How to Access & Implement ABA Services in Schools

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Presentation Overview

- What is ABA?
- ABA-based School Assessments
- The Continuum of Implementing ABA Strategies into Schools
- Parent & Teacher Training
- Break / Check-in
- Arzu: Access & Advocacy
What is ABA?
What is ABA?

• Applied Behavior Analysis (ABA) is the science of behavior change (learning)

• Relationships between behavior and our environment govern behavioral changes in all of us every day—this is learning!
  • Ex: Your favorite Starbucks location

• Basic principles help us to teach and increase new skills and decrease challenging behaviors

• ABA systematically applies these principles to purposely change behavior by making data-based decisions
General Applications of ABA

• Organizational Behavior Management (OBM)
• Health and Exercise
• Industrial Safety
• Cognitive Behavioral Therapy
• Medical Procedures
• Animal Behavior
• Environmental Conservation
• Education
ABA: An Application to Autism

• Applied behavior analysis (ABA) assists children and their families by helping to improve the core symptoms associated with autism spectrum disorders or other developmental disabilities.

• ABA services support learning, skill development, and assistance in any of the following areas or domains: social, communication, play, behavior, adaptive, motor, or cognitive.
ABA-based Assessments in Schools
Types of Assessments

• **Functional Behavior Assessments (FBA)**
  • An assessment that helps to determine why a challenging behavior is occurring in order to develop a behavior intervention plan (BIP)
  • The Individuals with Disabilities Education Act (IDEA) mandates that schools complete FBAs when behavior interferes with learning

• **Ecological Assessments**
  • An assessment that analyzes the student in various educational environments to determine why a child behaves or functions differently in different settings

• **Skills-based Assessments**
  • Assessments used in conjunction with FBA and Ecological Assessments to identify missing skillsets that may help a child learn and be more successful
Functional Behavior Assessment

- A systematic method for collecting information to determine the function (e.g., purpose) a behavior serves for a person

- Includes a variety of methods:
  - Indirect Assessment Measures
    - Interviews, checklists, rating scales, or questionnaires
  - Direct Assessment Measures
    - Directly observing the behavior and recording data
  - Functional Analysis
    - Directly testing a hypothesis for confirmation
    - Should only be completed by a qualified provider (e.g., BCBA)

- An FBA is used to create a Behavior Intervention Plan (BIP)
Behavior Intervention Plan

• A written description that summarizes and details out the steps that should be taken to help a student obtain behavioral success

• Identifies:
  • Hypotheses from the FBA are used to create appropriate replacement behaviors
  • Antecedent strategies (e.g., what the team can do before a behavior happens)
  • Teaching strategies to support learning of replacement behaviors
  • Consequence strategies (e.g., what the team can do after a behavior happens)
Behavior Intervention Plan (cont.)

• The BIP should be reviewed with the team to obtain consent and determine an implementation plan
  • What will the training look like?
  • How will data be collected?
  • How will the team determine when changes are warranted?
  • How will the team know when the BIP is no longer needed?

• The FBA and BIP process is continuous and should updated, modified, and/or amended as needed
Ecological Assessment

• Information is gathered about how a child functions in different environments or settings including:
  • Physical factors in the environment (e.g., seating arrangement, noise, lighting, etc.)
  • Specific interactions with others (e.g., peers, teachers, paraprofessionals, etc.)
  • Interactions with different settings/environments (e.g., reading compared to math)
  • Collect data to compare typical student to target student

• Data from this assessment can help drive new learning targets and appropriate accommodations and modifications
  • New learning targets: increasing time on task during language arts
  • Accommodations & Modifications: instructional formats, seating arrangements, visual supports, additional time, etc.
Skills-based Assessments

• Assessments that measure a child’s skillset in a particular area (e.g., cognitive, visual perceptual, social communication, etc.) to help identify relative strengths and areas of improvement

• These findings help to detect skills that may be impacting learning and causing challenging behavior

• Used to drive IEP goals and objectives

• Types:
  • Verbal Behavior Milestones Assessment and Placement Program (VB-MAPP)
  • Assessment of Basic Language and Learning Skills, Revised (ABLLS-R)
  • The Assessment of Functional Living Skills (AFLS)
The Continuum of Implementing ABA Strategies into Schools
Common Myths of ABA

• ABA is strictly a home-based intervention
• ABA is always one-to-one instruction
• ABA is Discrete Trial Training (DTT)
• ABA is only used to suppress challenging behavior or coping strategies
• ABA cannot be applied in integrated school settings
• ABA uses aversive techniques
• ABA is only effective if a child receives a certain number of hours
ABA in Schools: The Continuum

• School-wide Supports & Models
  • Positive Behavior Supports

• Classroom Supports & Models
  • Common ABA strategies used to enhance teaching
  • ABA based classrooms staffed with additional support

• Individual Services
  • 1:1 support from behavior technician
  • Pull out services designed to teach skills that help transition a student back to the classroom
School-wide Supports

• Positive Behavioral Interventions and Supports

• Tiered system to support all students
  • Tier 1: All
    • School-wide positive expectations and behaviors are taught for all students
  • Tier 2: Some
    • Targeted support for students not successful in tier 1
  • Tier 3: Few
    • More intensive and individualized support for students not successful in tier 1 or 2
PBIS: Tier 2 Example

• Check-In Check-Out Behavior Intervention (CICO):
  • A tier 2 intervention that provides some students with accountability so they can be successful in moving back to tier 1

• Students check-in with a coach or mentor at the beginning of the day to set or review goals

• Teachers help to evaluate daily goals and give points for completion

• Parents (or mentor) reviews the card at home/end of day and signs off on it
Classroom-based Supports & Models

• Classrooms can be behaviorally based and utilize strategies known to work well for all learners
  • Clear expectations and routines
  • Visual supports and schedules
  • Group reinforcement systems

• ABA-based classrooms can be designed to include ABA supports more heavily into the routine
  • Specific ABA curriculum such as Direct Instruction may be used for all learners
  • Staffing may include additional 1:1 support
  • Group and individual reinforcement systems
Classroom-wide Behavior Management Example

• Traffic Light system is a common strategy implemented into classroom with behavioral basis

• Each morning all students start on green, but their name may be moved throughout the day depending on their behavior
  • No warnings → GREEN
  • 1 warning → YELLOW
  • 2+ warnings → RED

• Rules and consequences are taught proactively to all students
  • Ex: during morning meeting the students share ideas for how to stay on green, resolve problems, or identify appropriate coping skills as needed

• Reinforcement systems are tied into the success of the individual or group
Individualized ABA Support (Tier 3)

• For learners who need a more intensive level of service

• Assessments identify goals to address behavior and a child has a Behavior Intervention Plan that must be followed:
  • Antecedent strategies
  • Skills to be taught
  • Consequence strategies

• Training is provided for teachers and support staff

• Continuum within individualized support:
  • May include pull out services
  • May occur in general education classroom
Visual Schedules

• Visual schedules help a learner better understand what is expected in a given moment and better anticipate changes.

• Helps learners to increase their independence with transitions and executive functioning tasks.

• Visual schedules can be modified to fit a learner’s individual skillset.
Token Systems

• A type of reinforcement system where a learner earns tokens for correct responses or behaviors that they can exchange for other reinforcers (e.g., a break, toy, etc.)

• Advantages:

  • Can be used to reinforce many different behaviors

  • Resistant to satiation

  • Provides visual feedback and a reminder to a learner about how close they are to earning their reinforcer
Contingency Maps

- A visual strategy that helps a learner understand their behavioral consequences
  - Visual depiction of reinforcement for engaging in the appropriate behavior
  - Visual depiction of the outcome of an inappropriate behavior
Parent & Teacher Training

Seattle Children's®
Parent Training

• Parents should receive training on recommendations in BIP

• Depending on goals, classroom observations may help facilitate additional training opportunities and collaboration

• Commonly taught skills:
  • Functional communication training
  • Basic approaches to handle functions of behavior
  • How to implement visual supports
  • Daily Schedules
  • Reinforcement strategies
Teacher Training

• Professional development should be provided to teach any school-wide supports and models

• BCBA trains groups of teachers and paraprofessionals in order to build capacity in various classrooms

• BCBA trains teacher, paraprofessionals, related service providers, and/or behavior technician on individualized BIP
Final Thoughts!
Summary

• ABA is the science of behavior change, which can be applied in many contexts

• Determining appropriate supports starts with assessment

• ABA can be implemented in a variety of ways within a school-based setting for all learners

• Training and collaboration with parents and teachers should be central to ABA treatment
Any Questions?