List of Behavior Intervention Strategies

Positive Reinforcement Strategies	
Praise and Recognition	Acknowledge and commend desired behaviors to encourage repetition.
Rewards and Incentives	Offer tangible rewards or privileges for consistently demonstrating positive behaviors.
Increased Positive Attention	Provide more positive interactions and social engagement when desired behaviors are displayed.
Token Economy Systems	Implement a system where clients earn tokens for positive behaviors, which can later be exchanged for rewards.
Negative Reinforcement Strategies	
Extinction	Gradually remove any positive reinforcement that might be inadvertently maintaining undesired behaviors.
Time-Out	Briefly remove a client from a situation where they are exhibiting undesired behaviors to provide a consequence.
Response Cost	Take away a preferred activity or privilege contingent upon undesired behavior, but ensure it's not essential or unfair.
Antecedent-Based Strategies	
Environmental Cues	Modify the environment to reduce triggers for undesired behaviors.
Visual Schedules and Prompts	Utilize visual tools to provide clear expectations and routines, promoting desired behaviors.
Activity Schedules	Structure activities and transitions to minimize opportunities for undesired behaviors.

Skill-Based Strategies	
Modeling and Demonstration	Clearly demonstrate and explain desired behaviors for the client to observe and imitate.
Role-Playing	Practice desired behaviors in a safe and controlled environment through role-playing scenarios.
Direct Instruction	Provide clear and concise instructions on how to perform the desired behavior step-by-step.
Self-Management Strategies	
Self-Monitoring	Teach clients to track their own behaviors to increase awareness and identify patterns.
Self-Evaluation	Encourage clients to reflect on their progress and identify areas for improvement.
Self-Reward Systems	Empower clients to develop their own reward systems to reinforce positive behavior choices.

Planning and Implementing Behavior Intervention Strategies

Client Name:	
Gender:	Male Female Other:

Age:		**Date of Planning:**	

1. Define the Problem Behavior

Identify the undesired behavior:

When and where does it usually occur?

What triggers the behavior?

2. Set Behavior Goals

What is the desired behavior?

How can the behavior be measured? (frequency, intensity, duration)?

3. Select Intervention Strategy

What strategies can be most effective for this behavior?

Does it match the individual's skills, developmental level, and learning style?

    Yes   No

4. Develop a Step-by-Step Plan

Outline the practical steps for implementing the chosen strategy.

Include a plan for gradual fading of supports as the individual acquires the desired behavior.

5. Identify Required Resources

What resources, tools, or materials are required for the strategy?

Who will be involved - parents, teachers, or peers?

6. Train People Involved

Have the parents, teachers, and other stakeholders been trained to consistently apply the intervention strategy?

Yes   No

7. Implement the Strategy

Follow the step-by-step plan for a sufficient duration.

Ensure consistency with the implementation.

8. Monitor Progress

Is the intervention strategy producing the desired outcomes?

Yes   No

Collect data on behavior frequency, intensity, and duration.

If proven not effective, what different approach should be considered?