

## Therapeutic Consultation:

Therapeutic Consultation is a service provided to disabled individuals who exhibit behavioral challenges that cause interference with existing services to include: Day Support, In-home, Community Engagement, Supported Employment, etc. If an individual is at risk of being dismissed from day placements, job placements, or home placements, Therapeutic Consultation may prove an effective way to help minimize problematic behavior and increase functional skill sets so that placement is no longer in jeopardy and the individual can maintain healthy relationships with their support team and care providers. It is the responsibility of the behavior consultant to collaborate with existing service team members to develop a function-based treatment plan that can be implemented across settings and team members. The behavior consultant collects behavior data and conducts behavior assessments to determine the function or “cause” of the mal-adaptive behavior and reports the findings to the team for review. A plan is developed, and all team members are trained on its implementation. Ongoing data is collected, and changes are made to the plan as necessary with input from all team members and the individual.

This service begins with a referral from the individuals Supports Coordinator from the local community services board or the Department of Aging and Rehabilitative Services (DARS) counselor.

## What it IS:

- Collaborative/Team based decision making
- Emphasis on preventing challenging behavior
- Person centered
- Consultation
- Major goals include: Increasing quality of life, desirable behaviors, and decreasing challenging behaviors.
- Training team members to implement plan
- Uses data to identify patterns of behavior, frequency, evaluate progress, etc.
- Use strategies that are acceptable in inclusive community settings
- Multi-component intervention plan.

## What it is NOT:

- Expert driven process
- Crisis service
- System centered
- Direct support (with some exceptions)
- Solely focused on decreasing challenging behaviors
- Implementation of plan without team members present
- Solely use subjective reports to recommend interventions or changes to plan
- Use strategies that cause pain or humiliation or deprive the individual of basic needs
- Solely focused on strategies when a problem occurs

Funding Sources:

- Department of Aging and Rehabilitative Services (DARS)
- Community Living Waiver (CL)
- Family and Individual Supports Waiver (FIS)