

Positive Behavior Support and Mental Wellness: A Unified Framework

IPMG Professional Development Workshop

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Positive Behavior Support

- Begin with this idea: People are people, with disabilities or without!
- Same types of problems, challenges, and ways to cope with the world.
- Number one cause of community difficulty for people with intellectual or developmental disabilities.

An Exercise re: PBS

You get a request from your boss, but do not quite understand the request. Your boss then zooms off after making the request.

- What are the good things to do?
- What are the bad things to do?
- What skills do you need to do the good things?

Make This Real

Think of a person with IDD for whom you provide consultation. Go through the list of things that help us manage our behavior at work. Does s/he have these skills and life experiences? Is teaching these skills in the support plans you write?

JoAnn Cannon's 16 Factors Related to Wellness

Contact with nature

Optimism

Work Satisfaction

Economic essentials

Coping with stress

Spirit awareness

Positive self-image

Fulfilling relationships

Experienced creativity

Balanced nutrition

Goal accomplishment

Intellectual stimulation

Rest and sleep

Time and space alone

Physical prowess

The full Wellness appraisal entitled, "What is Right in Your life is available from Dr. Cannon at www.inwardboundventures.org

Relaxation

Relaxation is a need for all of us. Many people, with or without disabilities, have a tough time relaxing. Here are some strategies that work:

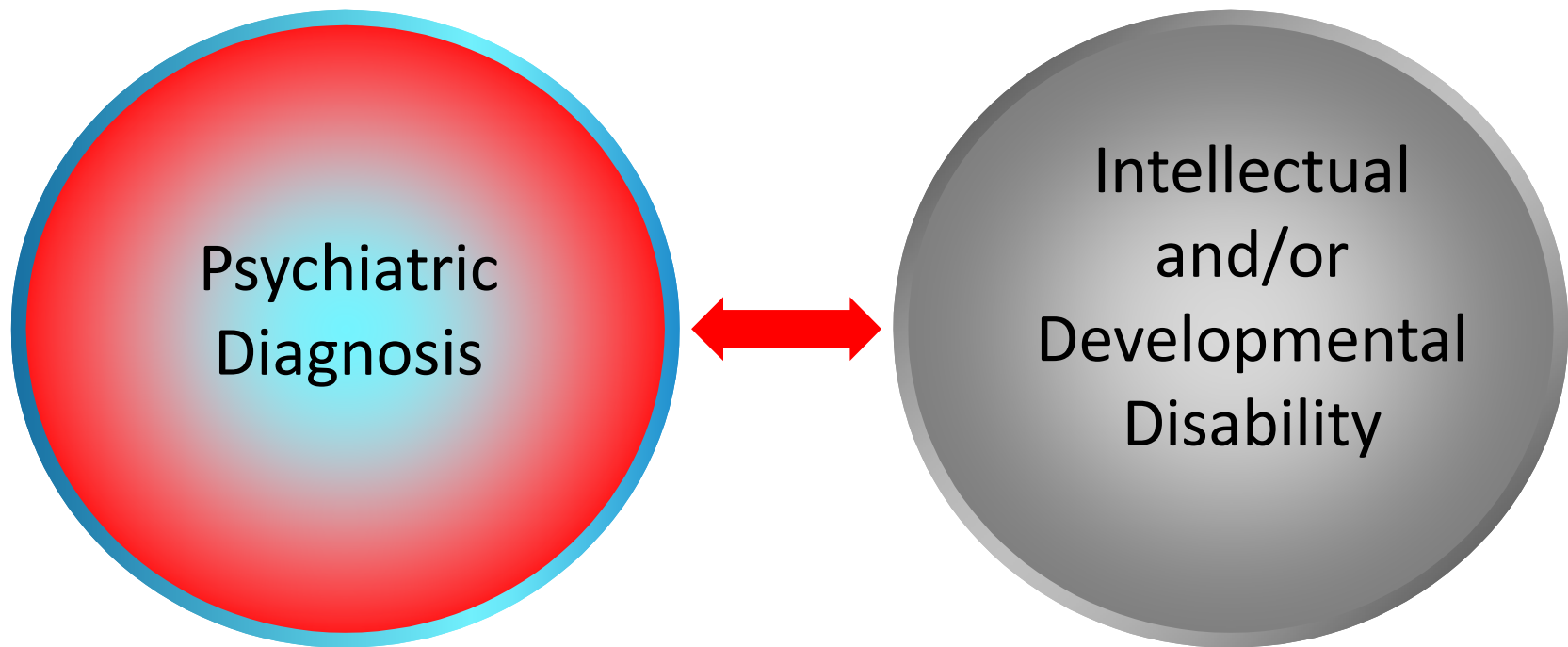
- Breathing meditation
- Visual meditation
- Long walks when you teach breathing meditation during walking time
- Aquatics for people with physical disabilities
- Listening to music
- Journaling

Risk Factors – IDD and Mental Illness

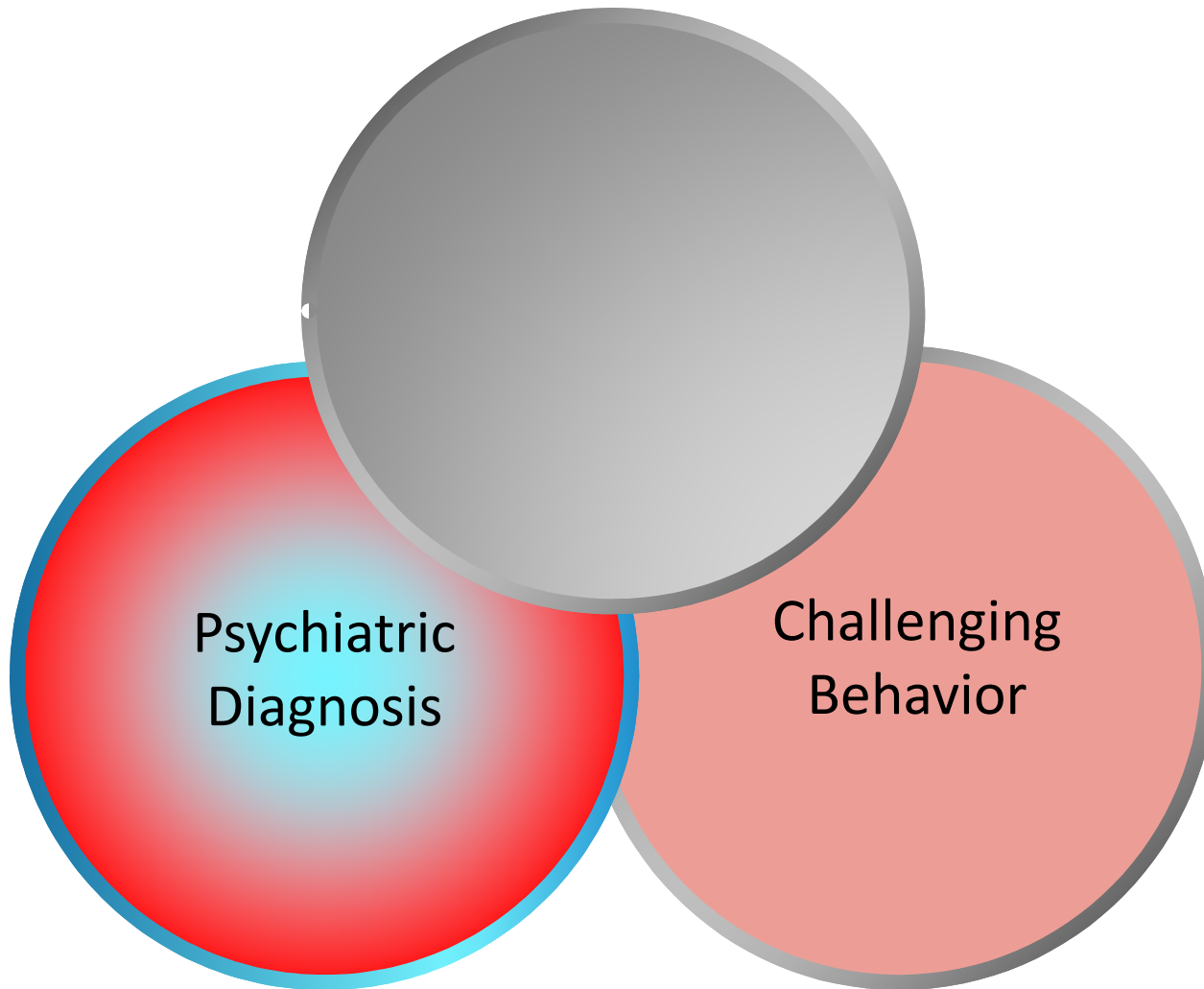
Factors that increase risk of MI in Persons with IDD:

- Biological
- Psychological
- Social
- Family
- Coping skills challenged by disability

Dual Diagnosis – Either, Neither, or Both



An Additional Challenge:



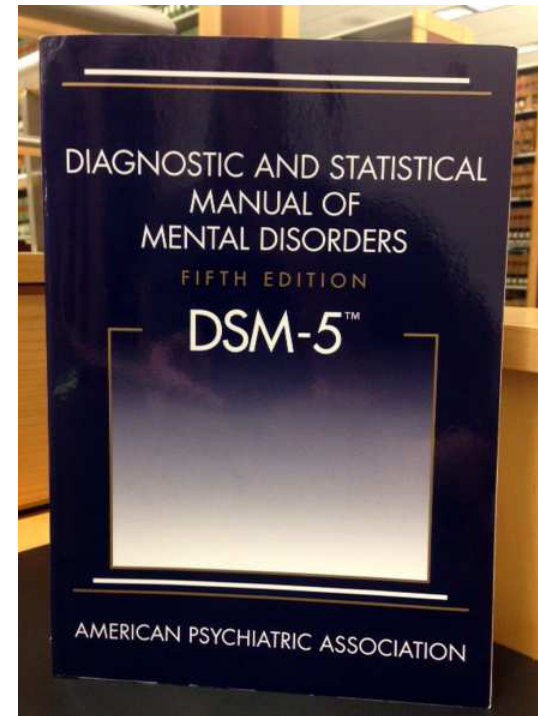
A Key to Integrating Behavior Plans and MI

- Need to recognize Setting Events and how MI can function as a setting event
- Make behavior *more likely* or *less likely* at a later time by changing the availability and/or importance/impact of a maintaining consequence
- Factors that make a behavior more or less likely because they reduce tolerance or ability to cope with trigger or other circumstances
- Can be internal or external/environmental events

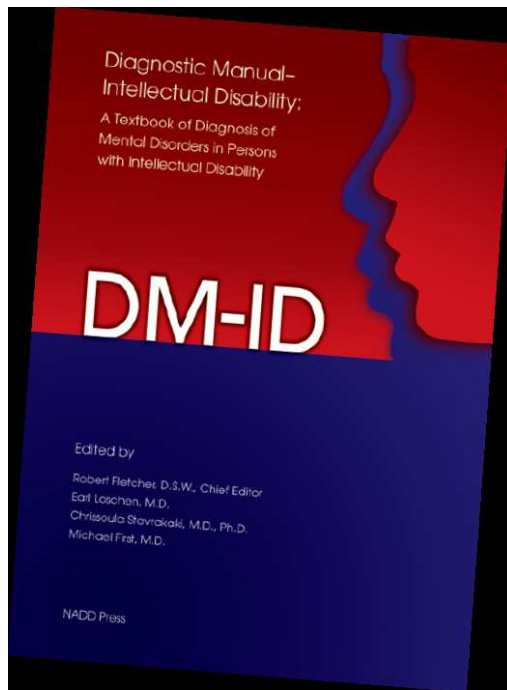
Diagnosis, Treatment, & Support Resources

DSM-5

- New version released May, 2013
- Revised organization of disorders, grouped by similarity of presentation versus underlying dynamics
- Considerations for disability
 - Chapter for Neurodevelopmental disorders
 - Major changes in Autism diagnoses



DM-ID Companion Manual



- Presentation of symptoms in IDD
- Developed by APA & NADD Nonprofit association (2007)
- Promotes understanding of needs and availability of services for individuals with DD/ID and mental health needs
- Supplement to DSM-IVTR to assist in diagnosis of DD/ID

What Does Positive Psychology Offer To Us?

In disability supports, many of already know a lot of what Positive Psychology teaches in terms of the outlook, but we do not know the specifics that Positive Psychology is researching.

Baker & Blumberg, 2011

How Can We Adapt Interventions?

- Speed
- Number
- Abstraction
- Complexity

Morasky, 2007

Interventions to Increase Happiness

1. Gratitude visit
2. Three good things in life
3. You at your best
4. Identifying signature strengths
5. Using signature strengths in a new way

Seligman et al., 2005

Selected References

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