

Top 10 Tips to grow your Behavior Support Toolbox

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Pjila'si, Bienvenue, Welcome!

- ▶ This session is an interactive, safe place for discussion
- ▶ We are open books, we will share our personal experiences, our professional approaches, brainstorm ideas, problem solve areas of struggle and have fun!
- ▶ You may feel overwhelmed, uncomfortable or restless during this session, if you do please get up, take a break, and regulate yourself as you need

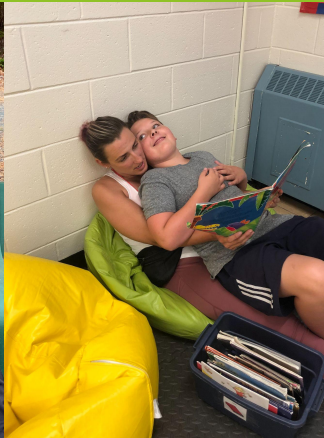
The Schedule

10:00am-12:00pm

- Your WHY
- Behavior Basics
- Group Yoga
- Top 10 Tips
- Practice Opportunity
- Moving Forward



Why do you do what you do?



2022 ParticipACTION Report Card



Indigenous children and youth

CCHS data show the percentage of Indigenous youth meeting the MVPA recommendation decreased from 67% pre-pandemic (fall 2018) to 38% during the pandemic (fall 2020).²



Children and youth with disabilities

The percentage of children and youth (4-17 years) with disabilities meeting the MVPA recommendation was 7% in May 2020 and 6% in November 2020.⁶



2SLGBTQ+ children and youth

No nationally generalizable and COVID-19-specific research was found.



Newcomer children and youth

According to the CCHS, the percentage of immigrant (compared to Canadian-born) youth meeting the MVPA recommendation decreased from 56% pre-pandemic (fall 2018) to 35% during the pandemic (fall 2020).²

Grab your Paddle

- ▶ Do you work on the ground or in an office position?
- ▶ Have you experienced behavioral events that you were uncomfortable with, felt unsafe in, or were expected to handle?
- ▶ Are you confident that the area/program/company/department that you work in will welcome more behavioral approaches?
- ▶ When we open discussion - are you comfortable being called upon?

Behavior

Behaviors in life are learned.

Based on the response or outcome an individual receives from their environment or other people, they determine if they should engage in a behavior in the future, or not bother.

Communication

We all use the quickest and most efficient means to communicate

Individuals may not find verbal communication the most efficient, in most situations this is because:

- ▶ They don't have functional communication systems in place
- ▶ They are dysregulated

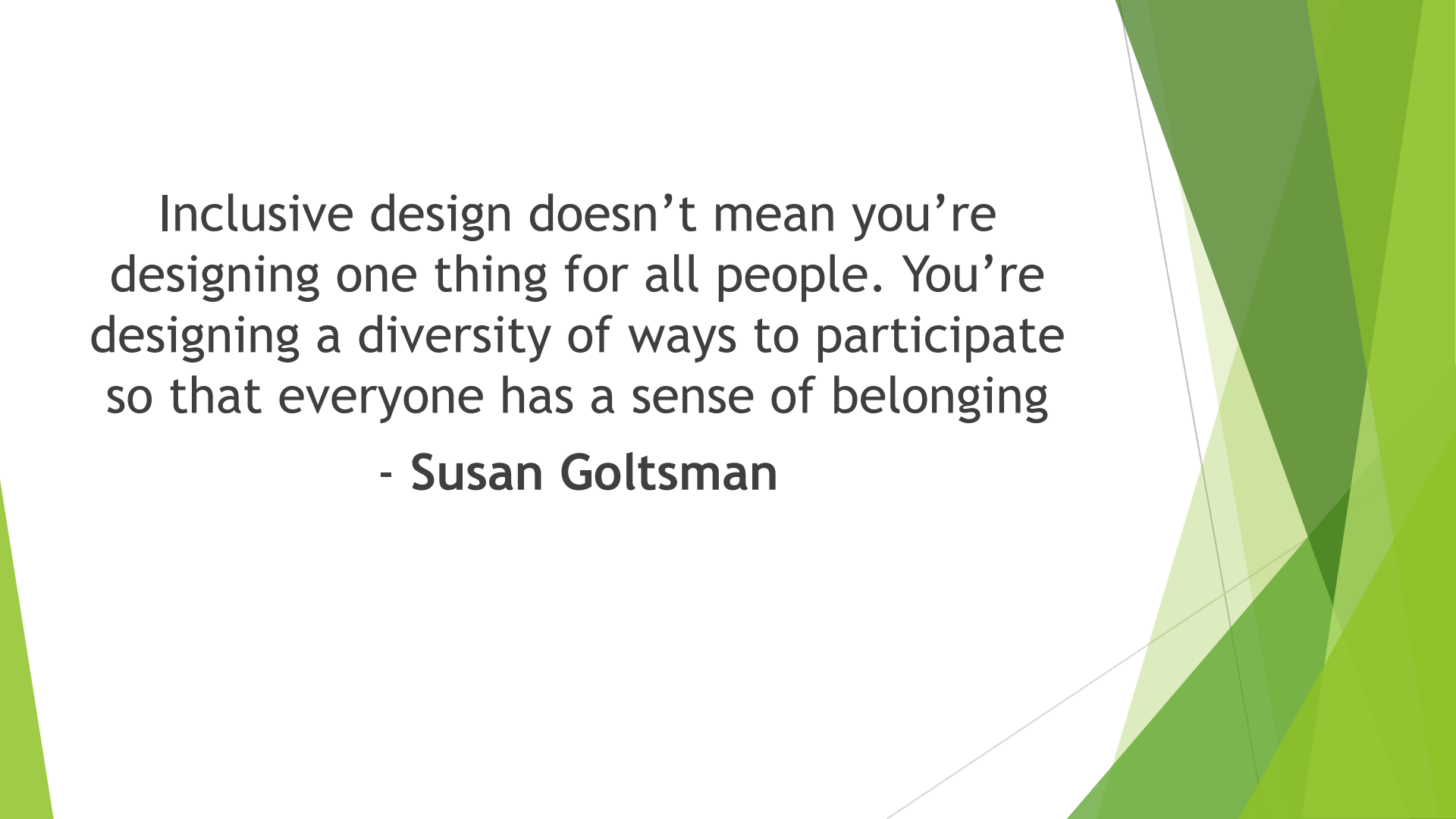
When verbal behavior isn't the type of communication used, what do you see?

Toolbox Time



1. Supportive Environments

- ▶ Comes from Principles of Universal Design
 - ▶ Look up APIED & 7 Principles of UD
- ▶ Be PROACTIVE
- ▶ Be prepared to adapt
 - ▶ like always, if you aren't adapting someone isn't supported

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text centered on a white background.

Inclusive design doesn't mean you're designing one thing for all people. You're designing a diversity of ways to participate so that everyone has a sense of belonging

- **Susan Goltsman**

2. Build Rapport

- ▶ Be Present
- ▶ Learn from Afar
- ▶ Get on their Level
- ▶ Giver of Good Things
- ▶ Become Needed

3. Personal Motivators

- ▶ Person Centered Practice
- ▶ Incorporate into Programming
- ▶ Use as invitations to Play

4. Visuals

- ▶ Supports Information Processing
- ▶ Is Concrete
- ▶ Visual processing remains intact longest

5. Schedules

- ▶ Expectations
- ▶ Reduce anxiety
- ▶ Increase opportunities to be independent
- ▶ Hold everyone accountable
- ▶ Builds capacity to accept change

6. Functions of Behavior

1. Sensory
2. Escape
3. Attention
4. Tangible

7. Reinforcement

Reinforcement is input that we provide an individual that motivates them to repeat a behavior again in the future. There are five main types of Reinforcers:

- ▶ Tangible
- ▶ Edible
- ▶ Sensory
- ▶ Activity
- ▶ Social

8. First/ Then

- ▶ Visual
- ▶ Structure
- ▶ Predictable
- ▶ **MOTIVATION** - That's it.

9. Breaks

- ▶ Demand break
- ▶ Movement break
- ▶ Organizing break (sensory activities)

10. Sensory Accommodations

Is the ability to process and regulate the information they take in from their environment AND their own bodies.

When someone struggles with processing and regulating, they will become Dysregulated, but remember! This doesn't always look like over arousal.

Let's Put it all Together

Group up

- ▶ Grab a scenario
- ▶ Include as many tools as possible
- ▶ You have 10 minutes !



Pull out those WHYs

- What aspects of behavior can you control?
- Which tools can you use to increase support?

Survey → Printable Resources



Reference

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

Hanley, G. (2022). Practical Functional Assessment Process. FTF Behavioral Consulting. <https://ftfbc.com/pfa-sbt/>

ParticipACTION. Lost & Found: Pandemic-related challenges and opportunities for physical activity. The 2022 ParticipACTION Report Card on Physical Activity for Children and Youth. Toronto: ParticipACTION; 2022.