

BEHAVIOR MANAGEMENT PROGRAMS RESOURCE GUIDE

What Are They?

Behavior Management Adult Day Programs offer specialized support for adults with significant behavioral challenges who may not qualify for other day services. These programs use individualized, person-centered approaches—such as Behavior Intervention and Prevention Plans designed by Behavior Analysts—to reduce challenging behaviors while teaching functional skills that promote self-advocacy, community participation, and employment. With higher staff-to-client ratios, they provide intensive support, emphasize community-based activities, and focus on helping participants build independence and social inclusion.

What Are Behavior Management Program's Focus?

Specialized Focus:

These are community-based day programs designed for adults with severe behavioral disorders, or both developmental and psychiatric disabilities, who typically cannot access other day programs.

Goal:

The primary aim is to implement strategies for skill acquisition and the reduction of socially inappropriate behaviors, leading to significant improvements in individuals' lives.

Person-Centered:

Programs are individualized, taking into account each person's unique interests, needs, and goals to foster growth and self-worth.

Key Components and Strategies

Behavior Intervention & Prevention Plans:

Direct support staff implement these plans, which are often developed by a supervising Behavior Analyst, to address behavioral challenges and promote positive behaviors.

Instructional & Environmental Modifications:

Programs use targeted strategies to teach necessary skills and modify the environment to support socially significant behavioral changes.



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Enhanced Staffing:

To ensure adequate support, programs may have higher staff-to-client ratios, such as 1:1 or 1:2, based on individual needs.

Skill Development:

Services focus on developing skills in various areas, including:

Self-Advocacy:

Empowering individuals to express their needs and make choices.

Community Integration:

Training on accessing community services and participating in community-based activities.

Employment:

Opportunities for vocational skills training to help individuals pursue competitive integrated employment.

Self-Care:

Development and maintenance of essential self-help and daily living skills.

How to Access These Services

Regional Centers:

These programs serve adults with intellectual and developmental disabilities eligible for services through a regional center, according to Disability Rights California.

Individual Program Plan (IPP):

Services must be included in the individual's IPP to be provided through the day program, notes the CA Department of Developmental Services.

Ask Your Regional Center Representative:

For assistance in finding or learning more about day program services, including Behavior Management programs, individuals and families should contact their regional center representative.

