

# FIRST CONSULTANT SERVICES

*factsheet*

Positive Behavior Support Plans designed to meet your Individual Needs

## SPECIALIZED CONSULTANT SERVICES

is designed to be a support to family members and care-givers who care for children and adults with autism and/or intellectual disabilities who exhibit challenging behavior. It is a short term intervention provided by a Board Certified Behavior Analyst (BCBA) designed to assess problem behavior, develop interventions, and train family and caregivers to support the individual in inclusive settings.



## FIRST

PO Box 802  
Asheville, NC 28802  
828-277-1315

[www.FIRSTparentcenter.org](http://www.FIRSTparentcenter.org)

FIRST Consultants have training and expertise in a variety of the 27 evidence-based interventions that have shown to be effective in working with individuals with ASD and intellectual disabilities as determined by research conducted by the National Professional Development Center. Because no one single method has been shown to be effective for all individuals, FIRST Consultants choose strategies and methodology based on the individual needs and characteristics of the individual and their family.

These methods include, but are not limited to, Applied Behavior Analysis, relationship-based interventions such as Floortime, structured teaching, teaching with visual supports, use of social narratives, and more. This unique and collaborative approach allows the consultant to develop support plans that are customized to the specific needs of the individual and their family. By choosing interventions that are a good fit for the individual and their team, new skills are much more likely to continue beyond the training and generalize to other areas of the individual's life.

The Care Coordinator should meet with family members and the individual to discuss the service. After the team has talked about this needs and desired outcomes, the care coordinator should connect with FIRST to discuss timeline for services, number of hours available for the service, and see if the service with FIRST is a good fit for the team.

- After giving the team time to discuss and consent to the service, the plan will be updated to include Specialized Consultative Services. Once the service is authorized and the consents have been signed by the legally responsible person FIRST will be able to start providing the service.
- The BCBA will talk with the family to schedule observations, collect data or reports written by other professionals, and develop a system for collecting data. At this time, the behaviors that will be targeted for observation and the goals for improvement will be agreed upon.
- The BCBA will collect a few weeks of data and review reports. During data collection the BCBA may observe the individual in multiple settings at different times as time and schedules will allow.
- The BCBA will develop a written plan that describes the individual's strengths, needs, and plans for decreasing the problem behavior. The team including the family, paid and natural supports will be trained on this plan.
- Depending on the services authorized, the BCBA will follow-up with observation and data collection to see if the plan is working. At this point, the plan may be updated based on the outcome of implementation.

The goal of Specialized Consultative Service/BCBA is to meet the needs of the individual and their family, natural support and support team. If you have any questions or unique needs, please let us know so we will be able to meet your needs and achieve the desired outcomes.