



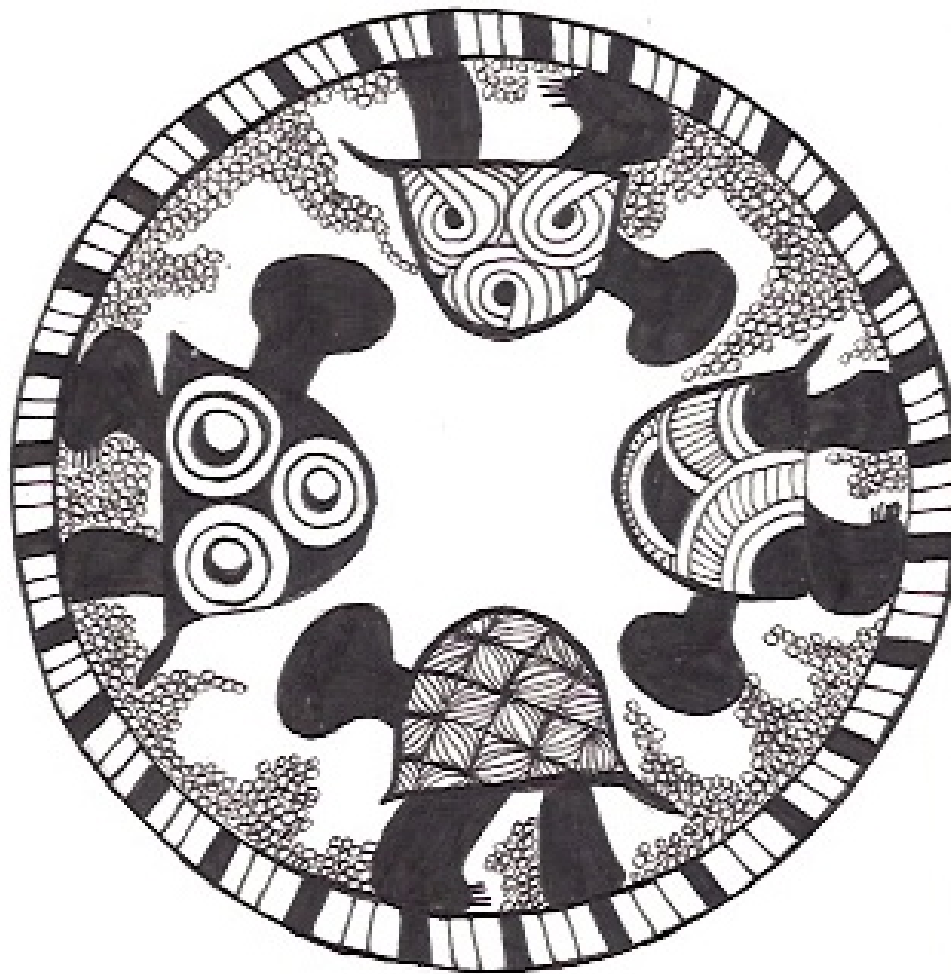
Kansas Mental Health Positive Behavior Support

Embedding Positive Behavior Support with Other Evidence-based Practices in Mental Health

**University of Kansas
Rachel Freeman**

Purpose

- Describe How Positive Behavior Support fits within Mental Health
- Provide Examples from Kansas
- Discuss Missouri's State-wide Interagency Efforts Related to the Prevention of Problem Behavior
 - MO School-wide Positive Behavior Support
 - MO Systems of Care
 - Systems Change in the IDD Field



Positive Behavior Support in Mental Health

Positive Behavior Support Across the Lifespan

- **Aaron** is a college sophomore who was in a car accident that results in Traumatic Brain Injury
- **Samantha** is a 9-year old with Autism who enjoys staying active, at times, it is difficult for her to engage in nonpreferred tasks
- **Ursula** is a 79-year old who has been diagnosed with Alzheimers
- **John** is a high school student who is skipping school to join his gang
- **Andrew** is a 30-year old with schizophrenia who is moving into his own home for the first time.

Positive Behavior Support is the Integration of:

Valued Outcomes

- It is not enough to decrease problem behavior
- Meaningful impact on quality of life

Behavioral and Biomedical and Behavioral Sciences

- Applied behavior analysis
- Research in behavioral health, psychiatric research, and mental health

Validated Procedures

- Interventions proven via science
- Data-based evaluation systems

Systems Change

- Interventions addressing larger systems for prevention
- Policies, training systems, feedback loops (meetings) at local, regional, state

In Order to Enhance Quality of Life and Prevent Problem Behavior

About PBS

- **PBS Plans are Launched within Wraparound**
 - Focus on strengths
 - Establish preferred lifestyle
 - Evaluate quality of life domains
- **Plans Need to be Implemented Across Settings**
 - Home
 - School
 - Community
 - Work
- **Interdisciplinary Teams are an Important Part of Planning**
- **Interagency Collaboration is Essential for Success**

Public Health Model & Community Prevention

Disease Prevention

Tertiary Prevention

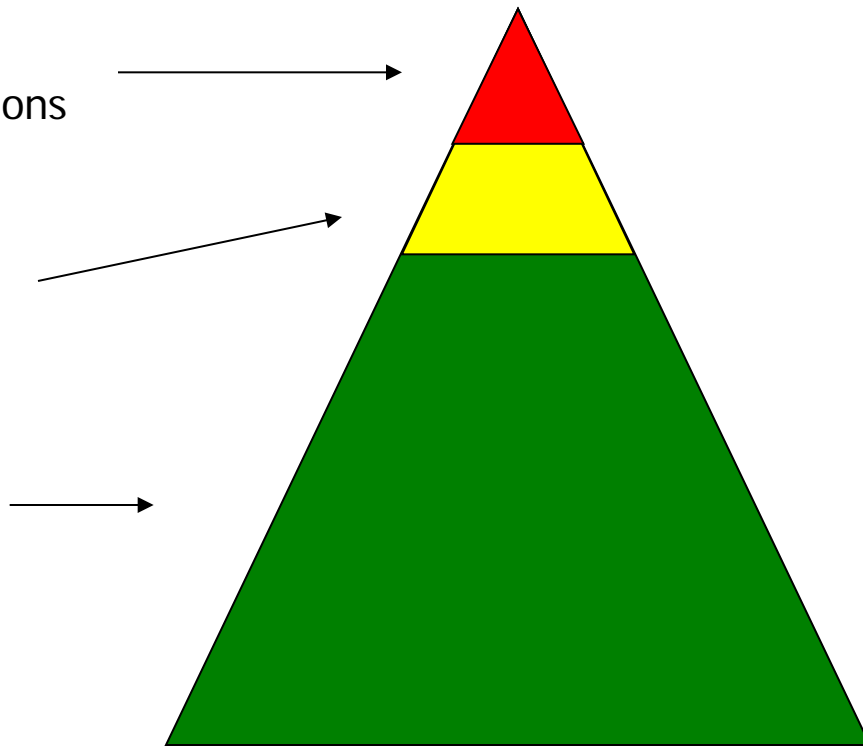
- * Intensive, Individual Interventions
- * Assessment-based

Secondary Prevention

- * Targeted Group Interventions
- * Some children (at risk)
- * High efficiency

Primary Prevention

- * System-wide Interventions
- * All children
- * Preventive, proactive
- * Broad community focus



Adapted from Sugai, 2002

Three-tiered Models of PBS

Mental Health: Center-wide Positive Behavior Support

Nursing Homes/Elder Care

Facility-wide Positive Behavior Support

- Juvenile correctional facilities
- Special education settings
- Psychiatric residential treatment facilities/hospitals

Three-tiered Models of PBS

Continued...

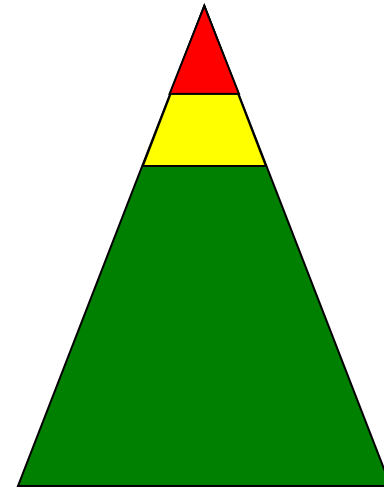
- **Organizations Supporting Individuals with IDD**
 - Supporting Adults Living in the Community
 - Supported Employment
- **School-wide Positive Behavior Support/Multi-tier Systems of Support**
- **Early Childhood PBS (Program-wide PBS)**
- **Children and Family Services**
 - Foster Care
 - Family Preservation

PBS is Expanding Across Communities

- Juvenile Justice & Facility-wide PBS
- Organization-wide PBS (IDD)
- School-wide PBS

Goal of Community-wide PBS is to:

- Improve Service Coordination and Communication Across Agencies
- Create a Common Language
- Improve Transition Planning
- States Can Leverage Limited PBS Funds
- Services for Individuals with Dual Diagnosis (Mental Health and IDD)



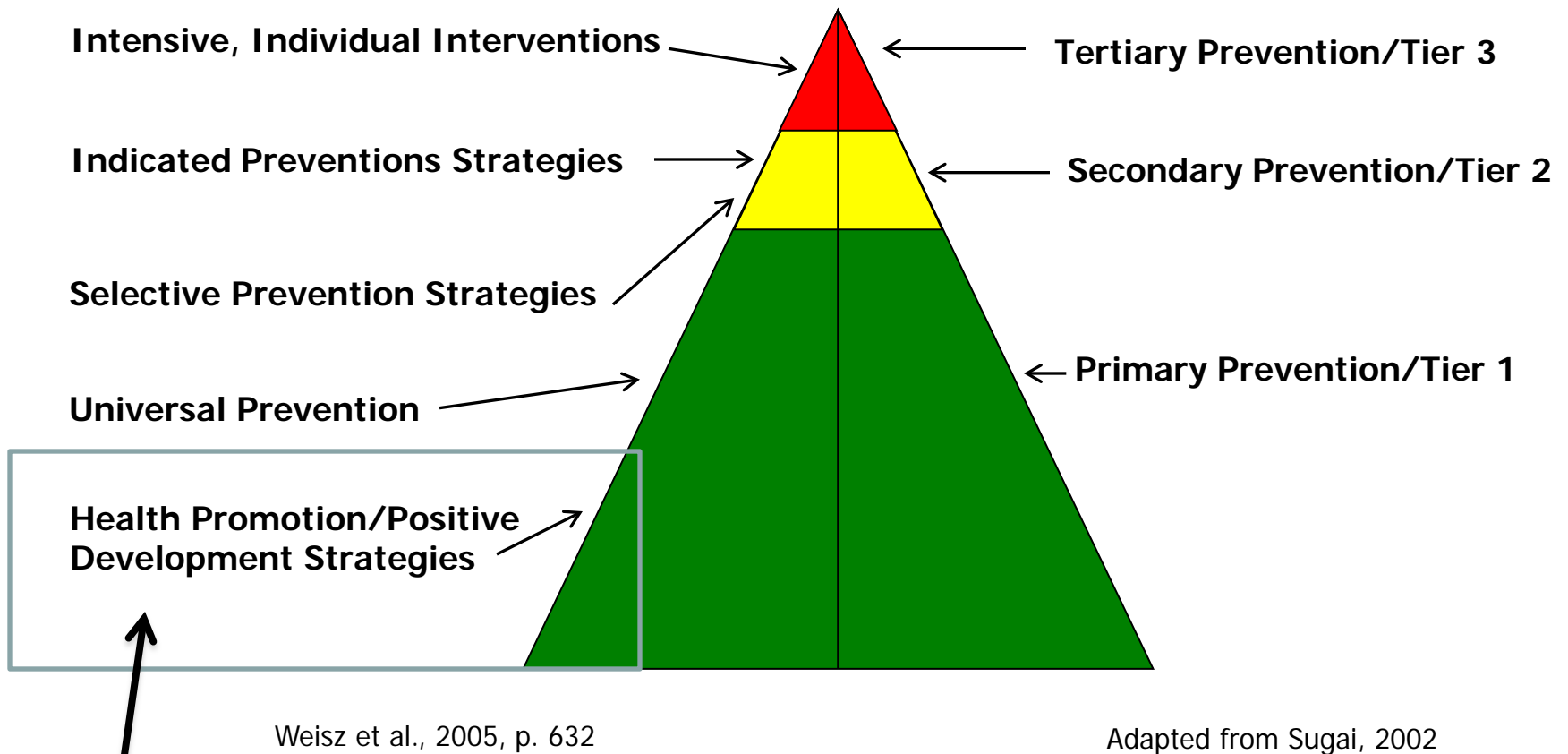
Unified Three-tiered Prevention

- SWPBS
- Mental Health
- Juvenile Justice
- Children and Family Services
- IDD Organizations
- Early Childhood
- Community Services

Changing the Unit of Analysis From a Building (Schools) to the Community

Mental Health Prevention Model

School-wide PBS



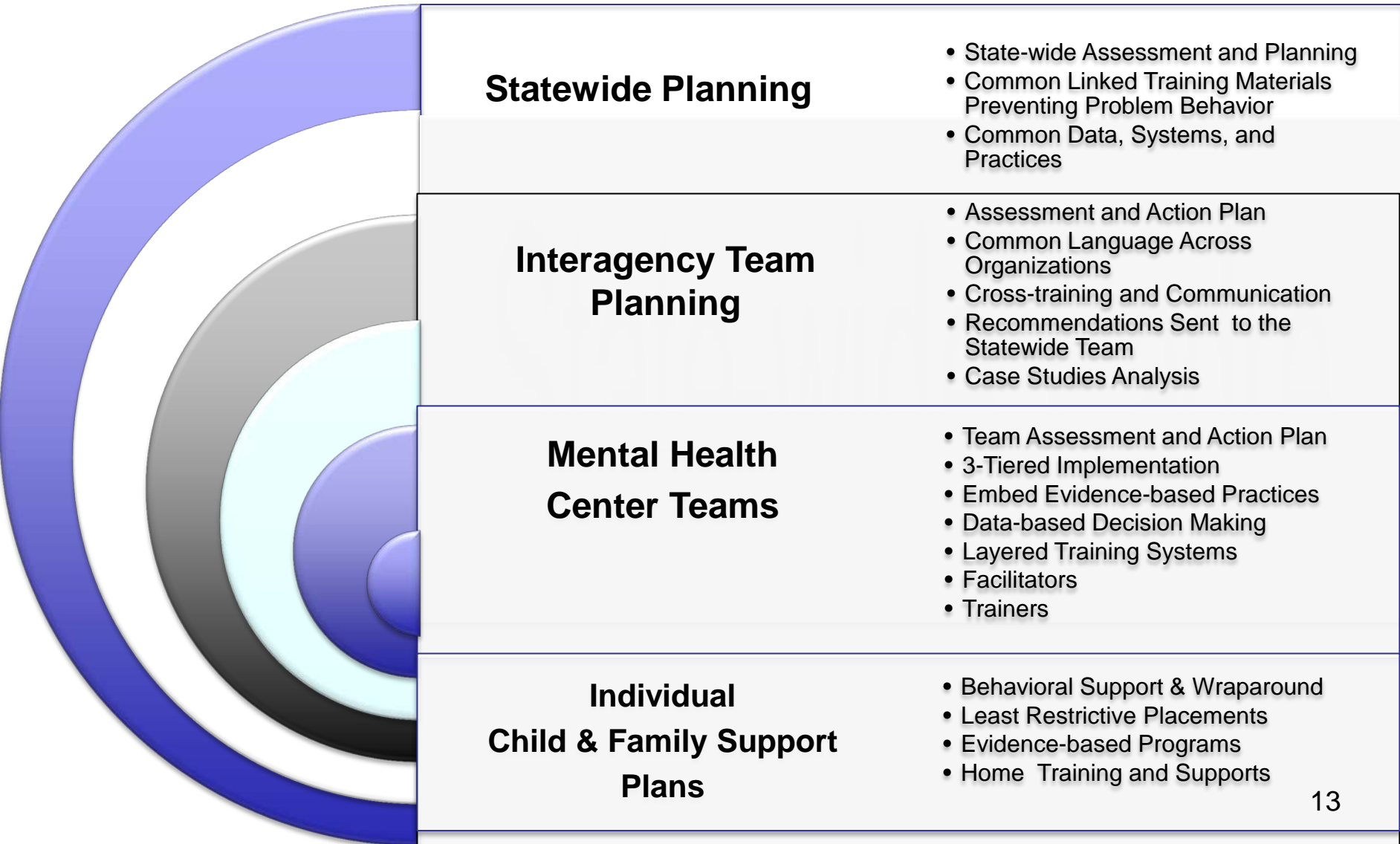
Promoting Healthy Communities



Kansas Mental Health and Positive Behavior Support

Evaluating the KMHPBS Project

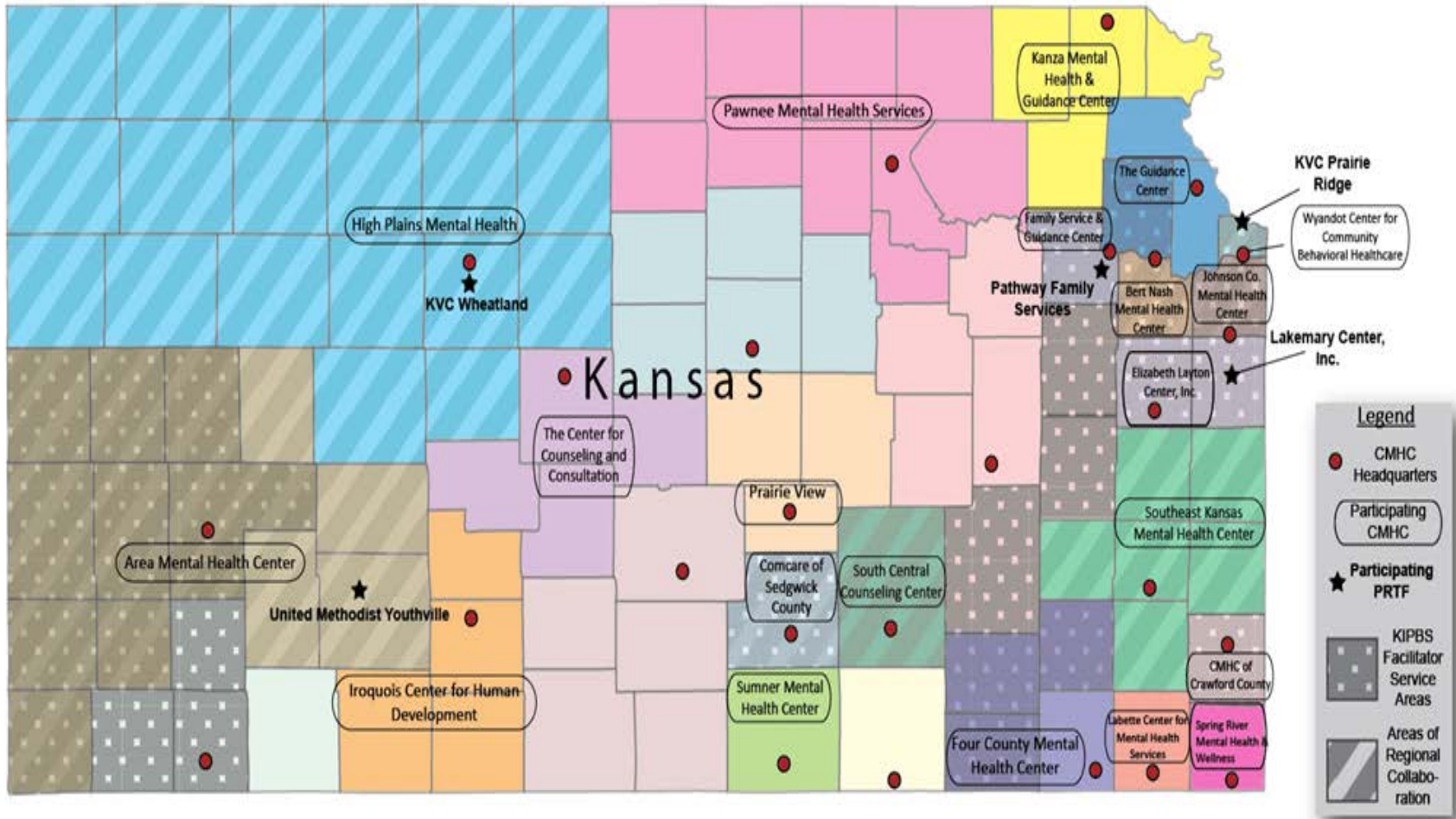
Data Are Collected at Each Level in the System



Center-wide Positive Behavior Support

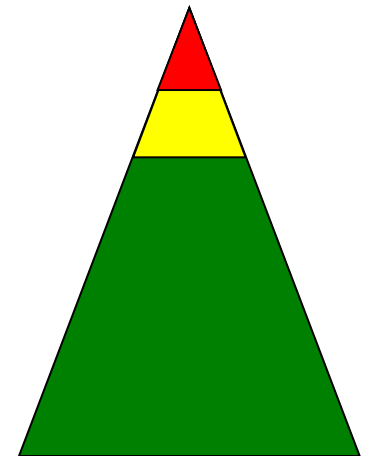
- **Self-assessment and Action-planning Process**
 - Tools & Processes
 - Initial Findings
 - Capacity Building
- **Regional Interagency Team Meetings**
 - Tools and Processes
 - Regional Case Studies
 - First Steps for Community-wide PBS
- **Establishing Technology-based Strategies for Family Support**
 - “To Go Boxes”
 - Expanding Rural Outreach

21 Mental Health Centers Participating



Primary Prevention

- **Work with Schools and Agencies to Implement Early Screening for Children at Risk**
- **Parent Counseling and Supports**
- **Presentations to School Educators and Children About Mental Health Topics**
- **Mental Health First Aid**
 - Screening
 - Dispel Stigma Related to Mental Illness
- **Education for Community Members About**
 - Promoting Healthy Lifestyles
 - Substance Abuse
 - Depression
 - Etc.



Secondary Prevention

- **Collaboration with Schools to Support Children At Risk for Exclusion**
 - Aggregate Data Reviewed (Screening Students, Evaluating School-based Mental Health Interventions)
 - Provide Additional Counseling and Supports
 - Wraparound Supports
- **Instructing Educators to be “First Responders”**
 - Assist in Identifying Children Experiencing Risk Factors
 - Teaching Educators to Identify Children Needing Tier 2 Assistance
 - Working with Schools to Ensure Mental Health Tier 2 Interventions Are Available

Tertiary Prevention

- **Work with a Team Supporting a Child Across Home, School, and Community**
- **Facilitate Wraparound and Positive Behavior Support Plans**
- **Meet Regularly to Evaluate Progress, Communication, Collaboration**
- **Assist a Child's Family Members in Need of Supports and Services**



“So, I just really like that teamwork attitude of, ‘Hey, mental health centers, we know you’re doing good stuff. We we’ve seen some of the stuff you’re doing...some of it’s already had aspects of PBS in it. Let’s see how we can even expand upon that and ... with what you’re doing in your center’. And I just thought that was a really good message throughout.”

Interview With Mental Health Professional

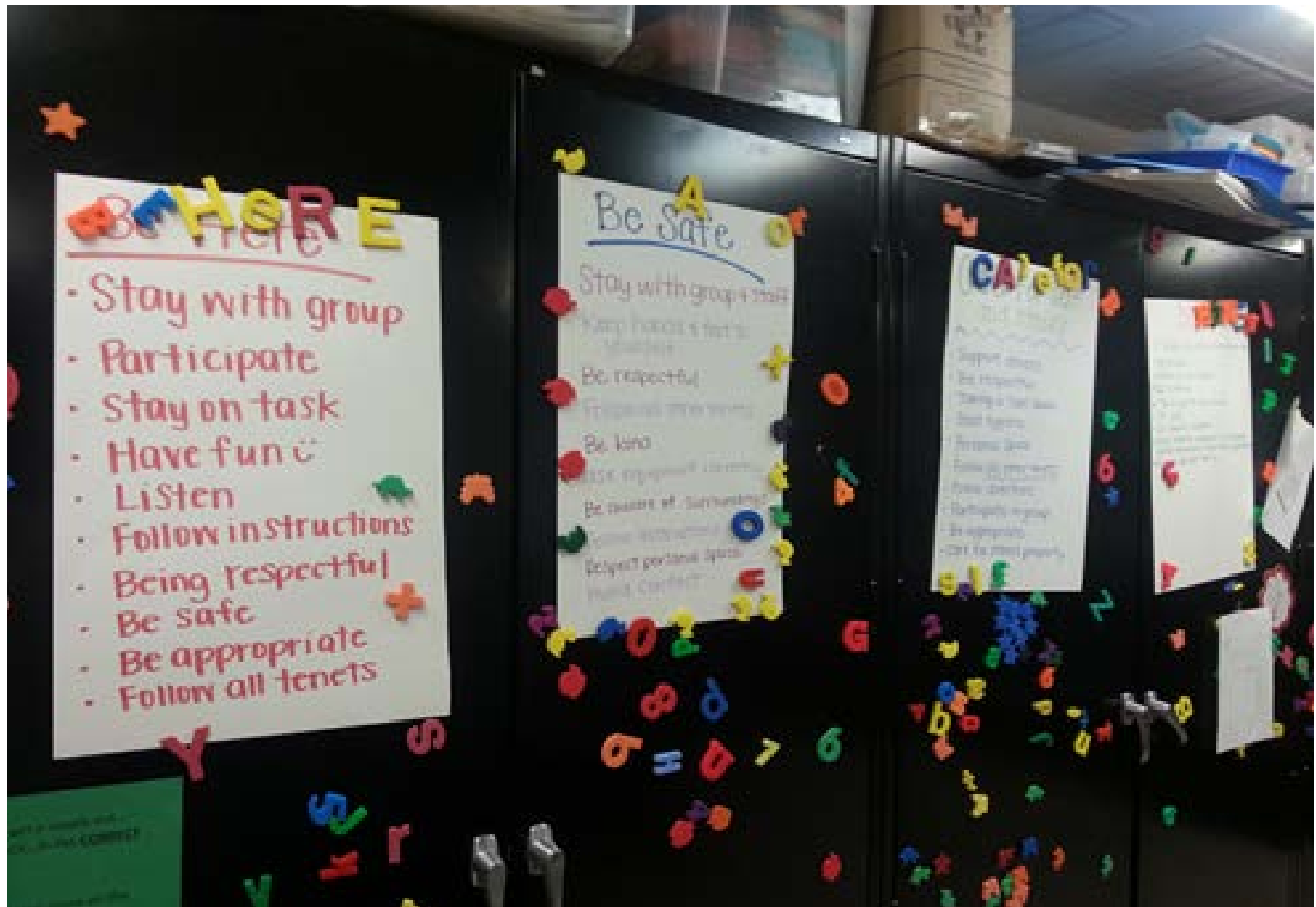
Examples of Action Plan Objectives

- Ongoing Training and Support
- Targeting Psychiatric Residential Treatment Facility Liaisons (PRTF) for Tier 3
- Sharing Information About PBS with Schools
- Collaborating with Districts Implementing PBS
- Applying PBS Principles Within the Center
- Including PBS within Wraparound Fidelity Tools
- Expanding Evaluation systems for Data-based Decision Making
- Including PBS at Different Levels of Mental Health Practice
 - Similar to PBS and Classroom Management
 - Case Manager Visits Incorporate Tier 1 and 2 Strategies

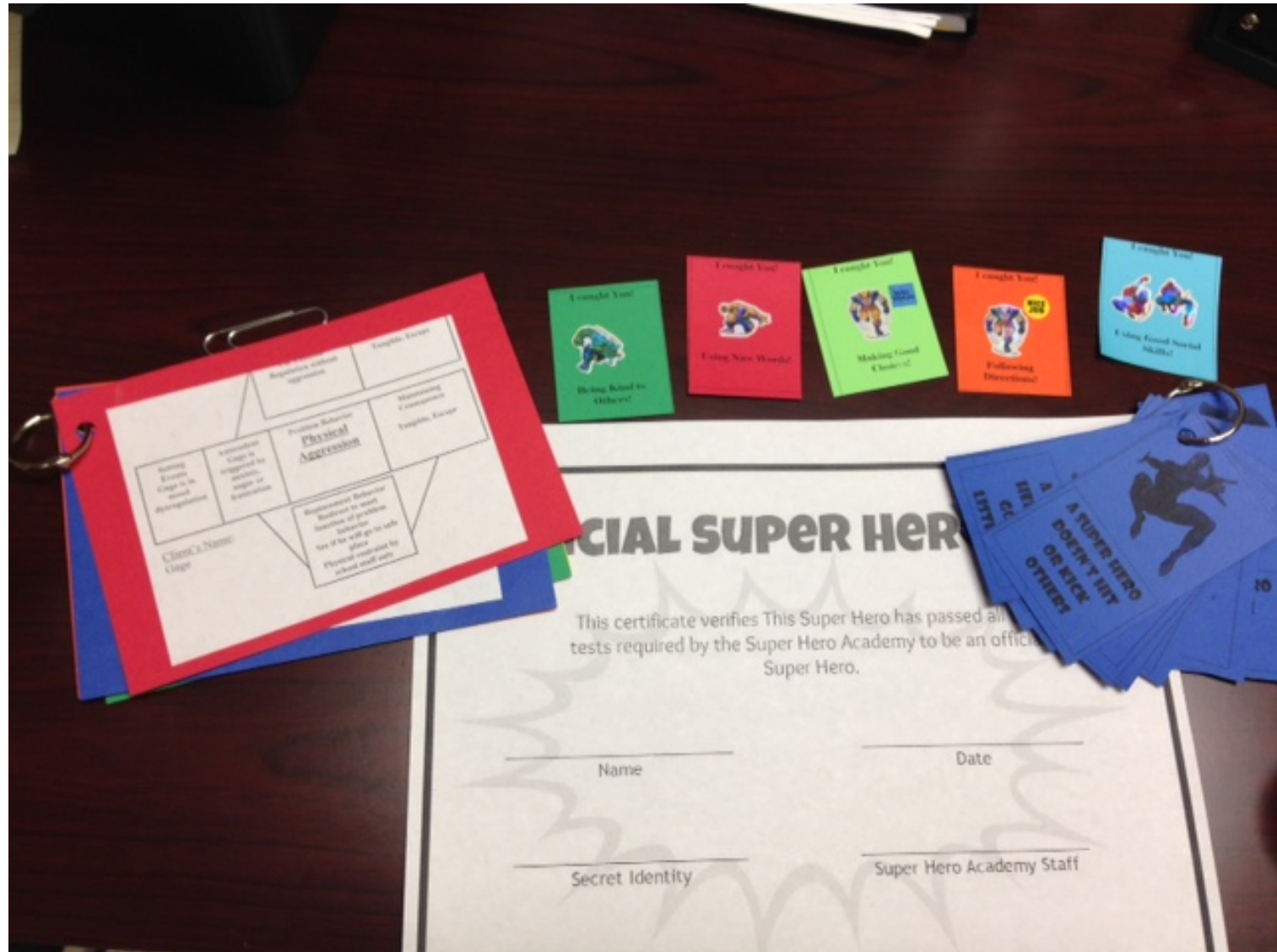


“I think we forget as adults, just ‘cause we’re adults...we still like to know that people see that we’re doing something good.” Interview with mental health professional 21

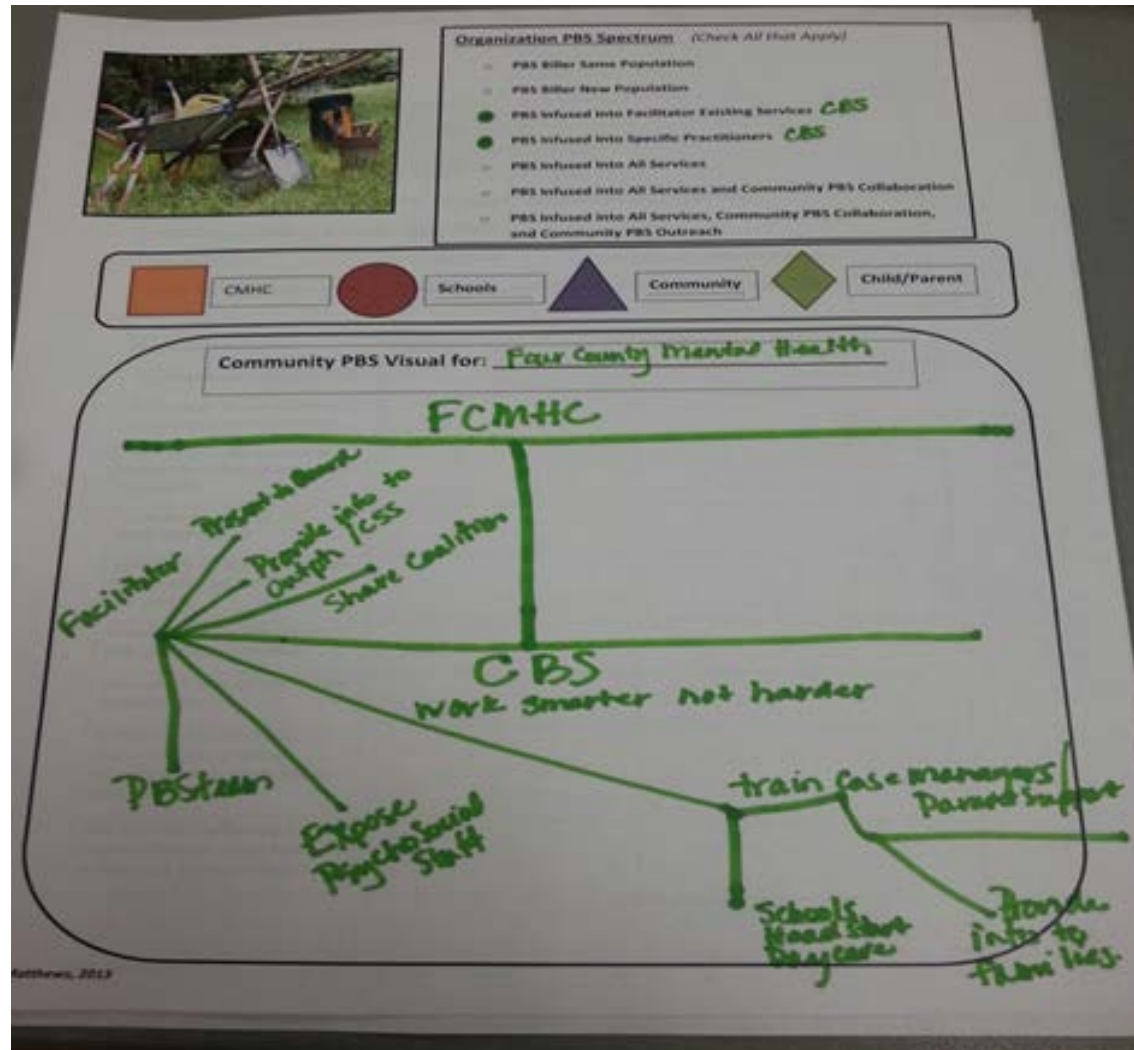
Teaching Social Skills to Children Participating in Mental Health Center Activities



Strategies for Reinforcing Children for Engaging in Positive Social Skills



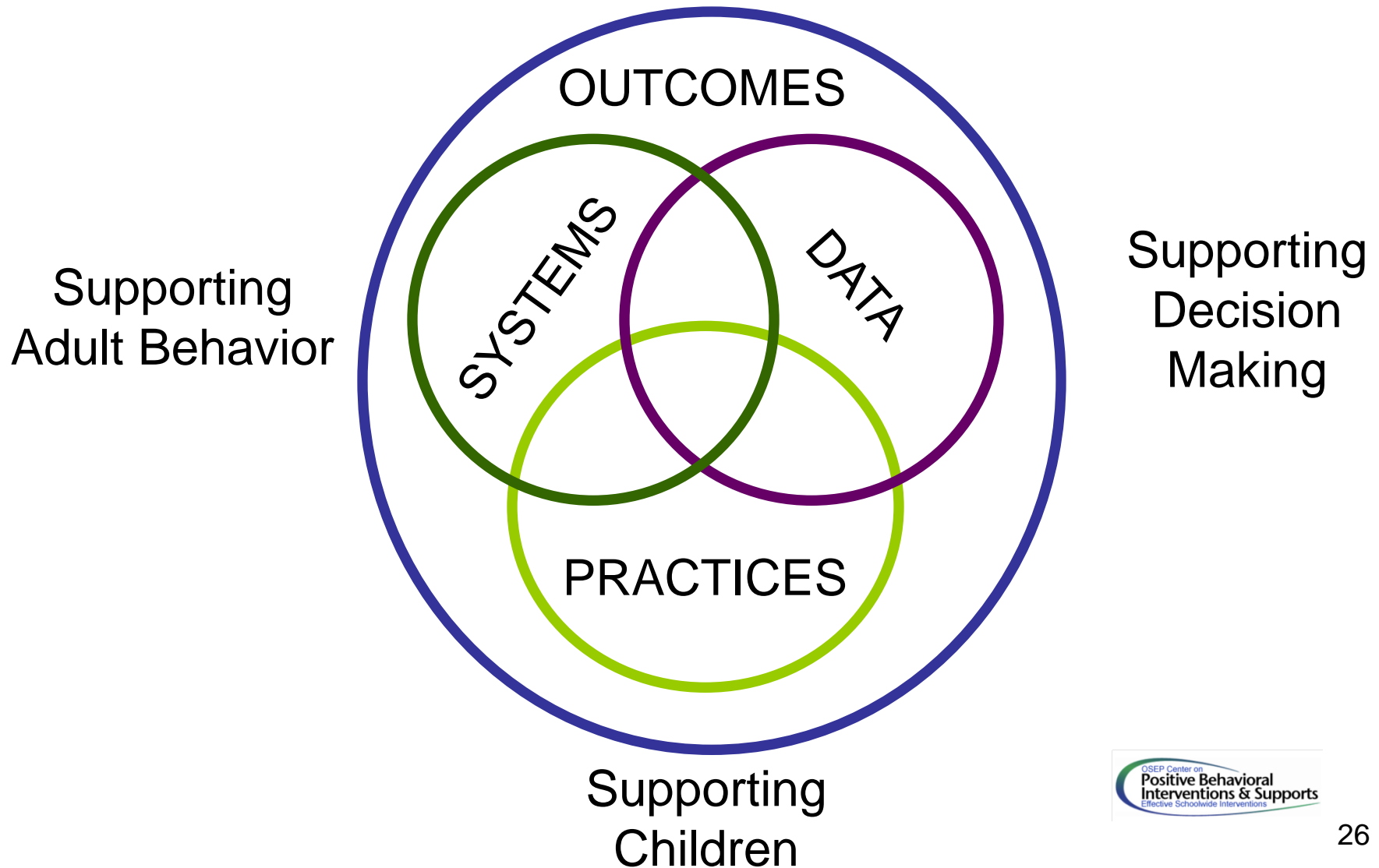
Team Activities Included Creating a Visual Model Explaining How Positive Behavior Support is used within Mental Health Centers



Brief Activity

- What Strategies Does Your Center Already Implement that Relates to Positive Behavior Support?
- Is Your Center Already Collaborating with Local School-wide Positive Behavior Support Efforts?

Working Smarter Not Harder to Establish Effective Outcomes for Children and Youth



Four Levels of Integrated Training

1. Awareness Training in PBS
2. Skill-building Training for Professionals in PBS (inservice)
3. Training Facilitators to lead teams
4. Training Experienced leaders who will provide training in areas 1-3



Awareness Segments

- Staff Training – Independent or Group Learning Strategies
- New Staff Orientation
- Community Events
- Targeted Stakeholder Groups (Families, Community)

Ongoing Learning: Beyond the KMHPBS Segments

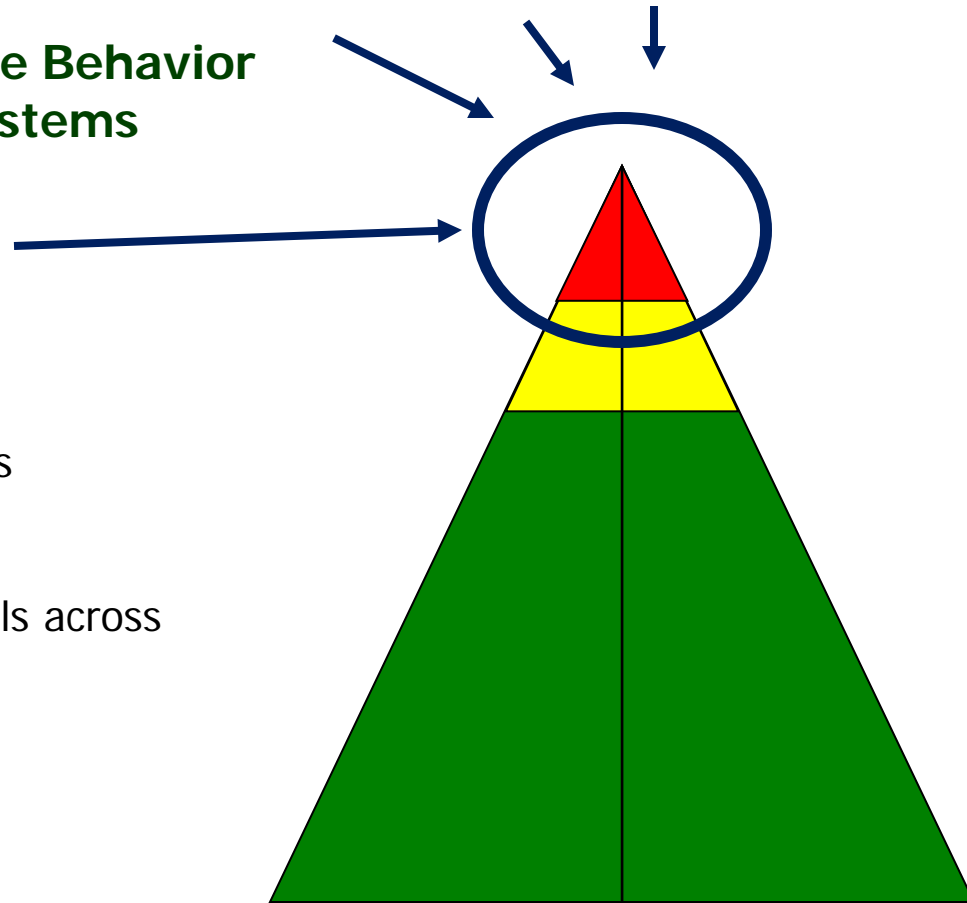
- Coaches and Facilitators Guide Training
- Dedicated Time During Staff Meetings
- Policy Changes to Encourage Ongoing Professional Development
- Coaching and Mentoring Systems for Facilitating Teams

28 Mental Health Professionals Participated in Intensive PBS Training (1-2 From Each Center)

Community-wide Behavior Support Systems

Intensive, Individual Interventions

- * Children with intense needs
- * Assessment-based
- High Intensity
- Appropriate for professionals across agencies and systems



Adapted from Sugai, 2002



Regional Interagency Collaboration & Systems of Care

Assess PBS Across the Community

Implementing Program-wide PBS

School-wide PBS

Organization-wide PBS

Early
Childhood

Education

Acute &
Residential
Care

Juvenile
Corrections

Foster Care
Homes

Additional
Supports
I/DD, TBI,
PD

Regional
Collaboration

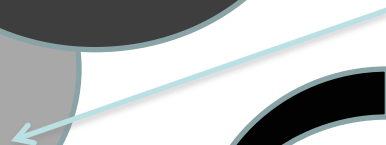
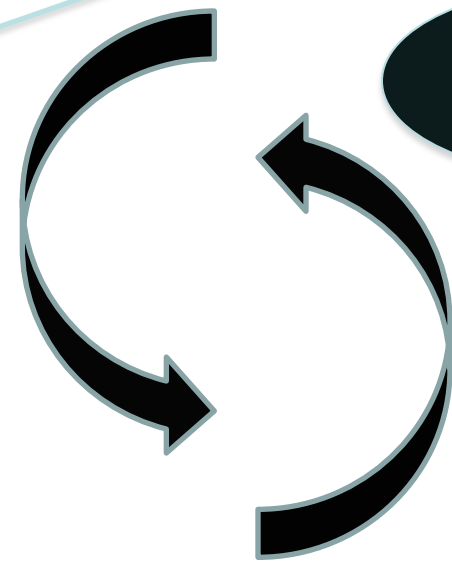
Mental
Health
Centers

Case Studies

Team Action
Planning &
Staff
Development

Sustainability
Plan & Data
System

Skilled PBS
Professional
& PBS Tools



Creating a Common Language

Person-centered Planning and Wraparound Planning

- Both Person-centered Processes
- Individuals with Dual Diagnosis May be Involved in One or the Other
- Actively Teach Both Processes
- Use the Best Elements of PCP and Wraparound Tailored for the Person

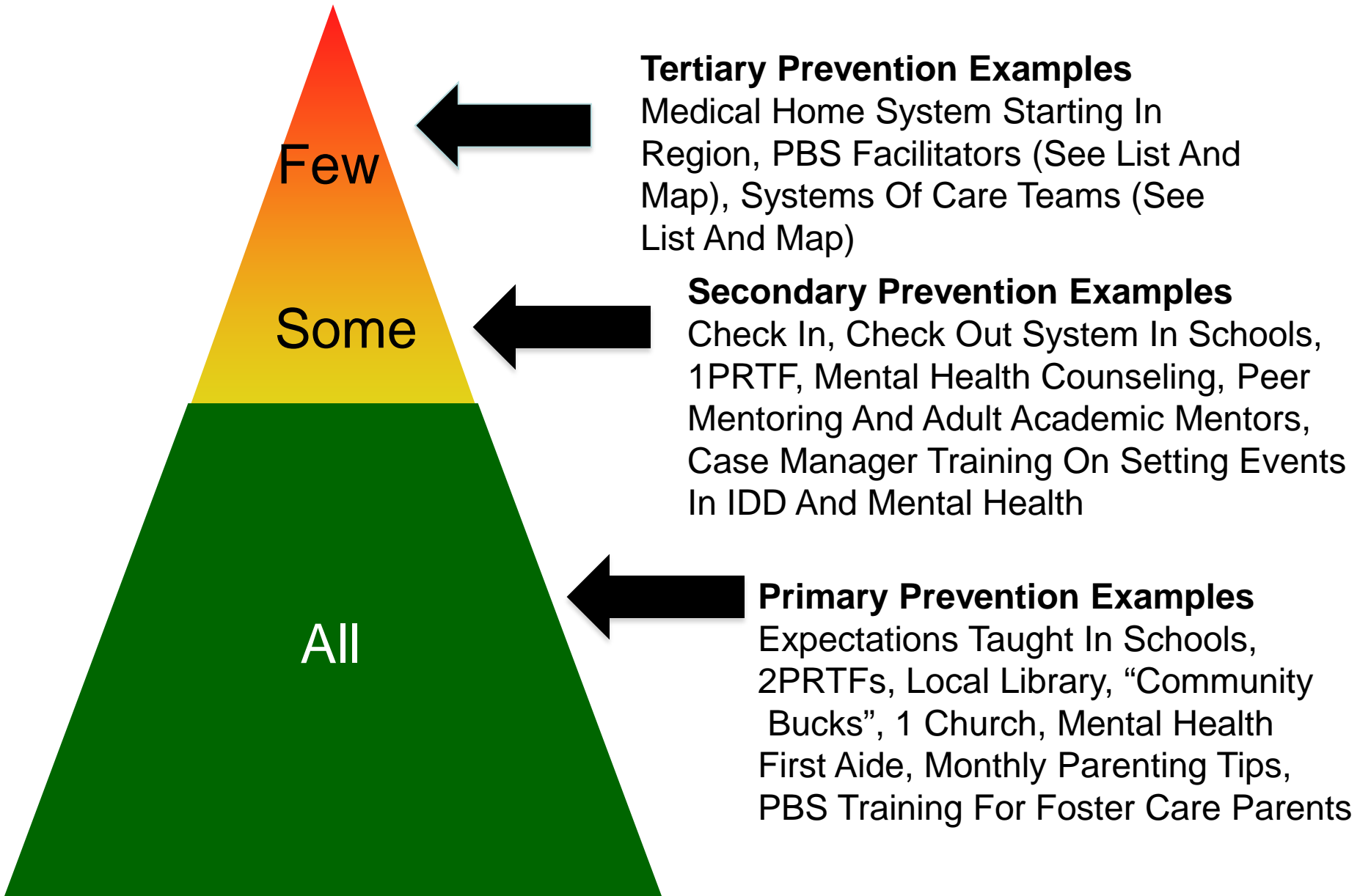
“...when I first started engaging with the family to even get him to look at me or speak to me...he wouldn't even answer with a yes or a no...he wouldn't even shake or nod his head...”

After implementing elements of PCP within the wraparound process:

“...he absolutely wouldn't quit talking! I mean, he was interrupting us and stopping us as we were talking...and it was a wonderful...wonderful problem to have because like I said before, I couldn't get him to talk to me at all.”



Create a Community Triangle Within Regional Interagency Team



Use Regional Teams to Help Create Natural Support Connections

- Wraparound Planning and Person-centered Planning
- Many Facilitators Indicate That Building Natural Supports Can Be Challenging



Building Natural Supports in Rural Areas

Introducing Families to Social Networks

- Spiritual Groups
- Community Organizations
- Sports Groups
- Social Groups

Summary of Main Activities

Mental Health Center Action Planning

- Assess primary, secondary, tertiary prevention at the community level
- Embed evidence-based programs

Internal Capacity for Tier 3

- 1-2 Individuals Participate in Intensive PBS Training
- Coaches and PBS Facilitators Guide Teams

Regional Interagency Teams

- Create Common Language for Prevention
- Integrate Wraparound and Person-centered Planning



Missouri Positive Behavior Support

Challenges of Disconnected System of Service Delivery

- Communication across services can be Challenging
- Effectiveness of Service Coordination for Children
 - Dual Diagnosis (I/DD, Mental Illness)
- Agencies Often do not Work Together to Develop **One** Plan with the Child and Family
- Transition Planning Difficult Due to Funding Mechanisms and Policies
- Training, Language, Resources, and Services Vary Depending Upon Services
 - Person-centered Planning/Wraparound Planning
 - Acronyms!

Creating an Interagency Glossary: Acronyms Across Services

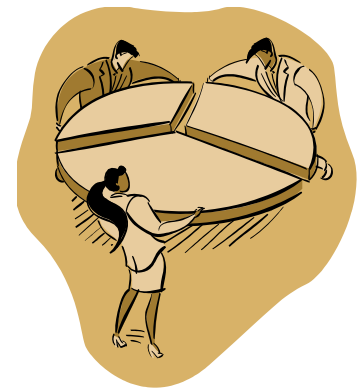
AT QMS CPST EBP
CASA LMFT MST RFA MCOs DOV ODR
BACB IEPs CPI KANBEHealthy
OCD AS CMS ISIS CP PRTF CBT APR NCLB
PWS APS LRE ARC JO FBAs EI MMIS ITP SIP LMLP
SWIS DIBELS QA ABA FAPE ECT APA AYP QE EBD FACTs
IL ASD EHA MR HIPPA SIB SPMI HCBS Rtl NOS
CAFR OTPT TBI ADD MRI IFSP IOC JJA Mandt ILP
BIP ISP ATF DDP ABC ADL KIPBS FAS LEA Kancare ESL EMR
QMHP PTSD PECS PBS ICF/MR CBS AIM MTSS SED QMRP PBIS
EMR DSM ODD EC HCBS PA AYP TCM CAFAS SLS
BASIS FERPA CARF SAMHSA OT CBCL SLD CSE Mandt MSW
MABs VR CMS PHI SSI DLA20 CMHT
IDEA TDD CBA ART COP LEP CICO CDDO MOU FA IDD

Missouri Interagency Collaboration

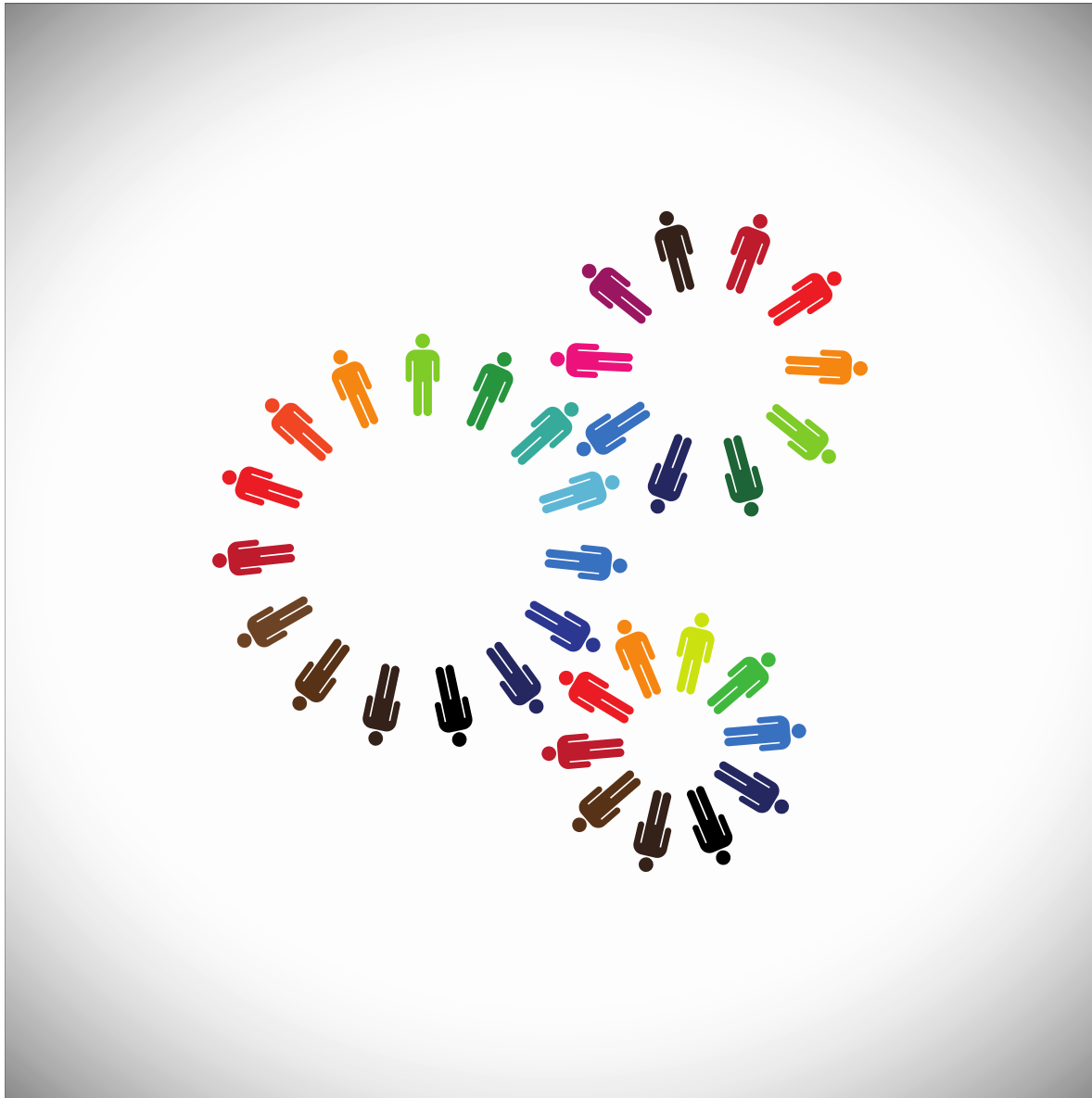
- Started in 2008
- Agencies included:
 - **Missouri SW-PBS**
 - **Department of Elementary and Secondary Education (DESE)**
 - Office of Quality Schools
 - Office of Special Education
 - Missouri Schools for the Severely Disabled
 - **Department of Mental Health**
 - Division of Developmental Disabilities (DDD)
 - Comprehensive Psychiatric Services

Why Collaborate Across Systems?

- Share information and resources
- Increase effectiveness of services
- Establish regional interagency supports
- Leverage limited state funds



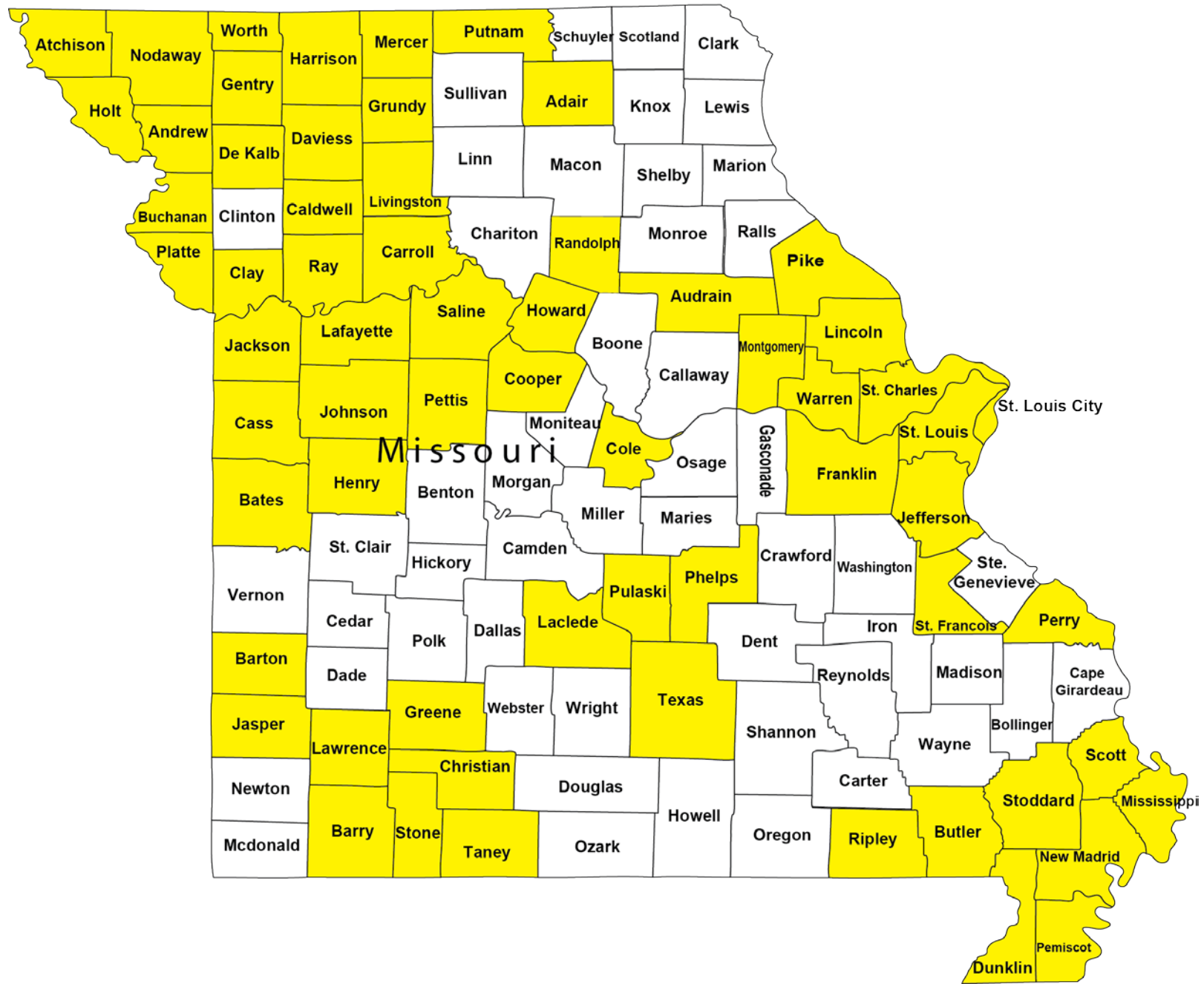
Assess Multiple Interagency Teams



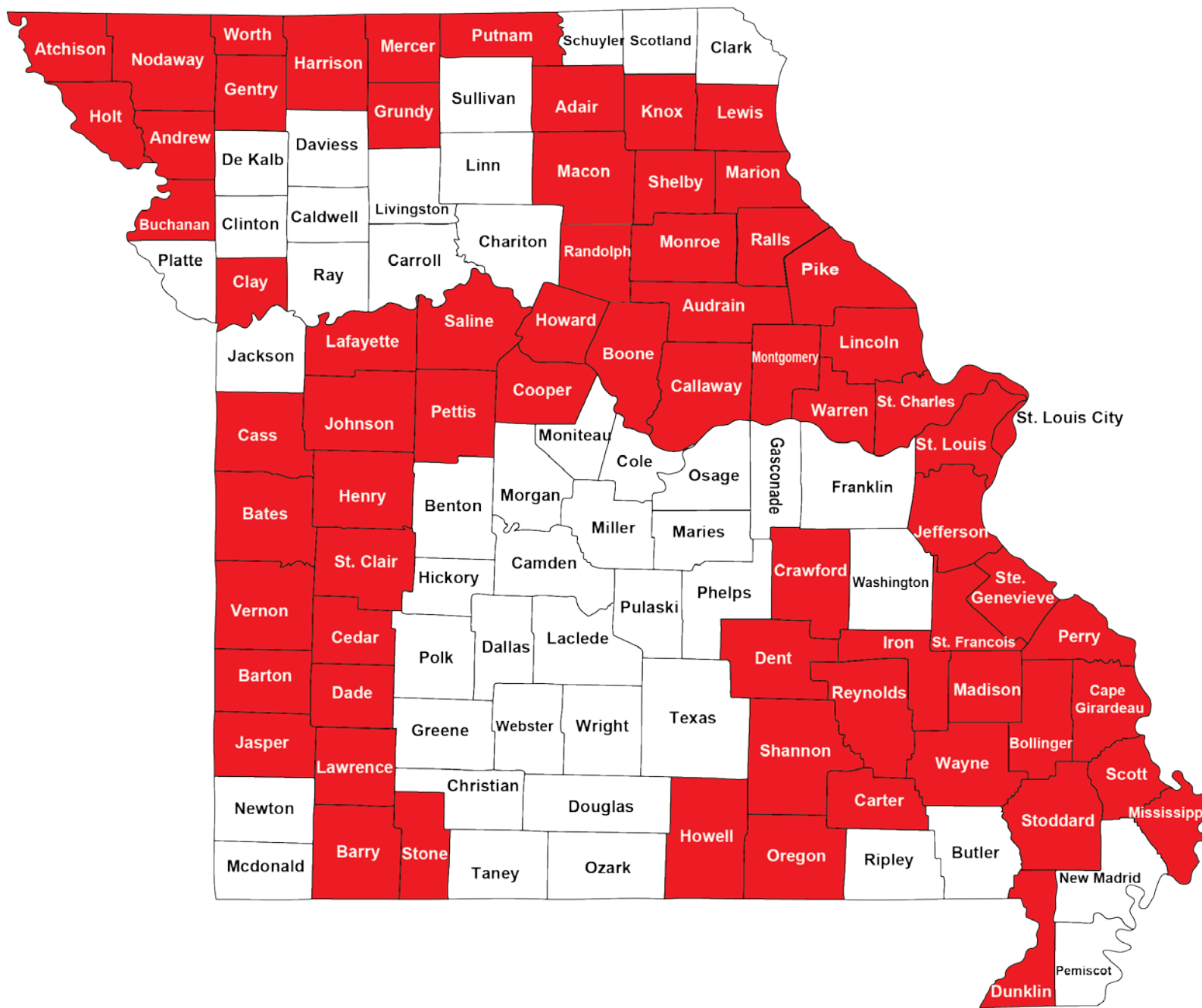
Assessment Of Other Interagency Systems In The Region

- Community Coalitions
- Systems of Care Teams
- Early Childhood
- Transition Planning Teams
- Juvenile Justice Meetings
- Non-Profit Interagency Programs

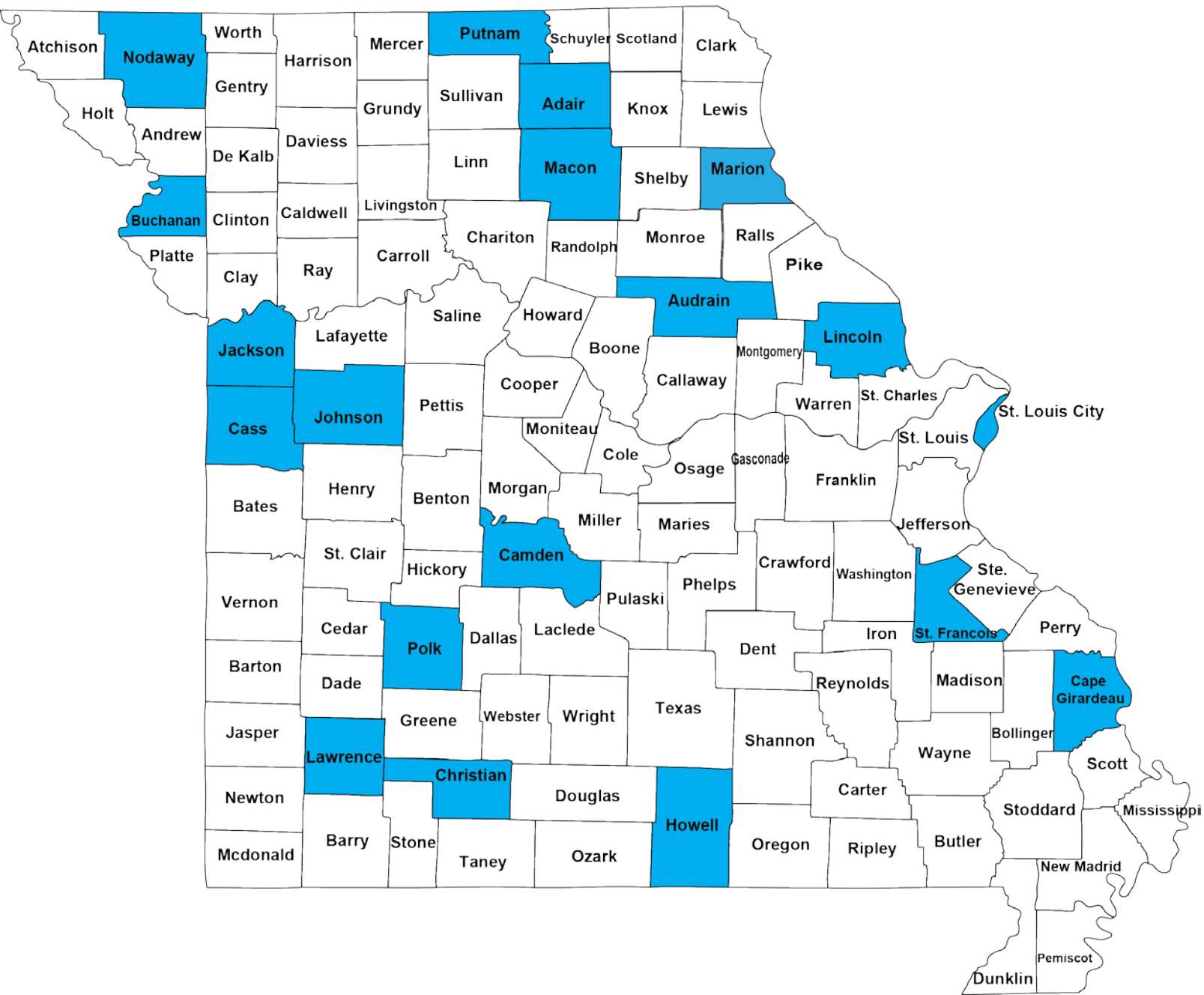
Missouri Systems of Care Sites



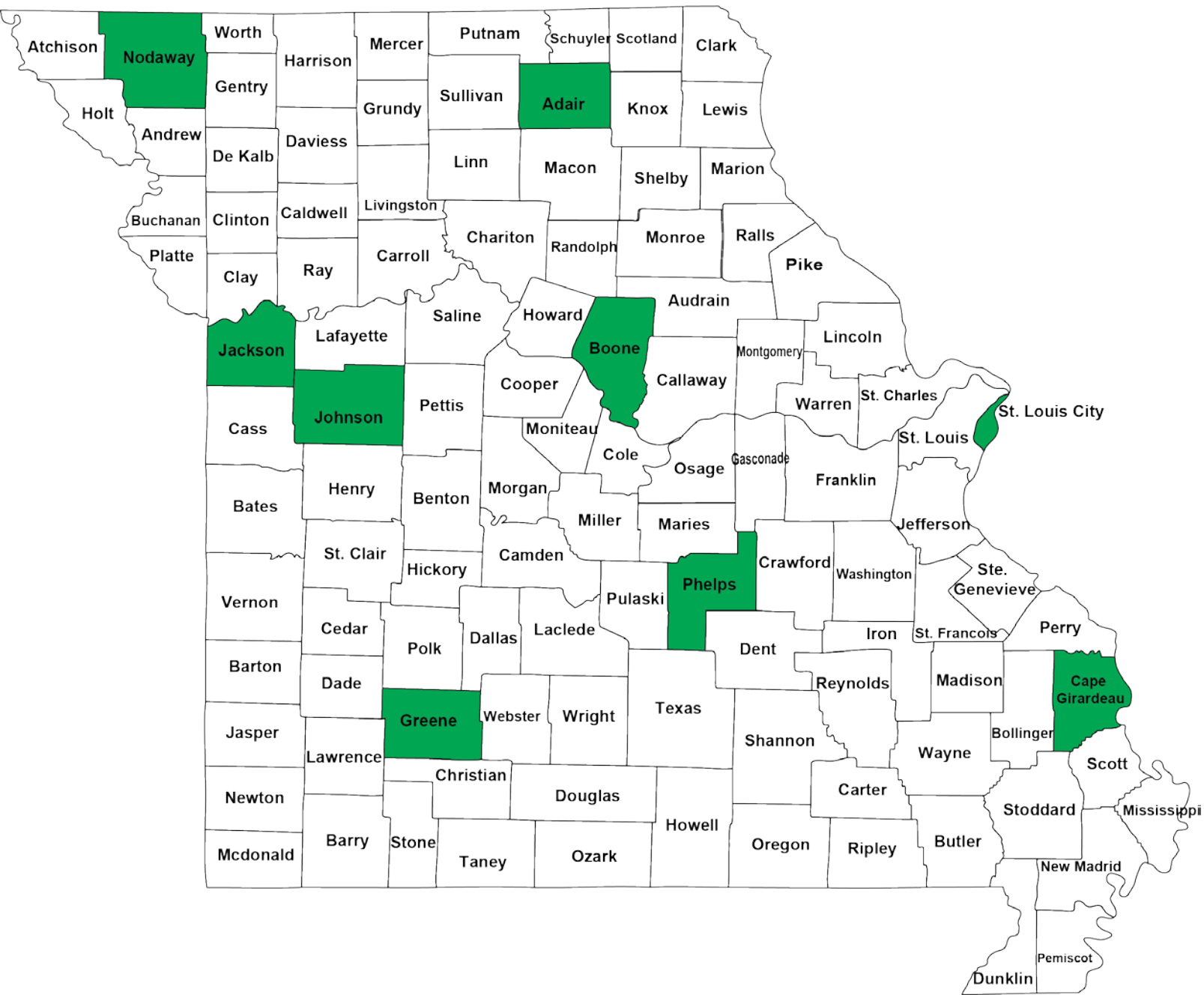
Missouri Juvenile Justice Sites



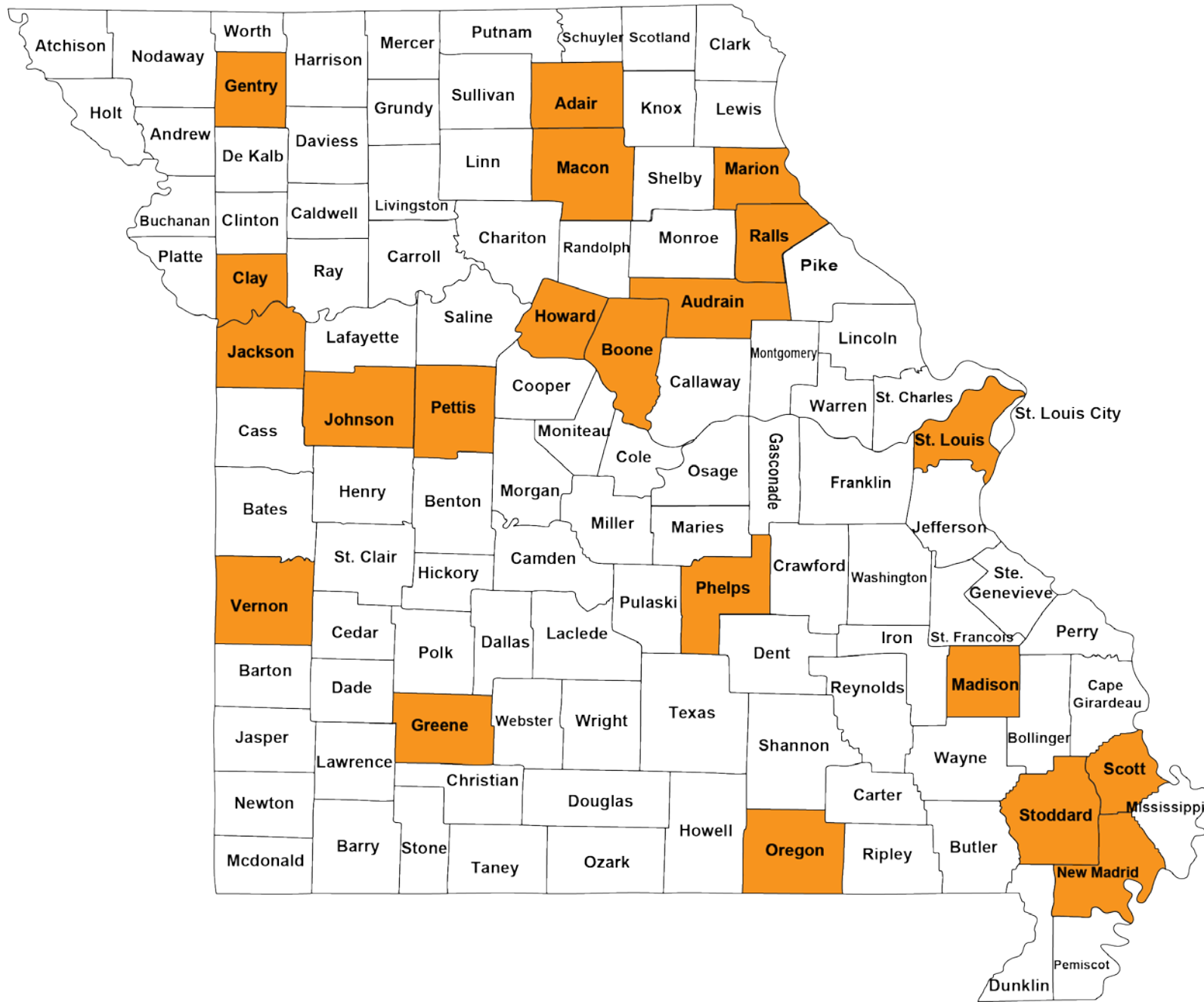
Missouri Community Transition Teams



Missouri Professional Development Centers



Missouri Providers Participating in Tiered Supports



Missouri Systems Change Sites - Density by County



Missouri School-wide Positive Behavior Support

School-wide Behavior Systems

Intensive, Individual Interventions

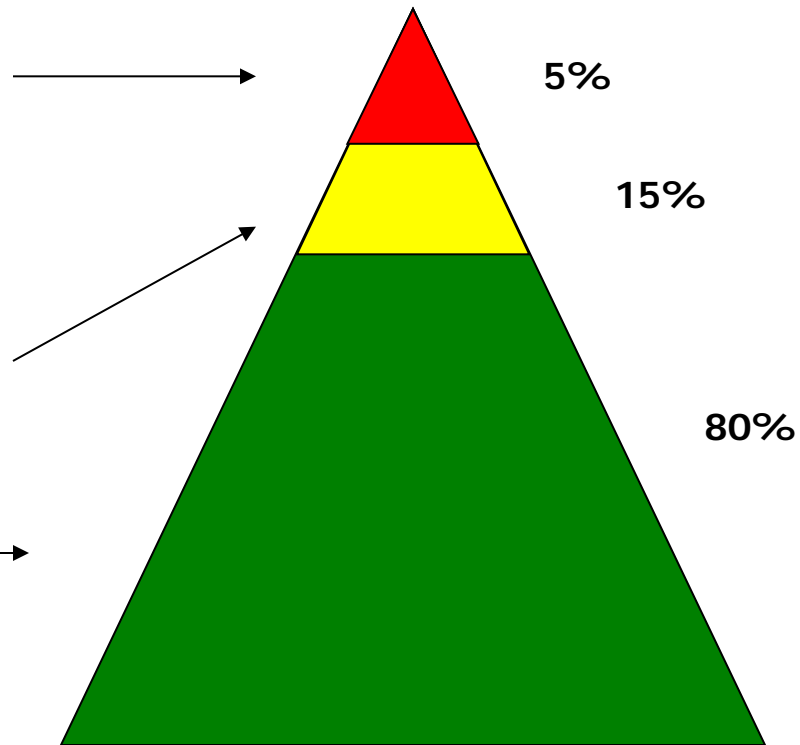
- * Children With Intense Needs
- * Assessment-based
- * High Intensity

Targeted Group Interventions

- * Some Children (At Risk)
- * Highly Efficient

System-wide Interventions

- * All Children
- * Preventive, Proactive
- * Social Skills



Adapted from Sugai, 2002

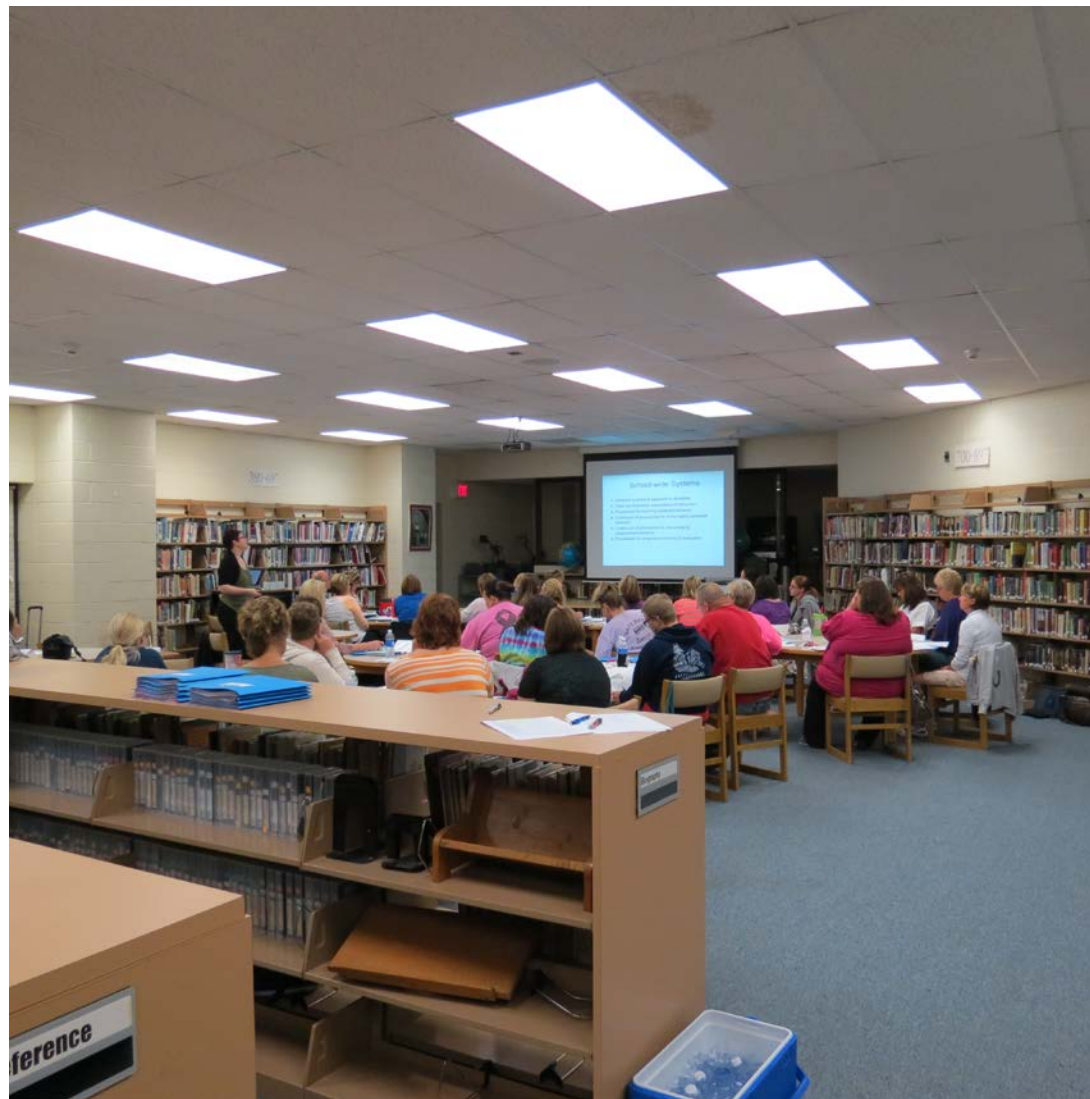
An Alternative to Punishment?

If A Child Doesn't Know How To Read, We Teach.

If A Child Doesn't Know How To Swim, We Teach.

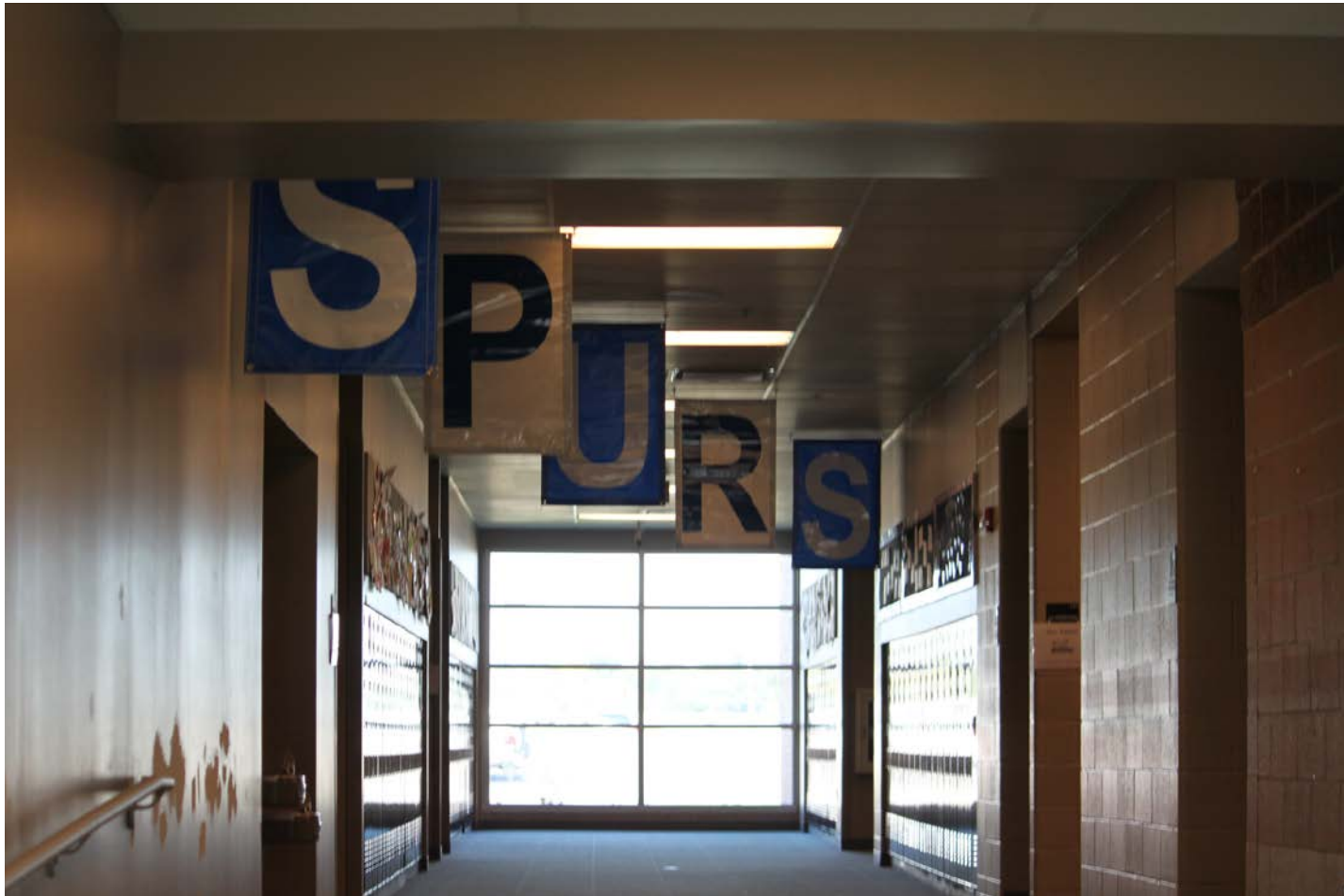
If A Child Doesn't Know How To Multiply, We
Teach.

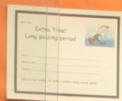
If A Child Doesn't Know How To Behave,
We...Punish?



“School Planning Team meetings, Inservice Days, And Staff Meeting Dates Dedicated To School-wide Positive Behavior Support Collaboration Are Built Into The School Calendar.”

Establishing Consistent Behavioral Expectations across all levels





Safety **COMMONS**

- Keep hands clean
- Wash in warm water
- Dry your hands with a paper towel

Prepared

- Bring only what you need to the classroom
- Know your lunch code

United

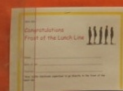
- Work together to make our year class a team

Respectful

- Listen to others
- Use words that are kind
- Be polite and use good manners

Self-Control

- No Whoopee! Keep hands, feet and head to yourself
- Keep your feet on your rug



Expectations for Roesland's STAIRS

P_{eaceful}

R_{esponsible}

R_{espectful}

S_{afe}

- Quiet Voices and Feet
- One Step at a Time
- Feet on Steps only
- One Hand on Railing at all Times



Horizons Students... Be REAL !

Respect Self and Others

*Treat yourself and others with kindness,
consideration and acceptance.*

Expect Success

*Prepare yourself and do your best to set and
achieve your goals.*

Act Safely

Act so that others feel safe and secure.

Live Responsibly

*Take care of your obligations and be helpful to
others.*

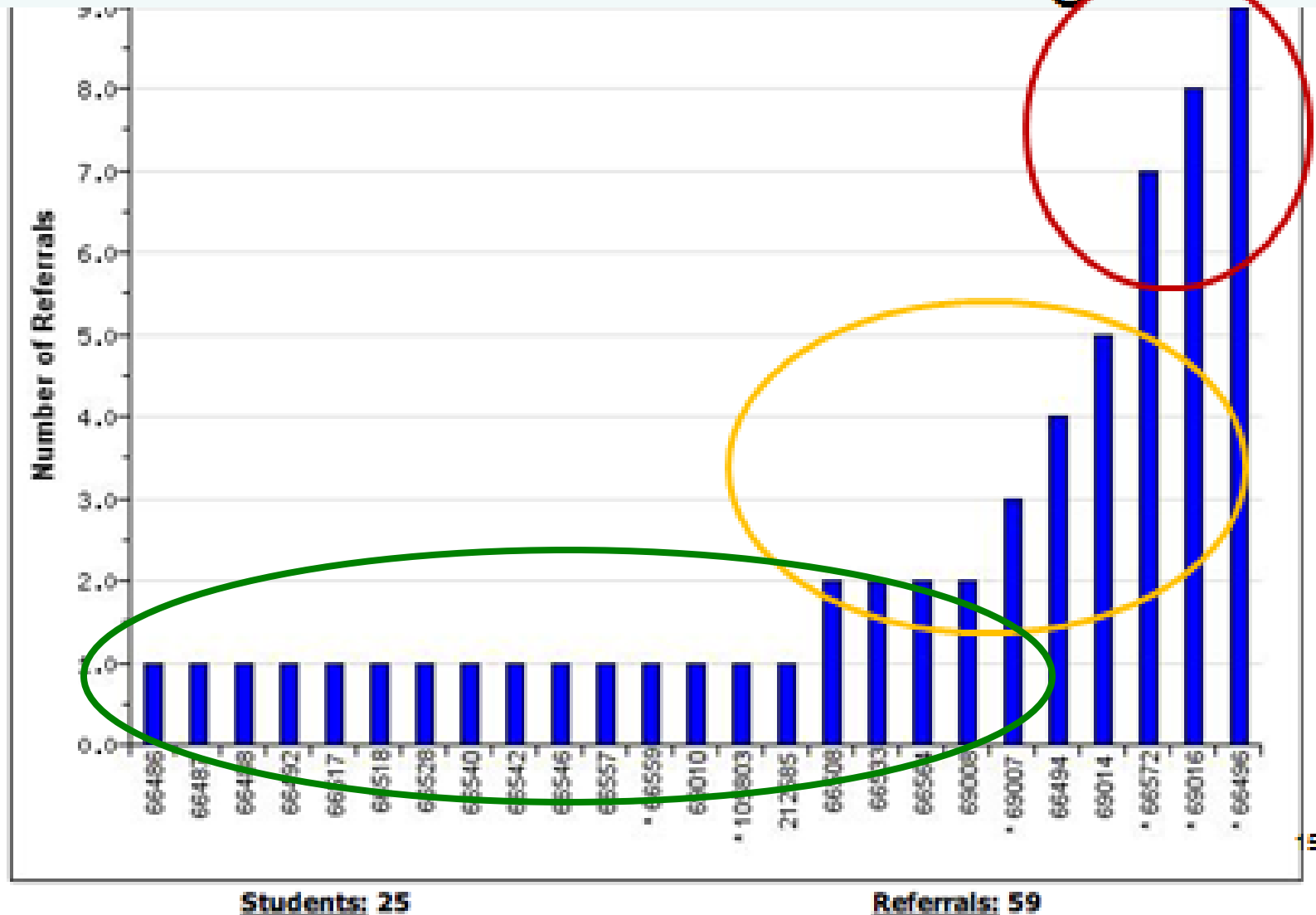
Teaching Matrix Activity

| | Classroom | Lunchroom | Bus | Hallway | Assembly |
|--------------------------------|-----------------------------|--------------------------|--------------------------------------|-----------------------------|---|
| Respect Others | <i>Use inside voice</i> | <i>Eat your own food</i> | <i>Stay in your seat</i> | <i>Stay to right</i> | <i>Arrive on time to speaker</i> |
| Respect Environment & Property | <i>Recycle paper</i> | <i>Return trays</i> | <i>Keep feet on floor</i> | <i>Put trash in cans</i> | <i>Take litter with you</i> |
| Respect Yourself | <i>Do your best</i> | <i>Wash your hands</i> | <i>Be at stop on time</i> | <i>Use your words</i> | <i>Listen to speaker</i> |
| Respect Learning | <i>Have materials ready</i> | <i>Eat balanced diet</i> | <i>Go directly from bus to class</i> | <i>Go directly to class</i> | <i>Discuss topic in class w/ others</i> |

Office Discipline Referrals (ODRs)

- Written Documentation When Problem Behaviors Occur
- Major Office Referrals
 - Child Is Sent To The Office
- Consequences Are Documented
 - Parent-Teacher Meetings
 - Detention
 - Suspension

Office Discipline Referrals and Data-based Decision Making



Mental Health Professionals Are Needed at Every Level of SWPBS

- Screening for Children in Need of Mental Health Services
- Emotional Wellness and Awareness Trainings for Teachers
- Mental Health First Aid
- Counseling and Services for Children at Risk
 - Emotional and Social Skills
 - Counseling
- Wraparound Planning and Positive Behavior Support for Individual Children

How Do We Encourage Collaboration?

- Learn More About Evidence-based Practices Across Agencies
- Reach Out to Contacts From Other Systems
- Work Smarter, Not Harder Using Existing Meeting Systems
 - Systems of Care Meetings
 - Already Existing Interagency Groups
- Use Community Mapping

Mental Health Professional Respond to PBS

“...it’s been very easy to keep it going ‘cause it’s been integrated... into the philosophy of what we do and how we do it and that these are important services.”

“And, I think we’re going to see extreme benefit in our organization because we have a plan to meet with our case managers monthly and provide training to them on using PBS in their daily case management activities.”

“And I think probably the most valuable thing to us, as we discussed along the way, there are things that have overlapped, things like wraparound, person-centered planning, etc.”

“I felt success the first time I tried it [positive behavior support]. And I know that’s something that the case managers they got pretty excited about and that’s something that those therapists got very excited about when I introduced this to them in their clinical meeting.” -Tertiary level mental health participant

“I saw it [PBS] be successful very quickly which sold me over...we have applied it with all the students, we’ve applied it with the staff...for us to go from twenty-two kids down to five kids in a year and a half and the only thing that had changed was introduction of PBS I think that’s pretty awesome.” - Interview with mental health professional in an alternative education program



Learn More About Positive
Behavior Support

Useful Websites & Resources

**Missouri Interagency Positive Behavior
Support Newsletter: Parts 1 & 2**

www.pbskansas.org

**Missouri School-wide Positive Behavior
Support**

<http://pbismissouri.org>

**Missouri's Interagency Positive Behavior
Support Team**

[http://www.pbskansas.org/files/apbs2012f10
.pdf](http://www.pbskansas.org/files/apbs2012f10.pdf)

Missouri Interagency Positive Behavior Support

http://pbissmissouri.org/wp-content/uploads/2012/01/MOIPBS_Statewide_Newsletter_Summer_2012.pdf?9d7bd4

Framework for Successful Schools

http://www.nasponline.org/resources/handouts/Framework_for_Safe_and_Successful_School_Environments.pdf

Positive Behavior Support: Evolution of an Applied Science

http://www.apbs.org/new_apbs/files/PBSevolutions.pdf

Association for Positive Behavior Support Standards of Practice

http://www.apbs.org/files/apbs_standards_of_practice_2013_format.pdf

Useful Websites & Resources

Implementation Research: A Synthesis of the Literature

Fixsen, Naoom, Blase, Friedman, & Wallace (2005)

<http://ctndisseminationlibrary.org/PDF/nirnmonograph.pdf>

KIPBS

www.kipbs.org

KMHPBS

www.kmhpbs.org

PBS-Kansas

www.pbskansas.org



Positive Behavior Support Brief

<http://www.pbskansas.org/files/PBSBrief.pdf>

Kansas Mental Health & Positive Behavior Support

www.kmhpbs.org

http://www.kmhpbs.org/

Welcome to Kansas Mental ...

Sustainable World Over Vi... Kip Untitled Document APBS (2) APBS Free Hotmail My Yahoo! Suggested Sites

Home About CMHCS PRTFs Families Partners Resources Sign up Login

Kansas Mental Health Positive Behavior Support

What is PBS?
Learn more about Positive Behavior Support by reading a brief description or by diving straight into the resources.

KMHPBS Project Overview
Read a brief description of the Kansas Mental Health Positive Behavior Support project.

KMHPBS Training Materials
View training materials produced by the Kansas Mental Health and Positive Behavior Support Project.

Welcome to the Kansas Mental Health Positive Behavior Support project.

Our project's **purpose** is to increase both quality of life and the likelihood that children and young adults with mental health needs and challenging behavior will be able to live successfully in their home, school, and community settings.

Our **focus** is to work collaboratively with leaders at all levels within Mental Health Services to implement a Positive Behavior Support (PBS) training system that uses evidence-based approaches to create outcomes that are both effective and sustainable.

This **website** provides information about mental health and Positive Behavior Support training opportunities and resources available at no cost to professionals and family members in the state of Kansas. If you are interested in learning more about KMHPBS after visiting this site, please contact [Matt Enyart](#).

100%

Contact Info

Rachel Freeman

rfreeman@ku.edu

Websites

www.swpbs.org

www.kipbs.org

www.kmhpbs.org

