

Utilizing PBS to Support Diverse Families in the Home and Community

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Discussant: Ashley Greenwald, Ph.D, BCBA-D, NV LBA

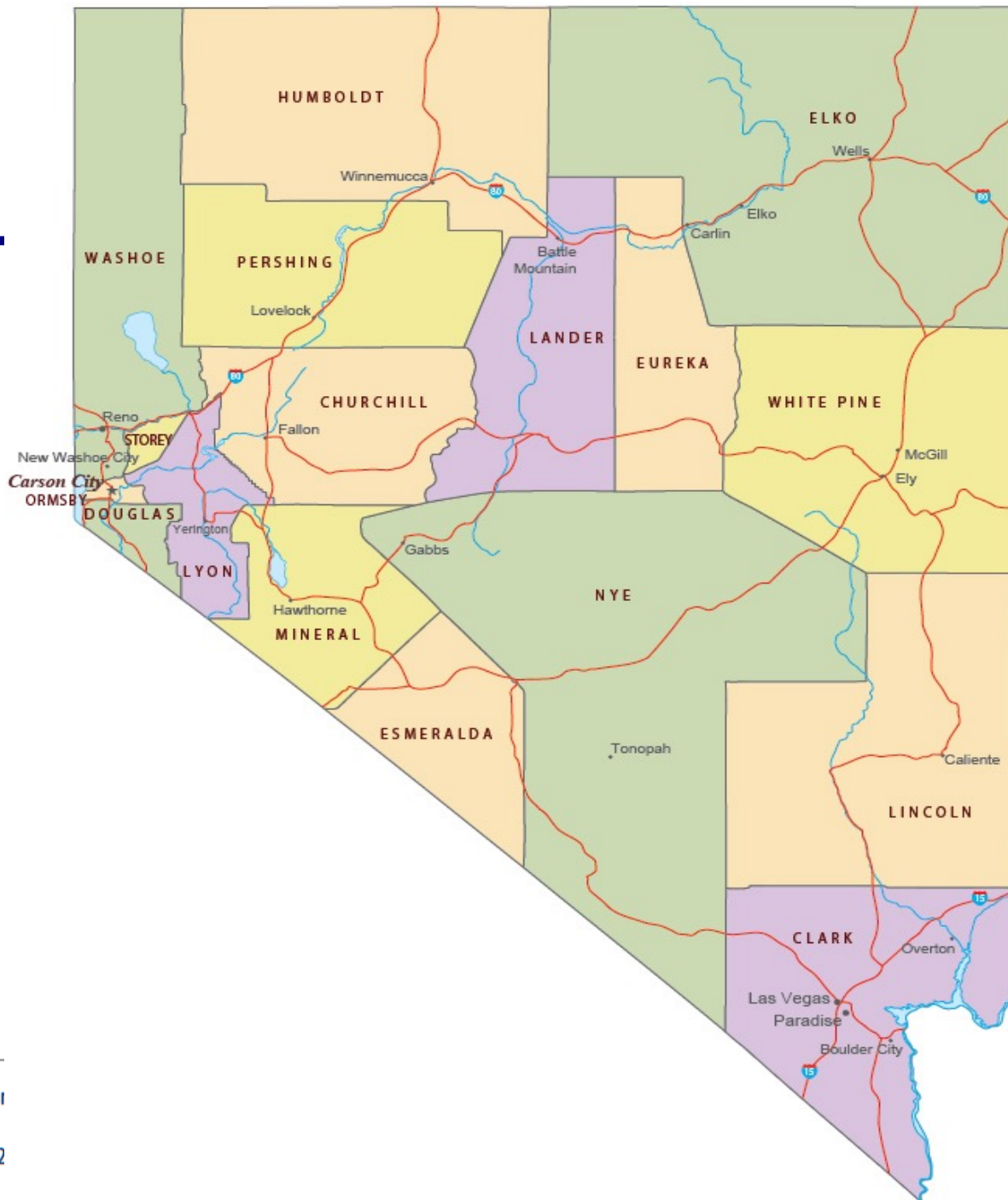


Objectives

At the end of this presentation, participants will be able to:

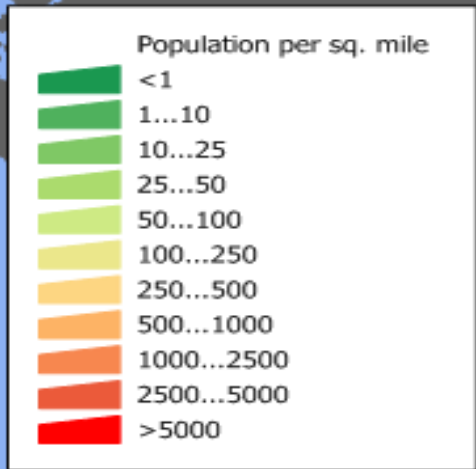
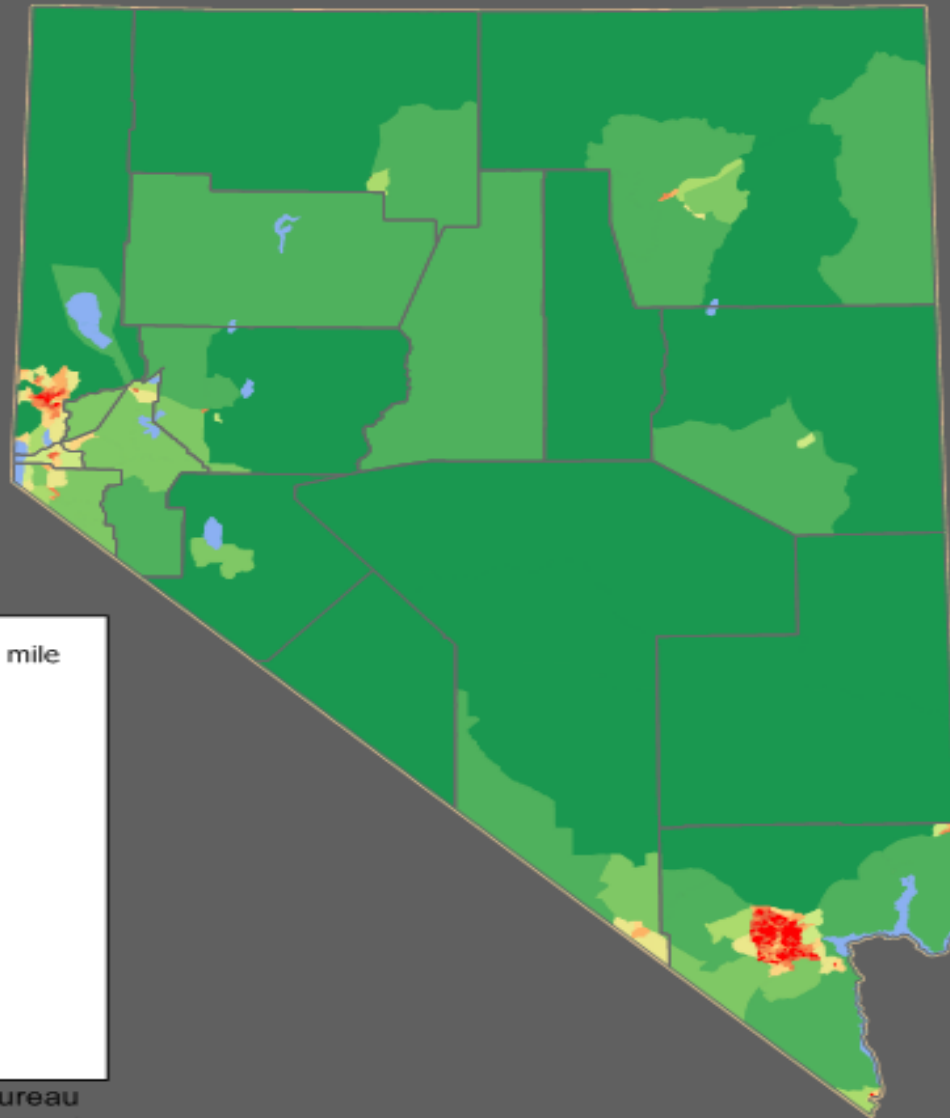
- Describe education and support for diverse families in Nevada across three different projects
- Discuss the outcomes for families who have participated in the PBS workshops and tips for tailoring those supports to meet the needs of the population being served
- Identify potential funding sources and collaborators for conducting similar work in other states





492 mi.





Source: U.S. Census Bureau
Census 2010 Summary File 1
population by census tract



PBS in the Home and Community

- Demonstrated outcomes:¹
 - Improved quality of life (parent and child)
 - Positive and lasting behavior change
 - Increases in expected behaviors
 - Decreases in challenging child behaviors
- PBS plans
 - Acceptable, effective, sustainable, and implemented with fidelity ²

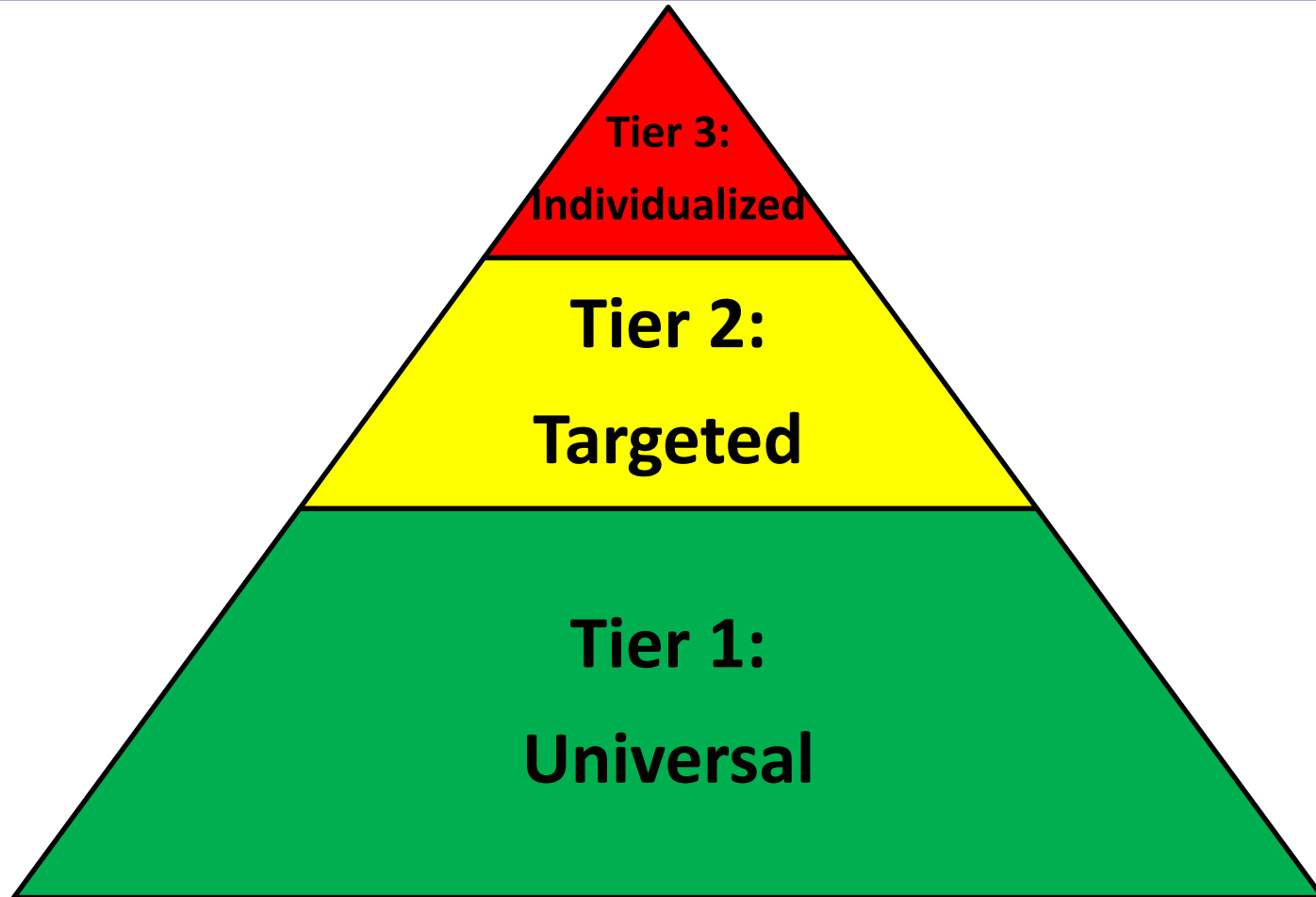


PBS in the Home

- Evidence-based practices include:
 - Creating and maintaining routines
 - Setting expectations
 - Teach, remind, and reward expected behaviors
 - How to correct challenges, non-cooperation



PBS for Families and Communities



POSITIVE BEHAVIOR SUPPORT OF NEVADA (PBS-NV)



Nevada PBIS Technical Assistance Center
College of Education
University of Nevada, Reno/0285
Reno, NV 89557-0502

PBS Legislation in Nevada

- In 1999, the Nevada Legislature passed AB280, resulting in four statutes controlling the use of aversive interventions or forms of restraint with individuals with disabilities
- These statutes required facilities and schools to train staff to use POSITIVE BEHAVIOR SUPPORT instead of aversive methods

**Assembly Bill 280: Prohibits use of aversive intervention and deprivation techniques on persons with disabilities under certain circumstances.
(BDR 39-286)**



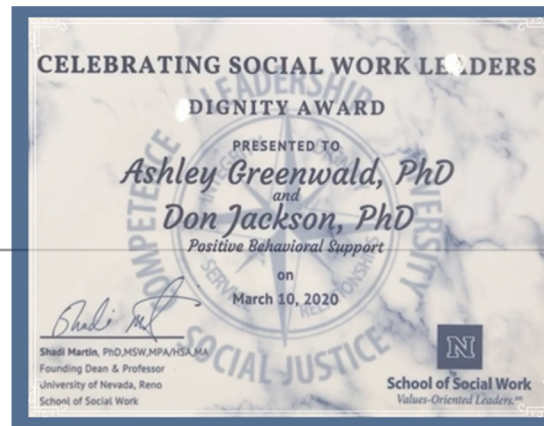
Positive Behavior Support of Nevada (PBS-NV) Family Services

- PBS-Nevada is a community-based service that provides services to families and caregivers of individuals with disabilities and/or challenging behaviors since 1999
 - Work with teachers in schools



Pivotal Events

- Nevada was recognized in 2012 as an official state Network of the International Association for Positive Behavior Support
- 2015 Additional Funding to Support PBIS in the Schools, allowing PBS-NV to focus on providing services to families and community
- March, 2020 PBS-NV leaders were recognized by the Nevada Celebrating Social Work Leaders – Dignity Award



NEVADA Today

Positive Behavior Support-Nevada program seeks to improve quality of life
 Community educational program at the University helps individuals with challenging behaviors, new workshops offered

October 30, 2012
 By Megan Akers

The Positive Behavior Support-Nevada program, located in the University of Nevada, Reno's College of Education's Nevada Center for Excellence in Disabilities, offers a way to positively impact the quality of life for individuals and families struggling with disabilities. In addition to a variety of services already provided, the non-profit, statewide program installed a new series of workshops that have helped its participants make strides in improving the specific challenging behaviors that many individuals with disabilities face.



At a Positive Behavior Support-Nevada workshop, class participants learn new approaches on how to improve children's behavioral challenges. Photo by Ashley Greenwald.

Positive Behavior Support-Nevada was founded in 1999, but is a part of a larger, national movement called the Association for Positive Behavior Support. The statewide program, which is supported by the Fund for a Healthy Nevada and Aging and Disabilities Service Division, strives to address and prevent challenging behavior by teaching individuals new skills, increasing independence, promoting positive environments and enhancing quality of life. The program uses a multitude of environmental, lifestyle and functional assessment strategies as well as individualized behavioral interventions to develop a comprehensive support plan intended to improve quality of life across multiple settings.

Ashley Greenwald, the program's administrative and clinical director, has been key to increasing the outreach of the program by developing curriculum for new topic-specific classes that teach parents, teachers and other participants how to effectively deal with specific challenging behavioral problems.

"Many times, in parenting and supporting individuals with disabilities, people tend to focus on the problem behaviors alone and are more hands-off when that person is doing well," Greenwald said. "Our classes stress the importance of skill building and other preventative measures which increase the self-sufficiency and overall quality of life of individuals with disabilities."

The program has created a variety of services emphasizing that challenging behavior can be a result of an environment that is not effectively supporting the unique needs of the individual with disabilities. The services so far include school-wide Positive Behavior Support training and support, early childhood training and workshops, information presentations and in-service training events.

There are currently seven different workshops offered: Potty Pros, Picky Eaters, Routines and Addressing Functional Communication, Breaking the Cycle of Defiance: Prevent Teach Reinforce, and Addressing Challenging Behavior. The classes all incorporate the idea of preventative measures, skill building a "your child being good" in order to improve the challenging behaviors each individual class is focus on. The idea came out of several conversations Greenwald had with Don Jackson, the project director of P Support-Nevada, about how the program could better meet the needs of Nevada communities' with behavioral issues.

"The overall goal of the classes is really to show parents or teachers how they can approach a problem they may be struggling with," Jackson said. "It is crucial for people to know that they can address problem behaviors is when they're not occurring."

The classes, which are offered at various times based on the class topic and consumer demand throughout different regions of Nevada and have proven to be quite popular.

"Within the past year, we have had more than 1,000 class attendees, and 97 percent of our participants reported that they were able to apply what they learned in the classroom to their own lives."

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You are here: [Home](#) / [Feature](#) / The When and How's of Positive Behavior Support

The When and How's of Positive Behavior Support

November 25, 2012 By share



Positive supports means an adult should "catch a child behaving well."

by Lenita Powers –

Kaci Fleetwood was a teacher at Mount Rose Elementary School when she took her first class in 2008 to learn how to handle unruly students by giving them **positive reinforcement** when they were behaving well.

"Then, lo and behold, later, when my own son went off the developmental charts, I remembered this great resource," Fleetwood told the Reno Gazette-Journal.

That resource is the **Positive Behavior Support-Nevada Program**, a statewide nonprofit program headquartered at the University of Nevada, Reno.

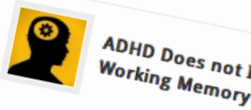
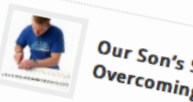
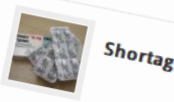
The program trains parents, teachers and community workers to help children of all ages who have **disabilities** find alternatives to what is called "**challenging behaviors**," said Ashley Greenwald, the program's administrator and the clinical director.

Those challenging behaviors run the gamut from tantrums to hitting and biting, she said.

"We assess behavioral problems and how to prevent them by using positive reinforcement," Greenwald said. "A lot of it focuses on preventing challenging behaviors by teaching children skills that help them succeed."

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CATEGORY STORIES



Nevada PBIS Technical Assistance Center
 College of Education
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PBS-NV Funding

- Department of Health and Human Services (DHHS) Director's Office. Grants Management Unit (GMU)
- Fund For A Healthy Nevada (FHN): Independent Living, Respite, and Positive Behavior Support
 - The FHN is a source of state revenue which is funded through tobacco settlement monies received or recovered by the State of Nevada. The DHHS uses the FHN funds to support health and social services activities that align with legislatively defined priority areas to address gaps identified in various needs assessments across the State of Nevada to promote public health and improve health services for children, senior citizens, and persons with disabilities.



Funding, 1 of 2

- **Positive Behavior Support (PBS) Category**
 - To develop and employ plans of support for individuals whose disability is accompanied by problem behavior. PBS focuses on proactive and educative strategies to both expand an individual's behavior repertoire and redesign environments
 - Functional assessment to identify possible relevant antecedent and maintaining stimuli, and all major environments in which the behavior occurs
 - Person-centered planning regarding improving lifestyle ambitions of the family or participant with a description of goals for improved lifestyle;
 - The assembly and participation of a team that has agreed to support the individual
 - Direct observation relevant to confirmation of hypotheses regarding the function of the problem behavior



Funding, 2 of 2

- Target populations
 - Parents of children, teens, or adults with disabilities
 - Caregivers/Foster Parents
 - Community Providers
 - Professionals
- Funding amount
 - \$320,000 per year



PBS-Nevada

- Statewide Project
 - Elko (Northeast)
 - Las Vegas (Southern)
 - Reno (Northwest)
- Provide training and consultation to **180 Focus Individuals** and their families/caregivers and community providers across the state who care for an individual with disabilities



PBS-Nevada, cont'd

- In-Person and Virtual Workshops offered throughout the year
 - Includes consultations (via phone, zoom, home/community observations)
 - Classes are offered in **English** and **Spanish**
- How we connect with the community
 - Monthly newsletters
 - Facebook
 - Website
 - Community partnerships and collaboration



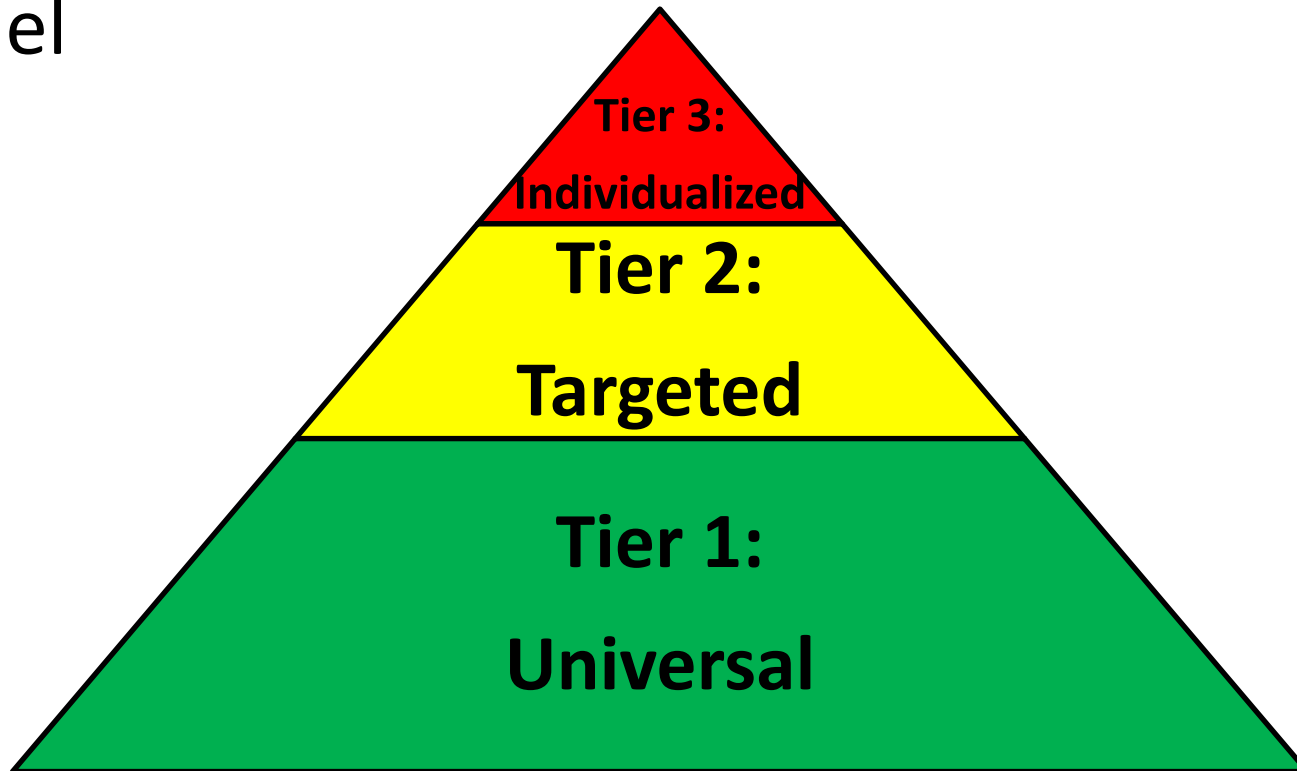
Aim

- The PBS-NV Family project aims to:
 - Increase behavior support access for individuals and families
 - Enhance lifestyle and quality of life while building the capacity of family members/caregivers to promote positive behaviors across environments for individuals with disabilities and/or behavioral needs



PBS-Nevada Service Model

- PBS-Nevada uses a tiered service delivery model



Tier 1: Primary prevention strategies

- *Workshop structure: 1-2 hour workshop*

PBS 101 - Building Cooperative Behavior:

A workshop designed to educate parents and professionals on universal strategies for preventing problem behavior



Tier 2: Targeted strategies/interventions

- *Workshop structure: 2 hour workshop, plus 1 hour consultation*

Potty Pros – Toilet Training:

A workshop for parents, caregivers who have attempted toilet training with little to no success. Participants will learn a method to effectively toilet train their child.

Picky Eaters:

A workshop for parents of children ages 2-18 who have difficulty getting their child to eat a variety of nutritional foods.

Routines and Transitions:

A workshop for parents or support staff of individuals who have difficulty transitioning from one activity to another or who have a hard time ending one activity or starting another activity.



Tier 3: Individualized, function-based strategies/interventions

- *Workshop structure:*
4-session series workshop, plus 1 hour consultation per session

Addressing Challenging Behavior:

A workshop designed to help parents, caregivers, and professionals to integrate positive behavior support in the home and community settings.



Addressing Challenging Behavior

- Session one
 - Identify the challenges, learn to observe and analyze a situation
- Session two
 - Develop hypothesis statement and identify preventative strategies to implement
- Session three
 - Introduce teach strategies to implement
- Session four
 - Learn how to reinforce appropriate behavior and respond to inappropriate behavior



Caregiver Strain

Pre- Post-Assessments

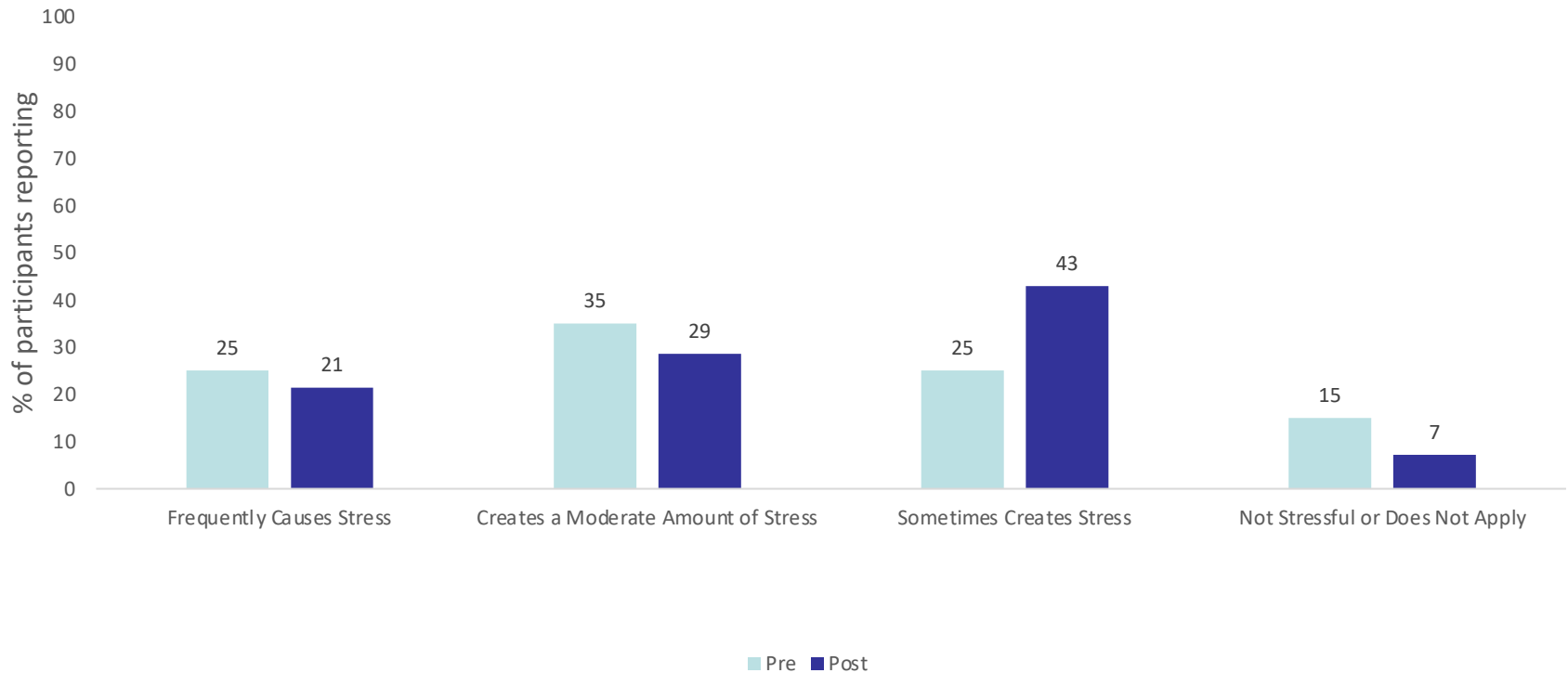
- The PBS-NV Caregiver Strain Assessment is adapted from the Kingston Caregiver Stress Scale, The Autism Parenting Stress Index, and The Caregiver Strain Questionnaire

How often would you say each item causes you and/or your family stress?	Not Stressful or Does Not Apply	Sometimes Creates Stress	Creates a Moderate Amount of Stress	Frequently causes stress
Feelings of being overwhelmed, overworked, and/or overburdened	0	1	2	3
Less engagement in social activities because of child behavior	0	1	2	3
Interruption in work or other duties	0	1	2	3
Aggressive or self-injurious behaviors that my child engages in	0	1	2	3
Disruption of family routines based on child behavior	0	1	2	3
Less attention being paid to other family members	0	1	2	3
My child's ability to communicate with myself or others	0	1	2	3
Concern for your child's future	0	1	2	3



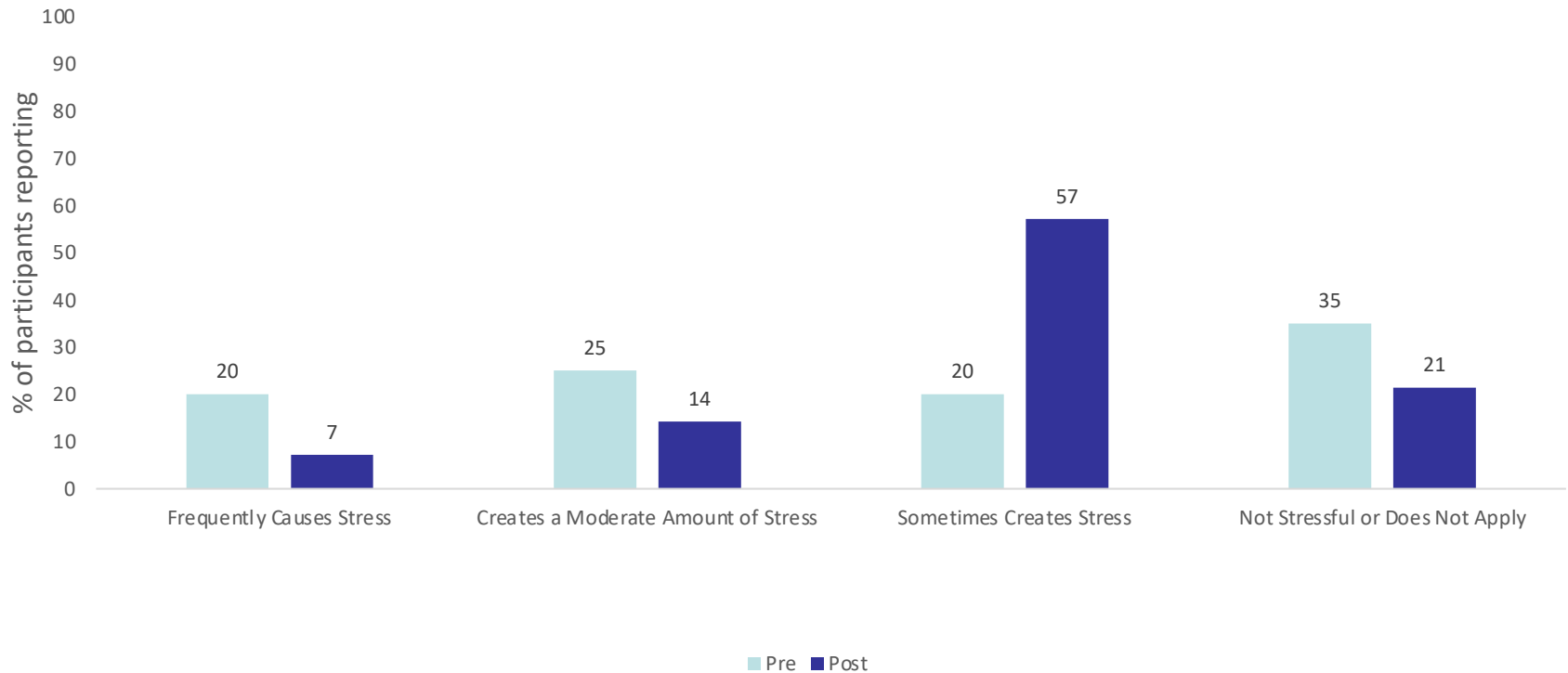
FY23 Quarter 1 and 2

Feelings of being overwhelmed, overworked, and/or overburdened



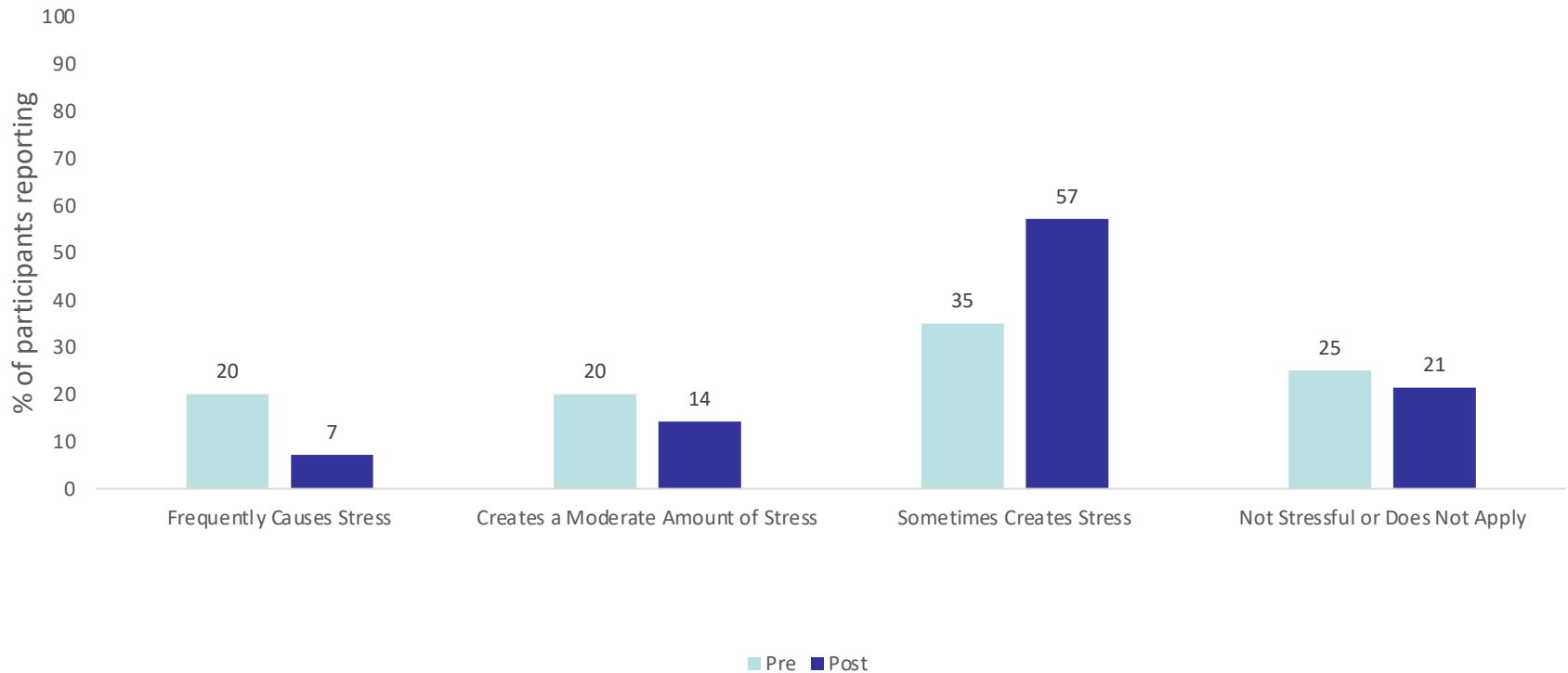
FY23 Quarter 1 and 2

Less engagement in social activities because of child behavior



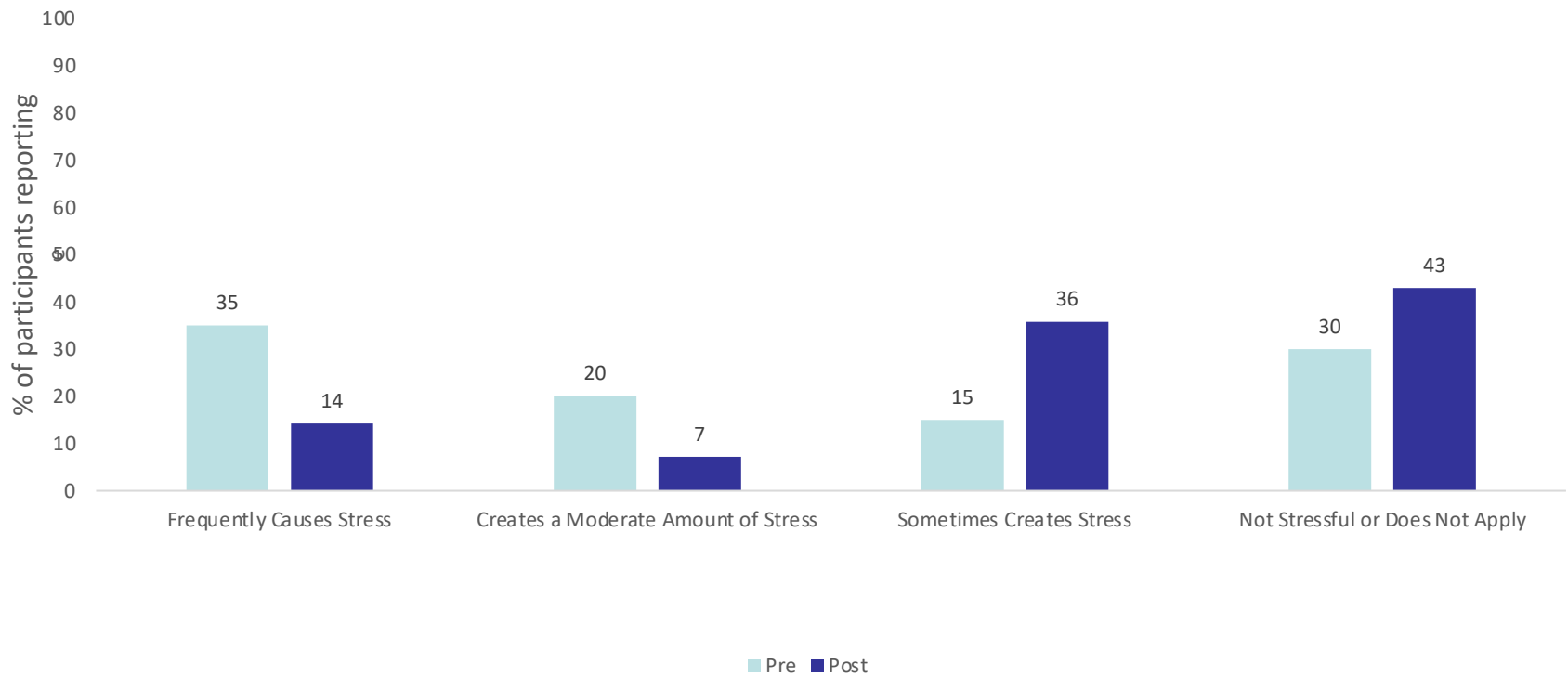
FY23 Quarter 1 and 2

Interruption in work or other duties



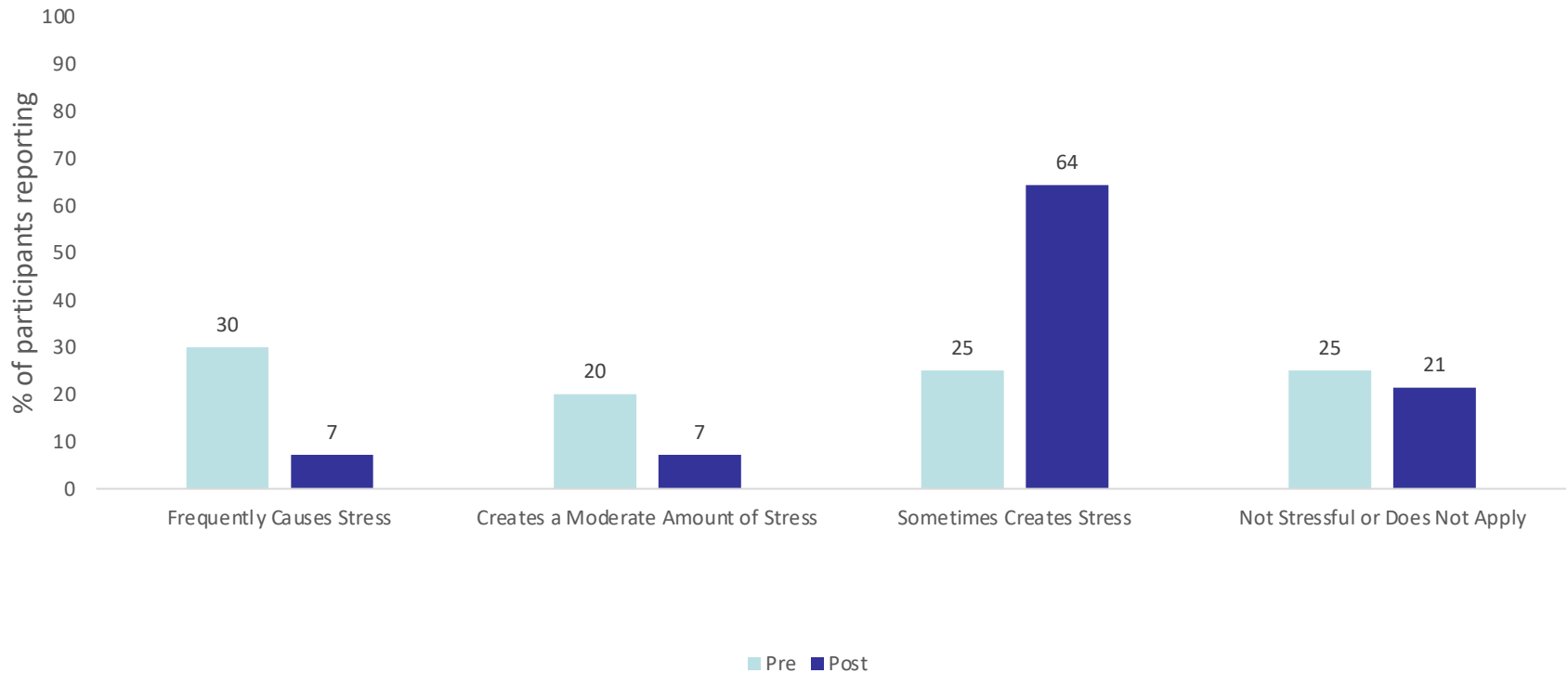
FY23 Quarter 1 and 2

Aggressive or self-injurious behaviors that my child engages in



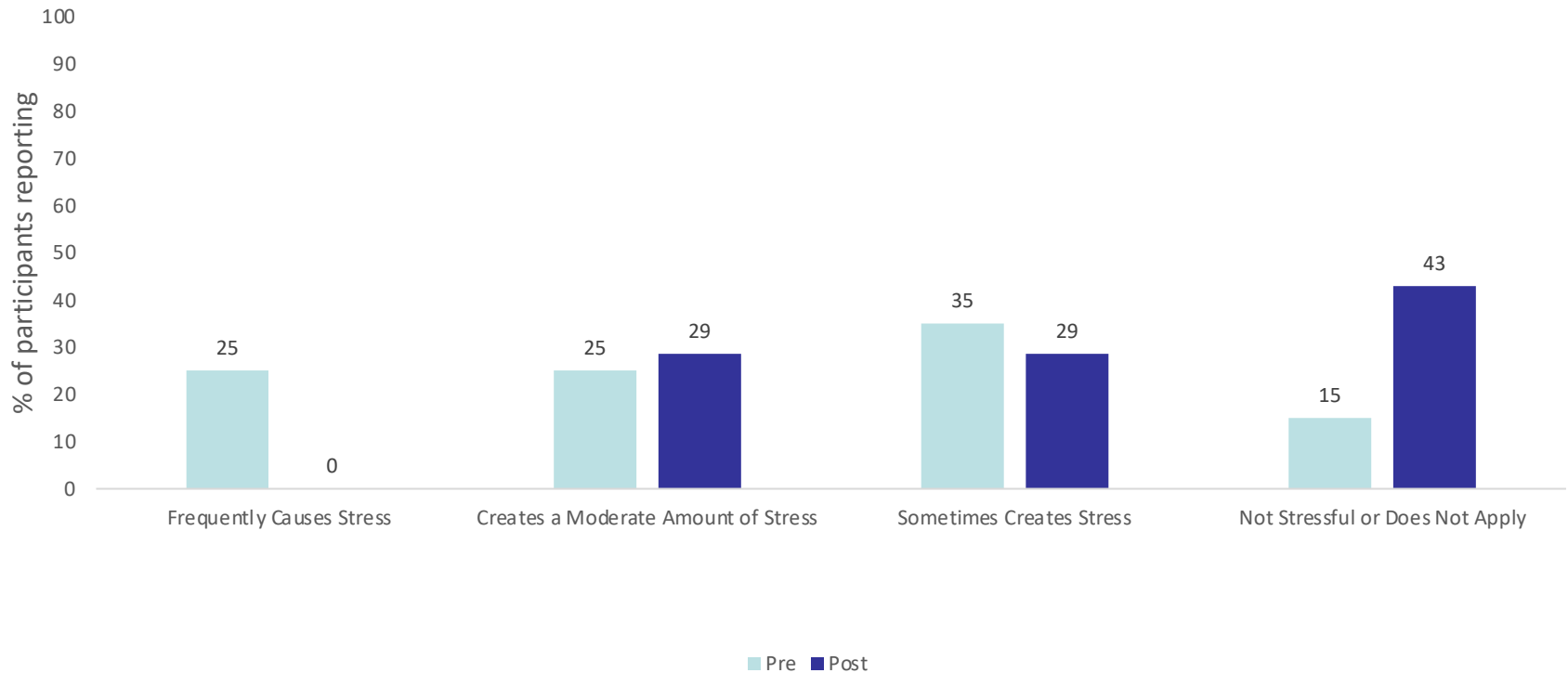
FY23 Quarter 1 and 2

Disruption of family routines based on child behavior



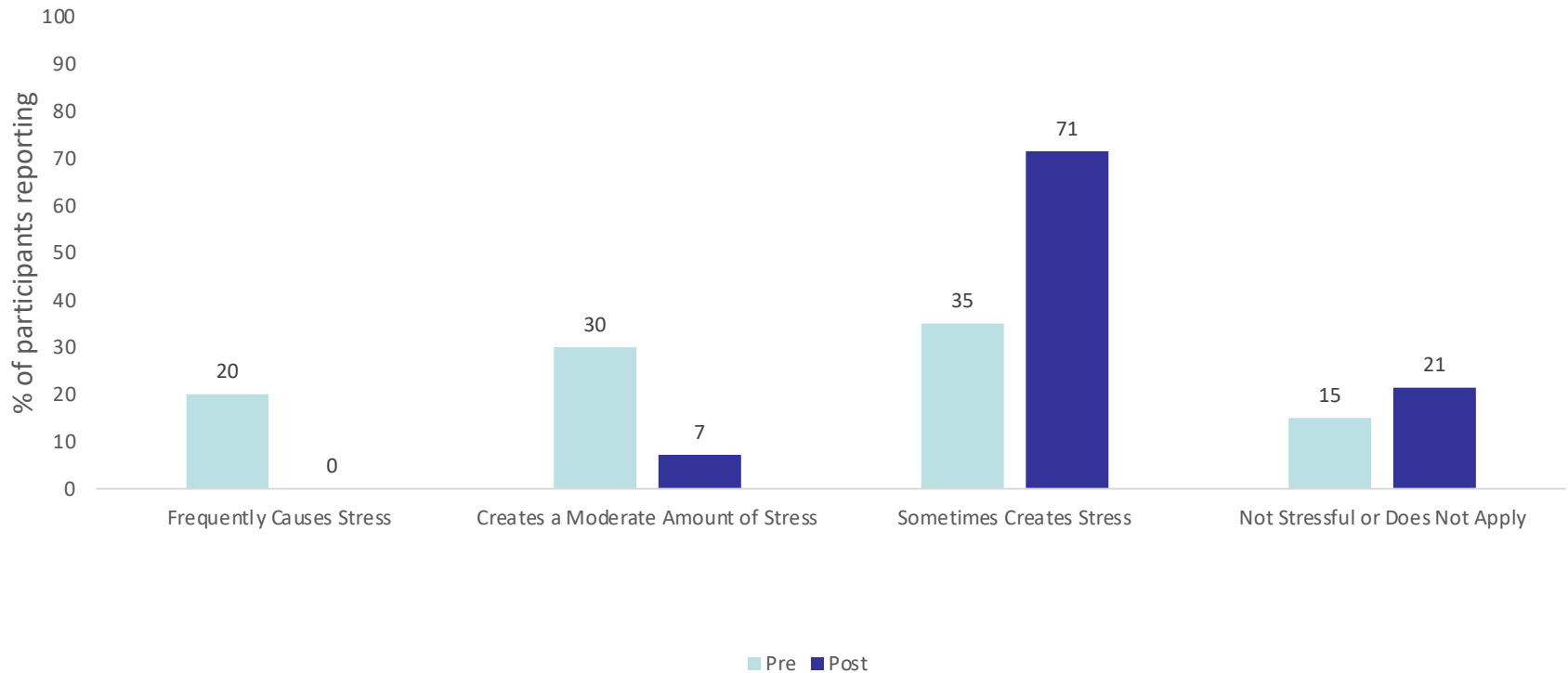
FY23 Quarter 1 and 2

Less attention being paid to other family members



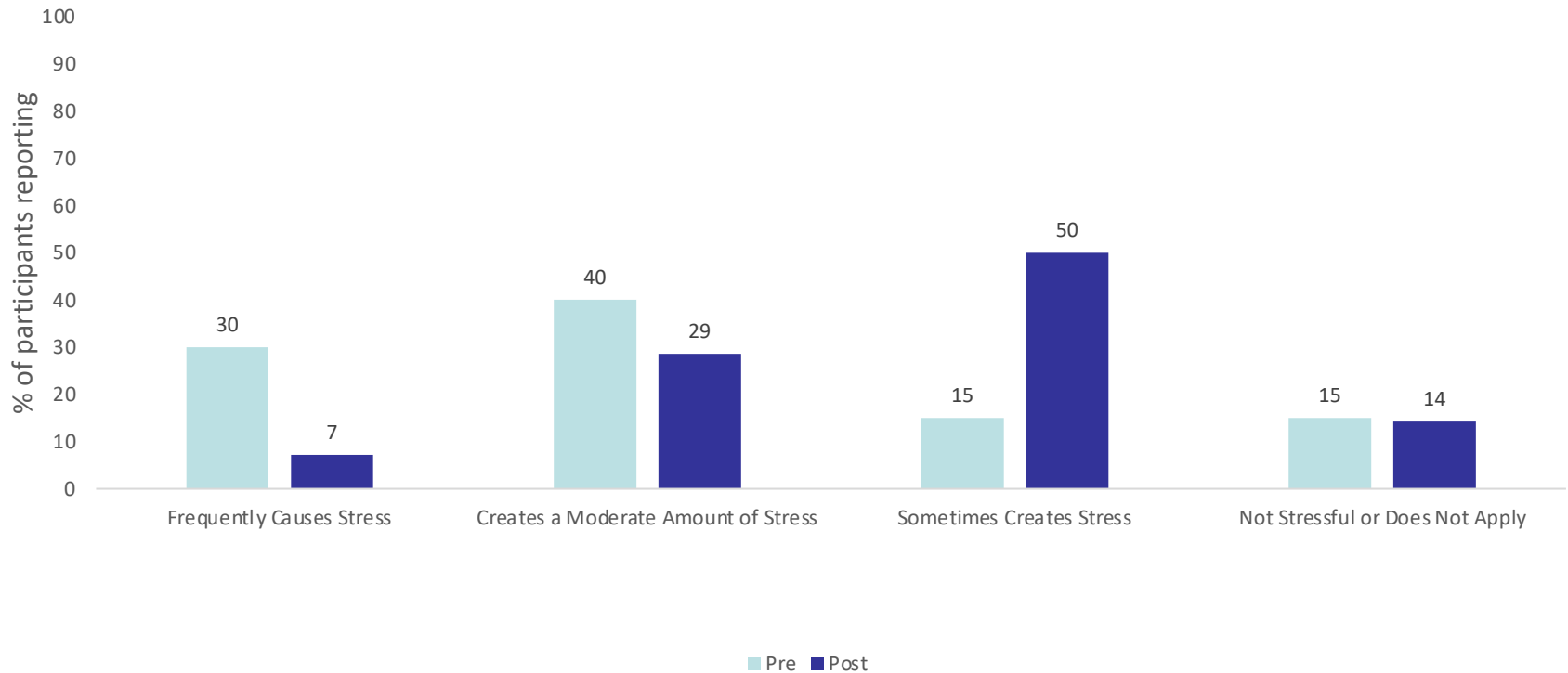
FY23 Quarter 1 and 2

My child's ability to communicate with myself or others



FY23 Quarter 1 and 2

Concern for your child's future



Additional PBS-NV Information

- Cost:
 - Free (grant-funded)
- Challenges:
 - Money for PBS category has been steadily declining since 2009



HEALTHY HOME LIFE (HHL)



HHL Funding

- Community-Based Child Abuse Prevention Funds (CBCAP)/Children's Trust Fund (CTF)
 - Nevada Department of Child and Family Services (DCFS)
- Child Abuse Prevention and Treatment Act (CAPTA)
 - Emphasizes support for community-based efforts to develop, operate, expand, enhance, and coordinate initiatives, programs, and activities to prevent child abuse and neglect
 - Implement primary prevention strategies to strengthen families and prevent the unnecessary removal of children from their homes



Funding, 1 of 2

- Prevention categories:
 - Primary prevention
 - Activities targeted toward the community at large
 - Secondary prevention:
 - Activities targeted to families that have one or more risk factors
 - E.g., substance abuse, teen parents, parents of children with IDD
 - Tertiary prevention NOT funded



Target Populations

- Target populations
 - Adult former victims of child abuse and neglect or domestic violence
 - Fathers
 - Homeless families and those at risk of homelessness
 - LGBTQIA+ Families
 - Members of underserved or underrepresented groups
 - Parents (all, new, teens, etc.)
 - Parents and/or children with disabilities
 - Racial and ethnic minorities
 - Unaccompanied homeless youth



Allowable activities

- Family Centered Case Management
- Parenting Education
- Mental Health Services and Support
- Home Visiting programs for new parents
- Respite Care
- Behavior Management
- Substance Abuse Treatment Services
- Peer Support
- Domestic Violence Service programs for children and their non-abusing caregivers



Funding Distribution and Applicants

- Funding amount (CBCAP and CTF)
 - \$1,500,000 divided among multiple projects
- Applicants can include:
 - Family Resource Centers
 - Schools/Districts
 - Human Service Agencies
 - Community organizations



History

- History of Project
 - 2015
 - Elko Drug Courts contracted with the Nevada PBISTA Center to create and deliver a curricula *on The Power of Positive Parenting* for parents they served
 - Officially formed in 2019
 - Grant funded



Aim

- Aim:
 - To help improve the quality of life of children and their families by teaching parents/caregivers how to create more nurturing, positive home environments and increase cooperative child behaviors
 - Focused primarily on offering services within rural communities of Nevada



Service Delivery

- Target population:
 - Parents, caregivers, teachers, or any professionals working with families in rural communities
- Location/delivery of workshops:
 - Virtual
 - In-person
 - Elko Drug Courts
 - Wells Conservation Camp
 - Schools or organizations in Northern Nevada

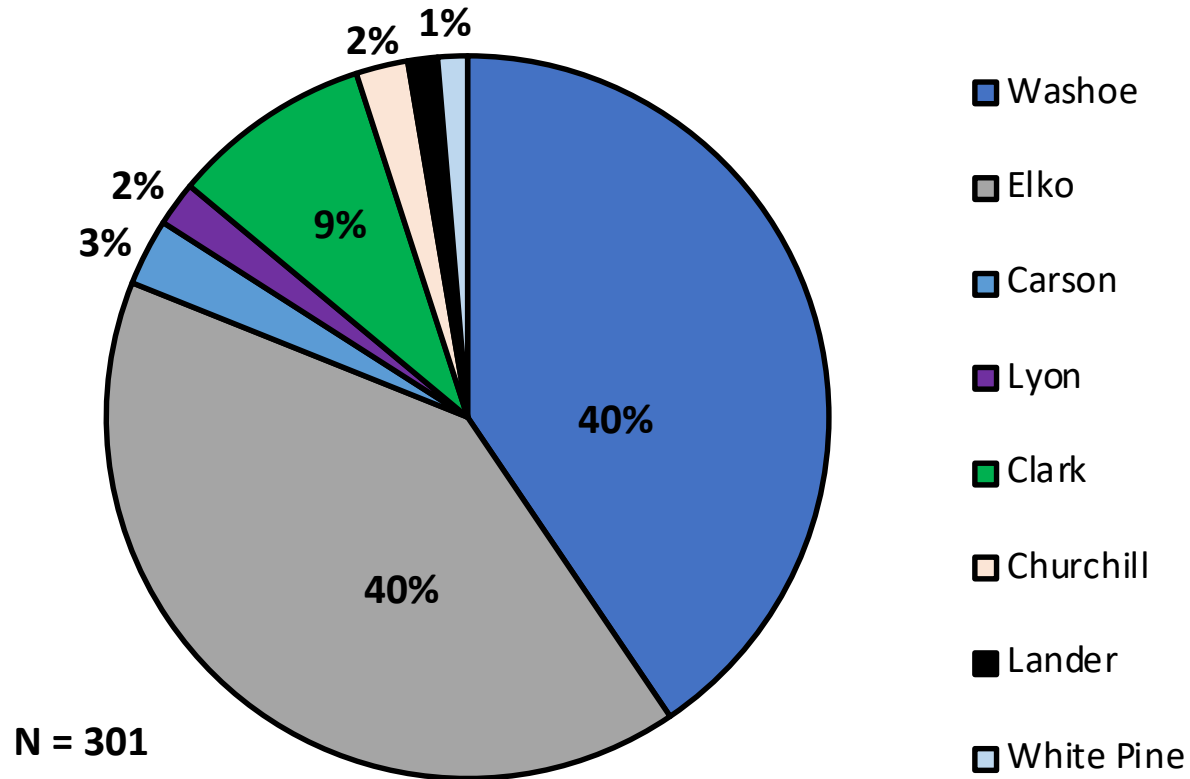


Workshops

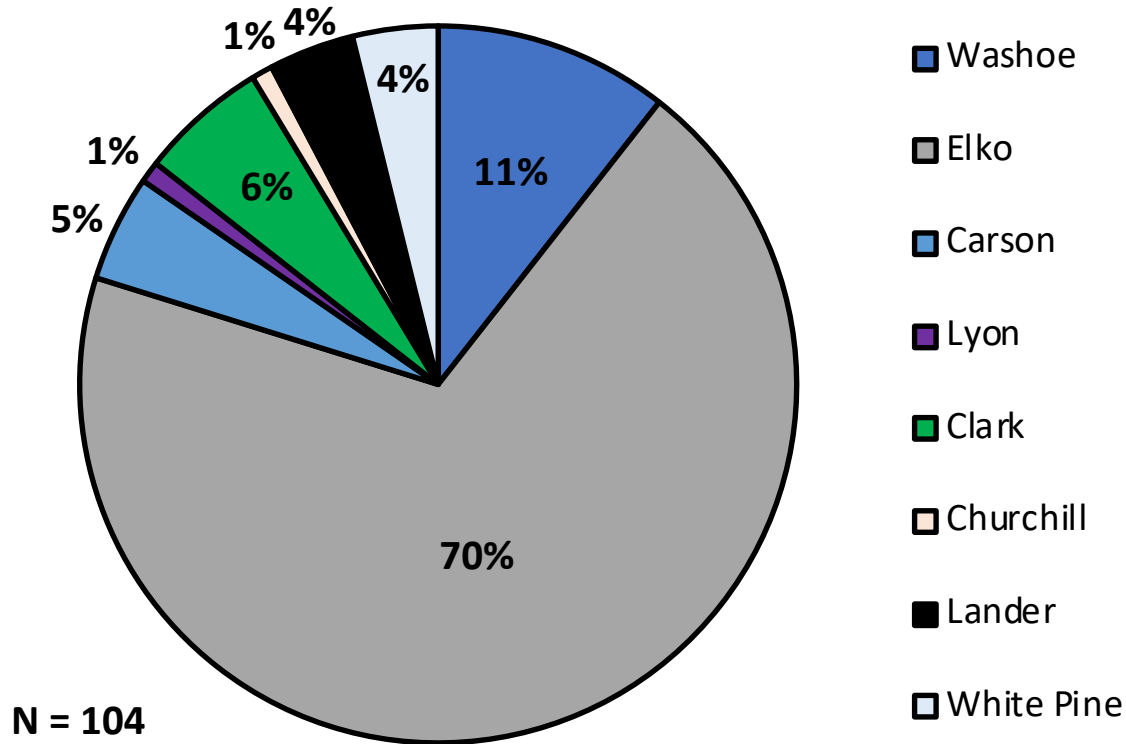
- 4 sessions, 2 hours each
 - Class 1
 - Values, protective factors, parenting styles, nurturing relationships
 - Class 2
 - ABCs of behavior, prevention strategies
 - Class 3
 - How to reward cooperative behaviors
 - Class 4
 - How to respond to non-cooperation, non-violent discipline



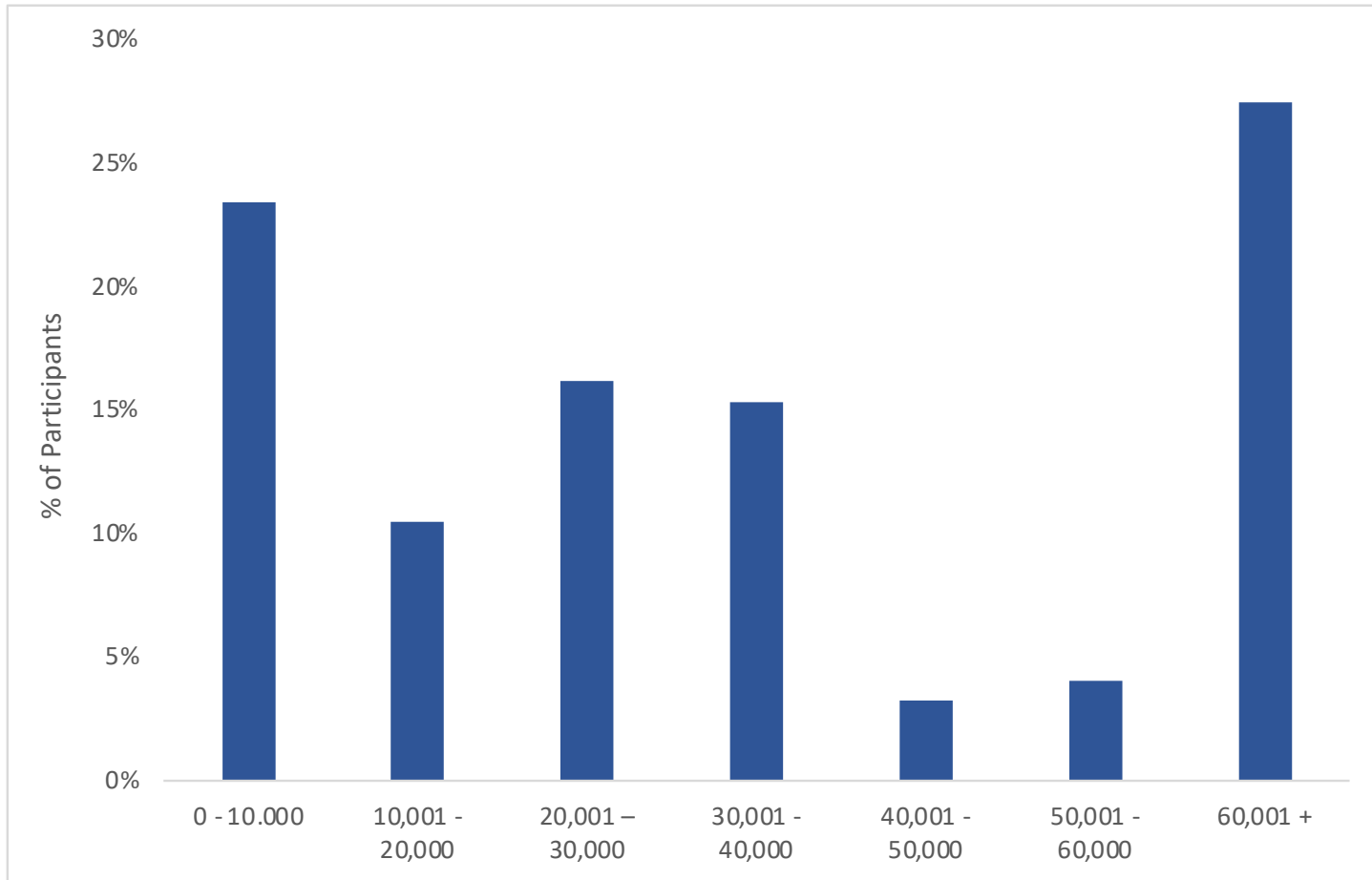
Registrant by County (FY20-23)



Registrant by County (FY22&23)



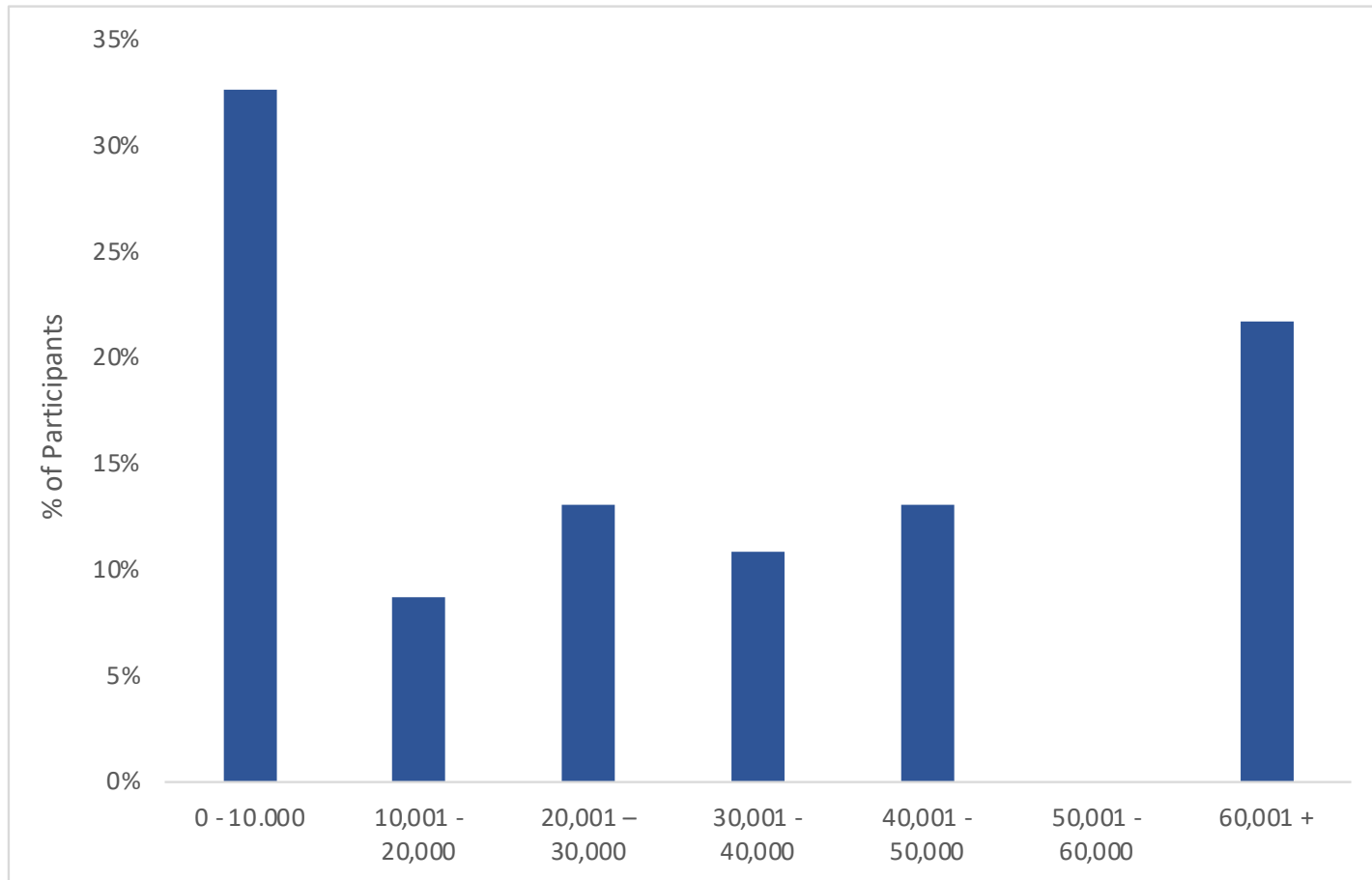
Participant Income (FY20-23)



N = 124

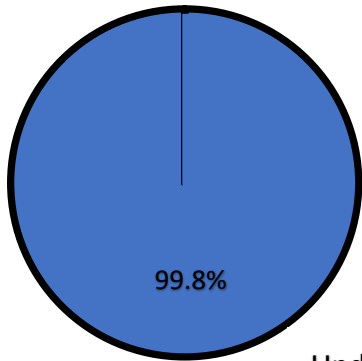


Participant Income (FY23)



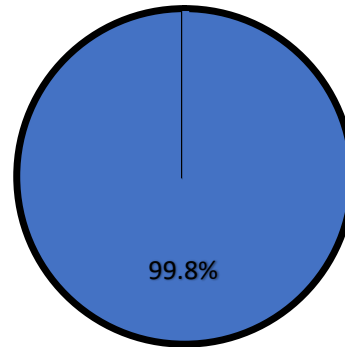
Satisfaction Ratings (FY20 – 23)

Information presented

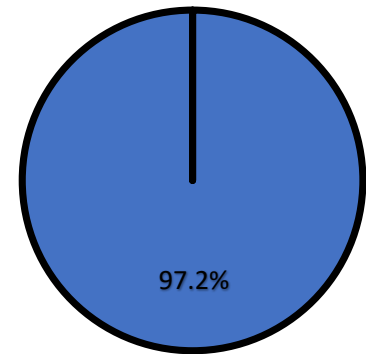
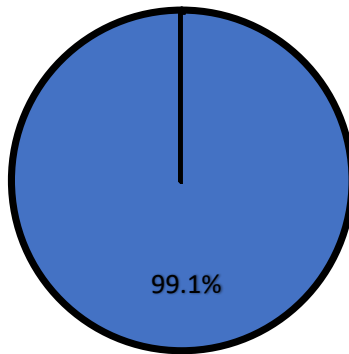


Understanding of Information Presented

Presenters



Ability to Implement Information Learned

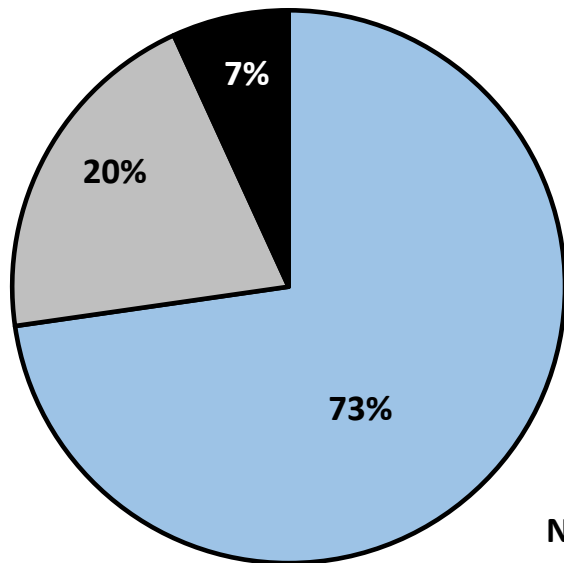


N = 467



Quality of Life Changes (FY20-23)

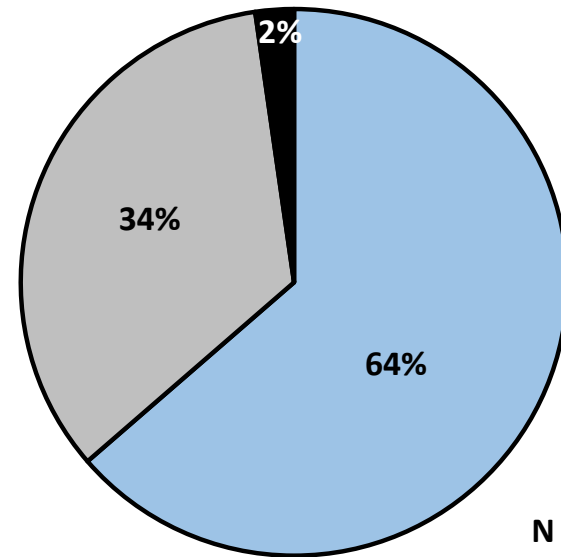
Parent



N = 132

- Increase in quality of life post-workshop
- Think quality of life will improve when able to implement
- No reported change in QOL

Child(ren)



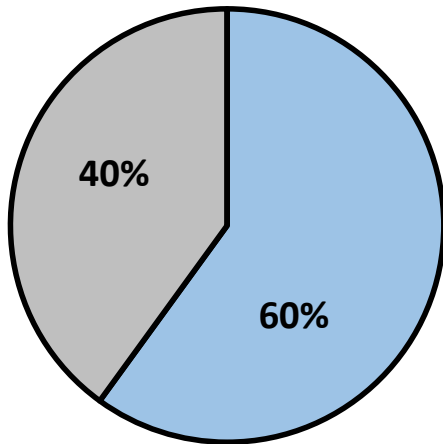
N = 132

- Increase in quality of life post-workshop
- Think quality of life will improve when able to implement
- No reported change in QOL

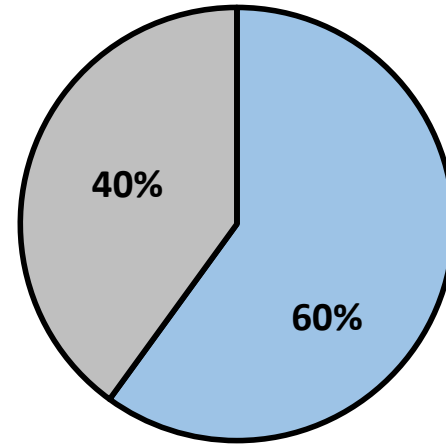


Quality of Life Changes (FY23)

Parent



Child(ren)



■ Reported increase in QOL

■ Expected increase in QOL when able to implement the strategies

■ No reported change in QOL

■ Reported increase in QOL

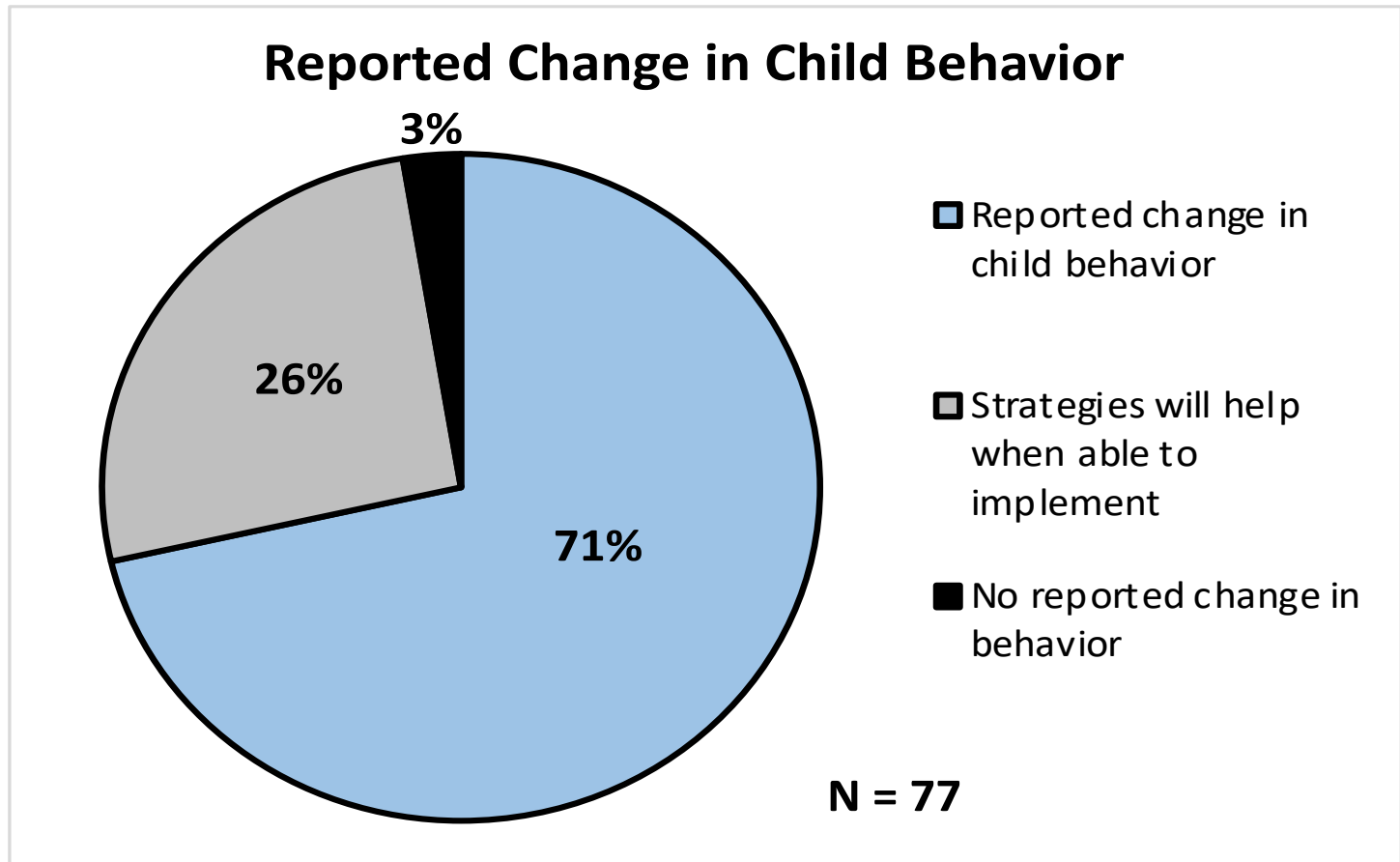
■ Expected increase in QOL when able to implement the strategies

■ No reported change in QOL

N = 25



Behavior Change (FY20-22)



Additional HHL Information

- Cost:
 - Free (grant-funded)
- Any Nevada families/professionals can participate



Challenges

- Funding has been subject to change
 - Grant “score” seems to determine amount of funding allocated
- CBCAP/CTF Funding is limited to primary and secondary prevention only
 - Parents with open child welfare cases cannot participate
 - Title IVB-2



PARENTING AS A PATH TO RECOVERY (PAPR)



PAPR

- State Opioid Response (SOR) Grant
- The United States Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA) oversees the SOR grants
 - The State of Nevada Department of Health and Human Services (DHHS), Division of Public and Behavioral Health (DPBH) serves as the Single State Authority (SSA) over the SAPTA in Nevada.
 - Nevada selected the University of Nevada, Reno (UNR) Center for the Application of Substance Abuse Technologies (CASAT) to serve as an extension of the DPBH team



Funding Distribution and Applicants

- Funding amount
 - \$10,000,000 divided among multiple projects
 - Must be allocated to stimulant use disorder patients
- Applicants
 - Family Resource Centers
 - School Districts
 - Human Service Agencies
 - Community organizations



Target Populations

- Pregnant women who inject drugs;
- Pregnant women with substance use disorder (opioid/stimulants);
- Individual who use Intravenous drugs and persons with OUD and co-morbidities
- Female with substance use disorder (opioid/stimulants) with dependent children and their families, including females who are attempting to regain custody of their children; and
- Veterans and Military personnel;
- Aging population;
- Patients reentering Communities from Criminal Justice or other Rehabilitative Settings; and
- All others.



Allowable activities

- Targets:
 - Outpatient Clinical Treatment and Recovery Services
 - Medication Assisted Treatment and/or Behavioral Health Expansion for SAPTA-Certified Providers
 - Tribal Treatment and Recovery Services
 - Peer Recovery Support Services
 - Enhanced supports for children and/or families
 - Hospital Based Recovery Teams
 - Recovery Housing
 - High-Intensity and/or Intensive Inpatient Services (Adults or Adolescents) | Level 3.7: Medically Monitored High-Intensity Inpatient Services Adolescent and Level 3.7 Medically Monitored Intensive Inpatient Services Adult
 - Adult Mobile Crisis Team (AMCT)
 - Innovative Project or Multi-Service Delivery



PAPR Aim

- Aim:
 - To reduce parental stress by enhancing proactive life skills, independence, and the quality of life of youth who engage in challenging behaviors and are affected by a parental substance use disorder
- Strives to help families learn to build and implement a preventative behavior support plan within a nurturing, positive environment
- PAPR is one of two parts of the SOR grant
 - Prenatal Exposure Assessment Team



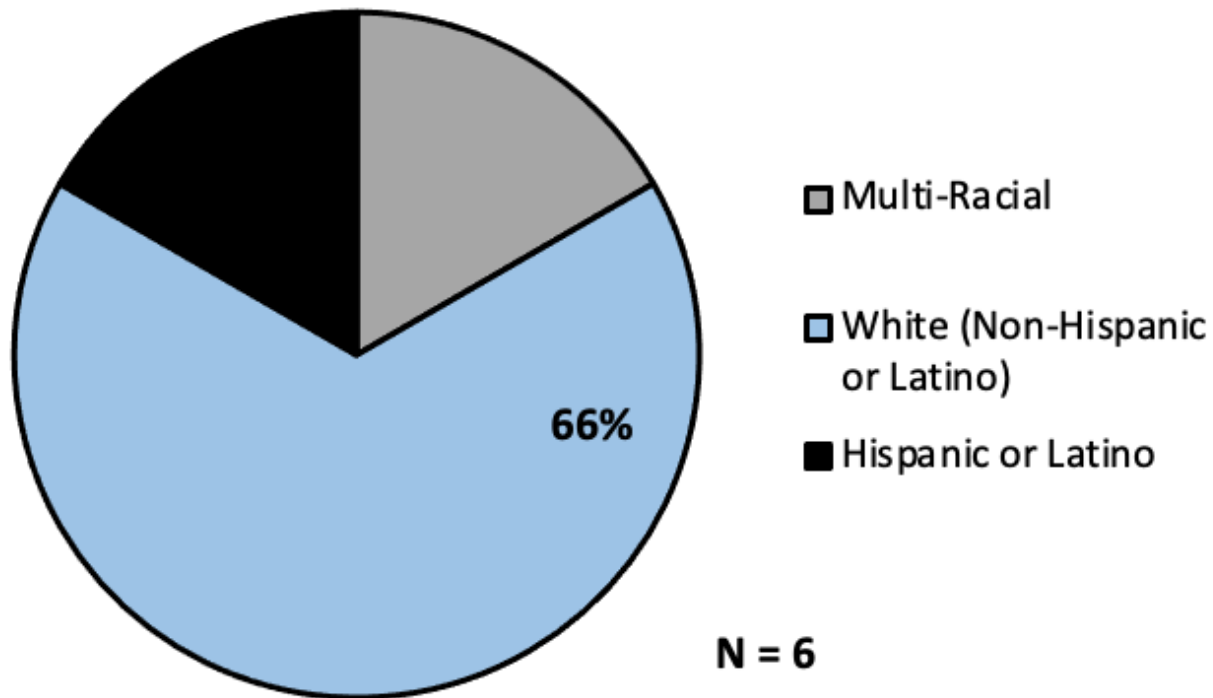
PAPR Model

- Model:
 - Utilize Healthy Home Life (HHL) curricula
 - Workshops:
 - 4 sessions, 2 hours each
 - 1/week for 4 weeks
 - Consultations:
 - Offered to all parents (optional)
- Focus is on giving parents strategies they can use to increase cooperation and better parent/child relationships when reunited with their children (if not currently with them)



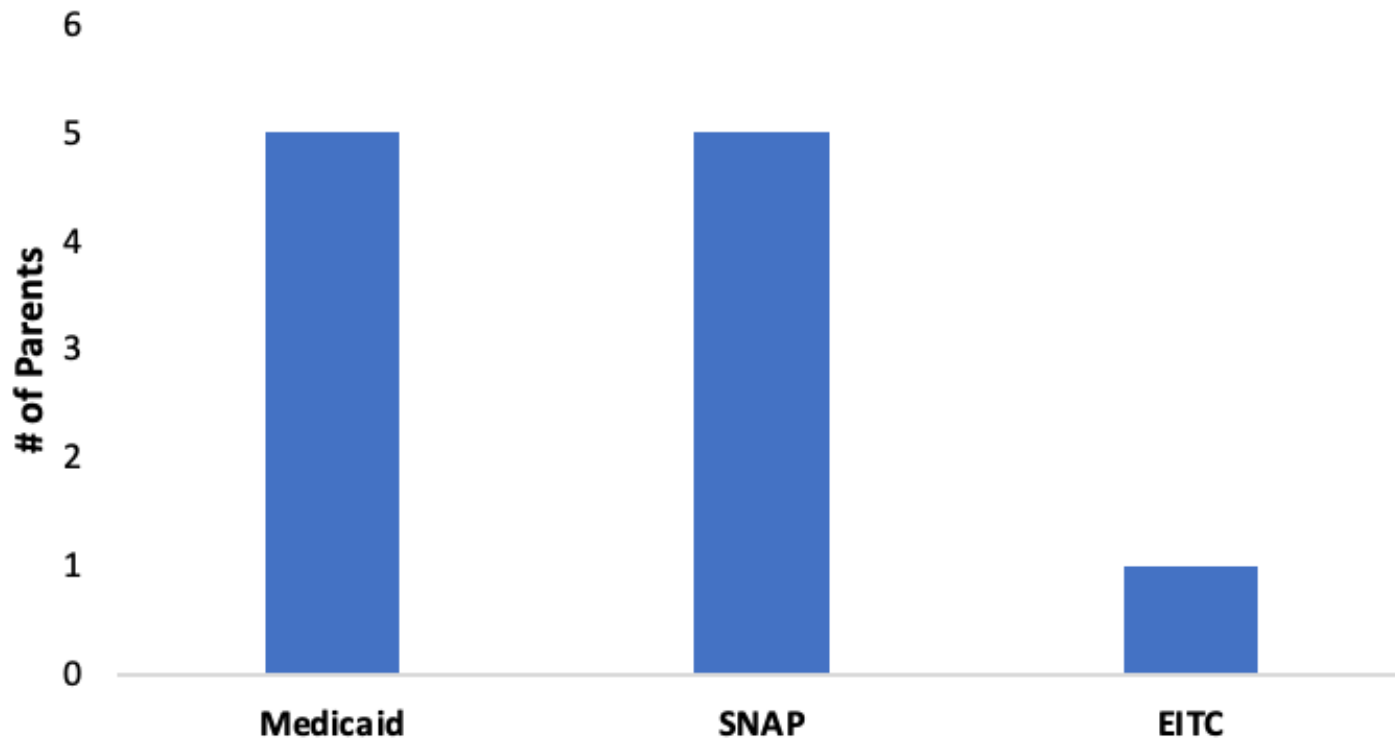
PAPR Data (FY22)

Race/Ethnicity of Participants



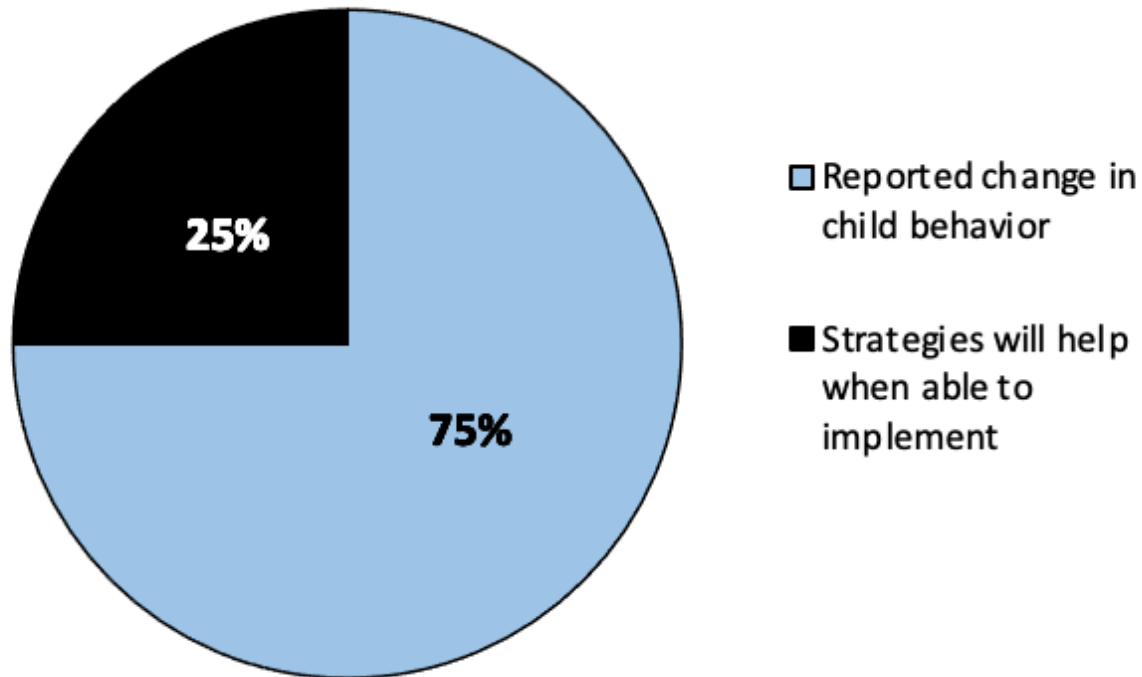
PAPR Data (FY22)

Services Accessed by Parents



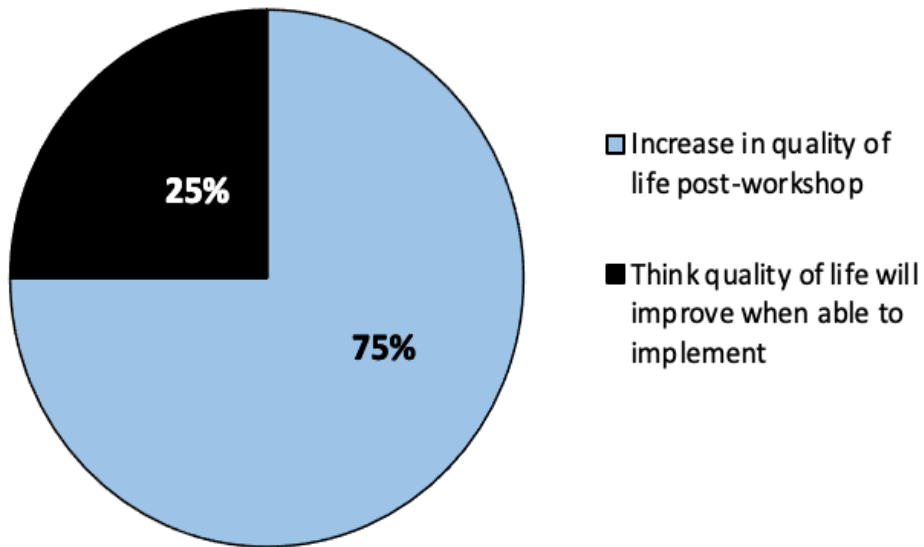
PAPR Data (FY22)

Reported Change in Child Behavior

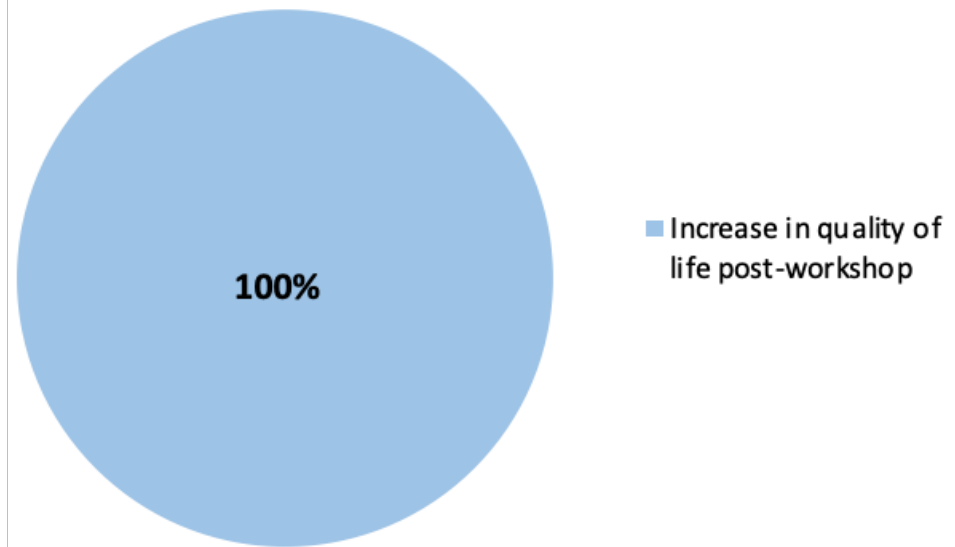


PAPR Data (FY22)

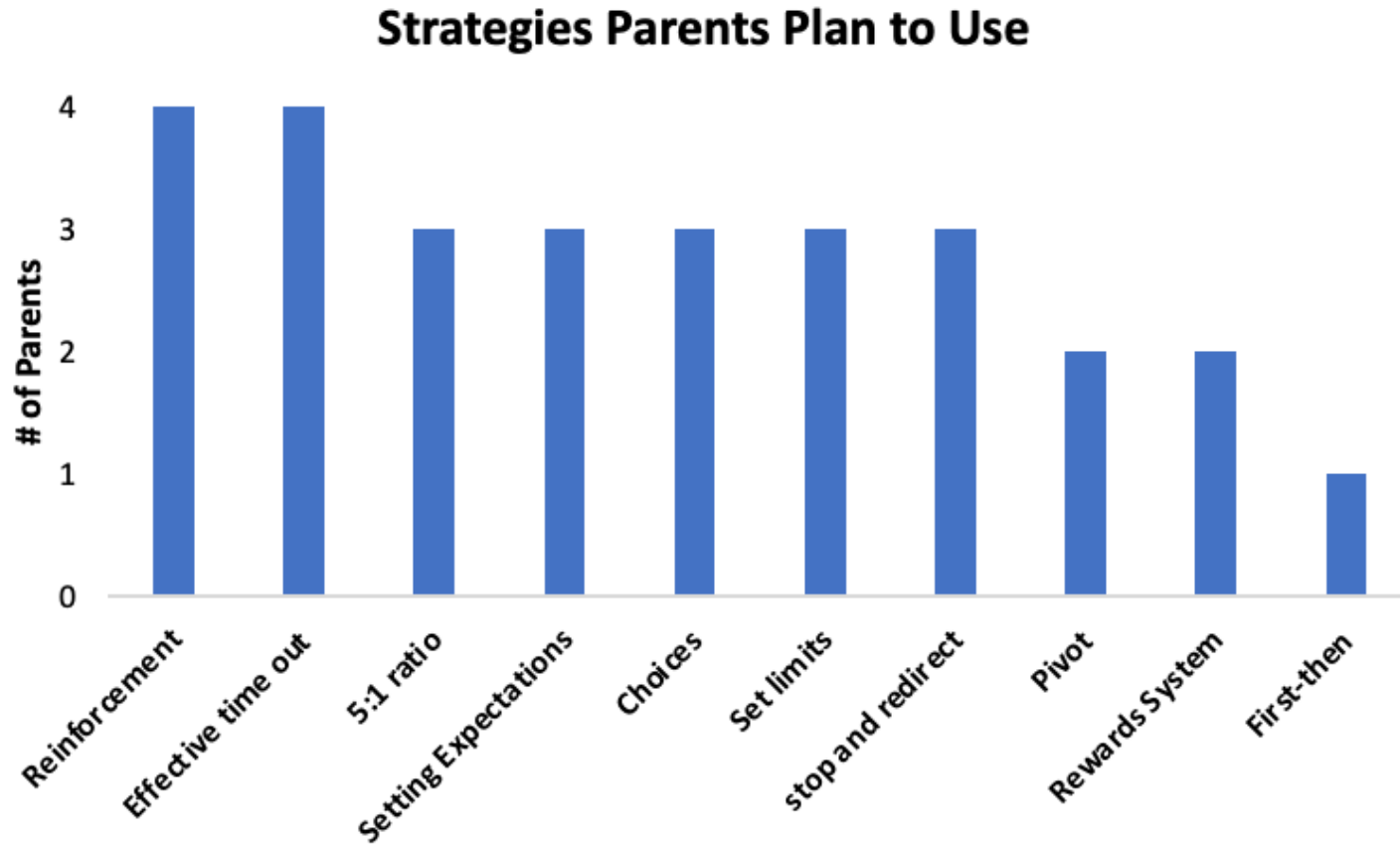
Reported Change in Quality of Life (Parent)



Reported Change in Quality of Life (Child)



PAPR Data (FY22)



Additional Information

- Cost:
 - Free (grant-funded)
- Primarily work with facilities serving parents in recovery
 - Step 2



Challenges

- Limited number of parents served per year
- Limited number of programs referring parents/offering space
- Facility policies for discharge
 - Limit number of parents who finish the course



FUNDING CONSIDERATIONS



Tips for Finding Funding for PBS with Families

- Read State and Federal Requests for Proposals (RFPs) or Notice of Funding Opportunities (NOFO)
 - There can be a lot of creative ways to utilize money allocated to support families
- Prepare project ideas in advance
- Great resources:
 - Home and Community Network



Other Considerations

- Cost Share or Matching
 - Title IVB-2
- The type of organization you are with could limit grant opportunities
- Check to see what PBS resources your state may have for families
 - Potential collaborations could blossom!



Discussion



Questions?

Thank you for attending!

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Resources

- CBCAP
 - [Children's Bureau – CBCAP Funding](#)
 - [TA Center \(Friends\)](#)
 - [Contacts by State](#)
- Title IVB-2
 - [Children's Bureau - Title IVB-2 Funding](#)
- State Opioid Response
 - [SAMSA – State Opioid Response \(SOR\) Grants](#)
- Home and Community Network
 - [Homepage](#)
- APBS
 - [Networks](#)
 - [PBS in the Home](#)
 - Kiki McGough's APBS Presentations



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