



# Taking The Behavior Analytic Approach

Spring Health Behavioral Health and Integrated Care, Inc.

# Quick Introduction

Kyla Woods  
Behavior Clinician  
Central Illinois Region

- Four years experience working in the field
  - Registered behavior technician
  - Senior registered behavior technician
  - Case Manager
  - Behavior Clinician
- Experienced therapist, working with children, adolescents and adult clients
- Training experience
  - Registered behavior technician in a direct therapy setting
  - Parents/caregivers in-home
  - Agency staff
- Areas of interest
  - Behavior reduction
    - Addressing challenging behaviors
  - Functional communication
    - Increasing appropriate communicative skills
    - Using augmented communication devices
  - Organizational behavior management
    - Staff training and increasing performance skills
  - Acceptance and Commitment Theory
    - Addressing private events and private language in flexibly thinking individuals

# What is Applied Behavior Analysis?

- Formal Definition:
  - **Applied behavior analysis (ABA)** is the science in which tactics derived from the principles of behavior are applied to improve socially significant behavior and experimentation is used to identify the variables responsible for improvement in behavior.
- To put it more simply:
  - We utilize basic behavior principles (i.e., motivation, reinforcement, etc.) to change behaviors that impact the environment.

# What is Applied Behavior Analysis?

- Promoting behavior change:
  - By utilizing **skill acquisition** (the acquiring of new skills), in combination with **behavior reduction procedures** (replacing inappropriate or challenging behaviors) - - *this is how applied behavior analysis impacts socially significant behaviors.*
- Socially significant behaviors include:
  - Social skills
  - Language skills
  - Academic skills
  - Daily living skills
  - Self-care skills
  - Vocational skills
  - Leisure skills
  - Coping skills

# Spring Health Behavioral Health and Integrated Care

Who are we

## **Spring Health Behavioral Services:**

- Utilizing unique person-centered strategies; we provide an innovative approach to behavioral and intervention services by working closely with clients, guardians, and interdisciplinary teams to provide high quality behavior analytic service and support.

# Spring Health Behavioral Health and Integrated Care

Who we serve

- At Spring Health, we specialize in providing empirically-supported and peer-reviewed behavioral and intervention services for youth and adults with intellectual disabilities (IDD), autism spectrum disorder (ASD), or mental illness.
- Our areas of expertise include but are not limited to:
  - Skills acquisition:
    - Daily living skill building
    - Functional communication
    - Vocational skills training
  - Behavior reduction:
    - Aggression
    - Elopement
    - Self-injurious behaviors

# Spring Health Behavioral Health and Integrated Care

Services we provide

We provide a wide range of behavior services, including:

- Parent/caregiver training
- Agency staff training
- Group and individual ABA therapy
- School consultation
- Client advocacy
- Behavioral assessment and consultation
- Behavioral Support Plan development and monitoring
- Social skills

# Spring Health Behavioral Health and Integrated Care

Insurance / Payer Plans

We are currently accepting:

- Blue Cross Blue Shield
- Cigna
- Health Alliance
- Health Link
- Humana
- TRICARE
- United
- Aetna
- Children and Young Adults with DD – Supported Waiver
- Children and Young Adults with DD – Residential Waiver

# Behavioral Approaches

## Behavior Support Plans and Behavior Reduction

- What is a behavior support plan?
  - A **behavior support plan (BSP)** is a plan developed to outline strategies to be used to increase appropriate behaviors and replace or decrease challenging behaviors.
- The behavior support plan outlines:
  - The target behaviors – *the behaviors we are aiming to change*
  - The behavior reduction goals – *goals set to indicate behavior change*
  - The strategies to be utilized to achieve the desired behavior change
- Behavior reduction strategies include
  - Antecedent interventions – *proactive approaches*
  - Replacement behaviors – *alternative or incompatible behaviors*
  - Consequence interventions – *reactive approaches*

# Behavioral Approaches

## Skill Acquisition

- While behavior reduction is an important component, it is nothing without **skill acquisition**.
- Skills acquisition and behavior reduction go **hand in hand**.
- In order to assess and evaluate current skills sets, we utilize several behavioral assessments that can be implemented to build appropriate skills.
- Skill building can be used with a variety of clients; across all ages and skills sets.
- These skill-based assessments include, but are not limited to:
  - PEAK Relational Training System – *Dr. Mark Dixon, Ph.D., BCBA-D*
  - Verbal Behavior Milestone Assessment and Placement Program – *Dr. Mark Sundberg, Ph.D., BCBA-D*
  - The Assessment of Functional Living Skills – *Dr. James Partington, Ph.D., BCBA-D*
  - The Social Skills Menu – *Jed Baker, Ph.D.*
  - The Children’s Psychological Flexibility Questionnaire – *Dr. Mark Dixon, Ph.D., BCBA-D*



Thank you for you time.  
Closing remarks and questions

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