

## Writing a Behavior Plan in Rethink Behavior Health

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### Setting up:

- Choose tab at top for “Behavior Support”
- Then choose tab “Create Plan”
- Add behavior name
- Then click the arrow for “View Settings”
- Add operational definition (measurable and observable)
- Add behavior/severity (Optional)
  - Use language from the symptom severity section of the assessment
- Choose measurement
- Choose Goals or Goals and Objectives:
  - Tip: Choose Goals instead of Goals and Objective unless you have a specific set of objectives you’d like to meet. Generally at this point, before baseline, you don’t really know. Goals only is the simpler option.
- Click save

### Then begin baseline data and ABC data

- If you choose to use a different, paper based, ABC, FBA or FA process, plan to upload those to the file cabinet. You’ll also add information in step 2
- Collect baseline data (in general at least 3-4 days if the data are trending away from the desired result, longer if the behavior is improving without intervention. Don’t wait too long)

### When you have sufficient baseline data:

- Return to the behavior support tab
- Click “view plan”
- Choose the target behavior that you collected baseline data for
- Choose “edit plan” next to “Plan 1”
- Scroll down to track effectiveness (step 5)
- Click “goals” unless you have specific objectives in mind
  - You’ll see that the summarized baseline data is autopopulated
  - Enter in your terminal goal data (do you want the behavior to decrease to zero? or is there another acceptable final goal?)
  - Pay attention to the “per hour” or “per minute” and make sure that it matches the baseline data units
- Click “Add to plan”
- Then go back up to Step 2 ‘Determine function”
- If you conducted a different or additional FBA, then add that information (type, start and end dates) to the “Behavior Assessment tab”

- Next, choose the function of behavior. Rethink will allow you to select more than one function, but try your best to choose the primary function - conduct additional assessment as needed.
- Add the end date for your baseline data
- If you used a separate assessment, before you move on to Step 3, add it to the file cabinet
- Now go to Step 3, choosing a proactive intervention “Antecedent Strategies”
- Add a strategy to reduce the EO in the third section “Other” Resist the impulse to add too many strategies - this makes it difficult to implement, can make it difficult to troubleshoot, and will also increase the work you’ll have to do to fade out all of the strategies when the behavior improves. You can choose the one you think will work the best and then if it doesn’t have the desired effect, you can come back and change it.
- Be sure to fill in the “note” under the intervention you choose that explains how this will be done. For example, if you choose NCR, add the schedule.
- Choose an appropriate alternative behavior in the top section “replacement skills”
  - The skill you choose will become part of the skills acquisition programs for your learner. If you already have this in your plan ....
- Add adaptive skills if they apply
- Next move on to the consequence section.
  - Choose what the therapist should do when the behavior occurs. (Problem behavior section)
- You can also choose what the therapist should do when the appropriate alternative behavior is performed, but this may have already been covered in your skill programs, and may not be necessary. Avoid adding too many strategies at once here, making it difficult to implement.
- Click add to plan
- Then, scroll back up to Step 1 and name your plan with the most important strategy (e.g. NCR 15 minutes)
- Now, since you already did step 5, move to step 6
- Choose who will evaluate the plan and when.