

# **Positive Behavior Support**

## **Training Topic**

### **What is Positive Behavior Support?**

Positive Behavior Support (PBS) involves taking a look at and assessing the environment of people we support to determine changes that need to be made to reduce the occurrence of challenging behavior. This can include teaching a new skill to reduce the need for the challenging behavior, making physical changes to the environment, changing the makeup of a household (trying a new location), changing the way staff interact with an individual, changing a routine...and the list goes on!

PBS can be simple things that you can identify and change during your shift. Communicating those things to the rest of the team is very important. PBS may need to be a discussion of the team, to brainstorm ideas that may decrease the chances of challenging behavior. PBS may be as formal as initiating assessments using the Mainstream Living Positive Behavior Support Team. Talk to your Team Leader if you feel this is a necessary or helpful step!

Examples of how Positive Behavior Supports has been successful:

- An individual was typically resistant to requests made by one particular staff. The staff recognized the need to change her own tone when talking with that individual.
- Facing discharge from Mainstream Living, a gentleman exhibiting aggressive actions toward others moved from one location to another. The new location and different interaction style from the staff made for a more successful environment.
- A young lady was involved in picking the new paint color for her bedroom. This young lady had a habit of smearing feces on her walls...that is until the new paint color was up!
- A formal assessment was made based on the violent actions of a young lady. A formal Behavior Support Plan was implemented allowing her to earn special outings with staff. This formal plan has given her incentive to decrease the number of times she exhibits this behavior.

The overriding goal of PBS is to enhance quality of life for individuals and their support providers in home, school and community settings.