

Developing Effective Interventions:

PDR →→→ Plans

Steps to Developing Effective Interventions

- * Track Behavior using PDR
- * Gather information from FP, school & team
- * Determine target behavior
- * Add target behavior to PALS or develop BCS
- * Plan interventions across roles
- * Track effectiveness on PDR & PALS/BCS

Using PDR to Track Problems

- PDR makes it easier to catch problems when they are still small for both the youth & Foster Parent
- PDR makes it easier for you and the FP to prioritize the youth's needs
- PDR allows the treatment team to identify behaviors to target & customize the youth's program
- PDR allows the treatment team to track effectiveness of interventions & see progress



Benefits of PDR

- Provides tool to stay focused on youth behavior
- Help identify and target problem behaviors
- Helps detect patterns or cycles of behavior problems
- Makes it possible to deal with the stress in the foster home early on

Use of PDR Data in Treatment

- Reviewed by the PS every day
- PDR data guides the treatment plan
- Allows for quick action
- Allows for FP support
- In foster parent & clinical meetings
 - PS should review prior to the meetings
- Gives information about FP effectiveness & stress level

Evaluating PDR

- * Which behaviors are marked?
- * Any 2s?
- * Patterns?
- * Notes/Contextual info
- * Daily Grade
- * # time outs/incentives
- * Fluctuations in # incentives/points earned
- * Level 1 days?
- * Did FP implement a strategy?

Client Name: Jane D
Client ID: 123 (Age Group: 12 to 18)

2007-Dec-10 through 2007-Dec-16
[Exit Weekly Report](#)

Reference: 1 = Occurred & Not Stressful; 2 = Occurred & Stressful

Behavior:	Mon Dec/10	Tue Dec/11	Wed Dec/12	Thu Dec/13	Fri Dec/14	Sat Dec/15	Sun Dec/16
Animal cruelty	2						
Arguing				1			
Backtalking	2			2			
Bedwetting	2		1				
Complaining	2						
Daydreaming							
Defiance	1						
Depression/Sadness	2						
Destructiveness	1		2	1			
Encopresis							
Fearfulness	1	1					
Fighting	1		1	1			
Interrupting	1						
Irritability		1					
Jealousy	2						
Lying	1	1					
Nervous/Jittery	1					1	1
Not minding	2						
Pant wetting	1			1			
Pouting	2		1				
School problems	1						1
Sexual behavior	1		1				
Short attention span	1						
Sleep problems	1						
Stuttering	2						

School problems	1						1
Sexual behavior	1		1				
Short attention span	1						
Sleep problems	1						
Sluggishness	2						
Stealing	1		1				
Swearing	1		2	1			
Teasing	1						
Worried	1			2			
Competitiveness	2						2
Truancy	1						
Irresponsibility	1						
Drug & alcohol use	2						
Runaway	1						
Mean talk	2			1			
Skipping meals	2						
Staying out	1	1					
Daily grade	C	A	B	B		A	A
Number of timeouts	5						
Points earned	30	120	130				140
Points lost	8	10	20				5
Medication administered	N/A	N/A	N/A	N/A		N/A	N/A
Total Behaviors	33	4	7	8		1	3
Total Intensity	46	4	9	10		1	4
Interviewer	demouser	testuser	testuser	testuser	testuser	annasuski	testuser
Respondent	sally	Sandy	Sandy	Sandy		sally	Sandy
Note	veel problemen met slapen gehad		this is a comment				great day

PDR: Activity #1

1. Patterns
2. Themes (e.g. anxiety, defiance, etc.)
3. More information?
4. Target behaviors

Responding to PDR

- Call the FP for more info
- Call other parties if needed
- Adjust PALS/CMS
- Reinforce FP during meeting
- Coach FP re: handling same behavior next time

PDR: Activity #2

1. Watch video
2. Complete PDR
3. Identify target behavior
4. Develop line item/BCS
5. Develop intervention plans

