



Understanding and Addressing Challenging Behavior: Expect Success

**BONUS Webcast Environment:
Evidence Based and Promising Practices to
Support Building the Intervention Plan**



Assess Yourself



Directions:

Mark each practice/intervention using key below

- ✓ **Have it on my tool belt:** can implement with fidelity
- ★ **Know a little bit:** need to learn more to be able to use it
- ✗ **Haven't heard of it:** need to look this up



Informal Assessment: Environmental Mismatch and Change

Environmental Mismatch and Change

- Placement in least restrictive environment
- Environmental atmosphere is challenging (noise, pace, etc.)
- Needing, using and insisting on routines
- Anxiety and stress escalates with unpredictable change, even small changes
- Needs control. Escalates behavior to gain control
- Lacks necessary coping skills to compensate for a difficult, confusing or overwhelming environment

Questions

- Do changes in routines impact this student?
- Is the student overwhelmed by the physical environment of the classroom?
- Is the student affected by the noise level, teaching presentation, response modes, pace of class, etc.?
- What coping skills does this student have to deal with challenges in the classroom?
- How has LRE been considered for this student?



ENVIRONMENT / VISUAL SUPPORTS

Evidence Based and Promising Practices

- Structured Teaching
- Environment
- Schedules
- Work Systems
- Communication Systems (see Communication area)
- Tasks
- Schedules
- Transitions
- Timers



Structured Teaching

A visually based approach to creating highly structured environments that support individuals with Autism Spectrum Disorder

- Works across age groups
- Can happen in any environment (home, school, community)
- Main goal is independence



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Environment



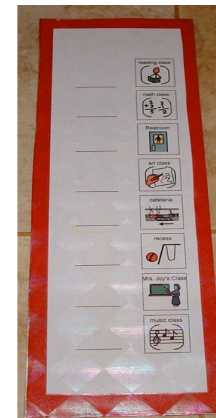
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Picture Word Full Day Schedule with Transition Card



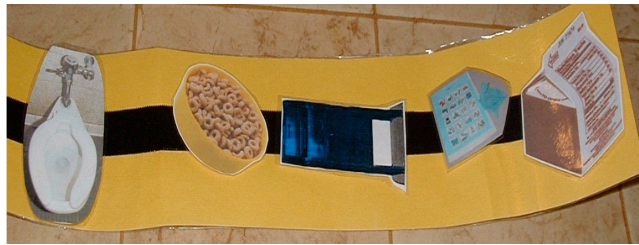
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Picture Word Part Day Schedule Check-off



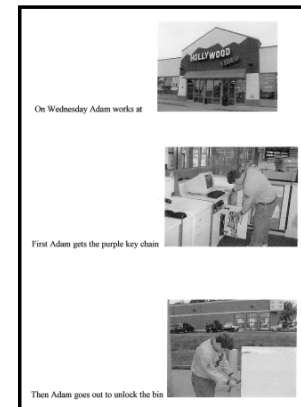
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Cut-out Photo Part Day Schedule Horizontal



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Adam's Visual Support for the Job



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Visual Schedule Apps



Visual Schedule Planner



Choiceworks

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Autism Internet Modules

- Structured Teaching
- Structured Work Systems and Activity Organization
- Transitioning Between Activities
- Visual Supports



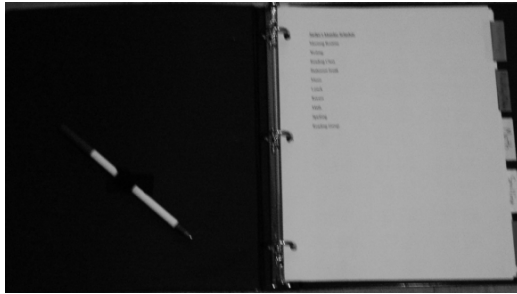
<http://www.autisminternetmodules.org/>

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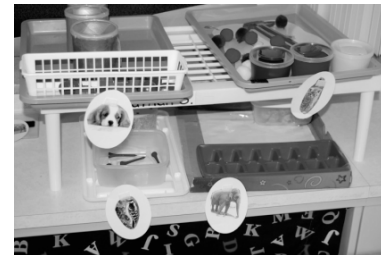
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Work System



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Work System



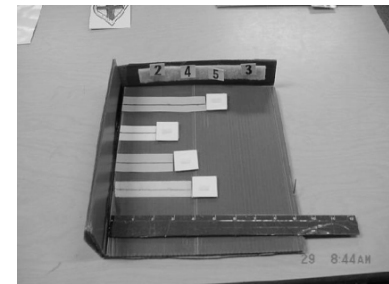
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Work System



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Structured Tasks

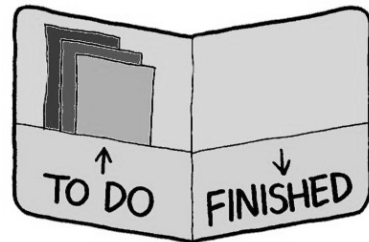


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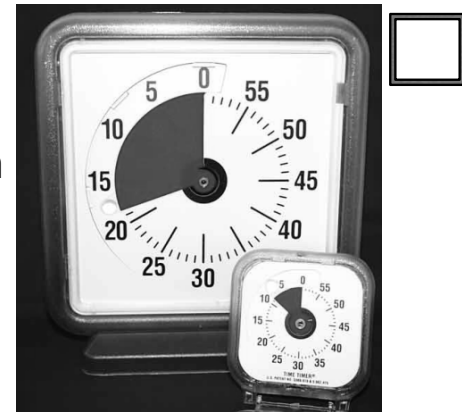
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Visual Support Examples



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Timetimer.com



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Simple Visual Reminders

Casey's Recycle Job



1. Please check ALL desks for Recycle Paper
2. It is OK to say "Excuse Me...Do you have Recycle?"
3. It is OK to skip a desk if you cannot find it and no one is at the desk.
4. Thank you so much!

If you do not
know where
book goes
on shelf.....
Put in this
box

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Things I Can Do To Calm Down!



- Take 3 deep breaths
- Count from 1 to 10 (and if you're still angry, count again from 10 to 1)
- Find a trusted person to talk to about what is bothering you
- Get a hug or give a hug
- Think of a peaceful place
- Talk yourself into being calm: say, "Be calm, be calm" or "I can handle this"
- Tense and relax your muscles
- Feel your pulse
- Visualize yourself calming down

Retrieved www.freeprintablebehaviorcharts.com 9/28/11

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Reflection Time

Take a few of minutes to consider:

- Which of these strategies have you used successfully?
- Which of these would you like to explore?
- Which might be applicable to your individual and his/her target behavior?

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