

# Footsteps of Change



## Problem Behavior Reduction

### What Does the Service Look Like?

Problem behavior reduction services begin with an assessment to identify the reason the target behaviors are occurring. The assessment includes interviews with primary caregivers and direct observation of the client. Once the function (reason) is determined, the Footsteps of Change clinician develops treatment components that reduce the frequency of challenging behavior and also teach replacement (positive) behaviors. After the plan is reviewed with the family, the clinician provides training to the family members on how to run the programs and provides on-going coaching and feedback sessions until the family is comfortable with the plan and positive behavior change has been observed. Once the plan is shown to be effective, the clinician fades the frequency of coaching and follow-up consultation until the family is able to maintain the program without assistance.

### What is the Cost?

Problem behavior reduction services are billed at \$135/hour for direct services only. Direct services include activities such as meetings, trainings, and observations. Indirect services, such as report writing and data analysis, are provided free-of-charge. Costs are typically highest during initial months and decrease as progress is made.



### What can be Addressed?

Problem behavior reduction services can be used to address a wide range of challenging behaviors across individuals with & without diagnoses. Target behaviors may include PICA, aggression, self-injury, scripting, stealing, noncompliance, tantrumming, or destructive behaviors, though this is not all inclusive.

### How Long Does it Take?

Services typically last 3 to 6 months; however, the amount of time varies greatly due to the wide range of needs across clients. Some factors that impact the length of services include complexity of the plan, adherence to the plan, & quality of reinforcers.

### Contact Us for More Information

Email: [inquiries@footstepsofchange.com](mailto:inquiries@footstepsofchange.com)

Phone: 815.981.8012

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