



FUNCTIONAL BEHAVIORAL ASSESSMENTS

What is a Functional Behavioral Assessment and How Is It Used?

When a child with an Individualized Education Program (IEP) has challenging behaviors in school that are not improving, a school district may contract with a Behavior Analyst to conduct a *Functional Behavioral Assessment (FBA)* to develop or modify a *Behavioral Intervention Plan (BIP)*.

What is an FBA?

The FBA (Functional Behavioral Assessment) is a very structured process used to identify positive behavior interventions and supports to be used by the school to help change a child's challenging behaviors. An FBA seeks to determine why the challenging behaviors are occurring, what is reinforcing the continued challenging behaviors, and what positive reinforcements would help decrease the challenging behavior while increasing desired behaviors.

What is a BIP?

The BIP (Behavioral Intervention Plan) is created when the FBA process has been completed. This plan includes specific strategies to help prevent occurrences of challenging behaviors. These strategies could include things like modifying the curriculum, environment, activities, or interactions with the child.



What Can I Do to Help My Child?

If your child is displaying challenging behaviors, we understand the frustration and hopelessness you may be feeling. One of the biggest ways to help is to be an active part of your child's team and keeping the lines of communication open between you, the school, and the BCBA who is supervision your child's FBA/BIP.



Collaborative Care Behavioral Therapy's 10 Steps for FBA/BIP

Now that you know what an FBA and BIP is, you might be wondering how the process will work. Below we outline the 10 steps Collaborative Care Behavioral Therapy (CCBT) implements during our FBA/BIP process.

Step 1: Meet with School Staff

A CCBT Behavior Analyst (BCBA) will meet with the staff who works with your child the most. The BCBA needs to establish a good working relationship with your school district because we are all on the same team.

Step 2: Observation

Now that the BCBA has met with the staff, he or she will now spend some time observing your child in the classroom. Your child will be observed at least two separate days, once in the morning and once in the afternoon, at least 3 hours each time.

Step 3: Teacher/Aide Interviews

The BCBA will conduct an interview with the teachers and aides who work with your child the most to gather information about your child – not just about the challenging behaviors, but about his/her strengths as well.

Step 4: Parent Interview

You are a part of your child's team as well, and no one knows your child like you do. Therefore, your input is vital to creating a successful BIP.

Step 5: FBA Direct Assessment

The BCBA will conduct an assessment one-on-one with your child. This assessment takes approximately 30 minutes.

Step 6: Write the FBA/BIP

Now that the BCBA has conducted interviews and assessments, he or she has gathered enough information to write the FBA report and create a BIP.

Step 7: Team Meeting

Now that the FBA and BIP are written out, the team must meet to go over them and formulate a plan for implementing the BIP. The team includes school staff, parents, and the BCBA who wrote the FBA/BIP.

Step 8: Modeling and Training

Once the team has agreed upon the BIP, the BCBA will train the school staff who is directly involved with your child so that they can successfully implement the plan. This could include working directly with your child to model different aspects of the plan for the school staff.

Step 9: Supervision of Staff

Once school staff is sufficiently trained, the BCBA will supervise the implementation of the BIP for a time to make sure it is being conducted effectively. The BCBA can then make adjustments to the plan if needed.

Step 10: Ongoing Data Collection and Support

Once the BIP is found to be running smoothly, the BCBA will then continue to check in with school staff. He or she will collect data to assure that the plan is still effective and offer support and additional training when necessary.

Should a time come when the BIP is no longer effective, the BCBA will likely suggest another FBA so that a new, more effective BIP can be created.



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