

## Best Practices Checklist

The following questions are meant to ensure that a plan is well vetted and that there are strategies that promote effective implantation of Behavioral Support. If the answer to any of the following questions is “no” there should be a justifying reason.

- Has the individual consented to receiving Behavior Support and been trained on their role in the plan?
- Is the BSP written in simple and explicit language?
- Does the plan begin with a short summary of (or include a supplement that describes) the essential components to be successful while implementing this plan?
  - Does the summary list known triggers, warning signs for crisis behaviors, and individual preferences?*
- Does the plan include summaries of guidance from medical or mental health professionals on the team?
  - Has the plan been reviewed by medical or mental health professionals prior to implementation to make sure the plan is not contraindicated?*
- Is there clear instruction given as to who has what role in implementing the BSP?
- Has each targeted behavior been assessed via a FBA?
- Are the Desired Behavioral Outcomes (DBOs) observable and measurable?
- Has the previous FBA been updated or referenced to include information that is new to this BSP?
- Does each DBO have specific antecedent replacement/alternate and consequence strategies related to the DBO?
  - Do the antecedent strategies focus on creating successful environmental conditions and removing or limiting the impact of known triggers?*
  - Are there specific strategies on how to teach functionally equivalent replacement skills or missing socially significant skills?*
  - Are there specific strategies on how to teach and prompt alternate strategies to lessen the impact of aversive situations (coping skills) in the replacement strategy section?*
  - Do the consequence strategies focus on non restrictive, natural reinforcement contingencies?  
\*if restrictive means are necessary, please discuss first with supervisor*
  - Are there specific consequence strategies for both 1. targeted behaviors to reduce and 2. appropriate replacement or coping skills?*
  - Does each DBO avoid focusing solely on compliance and offer opportunities for the individual to make meaningful choices?*
- Are interventions specific and individualized?
- Is there a plan on how the Behavior Specialist will train all supporters and staff who may work with the individual?
- Are there clear instructions on how data should be collected and reported on?
- Are there individualized crisis strategies?
  - Do they focus on prevention and clearly identify warning signs?*
  - Are there clear instructions as to what constitutes a crisis for this individual including historical descriptions of previous crises?*
  - Are there clear de-escalation procedures identified in the event of a crisis?*
  - Are there clear post-crisis instructions?*
  - Did you ensure that during the crisis you are not attempting to teach skills?*