

27. Behavior Support and Safety Planning

Reference: [CLBC Behaviour Support and Safety Planning: A Guide for Service Providers.](#)

Definition of Terms:

Behavior Support: A set of interventions developed by a professional behavioral consultant to support individuals with challenging or difficult behaviors. These behavioral strategies are designed to improve an individual's quality of life, are functionally based and are integrated with person-centred planning.

Behavior Support Plan: A document developed by a behavioral consultant in conjunction with the individual, their family and service provider that outlines specific behavior support interventions or treatment strategies. Includes implementation and review requirements.

Behavioral Consultant: A professional with post-graduate qualifications in clinical or educational psychology or Special education or a university graduate in the process of completing post-graduate work and/or working under clinical supervision.

Safety Plan: An individualized, written document designed to address situations where dangerous behavior has the potential to harm the individual or those around them. The Safety Plan outlines the strategies and behavior support procedures caregivers are to use to de-escalate the behaviors and reduce risk. They can **only** be developed in conjunction with an overarching Behavior Support Plan.

Prohibited Practices: Actions that are reliant on fear, pain, or threats, or that constitute an infringement on the fundamental human entitlements or rights of a person served.

Restricted Practices: Techniques or strategies that limit a person's behavior or freedom of movement including:

- Exclusionary time-out
- Restraint
- Restriction of rights: removing access to activities for an individual. Restriction of rights must never include taking away adequate food, adequate clothing, and adequate heat, access to health care, suitable shelter or safety or reasonable access to family members.

Policy:

- (a) Supervisors and coordinators of CLBC-funded services will be familiar with CLBC's guidelines as outlined in CLBC's [Behaviour Support and Safety Planning: A Guide for Service Providers.](#)
- (b) An assessment of individual vulnerabilities and safeguards, including any behavioural concerns, will be completed for each person in Spectrum's services upon start-up of services and reviewed / updated annually thereafter (or more frequently if the person's

behavior or support needs change significantly). If unsafe or challenging behavior is indicated, the Coordinator will be responsible for coordinating a plan to address it and documenting the plan.

Unsafe behavior is defined as behavior that is of such intensity, frequency or duration that the safety of the person or those nearby is put at risk. Examples would include threatening someone with a weapon or an object that could cause harm, such as a table or a lamp, throwing objects that could cause harm, harming oneself or threatening to harm oneself, eating non-edible objects that could cause poisoning, aspiration or choking, running away from a supported environment.

Challenging behavior is defined as behavior that limits a person's ability to participate in daily life and usual activities, enjoy community experiences, and/or learn new skills.

- (c) If a behavior support plan and/or safety plan is indicated, it must be developed by a professional behavior consultant and reviewed annually for effectiveness.
- (d) Positive interventions will be implemented prior to the use of restrictive procedures and will continue to be used in conjunction with any restrictive procedures.
- (e) Spectrum employees, volunteers and sub-contractors will be fully trained to implement approved behavior support plans and/or safety plans and will be responsible for implementing the plans and completing any required documentation.
 - i. Incidents involving violent or threatening behavior will be followed up according to the steps outlined in Policy #41: Violent or Threatening Situation.
- (f) Individuals and their family or representatives have a right to be involved in developing their behavior support plan and to be fully aware of what is in the plan, including any restricted practices.
- (g) Individuals and their family or representatives must be advised of a safety plan and the rationale for its use including any proposed restricted practices before it is implemented. Where possible and advisable, individuals and families should participate in the development of a safety plan.
- (h) In case of emergencies, restricted practices may be used where a safety plan is not in place. This is permitted only when the safety of the individual or another person is at immediate risk. Any use of restricted practices, including emergency situations, must be reported to the funder on a Critical Incident Report.
- (i) All behavior plans and safety plans must be signed off and approved by a Director, and a copy sent to the CLBC Analyst