

Learn about Intensive Behavioral Intervention (IBI)

The IBI program is a comprehensive treatment for children with autism using applied behavior analysis (ABA). This autism treatment is evidence-based and recommended by the Association for Science in Autism and the Surgeon General. It is an intensive approach that has been empirically demonstrated to remediate the core symptoms of autism to a greater extent than any other treatment. Intensity is a critical factor in reaching the greatest outcome and typically 35-40 hours per week is prescribed. This intensive autism service takes place entirely in the child's home. A team of staff will be assigned to each child to provide direct one-to-one instruction focused on language, social, and behavioral development.

Applied behavior analysis techniques are specifically taught to all of our staff so their interactions with the child increases language and social skills while decreasing difficult or problematic behavior. Our staff are trained to manage non-compliance, aggressive, destructive, self-injurious, and stereotypic behavior often exhibited by children with autism. Additional clinical resources are provided by experienced supervisors, Board Certified Behavior Analysts and Licensed Psychologists to immediately address and remediate behavioral concerns.

The success of the IBI autism treatment relies on the skillful use of positive reinforcement procedures. Staff will use things to eat, things to drink, things to watch, and things to play with, in combination with social interactions to motivate the child to produce independent language skills. The family will work with the supervisor to identify reinforcers specifically for the program. Skills that the child had not learned in other environments will carefully be taught and reinforced before moving on to more advanced skills. Our emphasis on fun and success is obvious when watching our staff work with a child. We strive for "no tears" in our sessions and feel that working with a happy, successful, and motivated child produces learning outcomes often never seen before.

The first skills we teach are those that lay a foundation for learning any new skill. Learning-to-learn skills will be taught first using a high rate of reinforcement. Coming to work independently, paying

attention, and choosing what reinforcer to work for are very important skills to master if the child is to master complex language. Our Language Curriculum consists of over 120 programs. The IBI program teaches the skill domains of Learning to Learn, Social and Independent Play, Imitation, Receptive language, Social language, and Expressive language. The scope and sequence of the programs ensure that concepts are thoroughly learned with the child being successful each step of the way.

A significant factor in the child's success is family skills training where parents first learn to generalize skills learned in sessions with the therapist, and then learn to use specific strategies to obtain and maintain low rates of problem behavior and high rates of compliance.

If the family is interested in additional training BDI provides a series of trainings on specific parenting strategies called [General Interaction Strategies \(GIS\)](#). The series of trainings teach the family about reinforcement, responding to requests, offering choices, giving instructions, redirection, and responding to upsets. Once the family completes GIS, BDI can also provide assistance with toilet training, sleep disorders, feeding disorders, outings, and social skills training.

Learn about Family Centered Behavioral Interventions (FCBI)

The Family Centered Behavioral Interventions program is dedicated to empowering caregivers to create better lives for people with developmental disabilities and mental health disorders by reducing challenging behavior and building strong repertoires of communication and engagement in meaningful activities. The FCBI program succeeds in doing this by teaching caregivers the fundamental principles of Applied Behavior Analysis (ABA) and Positive Behavior Support (PBS), how to use those principles to develop effective support and instructional plans, how to implement the support plans effectively, and how to collect the data to evaluate plan effectiveness.

The FCBI program focuses on caregivers as the target of intervention (our staff do not work directly with the children/individuals), and measures success by caregiver performance, performance of the individual in care, and self-sufficiency of families in flexibly applying the

principles of ABA and PBS in the unique contexts of their lives to solve new challenges as needs evolve over time.

The Licensed Psychologists and Board Certified Behavior Analysts in the FCBI program offer three different service models to meet the needs of a wide range of individuals and their caregivers (including teams of professional staff) across the lifespan.

Learn about Behavioral Consulting

By performing comprehensive Functional Analyses in schools, private homes, vocational placements, group homes, and waiver sites, Behavioral Dimensions Consulting Department treats challenging behavior in individuals of all ages, in virtually any environment.

Challenging behavior may occur in individuals with a wide variety of diagnoses. Behavioral Dimensions Consulting often treats people diagnosed with Autism, ADHD, Down Syndrome, Obsessive Compulsive Disorder, Oppositional Defiant Disorder, Bipolar Disorder, Anxiety Disorder, and Depression. Typical challenging behaviors addressed are:

- *Noncompliance*
- *Property destruction*
- *Aggression*
- *Self-injury*
- *Verbal Aggression*
- *Elopement*
- *Incontinence*
- *Spitting*
- *Compulsive Actions*
- *Sleep Issues*
- *Eating Problems*
- *Hygiene Issues*

Our main focus is designing and implementing highly specific positive behavior support plans to reduce inappropriate behavior while enhancing adaptive skills to replace problematic behavior. We educate and train the people who live and work with individuals with high behavioral needs.

We network with the individual's health professionals, and educational and vocational personnel to provide a consistent and comprehensive approach to create lasting change. We may work with an individual on a short term basis (from three to six months) or provide ongoing behavioral support as behavioral needs change (from one to five years or more). This service is provided by a Licensed Psychologist who is also a nationally certified behavior analyst.

Please note: Behavioral Consulting services are currently only available in the following southeastern Minnesota suburbs: Eagan, Apple Valley, Burnsville, Farmington, Lakeville, Rosemount, Prior Lake, Savage, and Mendota Heights.

Learn about Crisis Services (CS)

Crisis services are designed for families with children with severe mental health issues that create a crisis situation for the family. **Families who are considered in crisis have a child or children who are engaging in frequent and/or intense aggressive, destructive, or self-injurious behavior. The child or family members are at risk for injury.**

In order for services to be delivered, the child must have a diagnostic assessment that has been completed within the past six months. If a diagnostic assessment has not been conducted or is older than six months, a psychologist from Behavioral Dimensions may be able to complete the diagnostic assessment.

Initially, a team of senior staff provide parent training in [General Interaction Strategies](#)(GIS). [Applied behavior analysis](#) is utilized to introduce positively-based effective parenting techniques. The parents are taught skills necessary to remediate the crisis. All training is conducted in the family's home.

The senior staff visit one or more times a week with visits generally lasting between 1-2 hours. The length of services typically ranges from 6 months to a year depending on the scope of family and child needs. The child must be present during the parent training sessions.

Once the parent(s) have completed their training and the rates of challenging behavior have decreased so the family is no longer in crisis, the child may be eligible for services designed to teach skills needed to replace the challenging behavior. The licensed psychologist will determine if that service is needed and possible.

Due to the current crisis caseload we are only able to take on new clients between the hours of 8:00 a.m. and 3:00 p.m.

Learn about Focused Behavior Intervention (FBI)

The FBI program is designed to improve the child's behavioral symptoms of autism and other qualifying disorders that most interfere with the acquisition of adaptive skills and participation with family members, teachers, peers, and others. The level of service intensity is based on the severity of symptoms and the child's potential for behavioral escalation, deterioration, or further development of maladaptive behaviors. Usually service intensity ranges from 4-20 hours a week. Common skill domains include Learning to learn (remaining calm during transitions); Independent and Social Play Skills, Functional Receptive Language (understanding and complying with the requests or instructions of others) and Functional Expressive Language (strengthen existing communication modalities while teaching new functional communication).

Children who demonstrate a slower but steady learning rate in the [IBI program](#) may move to the FBI program as they prepare for a transition to school and other therapies. A significant component in the success of the FBI program is family skills training, where parents first learn to generalize skills taught to their child in sessions with the therapist, and then learn to use specific strategies to obtain and maintain low rates of problem behavior and high rates of compliance with their child. Parents may be taught to develop and use any additional supports their child needs, as well as developing strategies to manage new behavioral issues. Parents can also access BDI's specialized consultation in toilet training, eating issues, sleeping issues, and community activities.

Learn about Toilet Training

Learning to use the toilet is an essential skill for all individuals; however, this skill does not come easily for everyone, especially children with unique learning needs. Behavioral Dimensions offers toilet training services with a positive and structured approach. A Board Certified Behavior Analyst (BCBA) provides intensive training to caregivers on procedures that can be used to improve compliance and increase independence with toileting skills across a variety of settings.

All training takes place in the family home. The training is designed to be used with children with developmental disabilities as well as typically developing children. Once a caregiver receives the training they will be able to implement the techniques with their other children.

There are some pre-requisite skills the child will need to increase the likelihood of success.

Some signs that indicate a child is ready to be toilet trained:

- Can stay dry in a diaper for 2 hours or longer
- Is able to walk easily to the bathroom by themselves
- Can pull pants down independently
- Can communicate wants/needs to a caregiver (verbal, picture communication, or signs/gestures)
- Can follow simple instructions without high rates of problem behaviors (including sitting on the toilet when instructed)

If your child does not have these skills, training with caregivers may occur to prepare the child for a successful toilet training experience. In some situations, training on how to prevent and respond to challenging behavior that may occur related to toilet training may be included in the caregiver training.

BDI also offers toilet training services targeting:

- Bowel incontinence
- Nighttime toilet training
- Encouraging initiations/independence for previously toilet trained/scheduled trained individuals

A medical evaluation may be required before beginning services to rule out any biological concerns. There are several options for funding the toilet training. Funding may be provided through:

- Private pay
- Waiver
- Medical Assistance which requires a current diagnostic assessment completed within the past six months

Learn about Functional Behavior Analysis (FBA)

BDI Licensed psychologists and Board certified behavior analysts specialize in conducting comprehensive functional analyses of problematic behavior and skill deficits. The purpose of a *functional analysis* is to identify *antecedents* or triggers to inappropriate behaviors and the *consequences* or conditions which follow the behavior to therefore determine the *function* or purpose that action serves for that individual. Once identified, the antecedents and consequences may then be manipulated and alternative skills may be taught to replace inappropriate behavior.

FBA's may be conducted at home, school, work, or in the community. The process involves a functional analysis interview with pertinent players in an individual's life, direct observations of the individual across several environmental conditions, an analysis of historical and present data, development of a *clinically-based comprehensive behavior support plan*, and training parents and staff in effective implementation.

Typically, an FBA requires 20 hours up front with additional hours negotiated for ongoing training and follow-up. FBA's may be funded by schools, DD or CADI waivers, residential or vocational firms, legal entities, or private pay.