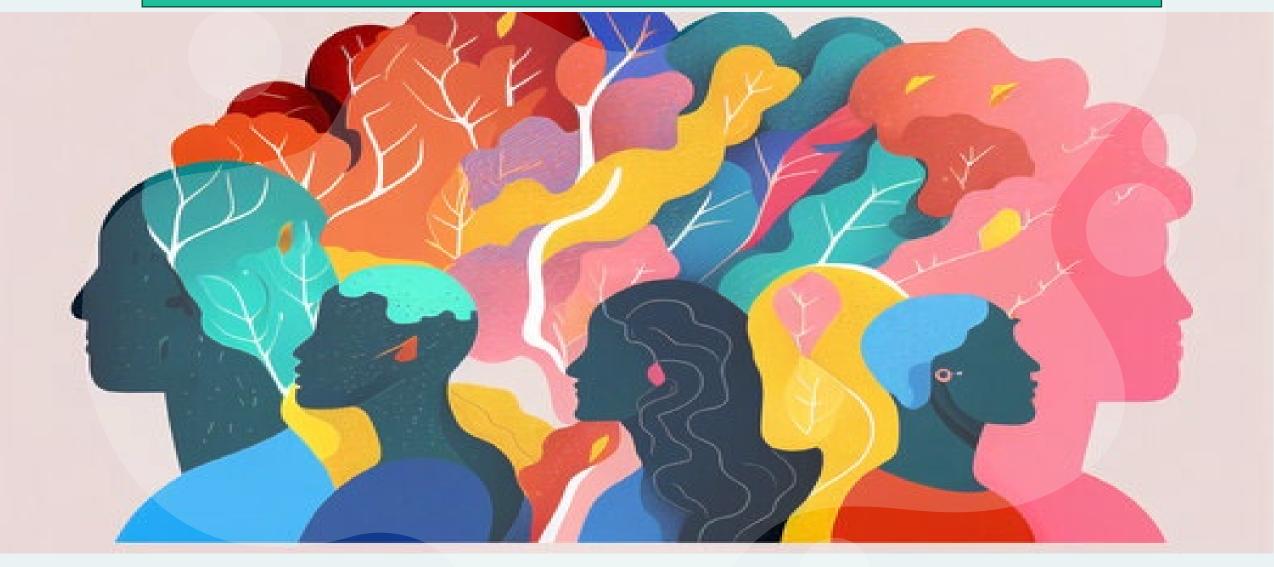
NBRC's Reunion Symposium 2024





 $\begin{tabular}{ll} TOPIC: Applied Behavior Analysis (ABA) and Behavioral Supports \\ \end{tabular}$

Presented By: Debra Kircher, M.A., BCBA and Andrea Alesi, M.S., BCBA

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/





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

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



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 <u>reliable</u>
<u>relationship</u> 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

- 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

Collaboration with Other Disciplines

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



ABA is This

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

Talking

Speech is That

- The ability to speak
- Articulation
- Working on apraxia or other specific

The Speak

- Fe
- Voice

Routines

VS.

ABA is This

- **Dressing Routines**
- **Brushing Teeth Routines**
- **Potty Training**
- Trying New Foods

- Complete Paration and Independence, Cooperation and Cooperation and Cooperation Skills for Steps Skills for Sk make snacks

Respite is That

- Dressing your child
- Feeding your child
- ey sleep

 Enforci

 Caregiving, Safe

 Supervision, babysitting
 - your child
 - Cooking for your child

Attending VS.

ABA is This

- Being able to sit for periods of time to complete a task
- Quickly and fluently able to complete a to
- ssisting Cooperation, Cooperati Assistin

School is That

- reaching core acconcepts to your boing their (when academics) assignments

Physical Skills

ABA is This

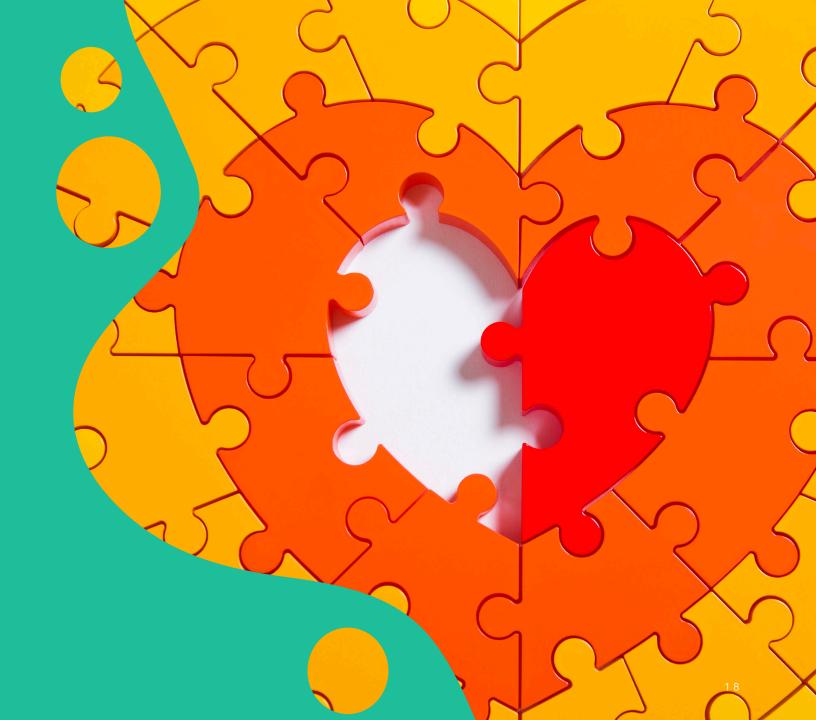
- **Imitation Skills**
- Learning the rules to games sports, social activities of inter-
- Increasing particip games/sports interest
- a play skills Incre
- aly significant ated to the individual's bel (e.g. dating, job searching, intere basketball, etc.)

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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 BCBAs

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







Questions and Answers