



I look forward to working with you to reduce the challenging behavior and improve quality of life. I will ask a lot of questions, and observe to learn as much information as possible about the challenging behaviors during the first few visits.

Then, we will come up with a written plan to help you put strategies in place to prevent the challenging behavior and teach the person a new skill to replace the challenging behavior.

You can reach me at:

Behavior Specialist: \_\_\_\_\_

Office: \_\_\_\_\_

Cellphone: (304) \_\_\_\_\_

Email: \_\_\_\_\_

# Getting Started with PBS



The Positive Behavior Support Project is funded through a grant with the West Virginia Department of Health and Human Resources, Bureau for Behavioral Health and Health Facilities.

All printed materials are available in braille, electronic format, CD and large print.

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West Virginia University®

CENTER FOR EXCELLENCE IN DISABILITIES  
POSITIVE BEHAVIOR SUPPORT PROJECT

Welcome to the Positive Behavior Support (PBS) Project. We will work together over the next several months to help you find solutions to challenging behaviors. Let's start with a quick introduction to PBS.

## What is PBS?

**Person Centered**  
**Positive**  
**Preventative**  
**Teaches New Skills**  
**Reduces Challenging Behaviors**  
**Data Driven**  
**Improves Quality of Life**  
**Team Based**

PBS uses  
**Functional Behavior Assessments**  
that include Surveys,  
Interviews,  
Observations  
and Data collection

### PBS Plans:

- Prevent challenging behaviors
- Respond to challenging behaviors
- Teach new skills
- Reward appropriate behavior
- Improve quality of life

# How We'll Work Together

## The behavior specialist will:

- Ask questions to get to know you and your family, what the person likes/dislikes, and determine why the behavior of concern is happening.
- Review data and additional information to generate ideas to help you use PBS strategies.
- Conduct observations.
- Lead futures planning to learn about the person's dream for their future.
- Train you and other team members to carry out recommendations.

## You will:

- Answer questions about things such as the behavior of concern, daily schedules, likes, and dislikes.
- Identify a team to include in this process.
- Collect information on how often the behavior of concern occurs and what happened before and after it.
- Meet with me to brainstorm solutions.
- Carry out recommendations and tell me how they worked.
- Respond to phone calls and requests for meetings so I know you want to continue with PBS services.