Prohibited Practices

What they are and what to do about them when they have happened

1.18.2024
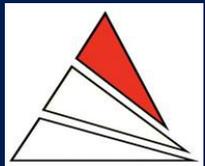
Housekeeping

- **Webinar will be posted on the DMH site under previous Webinars**
  - **https://dmh.mo.gov/dev-disabilities/webinar/previous**
- **Participants and those who registered will receive the PowerPoint and the recording**
- **Put all questions/comments in the chat box and we will acknowledge and address them throughout the presentation**
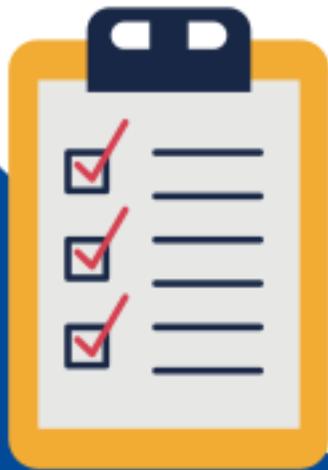
Module Outline

Module 1: Prohibited Practices Refresher

Module 2: Considerations When Seeking Help

Module 3: Increasing Rudimentary Communication

Module 4: General Approach to Fading Prohibited Practices
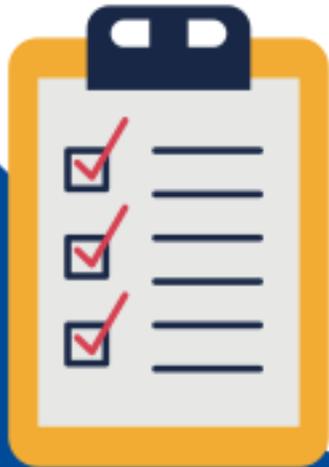
MODULE 4

General Approach to Fading Prohibited Practices
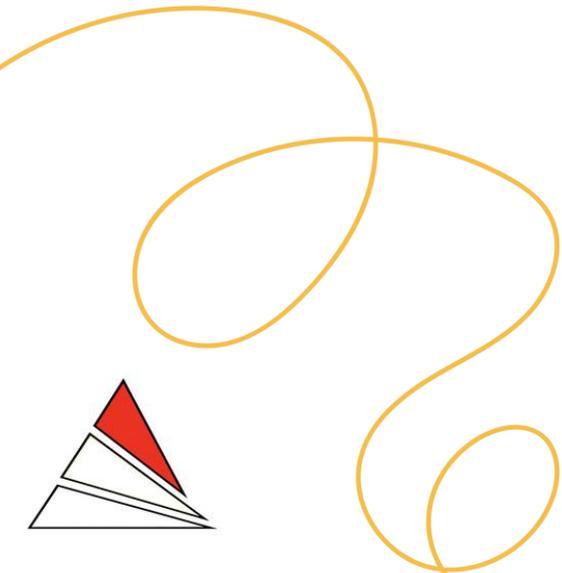
General Approach to Fading Prohibited Practices Module 4

- Why fade and not just stop cold turkey?
- Caveats about the need for effective treatment
- Steps to fade
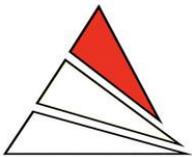
Fading VS JUST STOPPING

- For the Individual, Staff and the Community
  - Determine the risk of continuing the prohibited practice for the..
  - Determine the risk of immediately ceasing the prohibited practice for the …
  - We slowly fade out prohibited practices when immediately removing it would create significantly more risk to the ..

All prohibited practices must be discontinued

General Steps to Fade Prohibited Practices

- Define the current situation
- Define the end goal
- Plan small steps that everyone can agree on to go from current situation to goal situation
- Define objective criteria on when steps will happen and follow
- Take data (and review)
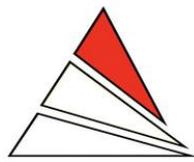
# General Steps to Fade Prohibited Practices

- Define the current situation
  - What is the problem behavior that the prohibited practice being used to address?
    - How often is the problem behavior happening?
    - Are there times of day or specific situations that make problem behaviors more likely?
    - Is the prohibited practice in place constantly (i.e., 24/7) or only under certain conditions (what are those conditions?)
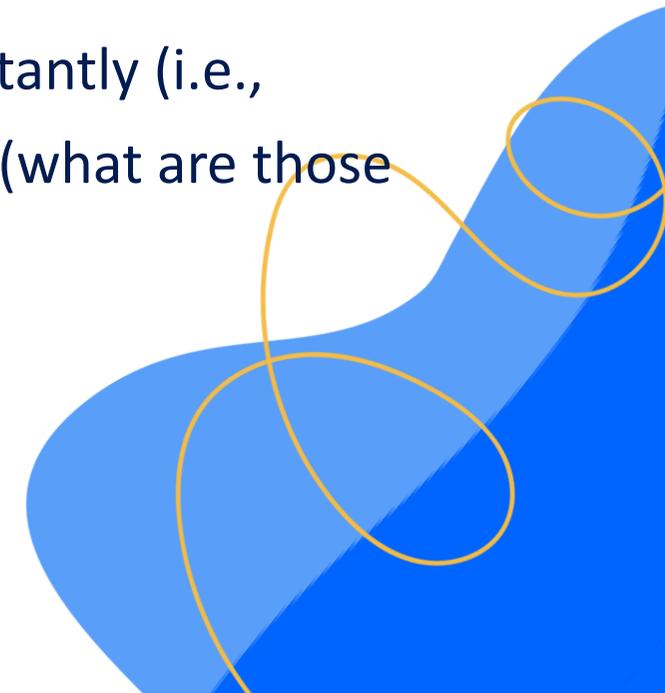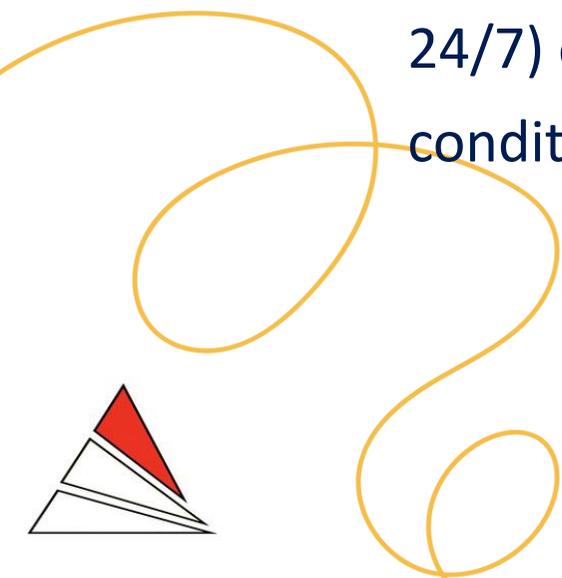
General Steps to Fade Prohibited Practices

- Define the current situation
  - What are skills the person needs to develop/demonstrate in order to be safe?
    - Does the person already know the skill?
    - If not, who will teach the skill?
  - This is where clinical services come in
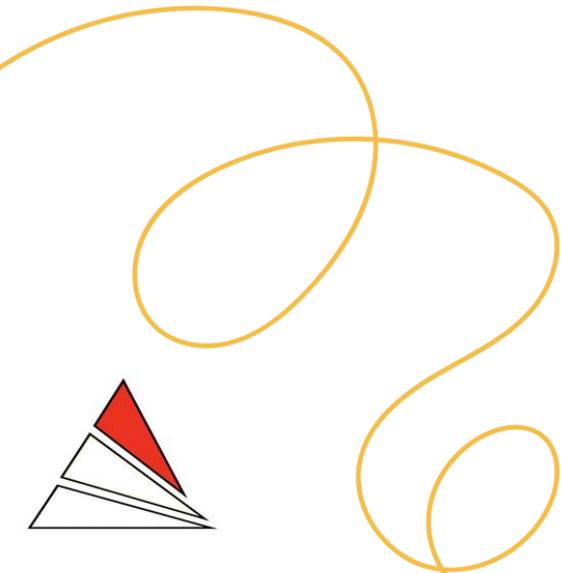
General Steps to Fade Prohibited Practices

- Define the End Goal
  - What does success look like for the individual?
  - Generally
    - Prohibited Practices should be discontinued
    - Problem behavior shouldn't worsen and ideally remain at a low level
    - Skill behavior should increase or remain at a high level
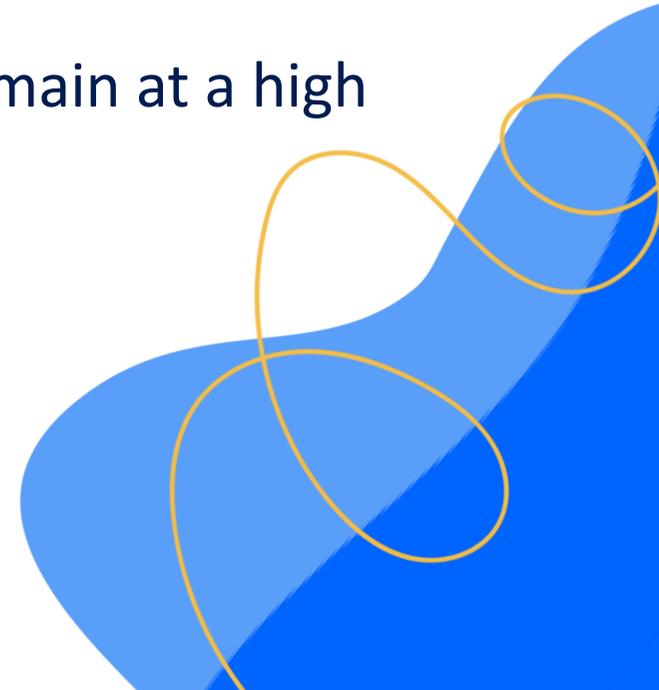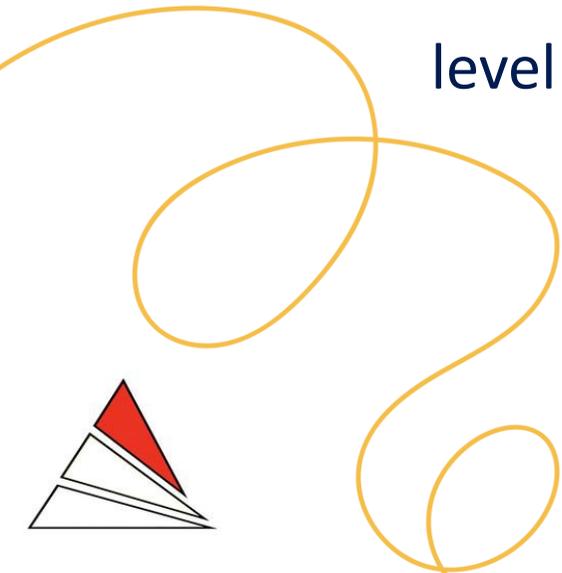
General Steps to Fade Prohibited Practices

- Agree to Small Steps
  - What is an increment of change that the planning team can agree on?
  - Should be large enough change to demonstrate meaningful progress toward discontinuing prohibited practice but small enough increment to maintain safety
  - Current Situation data should drive the decision of the increment
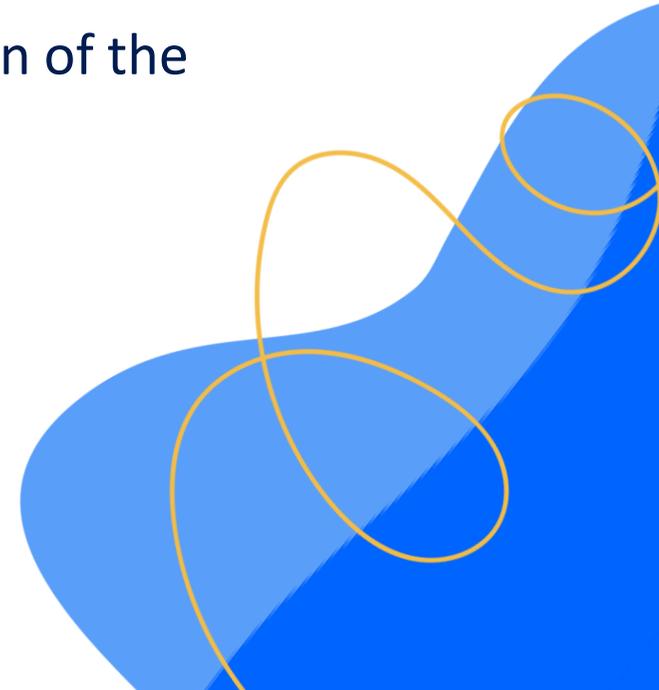
General Steps to Fade Prohibited Practices

- Agree to Small Steps
  - Examples
    - Reduction of hours prohibited practice is in place by 1 hour
    - Reduction of harness point by 1 point
    - Introduction of prevention step and waiting 2 minutes before turning off power wheelchair
    - Leaving lock mechanism disengaged from timeout room
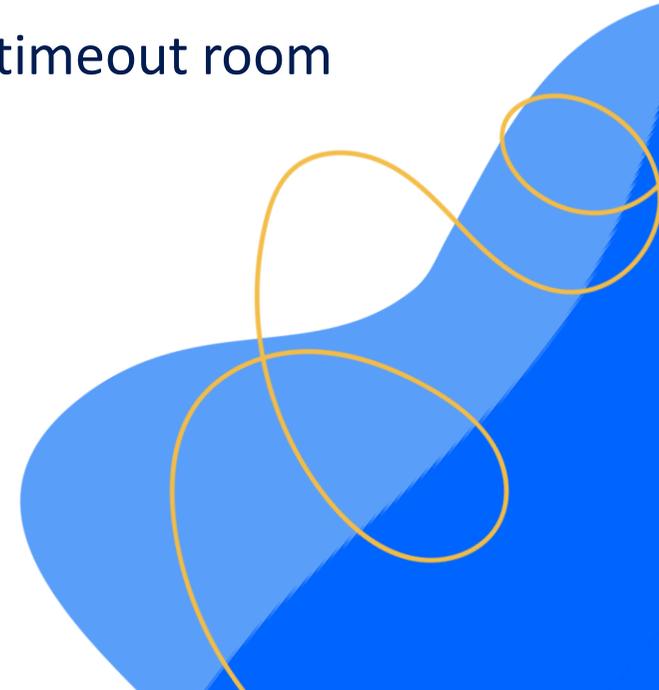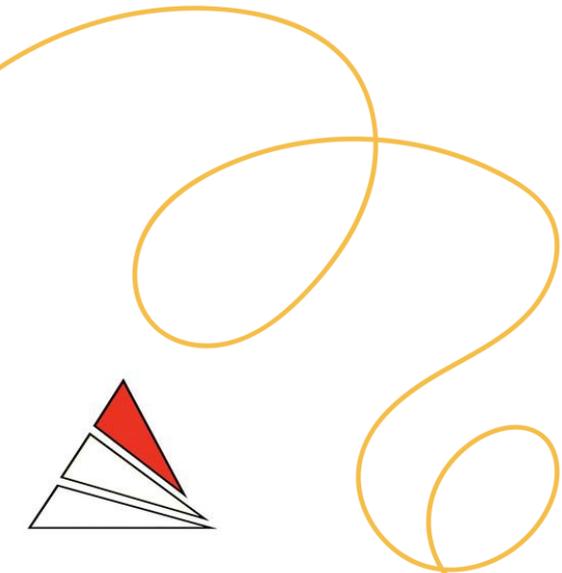
General Steps to Fade Prohibited Practices

- How do We Get From Current Situation to the Goal

CURRENT SITUATION	GOAL

• LOCKS ENABLED 24 HOURS PER DAY
 	
• Home/ISL
• Elopement
    ○ Occurs 5/7 evenings a week
    ○ Length of Time ranges from 15 minutes to 2 hours
• What Happens
    ○ Gets to leave the situation
        ■ Goes to the hospital
            • 3 hours to 3 days
    ○ Gets attention
        ■ Emergency service personnel
            • 30 minutes to 2 hours
        ■ Mom
        ■ Support Coordinator
	• LOCKS REMOVED/FADED
	
	• Home/ISL
	• Elopement
	    ○ Occurs 1 or less evenings a week
	    ○ Length of Time is less than 30 minutes
	• What She says when she needs to have space
	    ○ Informs staff that she needs to take a walk
	• She is a volunteer with the Local FD Auxiliary
	• The Support Coordinator does a check in by phone on random
	• Mom calls on random days
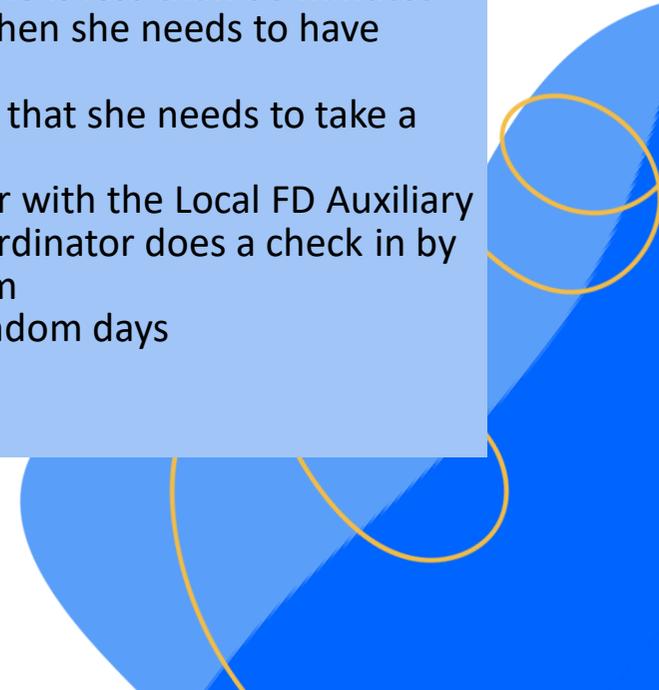
# General Steps to Fade Prohibited Practices

- How do We Get From Current Situation to Goal

  - Where do we start the fading?

    - Certain locations? Times? With certain staff/family?
    - Location- (at home, in kitchen, in room, in community)
    - By targeted need-prioritize which prohibited practice first
    - By specific support (start with clinician, SC, lead worker teaching skill during baseline, paraprofessionals)
    - By shifts, By time
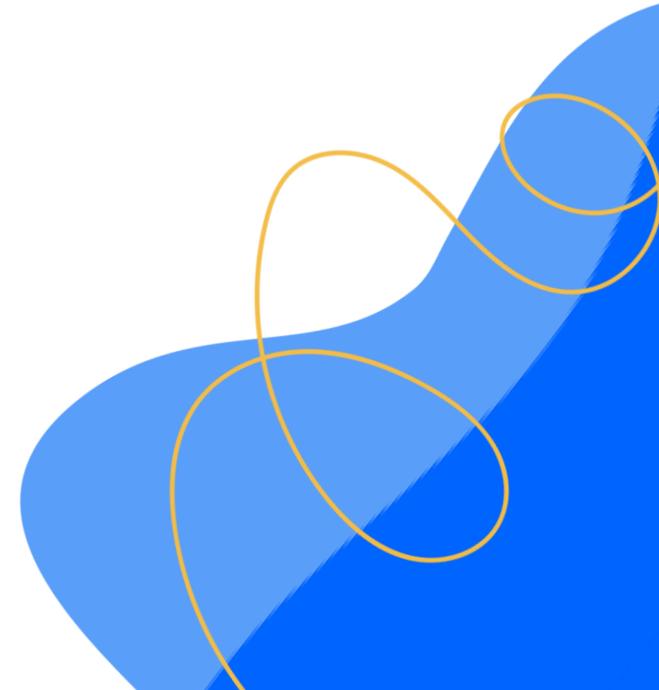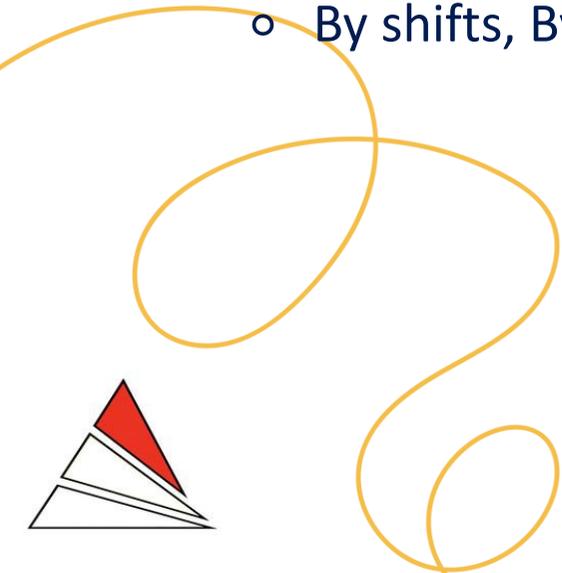
# General Steps to Fade Prohibited Practices

- How do We Get From Current Situation to Goal
  - Where do we start the fading?
    - Key points:
      - What is the smallest possible step?
        - Start with the step that would require the less effort of client and is highly reinforcing
        - Identify the one specific activity/location where the individual has demonstrated consistent, safe success.
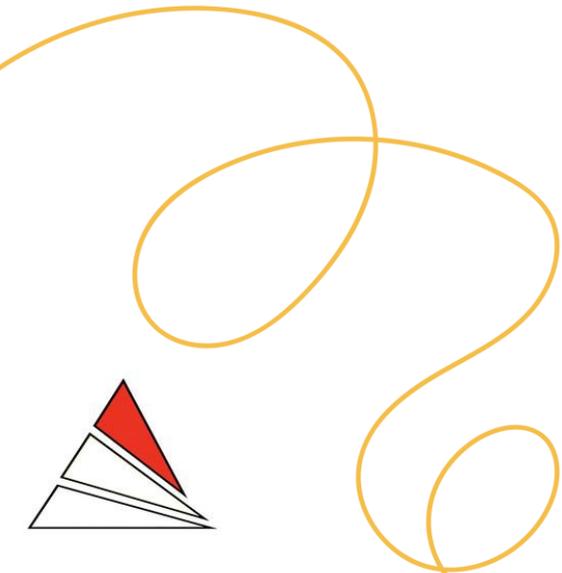
General Steps to Fade Prohibited Practices

- How do We Get From Current Situation to Goal
  - Where do we start the fading?
    - Key points:
      - Over what period of time?
        - So slow the person may not notice the change?
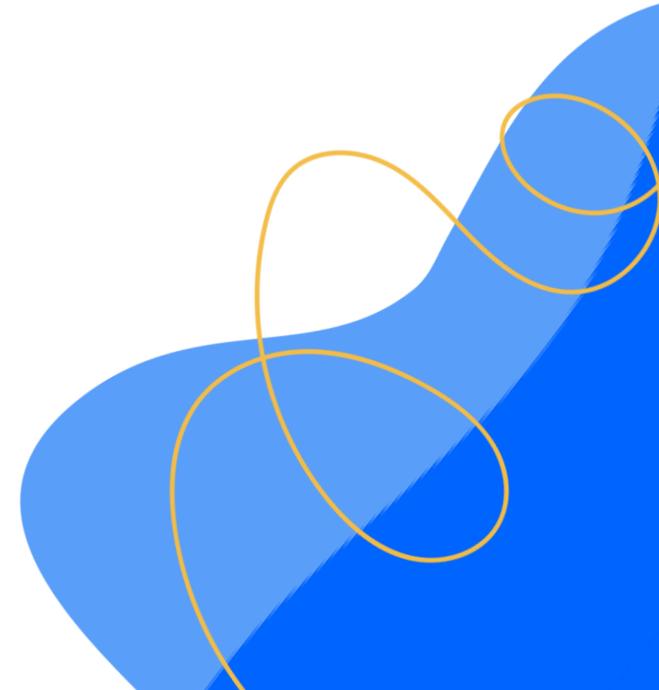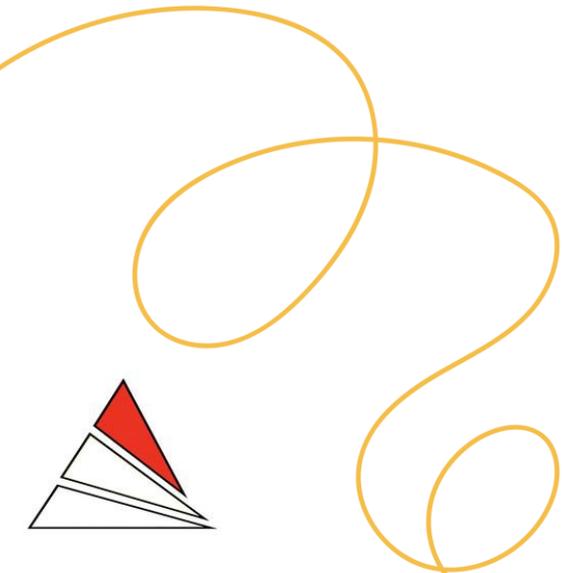
General Steps to Fade Prohibited Practices

- How do We Get From Current Situation to Goal
  - Mary's Fading Plan:
    - Key Places to Start:
    - Time/Shift: During the day remove the locks-According to data she is eloping in the evenings. (5/7 days)
    - During the day Staff should work on the Goal of Mary informing staff when she'd like to take a walk.
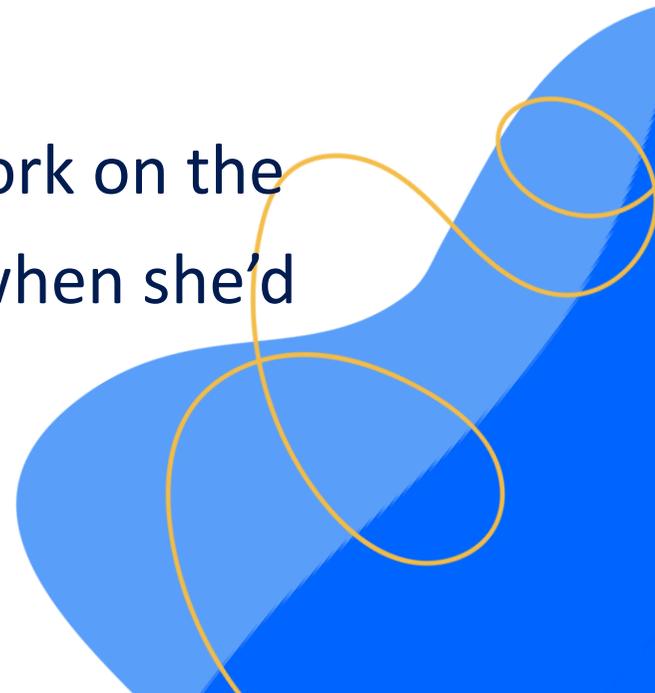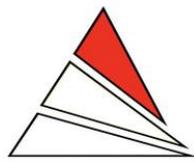
General Steps to Fade Prohibited Practices

- Define Objective Criteria
  - Decide under what conditions you will advance the fade step
  - Should be objective – i.e., you know it when you see it and doesn't require a meeting to discuss whether people feel like the step should be taken
  - Should include a period of stability to maintain safety
  - Should include plan for if things become unstable
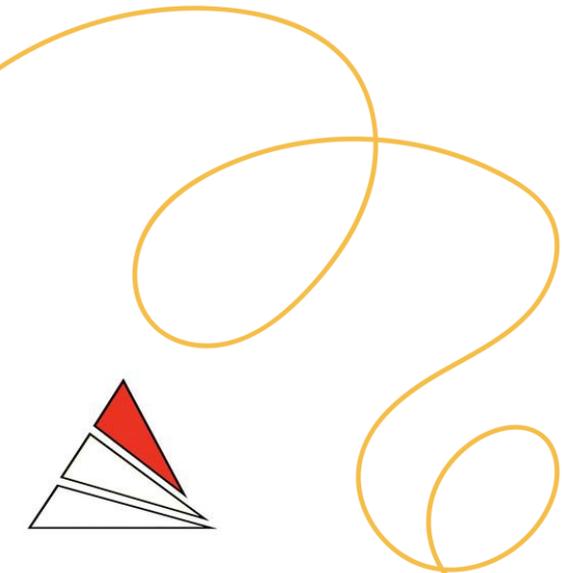
General Steps to Fade Prohibited Practices

- Define Objective Criteria
  - Examples:
    - Door Locks will be decrease 1 hour following 3 days in which elopement attempts remained at or below current levels.
    - If elopement attempts increase, the team will return to the previous door lock duration,
    - Meet as a team to problem-solve barriers and make adjustments,
    - Resume fade plan (potentially moving in smaller increments if necessary)
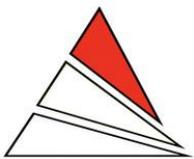
# General Steps to Fade Prohibited Practices

- Take Data and Review It
  - Data should be collected on (at minimum)
    - Use of prohibited practice
    - Occurrences of problem behavior
    - Occurrences of skill behavior
    - Whether the fade step was executed as designed
  - This provides a way to track progress and demonstrate success
  - Data should be used during team meetings to evaluate progress and problem solve barriers
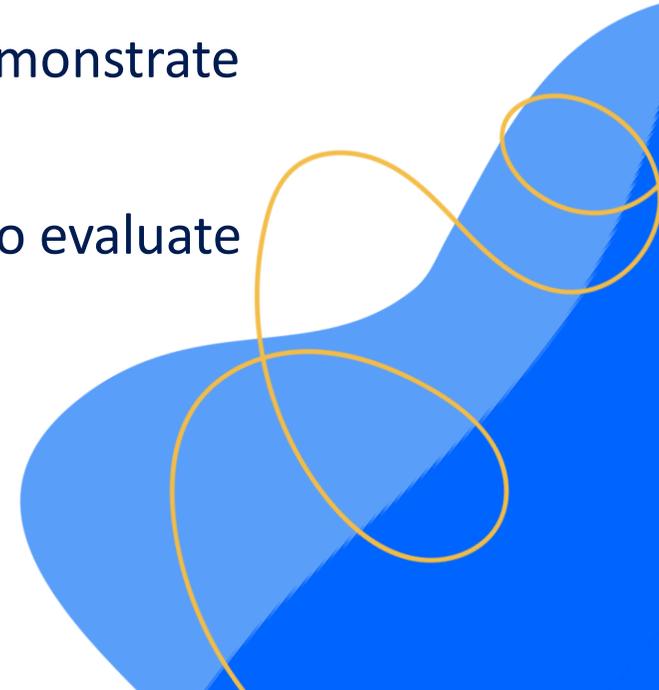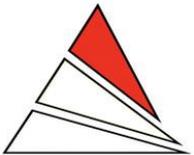
QUESTIONS & ANSWERS
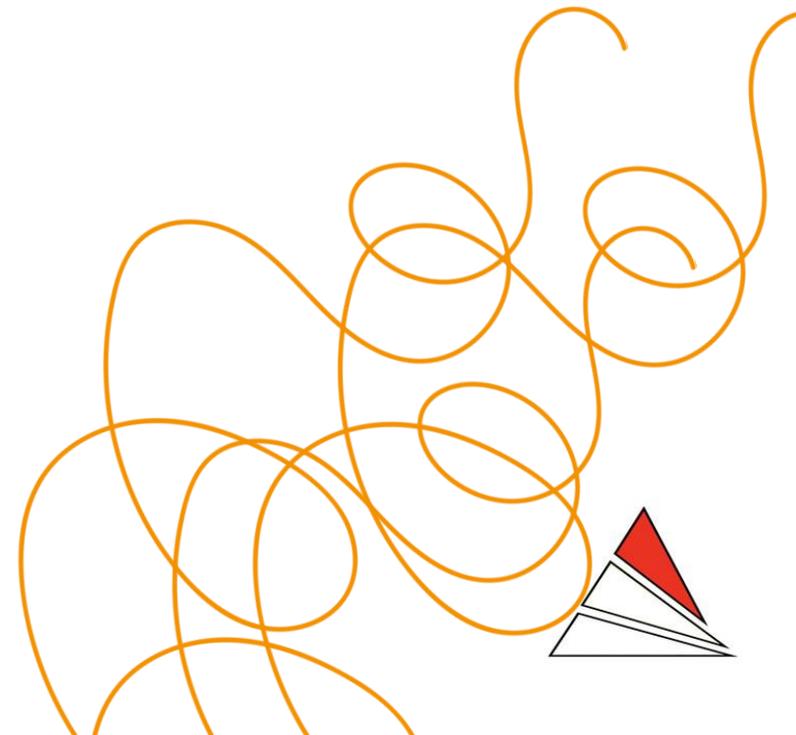
Next Steps

Workshops, Consultation & Action Planning

Tier III Prohibited Practice Workshops

For the Prohibited Practice Modules

Modules 1 & 2 2.5.2024

Module 3 2.14.2024

Module 4 2.27.2024

Example of an Action Plan Template

Action Plan ☐ BSRC ☐ Prohibited Practices ☐ ADT ☐ ITRH ☐ Other Specify:						
Organization:	**Individual:**			**DMH ID:**		
AGENCY TEAM:	**ABA/ISC:**				**Dates recommendations and action planning sent to team:**	
					Date of Plan and Revision Dates:	
Notes:						
IMPLEMENTATION				**EVALUATION**		
What Needs to be Done?	**Person Responsible**	**By When?**	**Status/Date Completed**	**What Evidence Indicates this Progress**	**How and When Will Evidence Be Gathered?**	
Action Steps for recommendation 1:						

Thank you for joining us today!

Contact Us

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Website

https://dmh.mo.gov/dev-disabilities/tiered-supports/tier-3