



# CARD Fact Sheet **6**

## Positive Behavior Support (PBS)

Positive Behavior Support (PBS) is a broad approach for resolving problem behaviors that are displayed by people with disabilities. Problem behaviors may include: (1) *self-injury, aggression, and other destructive acts*, (2) *tantrums and other disruptive responses*, and (3) *excessively repetitive or irritating behaviors including actions that interfere with a person's learning or social interactions*.

### Some important features of PBS include:

- ◆ PBS is based on person-centered values. A PBS plan requires that procedures be positive and respect the dignity of the person;
- ◆ PBS interventions are individualized and based on an understanding of the person and their environment;
- ◆ PBS interventions usually consist of more than one strategy. They involve collaboration among more than one care giver and support provider;
- ◆ PBS goals should include improvements in social relationships and other "lifestyle" enhancements, as well as reductions in problem behavior.

### Support Team

The process of PBS begins with the identification of a *support team*, which consists of the most relevant individuals in the person's life. The team may include family members, teachers, friends, and/or others who are involved and concerned with the person and the problem behavior. The team members are usually responsible for implementing the positive behavior support plan.

### Vision

The next step is to establish a *vision*, an agreement on the *broad goals* that a support plan should seek to achieve. The vision is developed through a process known as "person centered planning."

Once the support team defines their common vision, then a "functional behavior assessment" is conducted. A functional behavior assessment is a means to gather information about the problem behavior. Based on the person centered plan and the functional behavior assessment the team writes a positive behavior support plan.

### Positive Behavior Support Plan

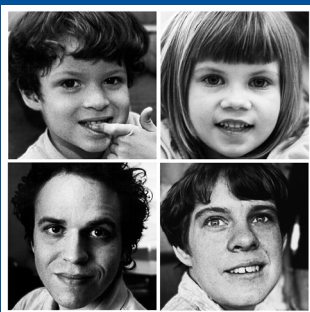
The behavior support plan should include a number of components:

- (1) strategies for teaching and increasing skills that are intended to replace the problem behaviors,
- (2) strategies for preventing the problems before they occur,
- (3) strategies for dealing with the problems if or when they do occur, and
- (4) strategies for monitoring progress. As time goes on, the support team often meets to evaluate progress and make adjustments to the plan, as necessary.

### Background

PBS grew out of applied behavior analysis, and many of the intervention procedures are derived from this discipline. PBS is a rapidly-growing approach that is based on extensive research. There are many new efforts in Florida and other states to provide training and information about PBS.

#### RELATED DISABILITIES



## Suggested Readings

*Journal of Positive Behavior Interventions*. A quarterly journal available from PRO-ED, Inc., Austin, TX.

Positive Behavior Support Project (1999). *Facilitators' Guide: Positive Behavior Support*. Tallahassee, FL: State of Florida Department of Education.

Bambara, L. M., & Knoster, T. (1998). *Designing positive behavior support plans*. Washington, DC: American Association on Mental Retardation.

Carr, E. G., Levin, L., McConnachie, G., Carlson, J. I., Kemp, D. C., Smith, C. E. (1994). *Communication-based intervention for problem behavior: A user's guide for producing positive change*. Baltimore: Paul H. Brookes.

Koegel, L. K., Koegel, R. L., & Dunlap, G. (Eds.), (1996). *Positive behavioral support: Including people with difficult behavior in the community*. Baltimore: Paul H. Brookes.

## Web Sites:

<http://www.rrtcpbs.org> - This is the website of the Research and Training Center on Positive Behavior Support, funded by NIDRR of the US Department of Education.

<http://www.pbis.org> - This is the website of the National Technical Assistance Center on Positive Behavior Interventions and Supports, funded by OSEP of the US Department of Education.

<http://flpbs.fmhi.usf.edu> - This is the website of the PBS project supported by the Florida Department of Education.

## Glossary of Terms:

### ABA - Applied Behavior Analysis

Refers to the direct application of the principles of behavior modification in natural environments such as home, school, and community. ABA uses behavioral principles to improve the individual's ability to participate effectively in various situations.

### FBA- Functional Behavior Assessment

Refers to a process for identifying the relationship between the behavior and the events that occur before, during and after a behavior. Behaviors are examined in terms of the purposes and functions that the behavior serves for the individual.

### PCP- Person Centered Planning

Refers to a process that identifies the goals, values and resources necessary to enhance the individuals' quality of life.

## The Center for Autism and Related Disabilities

The Center for Autism and Related Disabilities (CARD) seeks to provide support and assistance with the goal of optimizing the potential of people with autism, dual sensory impairments, and related disabilities. Located at six university sites throughout Florida, CARD develops programs offering support and training for individuals, families, professionals, and peers throughout Florida. This fact sheet is made possible through the cooperative efforts of Florida's CARD Centers.

## For More Information Contact:

Center for Autism and Related Disabilities Sites:

### Florida State University

625-B North Adams St.  
Tallahassee, FL 32301  
(800) 769-7926 or (850) 644-4367  
Fax: (850)644)3644  
<http://autism.fsu.edu>

### University of South Florida

CARD-USF MHC2113A  
13301 Bruce B. Downs Blvd.  
Tampa, FL 33612-3899  
(800) 333-4530 or (813) 974-2532  
Fax: (813) 974-6115  
<http://card-usf.fmhi.usf.edu>

### University of Florida at Gainesville

P. O. Box 100234  
Gainesville, FL 32610-0234  
(800) 754-5891 or (352) 846-2761  
Fax: (352) 846-0941  
<http://www.card.ufl.edu>

### University of Florida at Jacksonville

6271 St. Augustine Rd, Suite 1  
Jacksonville, FL 32217  
Phone: (904) 633-0760  
Fax: (904) 633-0751  
<http://centerforautism.org>

### University of Central Florida

12001 Science Drive, Suite 145  
Orlando, FL 32826  
(888) 558-1908 or (407) 737-2566  
Fax (407) 737-2571  
<http://www.ucf-card.org>

### University of Miami

Dept. of Psychology  
5665 Ponce de Leon Boulevard  
PO Box 248768  
Coral Gables, FL 33124-0725  
800/9-AUTISM or 305/284-6563  
Fax 305/284-6555  
<http://www.umcard.org>

### Florida Atlantic University

Dept. of ESE  
777 Glades Road  
Boca Raton, FL 33431  
(888) 632-6395 or (561) 297-2023  
Fax (561) 297-2063  
<http://www.coe.fau.edu/card/>