

FCBI Mission and Vision

The **mission** of the Family Centered Behavioral Interventions program is to empower families caring for children who display challenging behavior to decrease the problems and increase appropriate behavior within family routines.

The **vision** of the Family Centered Behavioral Interventions program is to enable families to independently and confidently develop solutions to new and ongoing problem routines and behaviors.

FCBI Clinical Leadership

- Rick Amado, PhD, (LP)
- Tim Moore, MS, BCBA (Director)
- Jessica Camp, MS, BCBA
- Amy Novotny, MS, BCBA
- Matt Oelke, MS

Collectively over 70 years of experience working with individuals and families struggling to improve challenging behavior

CORE PRINCIPLES OF POSITIVE BEHAVIOR CHANGE

1. Know the function of problem behavior – discover the triggers for problems and the outcomes that problems produce
2. Be proactive—minimize the triggers for problems and plan for ways to maximize better behavior
3. Reinforce – provide motivation for children to change their behavior
4. Respond positively when problems occur – focus on what you'd like the child to do instead

EXAMPLES OF BEHAVIOR CHANGE STRATEGIES IN FCBI SERVICES

Proactive Strategies

- Using choices instead of demands
- Pre-specifying reinforcers
- Scheduling positive attention
- Concrete answers to questions
- Environmental arrangement

Reinforcers

- Behavior-specific praise
- Preferred activities
- Preferred snacks
- Token systems / behavior contracts

Positive Responses to Problem Behavior

- Systematic reminders of available reinforcement and behavior to earn it
- Modeling of appropriate behavior

Families are encouraged to discuss FCBI service options with their case manager

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Family Centered Behavioral Interventions

FCBI WORKSHOP

Positive Approaches: Changing Problem Behavior and Problem Routines at Home

1. What does the workshop involve?

- One 3-hour workshop session + one in home support visit (30-60 min) per week, for 5 weeks
- Core principles are taught through lecture, video examples, and hands-on practice (see back flap for core principles and examples of strategies)
- Each family builds a behavior plan that fits their needs and unique living situation, one week at a time

2. Who is the workshop appropriate for?

Parents and other primary family caregivers:

- who are comfortable learning in a group setting and applying strategies at home with limited support
- whose child tantrums, hits others, destroys property, doesn't listen, or hurts themselves throughout the day or during specific routines (e.g., transitions, meals, self-care, leisure)

3. Who is it *not appropriate* for?

Given limited in-home support in this service model, it is not appropriate for families who may require the enhanced support available in the in-home service model

Our services are grounded in functional behavioral assessment—we don't just teach **'what works,'** we teach parents **why** strategies will or will not work for their unique family. All strategies are **customized** to fit the style and needs of each family – we never use canned programming.



TWO APPROACHES to FAMILY CENTERED BEHAVIORAL INTERVENTIONS

Everyday routines can be constant struggles for families of children with developmental disabilities and mental health challenges. Leisure times, meals, self-care routines, household tasks, and homework can involve challenging behavior that turns these activities and others into daily battles.

FCBI offers two service models (Workshop and In-home training) that feature instruction for parents on the primary principles of Applied Behavior Analysis and specific positive strategies for minimizing problems and building appropriate behavior. Parents who struggle every day to manage behavior such as destruction, aggression, tantrums, self-injury, disruption, and running will learn to plan proactively, teach and reinforce positive behaviors, and respond effectively when problems occur. Parents will ultimately use their knowledge and experience to design their own plans for behavior change—**independent and empowered.**

FCBI IN-HOME TRAINING

Support for Positive Change in Challenging Times

1. What do in-home services involve?

- Constant focus on the parent and family as the primary influences in the child's life
- Key readings and discussion on core principles and strategies (see back flap)—why certain strategies will and will not work for each family
- Hands-on training of intervention strategies and the use of our problem solving framework to design interventions

2. Who is in-home service appropriate for?

Parents and other primary family caregivers:

- who learn best from hands-on instruction and feedback
- whose child tantrums, hits others, destroys property, doesn't listen, or hurts themselves throughout the day or during specific routines (e.g., transitions, meals, self-care, leisure)
- This service *may not be appropriate* if children currently exhibit crisis-level behavior that regularly requires physical intervention to maintain safety of the child and others

3. What are the time requirements?

A minimum of five hours per week

*Unique Services
for
Unique Families*

