

BEHAVIOR SUPPORT/CALMING PLAN

NAME: SAMPLE

Potential Triggers

Ending visits with mom/missing family/ a cancelled family visit
Interactions he perceives are threatening by peers toward him
Too much talking when he's anxious
Thoughts and memories about the past
Peers instigating
Hearing no, being asked to wait

Preventive Strategies

Take space
Offer sensory support but walk away and give space and time if he won't accept help
Listening to music
Physical activity
Sensory strategies: physioball, weighted blanket, fabric tunnel, joint compression, calisthenics, weighted ball massage, swing

Other Special Plans (if any)

Titia has a history of self-harm behaviors such as severe head banging and broke his wrist from hitting it. Please keep him in eyesight if he is starting to engage in self-harm behaviors. Offer sensory support and quiet. Clear room if necessary.
Titia is in the custody of DCF. He and mom have permission to visit off grounds locally for up to 5 hours. Titia and his sister can spend time together with mom at the program. Off grounds for Titia with his sister have not yet been approved and need approval of DCF and therapist. Carey and Titia use the gym in the evenings. Plan for M, W, F after dinner-8:30.

Problem Behaviors

Aggression toward peers and staff, property destruction (throwing things, door slamming), staff splitting to get what he wants, self-injury (past)- head-banging and breaking wrist

Skills to practice when "Really Mad"

Take space, learn to tell a trusted adult how he feels and accept or seek help

Medical Concerns related to restraint

Concussion from headbanging

Trauma History relevant to restraint

History of witness to domestic violence, physical discipline/threats by grandfather

BACKGROUND

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