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?
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<th>Mon Dec/10</th>
<th>Tue Dec/11</th>
<th>Wed Dec/12</th>
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Reference: 1 = Occurred & Not Stressful; 2 = Occurred & Stressful
### Weekly Client Report

#### Behavioral Issues
- School problems: 1
- Sexual behavior: 1
- Short attention span: 1
- Sleep problems: 1
- Sluggishness: 2
- Stealing: 1
- Swearing: 1
- Teasing: 1
- Worried: 2
- Competitiveness: 2
- Truancy: 1
- Irresponsibility: 1
- Drug & alcohol use: 2
- Runaway: 1
- Mean talk: 2
- Skipping meals: 2
- Staying out: 1

#### Daily Grade

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#### Quantitative Data
- Number of timeouts: 5
- Points earned: 30, 120, 130
- Points lost: 8, 10, 20
- Medication administered: N/A, N/A, N/A
- Total Behaviors: 33, 4, 7, 8, 1, 3
- Total Intensity: 46, 4, 9, 10, 1, 4

#### Interviewer and Respondent
- Interviewer: demouser, testuser, testuser, testuser, testuser, annasuski
- 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
## Intervention Planning

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MTFC

- Foster parent meetings
- Clinical meetings
- Skill training
- Individual Therapy
- Family Therapy
- PDR
  - Point Sheet
    - School Card