



*DELAWARE HEALTH AND SOCIAL SERVICES*

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Division of Developmental Disabilities Services

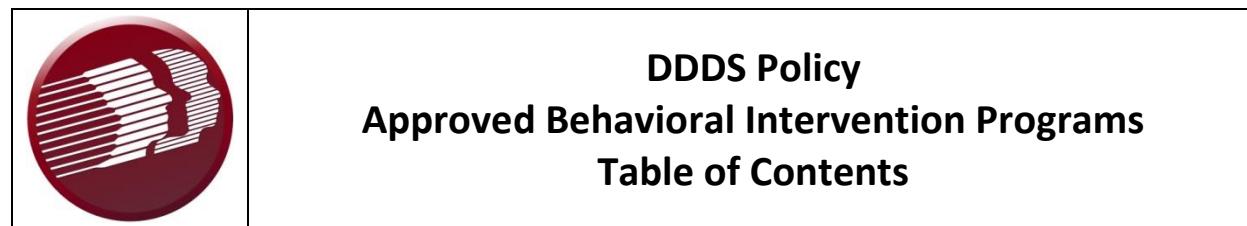
**DDDS Policy:**  
**Approved Behavioral Intervention Programs**

*June 1, 2017*



**DDDS Policy**  
**Approved Behavioral Intervention Programs**  
**Revision Table**

Revision Date	Sections Revised	Description of Revision
05/10/2017	N/A	Origination Date
06/01/2017	DDDS Approved Behavioral Interventions	After review by PROBIS, <u>Therapeutic Options</u> has been moved to the list of 'Approved Behavioral Interventions'.
	Signature	<b><i>Live signature is located in the Office of the Director</i></b> Effective: 6/1/2017



1	Purpose .....	4
2	Underlying Principles .....	4
3	Definitions.....	5
4	DDDS Approved Behavioral Interventions.....	5
5	Submission of Behavioral Intervention Programs for DDDS Approval .....	6
6	Training for Approved Behavioral Interventions .....	6
7	Behavioral Interventions No Longer Approved .....	6
8	References .....	7

## 1 Purpose

- 1.1 The Division of Development Disabilities Services (DDDS) strives to gain and maintain the trust of the people it serves by ensuring that it utilizes evidence-based Behavioral Intervention Programs associated with the highest quality and safety standards. This policy reviews the Behavioral Intervention Programs that have been approved for use by DDDS and explains the underlying principles upon which they are based.

## 2 Underlying Principles

DDDS recognizes the right of each person receiving services to live a full and active life, to integrate oneself into the larger community, and to actively participate in a social network of family and friends.

To that end, DDDS utilizes person-centered approaches to care across the care continuum, including behavioral care. Person-centered Behavioral Intervention Programs are evidence-based programs that seek to understand, anticipate, and ultimately prevent root causes of problem behavior while helping an individual develop skills that will assist them in forming alternative responses.

- 2.1 DDDS' approval of Behavioral Intervention Programs is contingent on two primary criteria: the proposed Behavioral Intervention Program must (a) be based on **Positive Behavioral Support** theory and (b) must be grounded within the broader **Trauma-Informed Care** framework.

**Positive Behavioral Support (PBS)** theory maintains that all behavior is a form of communication. Behavior may indicate that a person is seeking to either gain or avoid something in their environment, is experiencing pain, or may even be an indication of post-traumatic stress or a medical or other psychiatric condition.

PBS theory contends that problem behavior is most effectively addressed using research-based, positive behavior support techniques. PBS methods are fundamentally-based on the tenants of positivity, prevention, and collaboration (as opposed to methods characterized as punitive, reactive, and disciplinary). Such techniques consider both antecedent and consequent factors that characterize problematic behavior. PBS strategies aim to teach new skills and intervene in one's environment in an effort to promote prosocial behavior.

Specific components of PBS-based interventions include, but are not limited to active supervision, structured activities, encouragement of behavioral expectations, and a continuum of consequences for problem behavior. PBS techniques are especially versatile as they can be tailored to address different intensities of problematic behavior. Additionally, PBS techniques may be implemented at the group- and individual-levels.

**Trauma-Informed Care (TIC)** is a broad-level treatment framework that assists caregivers in understanding, recognizing, and responding to all types of trauma. Trauma includes explicit forms of victimization (e.g., sexual abuse, physical abuse, domestic abuse, and neglect) as well as more subtle forms of victimization (e.g., bullying and shaming).

TIC recognizes that people often have experienced trauma on many levels, and that people who have been traumatized require care that prioritizes the physical, psychological, and

emotional safety of the individual. Failure to incorporate TIC principles into care practices can often re-traumatize an individual, possibly leading to a multitude of negative outcomes.

TIC-based behavioral intervention programs provide caregivers and support professionals with a background into the causes and symptoms of trauma, and provides a more trauma-sensitive environment to help people feel safe.

### **3 Definitions**

- 3.1 “Behavioral Intervention Program” means a research-based and tested method of intervening to deescalate or mitigate challenging behaviors in developmentally-challenged individuals. The intervention method is internally consistent and used with fidelity to support its evidence-based design.
- 3.2 “DDDS Approved” means that the Behavioral Intervention Program has been determined by DDDS to be effective, safe, and consistent with the DDDS overall philosophy of care as explained in the following documents:
  - DDDS Policy: Behavioral Support Plans (Oct 2015)
  - DDDS Policy: Behavior Modifying Medications (Oct 2015)
  - DDDS Policy: Use of Restraints & Restrictive Procedures for Behavioral Support (Oct 2017)

### **4 DDDS Approved Behavioral Interventions**

#### **4.1 The Mandt System®**

The Mandt System is a nationally-recognized Behavioral Intervention Program that has been widely used in Delaware for many years. This training seeks to reduce or eliminate restraint. The Mandt System has shown, quantitatively, to decrease injury rates for staff and individuals served. The fundamental core belief of The Mandt System is that a person’s sense of safety is developed and enhanced by way of building productive relationships with others. As such, The Mandt System curriculum is primarily centered on supporting healthy relationships through healthy communication and healthy conflict resolution. The Mandt System core belief in safety is exemplified by the Mandt motto, “In this place, and with these people, I feel safe”.

#### **4.2 Ukeru®**

Ukeru is nationally-recognized Behavioral Intervention Program that was recently introduced in Delaware. Like The Mandt System, Ukeru training seeks to reduce or eliminate restraint. Ukeru training focuses on skill development that assist caregivers in sensing, feeling, and responding to what an individual is trying to communicate through their actions. Ukeru has been shown, quantitatively, to reduce rates of seclusion and injury, while also reducing caregiver turnover.

Note: A pilot project is being developed with agencies who have been trained in the Ukeru system and that support persons with significantly challenging behaviors.

#### 4.3 Safe Crisis Management

Safe Crisis Management® “SCM” is a comprehensive training program focused on preventing and managing crisis events, and improving safety in agencies and schools. Safe Crisis Management has a trauma-sensitive approach with emphasis on building positive relationships with individuals. It provides a comprehensive continuum of prevention, de-escalation and safe emergency intervention strategies for responding to aggressive behavior

#### 4.4 Therapeutic Options

Therapeutic Options™ is a comprehensive and sensible approach to reducing violence and the use of restraint and seclusion in behavioral health care, health care, habilitation, and education settings. The program provides the tools to keep people safe while maintaining their commitment to positive approaches in serving individuals whose behavior sometimes poses danger to themselves or others. It is Evidence Based; Person Centered; Relationship Driven; Prevention Focused; and Trauma Informed.

### 5 Submission of Behavioral Intervention Programs for DDDS Approval

A proposed Behavioral Intervention Program that meets the basic underlying principles outlined in Section 2 of this policy may be submitted to PROBIS for review. Final approval of proposed Behavioral Intervention Programs is determined by the DDDS Director of Community Services.

### 6 Training for Approved Behavioral Interventions

6.1 DDDS approval of an intervention does not imply an obligation for DDDS to provide training to providers in these interventions. DDDS may, as resources are available, choose to offer training in one or more of the interventions. However, the provider is solely responsible for ensuring the training of their staff as needed in the interventions selected for their programs/services.

### 7 Behavioral Interventions No Longer Approved

#### 7.1 Safety Care

## **8 References**

- 8.1 DDDS Policy: Behavioral Support Plans (October 2015)  
<http://dhss.delaware.gov/dhss/ddds/files/BehaviorSupportPlanPolicy100715.pdf>
- 8.2 DDDS Policy: Behavior Modifying Medications (October 2015)  
<http://dhss.delaware.gov/dhss/ddds/files/BehaviorModifyingMedications100715.pdf>
- 8.3 DDDS Policy: Use of Restraints & Restrictive Procedures for Behavioral Support (Oct 2017)  
[http://dhss.delaware.gov/dhss/ddds/files/UseofRestraintsRestrictiveProceduresforBS10\\_0115.pdf](http://dhss.delaware.gov/dhss/ddds/files/UseofRestraintsRestrictiveProceduresforBS10_0115.pdf)
- 8.4 <http://www.mandtssystem.com/>
- 8.5 <http://www.ukerusystems.com/>
- 8.6 <http://www.therops.com/>