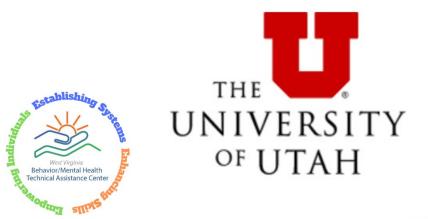


Behavioral Function: *It's not just for Tier 3*

M. Kathleen Strickland-Cohen, Ph.D., BCBA-D (she/her)



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Objectives

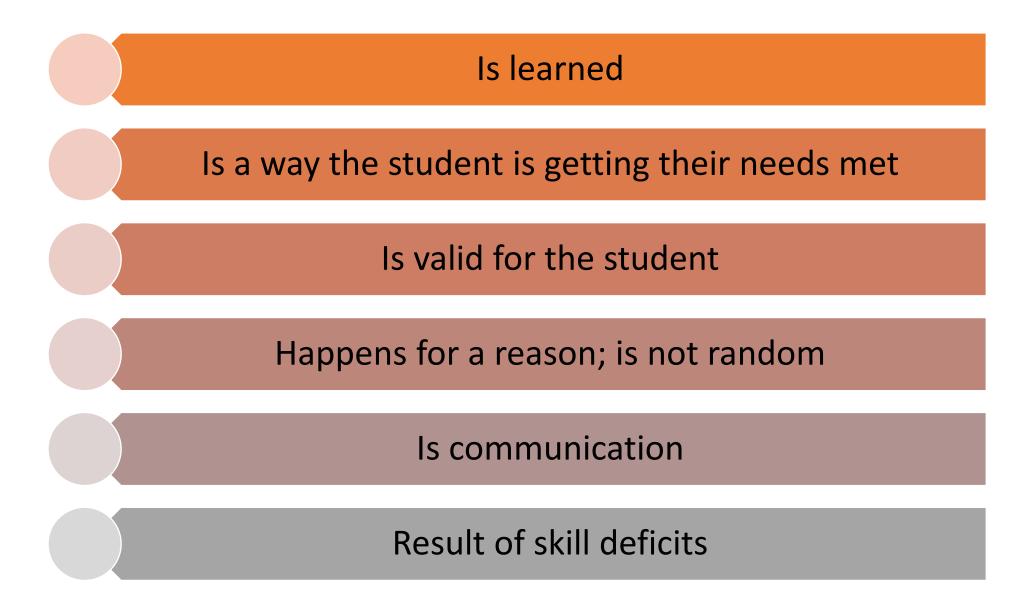
- Following our session, attendees will...
 - 1. Define and describe behavioral function
 - 2. Describe the utility of, and rationale for, considering function across all tiers of support
 - 3. Provide examples of contextually appropriate function-based behavior support at Tier 3, Tier 2, and Tier 1
 - 4. Identify functional skills that <u>all</u> students need to be successful



Agenda

- Terms
 - Function of behavior
 - Function-based thinking
 - Functional skills
- Function at Tier 3
- Function at Tier 2
- Function at Tier 1
- Questions

Remember, student behavior...



Behavioral Function

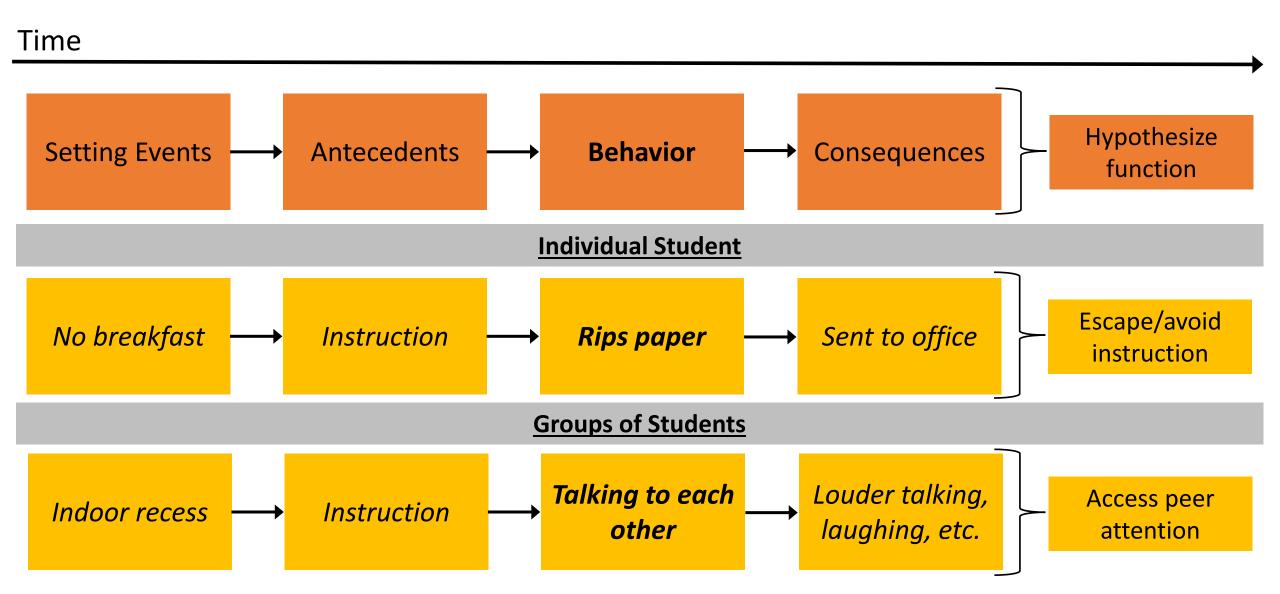
- We will be discussing behavioral function in three ways:
 - Function of behavior
 - Function-based thinking
 - Functional skills



Function of Behavior

"Why" the student is engaging in the behavior	 The reinforcement that follows behavior
Positive reinforcement	 E.g., access preferred or necessary items, activities, people, sensory stimulation
Negative reinforcement	 E.g., escape or avoid tasks, activities, social interaction, sensory stimulation

We hypothesize the function of a behavior by observing <u>patterns</u> in environmental events that happen before and following its occurrence.



Function-based Thinking

Considering function when designing behavior support Regardless of tier...yes, even with groups of students!

Could include functional behavior assessment (FBA)... But not always

Identifying *patterns in typical routines* to hypothesize function What are the SEs, antecedents, behaviors, consequences?

Note. Prior literature has used the term function-based thinking (e.g., Borgmeier, 2017). We use the term slightly differently to emphasize the consideration of function at T1 and T2.

Functional Skills

Skills we need to successfully navigate life!

Skills that relate to primary functions

E.g., asking for a break, appropriately gaining attention from friends and loved ones, etc.

Rather than wait for interfering behavior to develop, teach skills to prevent!

Teaching skills to enhance Quality of Life

Goals of PBS (Carr et al., 2002; Risley, 1996)

We should consider function across All tiers of support because...

- Behavior that interferes with learning occurs at all tiers
 - Although not as severe/chronic at T1 and T2
- Function-matched support can increase effectiveness of T1 and T2
 - Enable students receiving T3 to be more successful in less restrictive environments
- All students need functional skills
 - Learning these skills can prevent interfering behavior from developing



Behavioral Function at Tier 3

Functional Behavioral Assessment (FBA)

- For students with persistent challenging behavior that has not been (or cannot be) sufficiently addressed by Tier 2 support we use FBA to create individualized behavior support plans.
- We gather A-B-C information from:
 - The student and those who know them best (e.g., teachers, family members)
 - Direct observations of behavior in context
- We use FBA data to identify:
 - The function the challenging behavior serves for the student
 - The conditions under which challenging behavior does not occur
 - Functional reinforcers for desired behavior

FBA: Becoming an Investigator

- Prevention
 - When is the behavior most likely to occur?
- Teaching
 - What skills is the student missing?
- Reinforcement
 - What happens after the problem behavior? How can I understand how to help the student successfully meet their needs?



Behavior Support Planning

• The result of FBA should be an Individualized behavior support plan with strategies designed to:

PREVENT

- Eliminate or neutralize setting events
- Eliminate or modify antecedent triggers

Prompts for desired behavior

TEACH

- Functional replacement behavior
- New skills needed to access natural reinforcers

REINFORCE

- Dense schedule of reinforcement for use of replacement behavior and new skills
- Minimize reinforcement for challenging behavior

FBA in Schools: What the Research Tells Us

- For students who require Tier 3 support, function-based intervention is key to effectively decreasing intense and persistent challenging behavior (Cho & Blair, 2017)
- Function-based behavioral interventions shown to improve the effectiveness and efficiency of behavior support for students with and without disabilities who exhibit a wide range of challenging behaviors

(Blair, 1999; Carr et al., 1999; Borgmeier et al., 2019; Cho & Blair, 2017; Epstein et al., 2008; Ingram et al., 2005; Newcomer & Lewis, 2004; Strickland-Cohen et al., 2016)

What the Research Tells Us, cont'd

 Growing body of research showing that individualized FB support can be effectively designed and implemented by school-based personnel to address non-dangerous behaviors

(Badgett, Strickland-Cohen, & Schwartz, under review; Crone, Hawken, & Bergstrom, 2007; Dukes, Rosenberg, & Brady, 2007; Loman & Horner, 2014; Maag & Larson, 2004; Renshaw et al., 2008; Scott, Nelson, & Zabala, 2003; Strickland-Cohen & Horner, 2015)

The challenge we face in schools is not in finding what works, but in implementing what works.

Fixsen et al., 2005

Research-to-Practice Gap

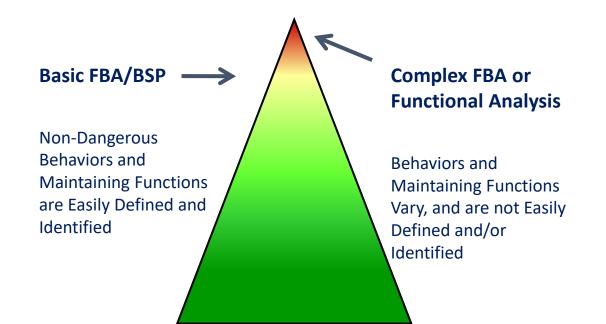
- In typical practice we often employ our most effective tools only when behavior has become severe/dangerous
 - FBA/BSP used as a "last resort" and only for students with IEPs (Borgmeier et al., 2019)
- Students who engage in persistent, lower-intensity behavior are more likely to receive less effective punitive/exclusionary practices (e.g., reprimands, ODRs, suspensions; Mitchell & Bradshaw, 2013)

The Logic Behind Multi-Tiered Behavior Support

- SWPBIS creates a school climate that supports the appropriate academic and social behavior of ALL students with a focus on:
 - PREVENTION
 - EARLY INTERVENTION

Proactive Function-Based Support at Tier 3

- Many of problem behaviors that Tier 3 teams encounter do not require comprehensive FBA-BSP
- Using streamlined FBA-BSP procedures that "match" the level and intensity of problem behavior



Find Out More

• www.pbis.org

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TIER 3 BRIEF FUNCTIONAL BEHAVIOR ASSESSMENT (FBA) GUIDE

CENTER ON PBIS



Basic FBA to BIP

HOME & MODULES - BASIC FBA TO BIP OVERVIEW - PLANNING FOR EFFECTIVE USE - FORMS & RESOURCES - ABOUT US -

Basic FBA to BIP

Welcome! Use the buttons below to take you to the training modules. The Behavior Specialist Training includes all 7 modules and is for those who will be the leading behavior support efforts in the school. The School-wide Training consists of two modules for all staff in the school. The top navigation bar will provide **School and School**.

how to most effectively use these training resources and don't miss the blog belo

BEHAVIOR SPECIALIST TRAINING

SCHOOL-WIDE TRAINING



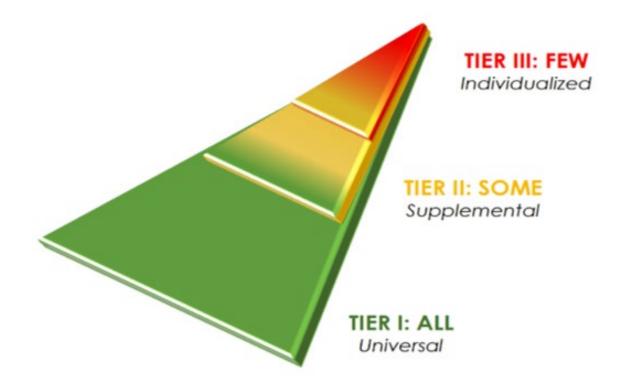
District Behavior Support Specialist

Train and coach PBIS at Tiers 2 & 3 Support Teams building behavior support plans from Assessment information

Train 1-3 people per school to conduct "basic" FBA/BSP School-wide training: Increase Staff Knowledge of Behavior & Function

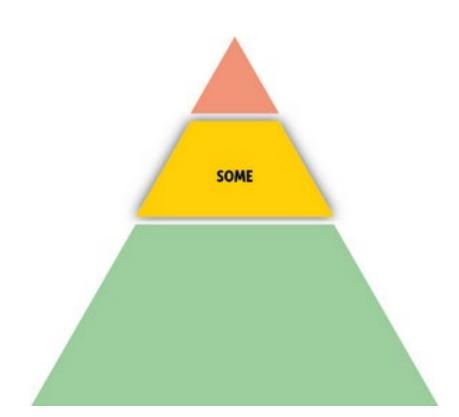
Building a Seamless Continuum of Support

- All staff trained in FB thinking
- Advanced tiers explicitly linked to universal expectations, practices, and systems to support
 - Inclusion
 - Generalization
 - Fading



Behavioral Function at Tier 2

Purpose of Tier 2



Targeted interventions

- Increased structure, instruction, and prompts
- Additional opportunities to practice expected behavior and receive feedback
- Efficient with minimal teacher effort
- Available to any student at any time
- Support students before Tier 3
- Function-based

Why think functionally at Tier 2?

• To improve effectiveness

 Improve when not effective (Campbell & Anderson, 2008; McIntosh et al., 2009)

• To be Student-Centered

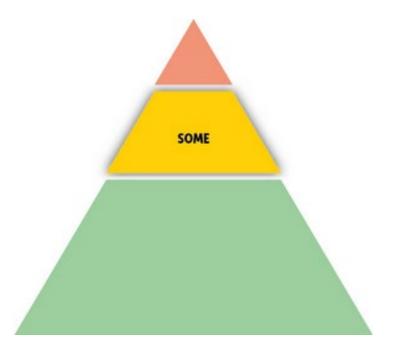
○Behavior communicates a need○Not just behavior reduction (Carr et al., 2002; Risley, 1996)

• No reason not to! Efficient options available

OInterview/survey tools

○Brief observations

OHypothesis confirmed through data-based decision making



Why think functionally at Tier 2?

• The TFI Tells Us So

Appendix B: Targeted Interventions Reference Guide

A Reference Guide for Function-Based Support Options (Horner & Todd, 2002)

Instructions

List the targeted interventions that are available in your school. Identify the possible functions that the intervention is designed to deliver by putting an X in the cell of the matrix.



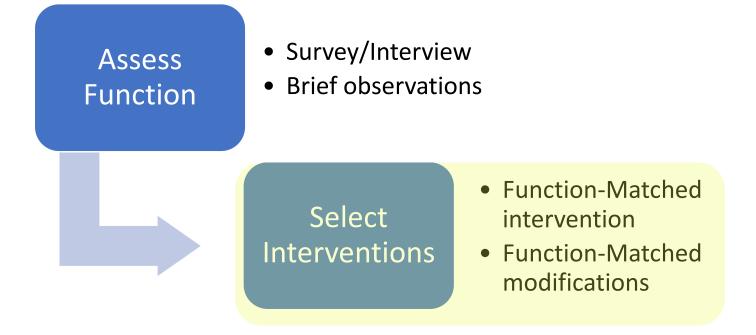
(3265130004). Opinions expressed herein are those of the authors and do not necess

Function at Tier 2 – TFI

Targeted Intervention	Check in, Check out	Social Skills Club	Reading Buddies	Homework Club	Lunch Buddies	
Access to Adult Attention	Access Attention					
Access to Peer Attention						
Access to Choice of Alternatives/Activities	Acce	ss to Items or		Avoid Activities		
Option for Avoiding Aversive Activities		Activities				
Option for Avoiding Aversive Social Peer/ Adult Attention	Avoid Attention					
Structural Prompts for 'What To Do' Throughout the Day	yes	yes				
At Least 5 Times During the Day When Positive Feedback is Set Up	yes					
A School-Home Communication System						
Opportunity for Adaptation into a Self-Management System	Access Attention					

TFI version 2019

Assessing and Designing T2 Interventions



ABC Tracker

• <u>www.basicfba.com</u>

→Forms & Resources

Student

Staff

Dates

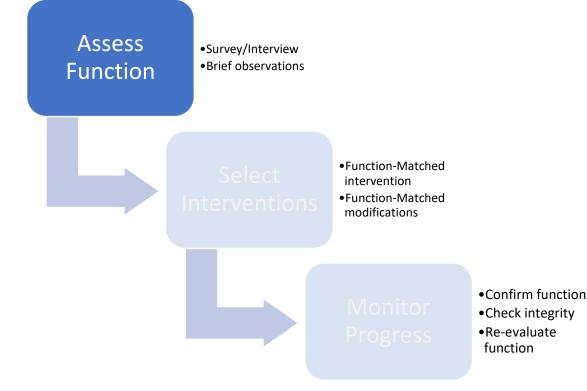
Identify a student with recurring challenging behavior. Focus on a single routine (see Part A to identify and prioritize a routine) and track occurrences of the problem behavior during the prioritized *routine (subject or time of day)*. Each time a problem behavior occurs during this routine over the next weeks document the A-B-C sequence. Use the data collected to identify patterns or trends across occurrences to form a <u>Summary Statement</u> describing the student's behavior below.

Prioritized Rou Activity (see p	-				Time of Day:	<u>Start time</u> : End time:
Date/Time	When (Anteced	lent)happens	The student (Behav	ior)		result (Consequence)
Example Date: Feb 8 Time: 10:25	Asked to complete worksheet (multi- digit multiplication & work problems) independently		Verbally refuse to work, say "This is stupid", wander room & make negative comments		Teacher will leave student alone & students gets to avoid difficult task/worksheet	
<u>1st Incident</u> Date: Time:	indepi	naenesy.	a make negative com	monto		
<u>2nd Incident</u> Date: Time:						
<u>3rd incident</u> Date: Time:						
4 th incident Date: Time:						
5 th incident Date: Time:						
Routine: Summary Statement						
Antecedent/Trigger: Behavior: Consequence/Outcome: When happens the student and as a result,					•	
Therefore, I be	lieve the function	of the behavior is	to get / avoid (Circle one)	(detail what i	s obtained or avoided)

Selecting Function-Based Interventions

- Remember, our goal at Tier 2 is to increase opportunities for:
 - Skill building
 - Practice
 - Access to reinforcement
- Considering student motivation helps us identify powerful reinforcers

Step 1: Assess for Function



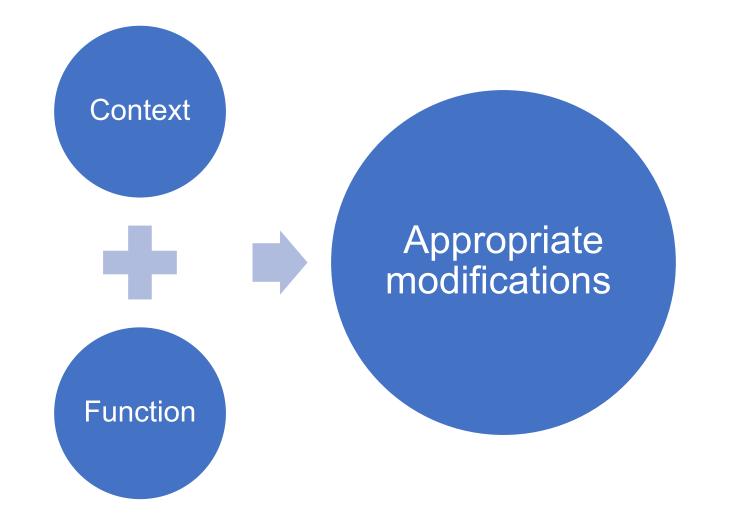
Hypothesized Function: Access Attention/ Connection with Adults

Function-Based Classroom Interventions

	Context - Timing and Format					
		Prevention	Teaching	Consequence		
Function	Access Adult Attention	Teacher provides frequent non-contingent attention (e.g., praise, proximity, eye contact, thumbs-up)	Teach student to raise hand to request help from staff Increase tolerance for waiting behavior	Teacher acknowledges hand raises Frequent teacher attention when completing work/on task Rewards include activities with teacher and other adults in the school		

Modifying Standardized Tier 2 Interventions

Selecting Intervention Modifications



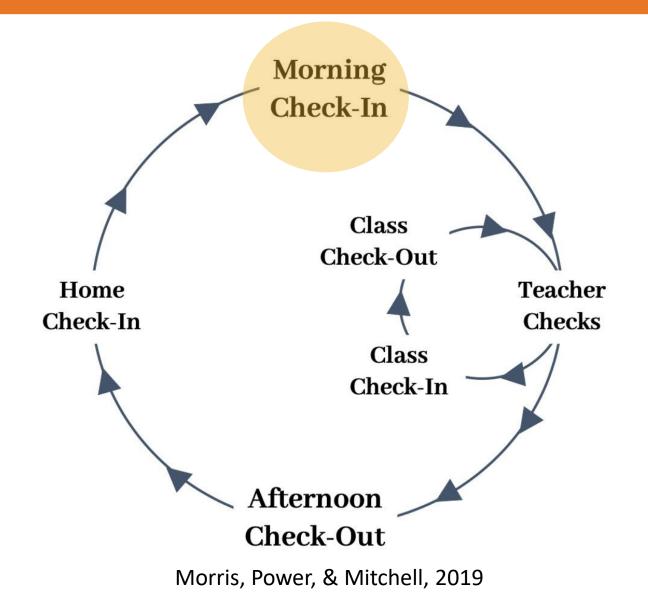
Check-in/Check-out (CICO)

 Check-in/Check-out (CICO) is a standardized Tier 2 Intervention that provides students with a regular cycle of prompts and positive feedback from teachers and family members for meeting behavioral expectations.

Hawken, Crone, Bundock & Horner, 2021



The CICO Cycle: Morning Check-in





"Hi Destiny! I'm so happy you're here. I just know you are going to have a great day! Let's take a quick look at your goals are for the day."



					Check-In / Check-Out							Morning Check-In Student checked in Positive greeting									
Student Name: Today's Goal:				Stude			-		-	's Date						Reminde Student	er for and i	expect materia	ations 8 Is ready ation fro	for c	lass
Expectations																					
Expectation 1	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0
Expectation 2	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0
Expectation 3	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0
Expectation 4	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0
Expectation 5	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0	2	1	0
Points Earned																					
Teacher Initials																					
WOW! Please use this space to comment on student successes.																					
Scoring Guide: 2 = Great! Always me 1 = Ok. Partially met 6 0 = Try again. Did not	expecta	tions.				-				<u>D</u> tal Pts. tal Pts.	Earn					tudent o erbal pe	heck	ed out nance f	eck-Ou eedback	¢	
Parent/Guardian Parent/Guardian										rcent E al Met					er D H	ncourag	emer oort g	nt for in iven an	nproven Id remin	nent	

Daily Progress Report (DPR)

bit.ly/CICODPR-MU19

A Systematic Review of Function-Modified Check-In/Check-Out

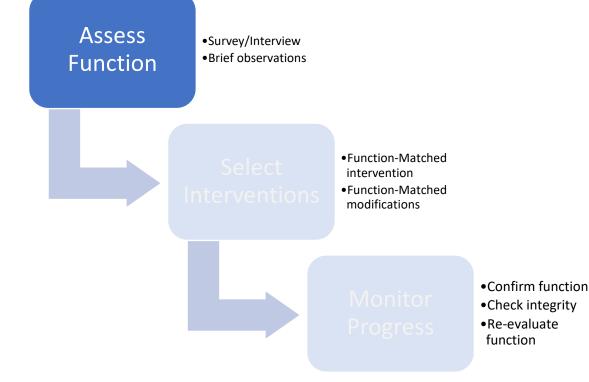
Journal of Positive Behavior Interventions 2019, Vol. 21(2) 77–92 © Hammill Institute on Disabilities 2018 Article reuse guidelines: sagepub.com/journals-permissions DOI: 10.1177/1098300718778032 jpbi.sagepub.com

David A. Klingbeil, PhD¹⁽¹⁾, Evan H. Dart, PhD², and Amber L. Schramm, MA¹

Abstract

Check-in/check-out (CICO) is widely used as a Tier 2 intervention within school-wide positive behavior interventions and supports. Evidence suggests that traditional CICO is primarily effective for students demonstrating problem behavior maintained by adult attention. A growing body of research has investigated function-modified CICO to address behaviors maintained by other consequences. The purpose of this review was to examine the evidence-base for function-modified versions of CICO to identify (a) the procedures used to assess students' behavior function and (b) the types of modifications and additions to CICO that have been empirically evaluated. We systematically reviewed 11 studies that examined the effects of function-based CICO. Researchers determined behavior function using a combination or direct observations and indirect assessments. These methods were more involved than a brief behavior screening. The modifications and additions to traditional CICO included changes that were functionally relevant and functionally independent. Based on the results of this review, more research is needed before function-based CICO can be considered an evidence-based practice. Moreover, the extent to which educators can implement function-based CICO without researcher support is also unknown. The implications of this review are discussed in terms of future research and practice.

Step 1: Assess for Function

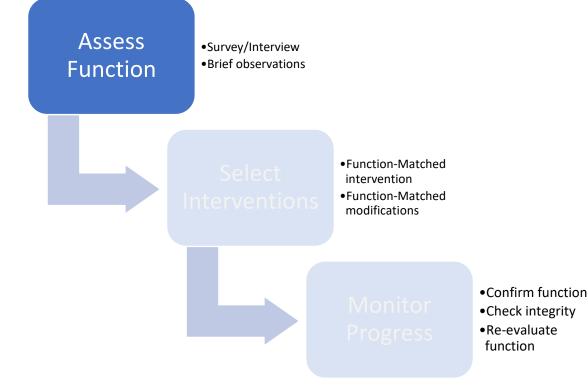


Hypothesized Function: **Escape from Academic Demands**

Modifying CICO: Escape

	Antecedent Modifications	Teaching	Consequence
		Modifications	Modifications
Escape from Demands	 Embed prompts for break requests into CICO or similar tracker* Embed prompts for break requests into the classroom Provide verbal prompts for break requests* Modify amount or difficulty of work* Provide opportunity to bring work home* Allow student to sit next to helpful peer* Precorrection: Remind student of expectations prior to challenging periods, or of homework prior to going home* Provide time in school to complete homework 	 Teach routines around requesting a break* Teach responses to teacher giving or denying a break* Teach study skills* 	 Earn free time after completing work* Link daily goal and points earned to work completion* Reward choices include options to reduce work (e.g., homework pass, leave class early pass, break opportunities)

Step 1: Assess for Function



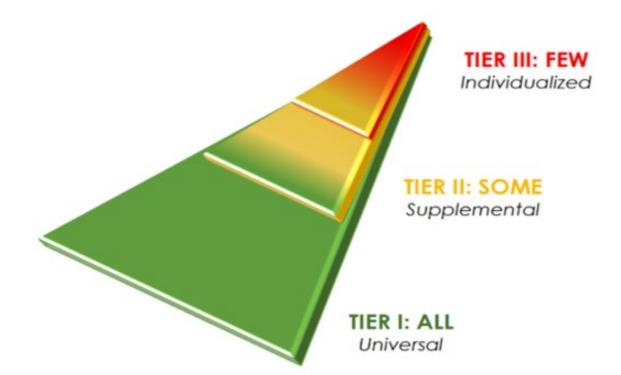
Hypothesized Function: Access to Peer Attention

Modifying CICO: Attention from Peers

Peer Attention	 Scheduled peer interactions (e.g., social activities) prior to challenging periods Change seating to minimize access to distracting peers* Interrupt and redirect peer responses to student problem behavior* 	 Teach peers to ignore each other's distracting behavior (e.g., how to respond to peer talking off-topic) Teach request for peer-tutor or partner work* 	 Invite a peer to daily check-out/end of day reward if goal is met* Increase frequency of reward delivery (mid-day and afternoon)* Seat next to preferred peer during lunch* Seat next to preferred peer during class* Use of the Good Behavior Game or similar interdependent group contingency during class*
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Building a Seamless Continuum of Support

- All staff trained in FB thinking
- Advanced tiers explicitly linked to universal expectations, practices, and systems to support
 - Inclusion
 - Generalization
 - Fading



Behavioral Function at Tier 1

Remember

Behavior is functionally related to the teaching environment.





Teaching Environment

- Environments that produce learning
 - Include a core set of research-validated T1 practices
 - Implemented with consistency and fidelity

Functional Skills

Skills we need to successfully navigate life!

Skills that relate to primary functions

Rather than wait for interfering behavior to develop, teach skills to prevent!

Goals of PBS (Carr et al., 2002; Risley, 1996)

The Big Four

Functional skills to prevent behavioral challenges

(Ala'i-Rosales et al., 2019)



"Safely, effectively, and respectfully *communicating wants, needs, likes, and dislikes* in a way that is understood by others and do not result in harm to self or others."

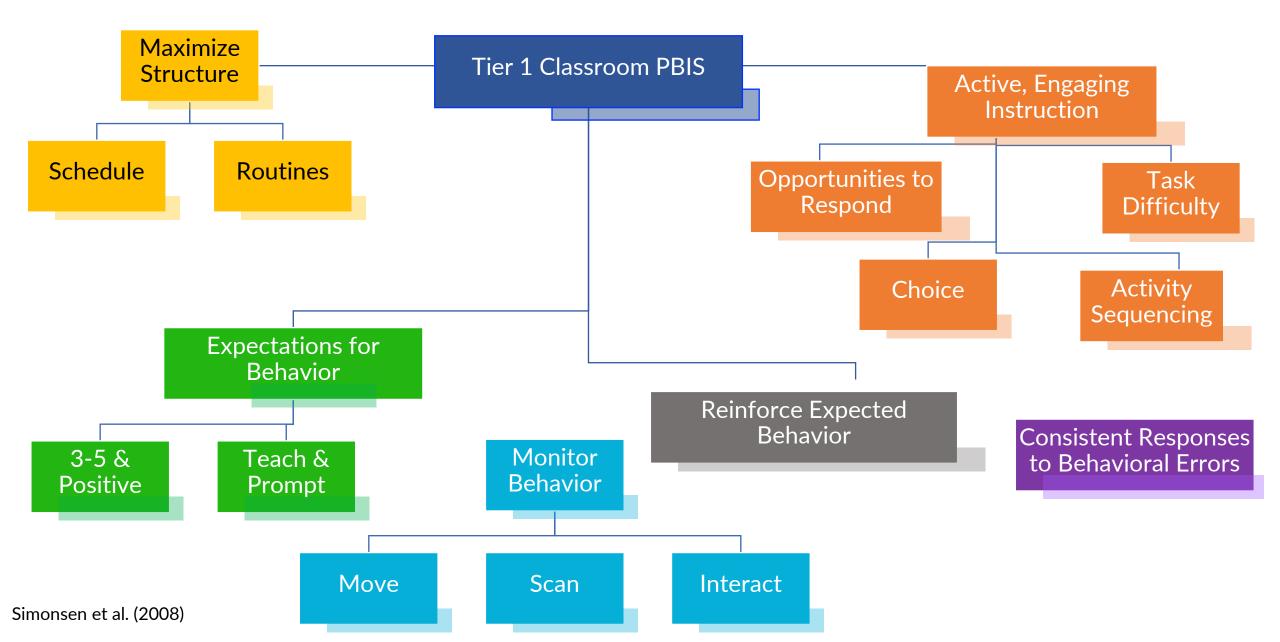
"Safely, effectively, and pleasantly gaining the attention and affection of others in ways that are understood by others and do not offend or hurt other." "Joyfully *engaging in activities alone and with others* in ways that increase in number, duration, and complexity and do not cause harm to self or others."



"Safely, effectively, and diplomatically, *coping with, tolerating, and accommodating adversity* in situations that are in the child's best interest over the long term."

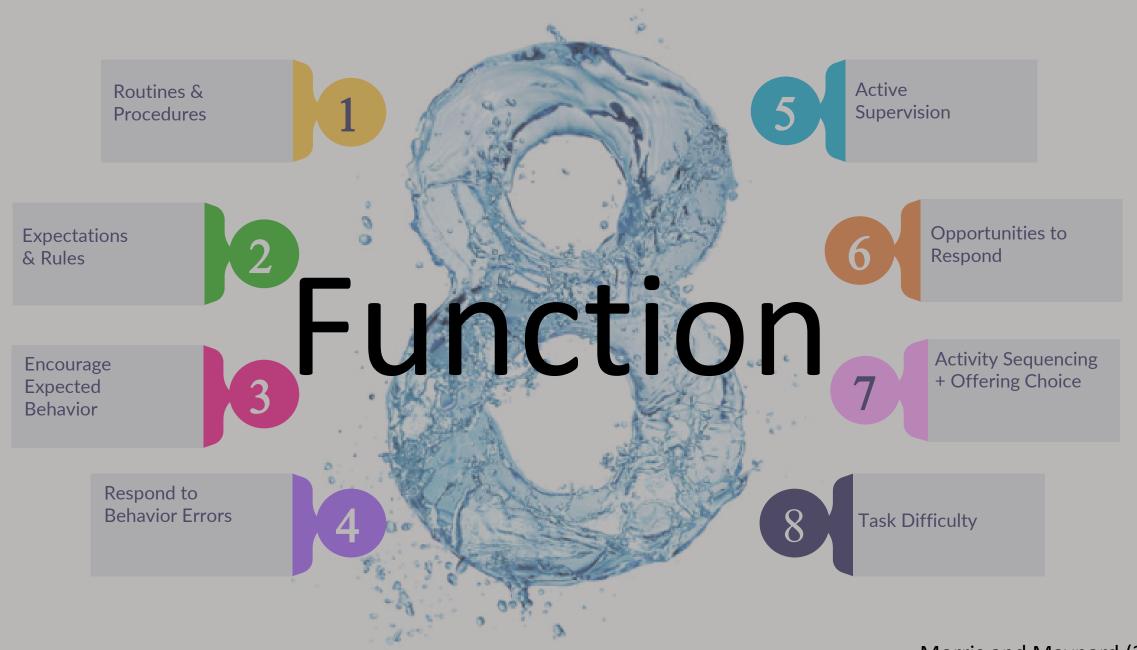
PREVENT BEHAVIORAL CHALLENGES

Research-Validated Best Practices at T1

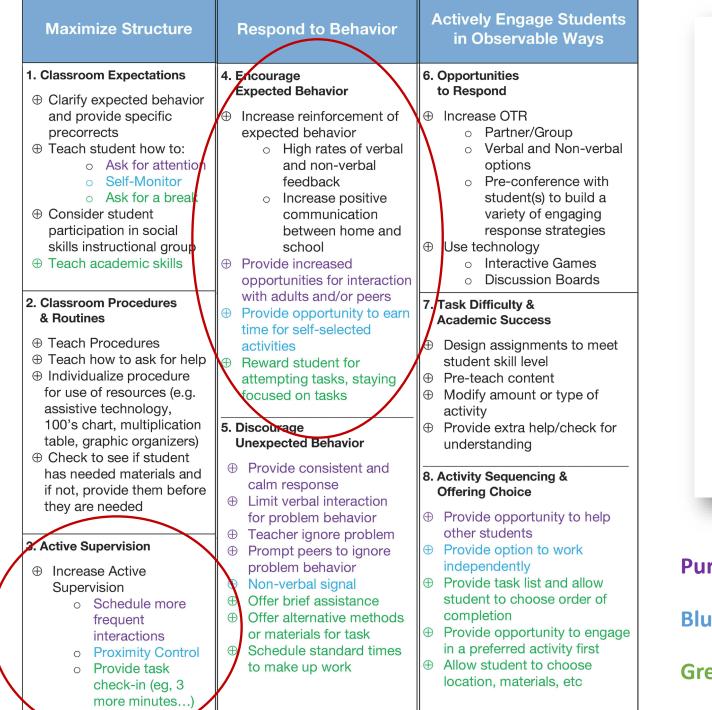




Morris and Maynard (2019)



Morris and Maynard (2019)



Maximize Structure	Respond to Behavior	Actively Engage Students in Observable Ways		
Classroom Expectations Clarify expected behavior and provide specific precorrects Teach student how to:	 4. Encourage Expected Behavior ♦ Increase reinforcement of expected behavior High rates of verbal and non-verbal feedback Increase positive communication between home and school Provide increased opportunities for interaction with adults and/or peers Provide opportunity to earn time for self-selected activities Reward student for attempting tasks, staying focused on tasks 5. Discourage Unexpected Behavior ♥ Trovide consistent and calm response Unit verbal interaction for problem behavior Teacher ignore problem Prompt peers to ignore problem behavior Offer brief assistance Offer brief assistance Offer brief assistance task Schedule standard times to make up work	 6. Opportunities to Respond Increase OTR Partner/Group Verbal and Non-verbal options Pre-conference with student(s) to build a variety of engaging response strategies Use technology Interactive Games Discussion Boards 7. Task Difficulty & Academic Success Design assignments to meet student skill level Pre-teach content Modify amount or type of activity Provide extra help/check for understanding 8. Activity Sequencing & Offering Choice Provide opportunity to help other students Provide aption to work independently Provide activity first Allow student to choose location, materials, etc		

Purple: Gain Attention

Blue: Avoid Attention

Green: Avoid Task

Morris and Maynard (2019)

Standard T1

- Routine: Lining up following large group instruction
- Antecedent: Teacher tells students to line up with voice at "a zero."
- **Behavior**: Students loudly talking with one another, joking around, etc.
- **Consequence**: Teacher tells students to quiet down to zero
- **Result**: Students continue talking loudly, etc.

Possible T1 Strategy: Reteach expectations for lining up, increase praise

Possible Function-based T1 Strategy: Provide time to talk with peers before lining up

Function-based thinking T1

Hypothesized Function: Gain peer attention

Your Turn!

With your neighbor, identify a "standard" T1 situation.

Then discuss how that could be improved with function-based thinking at T1.

Be prepared to share.

Primary goal of PBS (Carr et al., 2002)

Improve our students' quality of life



Secondary goal of PBS (Carr et al., 2002)

"Render problem behavior...

- irrelevant
- ineffective
- inefficient

"...by helping an individual achieve [their] goals in a socially acceptable manner, thus reducing, or eliminating altogether, episodes of problem behavior" (Carr et al., 2002, p. 5).

In Summary

- We should consider function across all tiers of support
 - Behavior that interferes with leaning occurs across all tiers
- Function-matched support
 - Can increase effectiveness of T1 and T2
 - Can make environments more effective for students receiving T3
- All students need to learn functional skills
 - Learning these skills can prevent interfering behavior from developing



Questions?

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