

Behavioral Health Index

This document helps parents, clinicians, insurers, and other partners track a child's progress with Applied Behavior Analysis (ABA) therapy for autism

BEHAVIORAL HEALTH INDEX

Critical Skills

| | 1 | 2 | 3 | 4 | INT. AST. | AST. TODAY |
|---|---|--|---|--|-----------|------------|
| Play / Leisure | <input type="checkbox"/> No play skills | <input type="checkbox"/> Isolate play with objects & electronics | <input type="checkbox"/> Parallel play with others and engagement when alone | <input type="checkbox"/> Interactive and extended play with others and engagement when alone | | |
| Stereotypic Behavior | <input type="checkbox"/> Engages in intractable stereotypy & redirection occasions SPB | <input type="checkbox"/> Engages in stereotypy that interferes with learning and socializing | <input type="checkbox"/> Engages in stereotypy that sometimes requires redirection | <input type="checkbox"/> No stigmatizing or interfering stereotypy | | |
| Functional Communication: Omnibus Mands | <input type="checkbox"/> No independent omnibus mands | <input type="checkbox"/> Via simple response occurring in one context with only a few people | <input type="checkbox"/> Via a complex response occurring in one context & with various people | <input type="checkbox"/> Independent, omnibus mands across various people & contexts | | |
| Functional Communication: Specific Mands | <input type="checkbox"/> No independent specific mands | <input type="checkbox"/> Via simple responses occurring in one context with only a few people | <input type="checkbox"/> Via a complex response occurring in one context with various people | <input type="checkbox"/> Multiple specific mands across various people & contexts | | |
| Delay Tolerance | <input type="checkbox"/> SPB occurs when delays or denials are presented | <input type="checkbox"/> Mild PB is usually occasioned by denials | <input type="checkbox"/> No PB during delays or denials across a few contexts | <input type="checkbox"/> No PB during delays or denials across people & all contexts | | |
| Contextually Appropriate Behavior (CAB) | <input type="checkbox"/> Doesn't engage in any CAB when reinforcers are unavailable; instead SPB is occasioned by denials | <input type="checkbox"/> Reliably relinquishes, transitions, completes a few instructed responses in single activity/context | <input type="checkbox"/> Reliably completes a few instructed responses in multiple activities within single context | <input type="checkbox"/> Reliably engages in varied and extended CABs across various people & contexts | | |

Behavior Management

| | | | | | | |
|--|--|--|--|---|--|--|
| Behavior Medication | <input type="checkbox"/> Two or more medications being used to manage SPB | <input type="checkbox"/> One medication being used to manage SPB | | <input type="checkbox"/> No medications being used to manage SPB | | |
| Behavior Modification | <input type="checkbox"/> Rich schedules of edible rewards | <input type="checkbox"/> Rich schedules of tokens exchangeable for edible & tangible rewards | <input type="checkbox"/> Lean schedule of tokens exchangeable for tangibles & activities | <input type="checkbox"/> No programmatic use of arbitrary rewards or punishers | | |
| Behavior Mollification | <input type="checkbox"/> Strong programmatic focus on mollification / avoidance tactics | <input type="checkbox"/> Programmatic use of mollification for safety while skills are developed | <input type="checkbox"/> Infrequent use of mollification for safety while skills are developed | <input type="checkbox"/> No programmatic use of mollification / avoidance tactics | | |
| Restraint & Seclusion | <input type="checkbox"/> Regular & noncontingent use of protective equipment, holds, or TO | <input type="checkbox"/> Regular & contingent use of protective equipment, holds, or TO | <input type="checkbox"/> Rare use of protective equipment, holds, or TO | <input type="checkbox"/> No use of protective equipment, holds, or TO | | |
| Injuries to Self or Others | <input type="checkbox"/> More than one staff / client injury in last 3 months | <input type="checkbox"/> One staff or client injury in last 3 months | | <input type="checkbox"/> No staff or client injuries in last 3 months | | |
| Location & Social Restriction | <input type="checkbox"/> Almost always separate from peers with staff hovering at distance | <input type="checkbox"/> Usually in separate room with staff in close proximity | <input type="checkbox"/> Usually grouped with peers but restricted to certain contexts | <input type="checkbox"/> Grouped with peers and accesses most contexts with and without staff | | |

Health Repertoires

| | | | | | | |
|-------------------|--|--|--|--|--|--|
| Sleeping | <input type="checkbox"/> Resists going to bed; long time to fall asleep, regularly wakes at night, gets little sleep | <input type="checkbox"/> 2 or 3 (of 4) sleep indicators showing risk | <input type="checkbox"/> 1 sleep indicator showing risk | <input type="checkbox"/> Goes to bed easily, falls asleep quickly; sleeps through night; gets enough sleep | | |
| Eating | <input type="checkbox"/> Multi-faceted treatment; eats alone; is highly selective; weight is poor | <input type="checkbox"/> Some mealtime intervention; may eat with others; is selective | <input type="checkbox"/> No mealtime intervention; may eat with others; is selective | <input type="checkbox"/> No intervention; eats with others; is not overly selective, weight good | | |
| Exercising | <input type="checkbox"/> No exercise experienced | <input type="checkbox"/> More than 10 min of moderate or vigorous exercise daily | <input type="checkbox"/> More than 30 min of vigorous exercise daily at least 3 times per week | <input type="checkbox"/> 45 min or more of vigorous activity at least 4 times per week | | |

Tracking Progress and Transformation

The Behavioral Health Index is how we measure specific, tangible progress. If you have questions about the report card, please contact your clinician.

Commonly Used Terms

CAB
Contextually Appropriate Behavior

Mands
Requests

Omnibus
One response yields multiple outcomes

PB
Problem Behavior

SPB
Severe Problem Behavior

Stereotypy
A repetitive or ritualistic movement, posture, or utterance

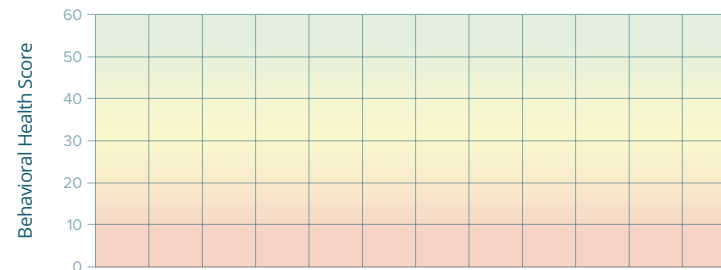
TO
Time Out

Behavioral Health Index



- 1 Highly restricted lifestyle; at high risk for severe problem behavior
- 2 Restricted lifestyle; at moderate risk for severe problem behavior
- 3 Somewhat restricted lifestyle; at mild risk for severe problem behavior
- 4 Unrestricted lifestyle; low risk for severe problem behavior

Progress Chart



Quarterly Progress Dates



We see the world differently too