clinician familiar with DD prior to completing a functional assessment
- Complete an FBA that includes consideration of any relevant psychiatric disorder as a setting event
- Develop a plan of treatment that addresses both psychiatric and behavior analytic components of problem behavior

# Recommendations

- Plans should include attention to lifestyle/ wellness factors
- Use FBA data to identify times and situations that are associated with higher probabilities of problem behavior and setting events and antecedents.
- Plans should consider that behavior initially maintained by physiological influences may be maintained by social attention once the illness has abated.