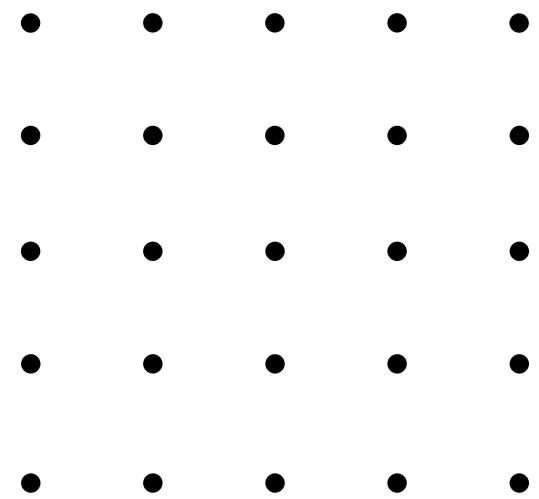


Functional Assessment of Behavioral Health

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Objectives

- Basic Understanding of mental and behavioral health
 - Completing a Functional Behavioral Assessment
 - Learn two quick interventions to use with children exhibiting an undesired behavior
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Case Example 1

JIMMY

- Jimmy has a tummy ache, his teacher reports he was happy in class and playful with peers, he's in the middle of math class and told his teacher that his stomach hurt and he wanted to go home. The teacher sent him to the school nurse.

What do you do?

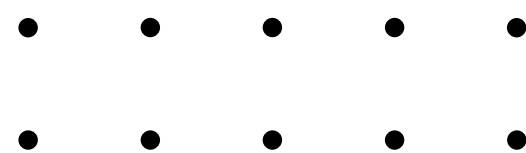
What choices do you have

Send him home

Put him in bed and ignore him

Hang out until he feels better

Send him back to class



Mental Health

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.
- Mental health is the level of psychological well-being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioral adjustment".



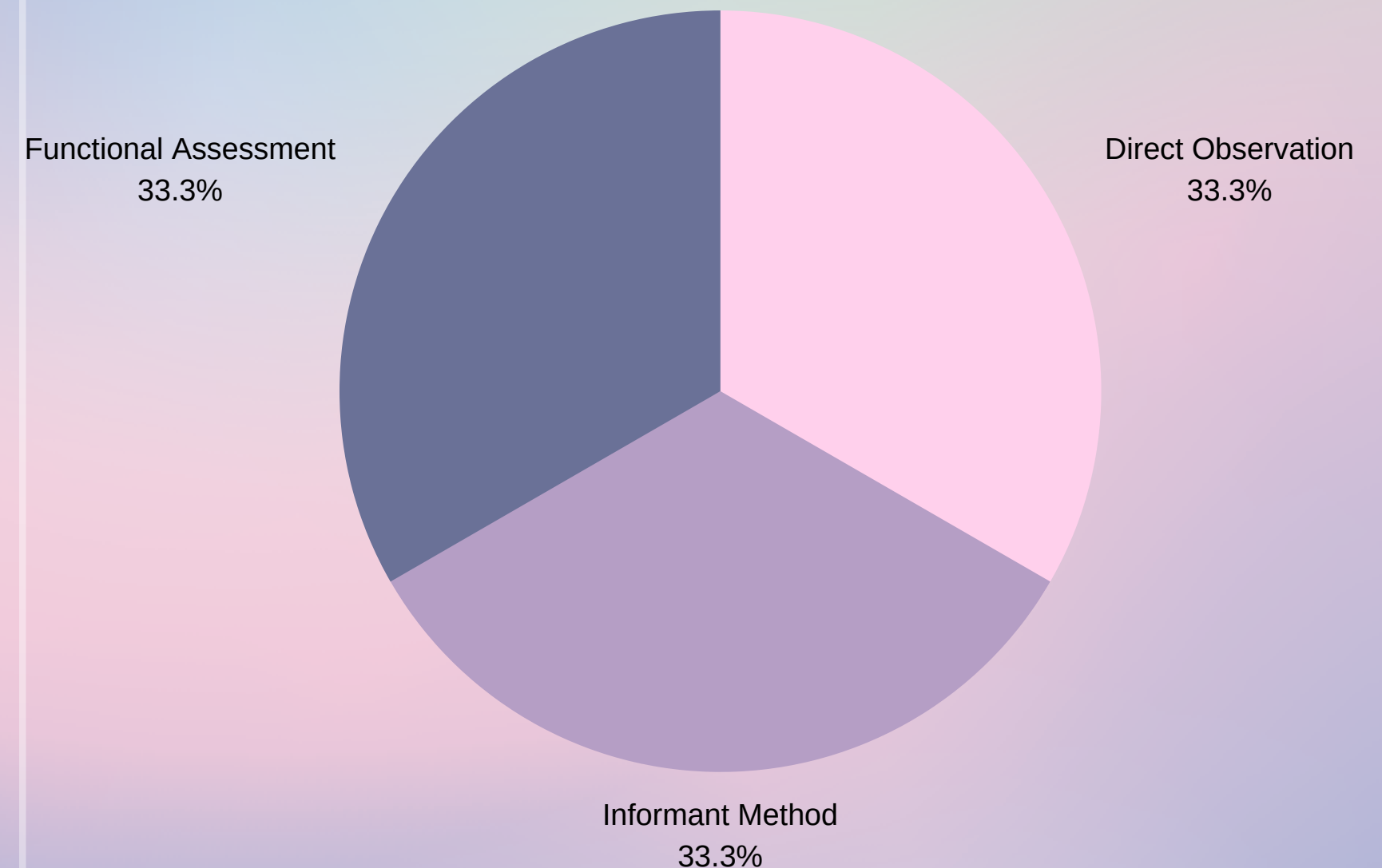
Behavior: What is it?

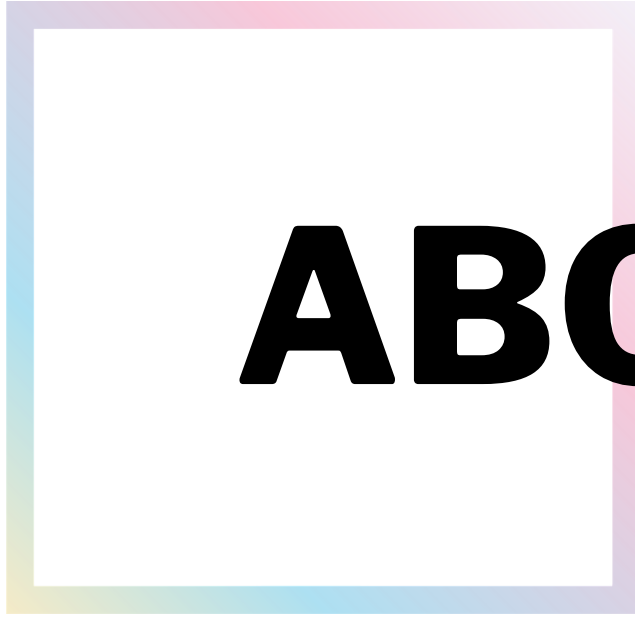
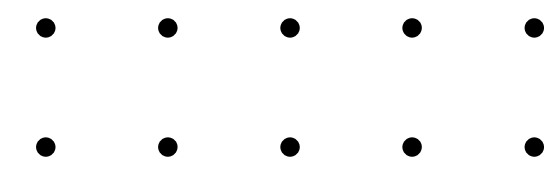
- The way in which an animal or person acts in response to a particular situation or stimulus.
- Behavior is both internal and external.

Functional assessment of behavior

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- It is a process that identifies specific target behavior, the purpose of the behavior, and what factors maintain the behavior that is interfering with the student's educational progress.





ABC's of behavior

ANTECEDENT

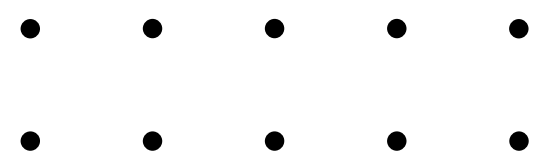
The stimulus, what happens right before the event.

BEHAVIOR

What happens during the event, can be both internal and external (thoughts, feelings, and response)

CONSEQUENCE

What happens right after the event that either reinforces or extinguishes the behavior.



Back to Jimmy

What happened before? (antecedent and setting event)

What is the problem? (behavior)

What usually happens? (consequence)

Reinforcements and Punishment

POSITIVE & NEGATIVE REINFORCEMENTS

Positive reinforcement is the addition of a consequence that will likely increase the behavior.
(example: Grocery Store)

Negative reinforcement is the removal of a consequence that will likely increase the behavior.
(example: Chores)

PUNISHMENT

The addition or removal of a consequence that will likely decrease the behavior.
(Example: Speeding ticket).

Punishment is less effective and does not teach a child how to respond more appropriately.



Extinction of a behavior

DEFINITION

Extinction refers to the gradual weakening of a conditioned response that results in the behavior decreasing or disappearing.

EXTINCTION BURST

An increase in behavior prior to extinction. Bell curve

EXAMPLE

Reducing a behavior by ignoring (example, Tantruming or dropping a toy).



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ESCAPE/ AVOIDANCE

Escape a situation, avoid or get away from something

CONTROL & COMMUNICATION

Problematic behavior may give someone a sense of power or control.

Behavior may be used as a form of communication, particularly with children who can't verbally communicate.

TANGIBLES/ GET STUFF

Gain access to things or activities.

SENSORY

They function only to give the person some form of internal sensation that is pleasing or to remove an internal sensation that is displeasing (e.g. pain).

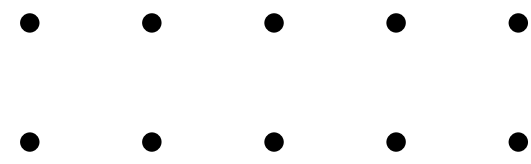
ATTENTION

Gain attention from people. Even negative attention is reinforcing.

Basic functions of behavior

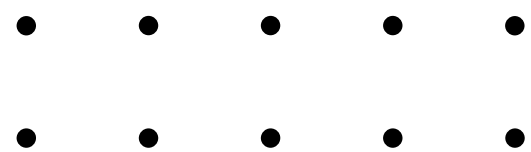


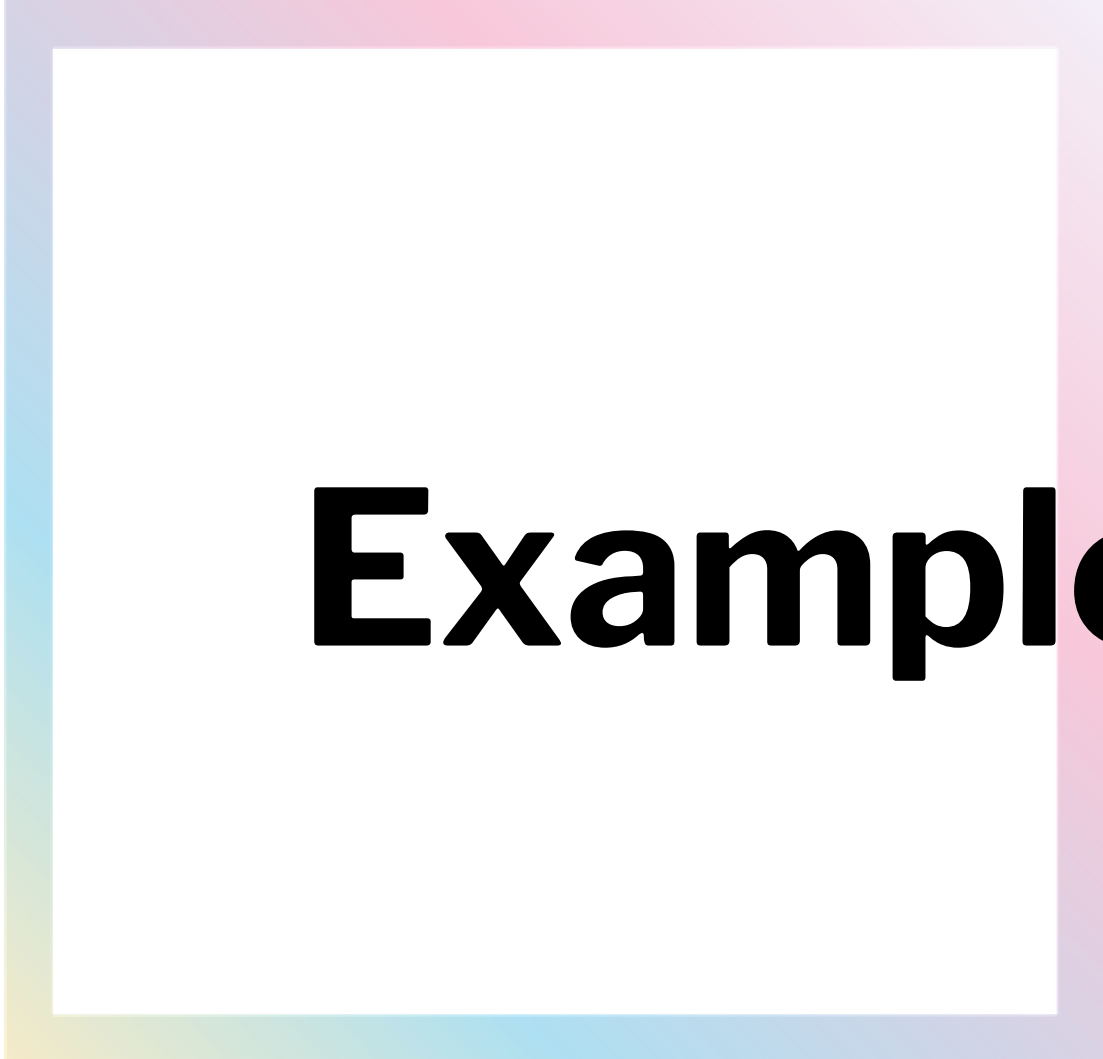
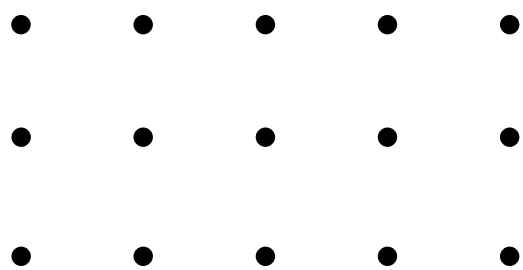
Let's Practice



Suzie is in your office at lunch complaining of a headache. She's been in your office every day this week, always at lunchtime.

What is the problem?

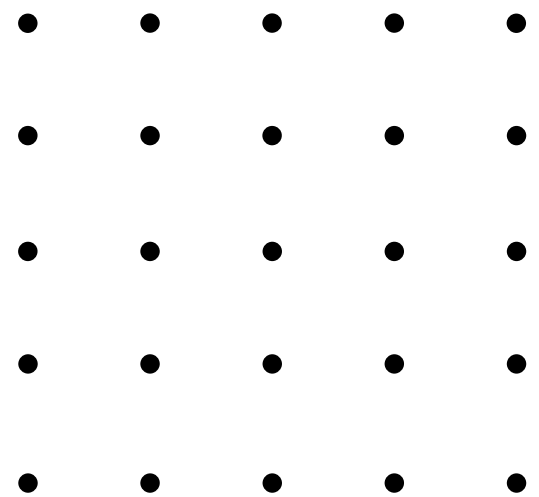




Example 3

Maria keeps getting sent to the nurse for her cough. She has cystic fibrosis but her teacher and peers don't know about it.

What is the problem? (ABC's)



● Grounding

- 5, 4, 3, 2, 1 Sensory:
5 things you can see, 4 things you can hear,
3 things you can smell, 2 things you can
feel, 1 thing you can taste.
- Body Scan/Dropping Anchor

● Relaxation

- Progressive Muscle Relaxation:
Youtube or UCLA has recorded scripts
- Breathing techniques:
4 sec in, 4 sec hold, 4 sec out, 4x.
Scripts available on the internet.

BRIEF INTERVENTIONS

● Cognitions

- Identifying helpful versus unhelpful
thoughts.

● Basic Problem Solving

- Identify the problem
- Think about all possible solutions
- Choose a solution to try
- How well does it work?



Thank you!

LET US KNOW IF YOU HAVE
QUESTIONS OR CLARIFICATIONS.

Functional Assessment Methods

