

Behavioral Concerns

Sorting Social Manipulation from
Mental Health Symptoms

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Agenda

- Behaviors - What are they
- Social Behavior
- Mental Health Symptoms
- Not Distinct - Rather Nebulous
- Interventions based on needs
- Behavioral approaches to thoughts and feelings





Behaviors

Actions - What We Do

- Clarification of what behaviors are -
 - Behaviors are actions
 - Behaviors are what people do
- Refrain from confusing or collapsing behaviors as emotions or feelings

Behaviors- What are they?

- refrain from confusing feelings and emotions as behaviors
- feelings and emotions can influence behaviors, but are not the actions of the demonstrated behaviors
- refrain from behavioral descriptions of - irritable, spiteful, self-justification

Behaviors- What are they?

- Undesirable verbalizations
- Social antics
- Refusal/non-compliance
- Physical actions towards others
- Property misuse/destruction
- Self-injurious behavior

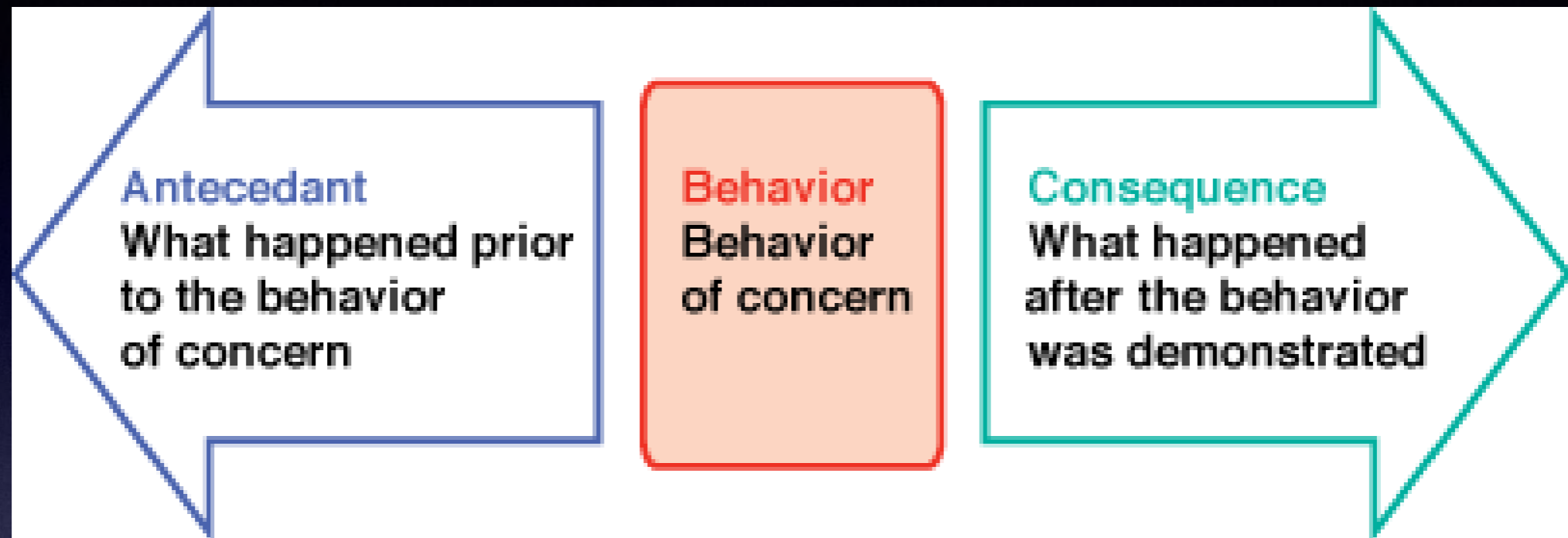
Behaviors- What are they?

Social Behavior



- Four commonly identified functions:
 - access/gain tangibles (objects, activities)
 - avoid/end something (i.e., task demand)
 - social attention and interactions
 - automatic/internally motivated

What motivates behaviors?



Behavioral Assessment

Observations, Interviews, Data Collection

Why Behaviors Happen ~

Vignettes:

- ◆Cindy pushes her math flash cards away. When her teacher shows them again, Cindy rips up the cards.
- ◆Ms. Johnson asks the class to name the capital of Minnesota. Cole raises his hand.
- ◆Rayn is asked to write three sentences. She runs from the room and continues running about the halls. She laughs at those who go after her.

Addressing Social Behaviors

Behavioral assessment is essential to determine why the behaviors occur (function).

This information helps to determine the most effective and efficient intervention(s).

From these endeavors, a behavior plan will outline the proactive and reactive strategies.

Assess to determine
function

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graph TD; A[Assess to determine function] --> B[Determine interventions]; B --> C[Outline behavior plan];
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Determine interventions

Outline behavior plan

Social Behaviors ~ Programmatic Intervention



Mental Health Symptoms

Thoughts, Feelings, Emotions,
Physical and Behavioral Characteristics

Mental Illness

- Health conditions involving changes in thinking, emotion or behavior.
- Wide range of mental health conditions that affect one's mood, thinking, and behavior.
- Mental health disorders affect a person's thinking, feeling, mood, . . . and behavior.

Causes of MH Disorders

- The reasons for and causes of mental health disorders are varied:
 - Medical disorders
 - Biological basis of psychiatric disorders
 - Toxins - alcohol, illicit drugs, addictions
 - Medications, side-effects
 - Stressors, adjusting to stressors
 - Etc.

Assess symptoms
of thoughts, behaviors

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graph TD; A[Assess symptoms of thoughts, behaviors] --> B[Determine interventions therapeutic medications]; B --> C[Outline Individual Treatment Plan];
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The diagram consists of three rectangular boxes arranged in a descending staircase pattern from top-left to bottom-right. The first box is blue and contains the text 'Assess symptoms of thoughts, behaviors'. A red curved arrow points from the bottom-right corner of this box to the top-left corner of the second box. The second box is green and contains the text 'Determine interventions therapeutic medications'. Another red curved arrow points from the bottom-right corner of the second box to the top-left corner of the third box. The third box is orange and contains the text 'Outline Individual Treatment Plan'.

Determine interventions
therapeutic
medications

Outline Individual
Treatment Plan

Mental Health Symptoms ~ Therapeutic Intervention



A Nebulous Distinction

Social Behavior or Mental Health ?

Blurred Distinction

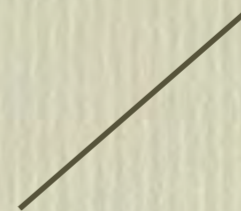
- Both social behaviors and mental health symptoms consist of behaviors.
- Social behaviors - Learned
- Mental health behaviors - Symptomatic
- Behaviors - ON purpose; or, CAN'T help it ??

Clinical-Behavioral Index

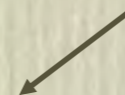
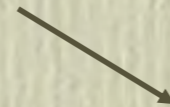
Behavioral



Clinical



Bridging the models or disciplines



Conceptualizing a Common Framework:

Building a common language

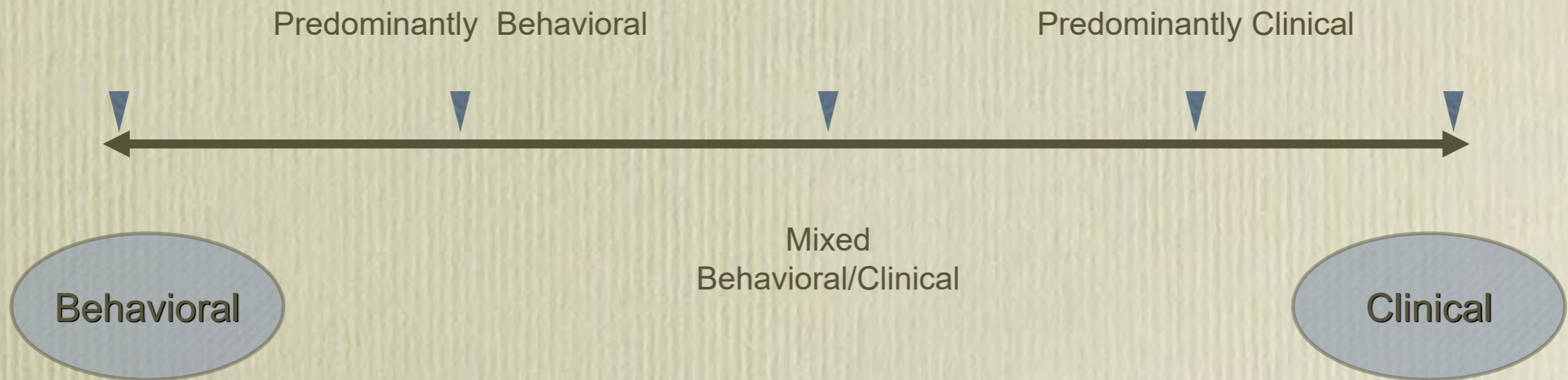
Assessing along a continuum

Intervening across support needs

Clinical - Behavioral Index



Clinical - Behavioral Index



Behaviors and Symptoms Clinical - Behavioral Index



- No clinical diagnosis has been made
- Mental health screening yields no evidence of diagnosis
- Clear evidence of function to behaviors
- Behavior is planned and volitional
- No remorse

Behaviors and Symptoms Clinical - Behavioral Index



- Diagnosis has been made
- Behaviors seen are the criteria of the diagnosis
- Problems disappear with treatment
- Problems re-occur when treatment stops
- No evidence of volitional planning
- Does not fit social responsiveness patterns or functions of avoidance, attention-seeking or gaining tangibles

Behaviors and Symptoms Clinical - Behavioral Index



Clear evidence of both clinical disorder symptoms contributing to behavioral difficulties and of functional behavioral contributors as well

- Presence of clinical diagnosis
- Behaviors can get better with treatment
- Clear evidence of function of behaviors
- Behavior is planned and volitional

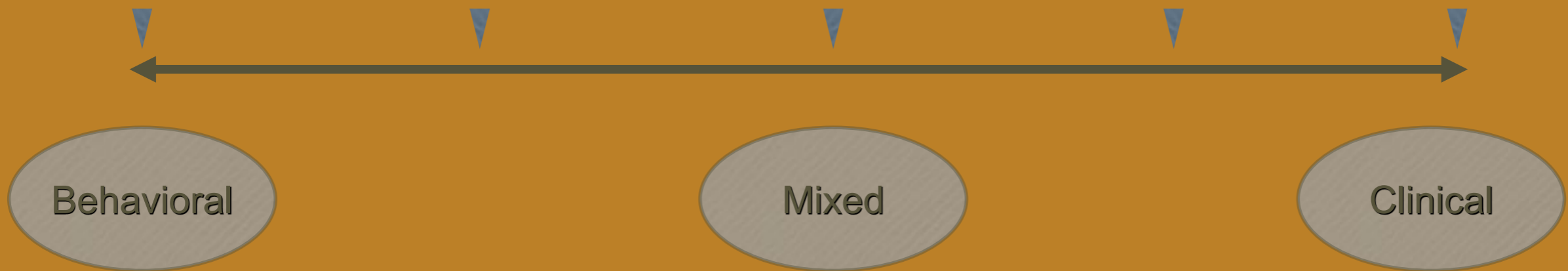


Interventions

Actions taken or provided to improve behaviors or symptoms



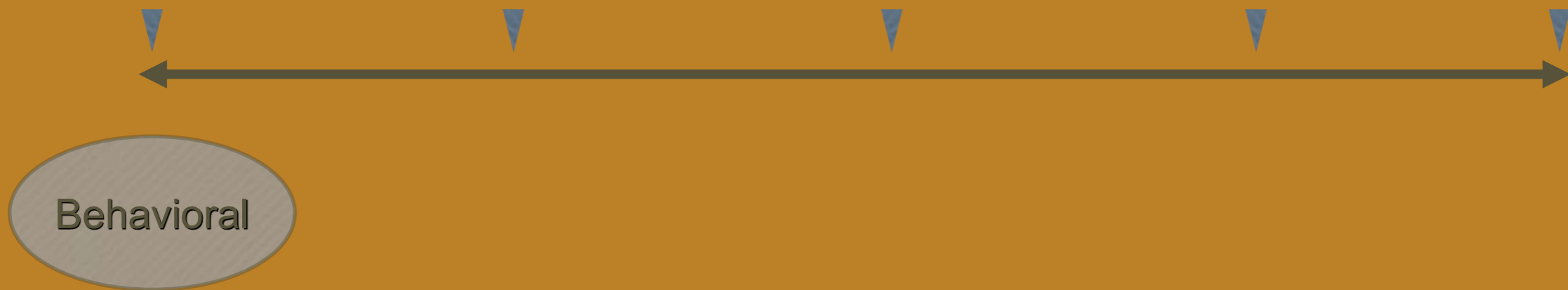
Interventions



Placement along the continuum will refer to a presenting magnitude or impact of each discipline - behavioral or mental health.

Identified placement along the continuum can and should influence interventions.

Interventions



- Contingency management ('First . . . , Then . . .')
- Verbal, physical, gestural guidance
- Modify expectation to enhance successes
- Behavior modification (Reinforcement/Punishment)
- Structure - schedules, program consistency

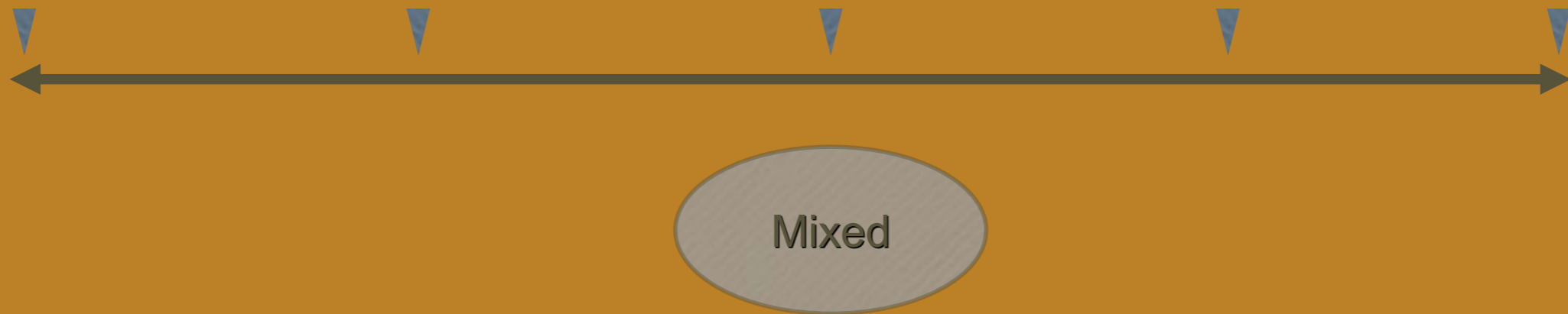
Interventions



- Mental Health therapy/counseling
 - Individual therapy
 - Group therapy
 - Family therapy
- Systematic Desensitization
- Cognitive-Behavior Therapy
- Dialectical-Behavior Therapy

- Medication management - with physician/psychiatrist
 - Medications considered based on symptoms
 - Monitored and modified/changed, as appropriate

Interventions



- Mental Health therapy/counseling
- Medication management - with physician/psychiatrist
- Contingency management ('First . . . , Then . . .')
- Structure - schedules, program consistency
- Behavior modification (Reinforcement/Punishment)



New - Not New Age

Thoughts are Behaviors

Acceptance and Commitment Training (ACT)

- Empirically-based interventions that uses acceptance, mindfulness strategies, commitment and behavior-change strategies to increase psychological flexibility
- Developed by Steven C. Hayes in 1982 in efforts to create a mixed approach that integrates both cognitive and behavioral therapy.



ACT vs. CBT

Difference in approach

Difference in Approach

- CBT
 - Emphasis is on changing or correcting one's thoughts to alleviate suffering
- ACT
 - Aims to change our relationship with private events (thoughts, feelings, memories, physical response) so we can be free of their grip, free from the patterns that bind us

People do not have
challenging
behaviors. They have
functional
behaviors that challenge
us.

Let's figure this out !!