

# NBRC's Reunion Symposium 2024



**TOPIC: Applied Behavior Analysis (ABA) and Behavioral Supports**

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# Agenda

- Speaker Introductions
- Overview of ABA
- Parent Training and Family Participation in ABA
- Collaboration with other Disciplines
- Behavioral Supports that NBRC Offers



# What is Applied Behavior Analysis (ABA)?



# Applied Behavior Analysis

Applied Behavior Analysis (ABA) focuses on socially important behaviors. It is a flexible, problem solving therapy that can be adapted for the unique needs, goals, and interests of each individual. As a preventative support service, ABA therapy teaches individuals with intellectual and developmental disabilities (I/DD) and their caregivers how to support behavioral needs to prevent crises and hardships.

<https://www.dds.ca.gov/services/crisis-safety-net-services/applied-behavioral-analysis/>



# Characteristics of ABA

ABA is empirically supported, research-driven and based on scientific principles of human behavior. ABA therapy is overseen by a qualified and trained behavior analyst, typically a Board Certified Behavior Analyst (BCBA), who designs and directs the ABA service.

ABA therapy is used in a variety of settings with children and adults who have I/DD to:

- Systematically study behavior
- Understand the purpose of a behavior
- Manage, improve, or change behaviors and skills
- Decrease behaviors that risk health and safety
- Reduce the need for other specialty services
- Measure improvement of behaviors and skills

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ABA is a scientific approach for identifying environmental variables that influence behavior(s) of social significance

Socially significant behavior can improve the life and experience of an individual

Environment includes location, people, objects, activities, and what happens before, during, and after the behavior.

Three term contingency- Antecedent, Behavior, Consequence" (A-B-C)

Includes all events and variables surrounding the behavior

ABA seeks to demonstrate a reliable relationship between the intervention and improvements in behavior (and skill acquisition) through ongoing data collection and analysis.



# ABA focuses on:

## 1. Observable Behavior

\* Rather than what a person may be thinking

## 2. Behavior that can be measured

\* Can we quantify it?

# Parent Training and Participation in ABA





# Parent Training

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- Teach the basic concepts of ABA (The science behind the interventions)
- Discuss values and goals for your child and family
- Implementation of the Behavior Intervention Plan and Skill Acquisition with active parent and family participation
- Learning and Identifying the 4 functions of behavior
- Learning proactive and reactive strategies when preventing or responding to challenging behaviors
- Teaching Functionally Equivalent Replacement Behaviors (FERBs)
- Evidence Based Interventions
- Practicing skills with different people and settings
- And more!



The main goal of ABA is to teach the individual and their families the skills and tools needed to successfully manage behavior excess. Our goal is to teach and fade our presence back.





## Father of autistic boy shows unconditional love



BrightVibes · 27K views · 7 years ago

[https://youtu.be/DIN78caqY6w?si=z4To\\_SqMQAFQmZEN](https://youtu.be/DIN78caqY6w?si=z4To_SqMQAFQmZEN)

# Collaboration with Other Disciplines

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Some of you may be thinking,  
"I am not sure what these other services are."

You may also be thinking, "These skills seem like things my child learns in other therapies/services."



# You're not wrong!

- Many times ABA will have goals set that your child is also working on in other environments!
  - ✓ This is because we want to give high repetition in hopes that your child may acquire these skills more quickly
  - ✓ It also helps to make sure there is consistency across people and environments
- ABA will also collaborate with these other therapies to create a well-rounded, comprehensive, and individualized treatment plan
- That being said, there are still times that we cannot do some of the things that the other services provide



# Talking VS.

## ABA is This

- Holding an item away from an individual and making them ask for it
- Modeling a phrase to say and
- Ex
- G to

**The  
Motivation  
To Speak**

## Speech is That

- The ability to speak
- Articulation
- Working on apraxia or other specific treatments
- P
- Fe
- Voice

**The Ability  
To Speak**

# Routines

## ABA is This

- Dressing Routines
- Brushing Teeth Routines
- Potty Training
- Trying New Foods
- Attending to a M
- Completing
- de

Independence,  
Cooperation and  
Learning the  
Steps/Skills for  
something

- - 
  - 
  - 
  - H
  - for
- make snacks

VS.

## Respite is That

- Dressing your child
- Feeding your child
- Watching your child while they sleep
- Enforcing

Caregiving, safe  
supervision, babysitting

- and
- doing hygiene tasks for your child
- Cooking for your child

# Attending

VS.

School is That

ABA is This

- Being able to sit for periods of time to complete a task
- Quickly and fluently able to complete a task
- Assisting

**Fluency,  
Cooperation,  
Attending**

- Teaching core academic concepts to your child
- Doing their homework (when

**Teaching academics,  
homework  
assignments**



# Physical Skills

## ABA is This

- Imitation Skills
- Learning the rules to games/sports, social activities of interest
- Increasing participation in games/sports
- Increasing interest
- Increased play skills
- Very significant behavioral change related to the individual's interests (e.g. dating, job searching, basketball, etc.)

**Play, Participation, and Imitation**

## VS. Physical therapy

- Stretching or treatment of dis...
- Ambulatory skills, modifications for known physical disabilities
- ...aces, or necessary for
- ...of certain body
- ...strengthening of body parts



# Supporting Individuals Who Need Behavioral Services

What types of behavioral  
supports does North Bay  
Regional Center Offer?

# What Types of Behavioral Supports and Services Does North Bay Regional Center Offer?

## Behavioral Supports Provided by NBRC Vendors:

- Parent Training/Parent Education
- Early Intervention Behavioral Services
- Behavioral Intervention Services (ABA)
- Adaptive Skills Training
- Behavioral Crisis Services
- Intensive Behavioral Respite Services (IBS)
- Behavioral Consulting in Facilities

## Behavioral Services Provided by NBRC BCBA<sub>s</sub>

- Behavioral Service Monitoring of EBSH/CCH Facilities
- Family Supports
- Clinical Consultations
- Behavioral Respite Assessment





Thank  
you



Questions and Answers