



## Targeted Tier of Supports

### Definition: Targeted Tier of Supports

The Targeted Tier of Supports consists of two similar but different elements:

- (1) Targeted Supports = Pre-Approved Package of Evidence-based Behavior Interventions by Leadership Team, referred to as Targeted Positive Behavior Supports
- (2) Individualized Targeted Supports = Written Guidelines

To describe further, Targeted Supports are pre-approved evidence -based interventions designed to address a specific individual or a group of individuals who are at risk of developing challenging behaviors before they become more serious; these interventions are behavioral interventions, sometimes referred to as Targeted Positive Behavior Supports and 2) Individualized Targeted Supports which are expressed as written guidelines designed to address unique approaches for a specific individual. Both the Targeted Tier of Supports and Individualized Targeted Supports require data to inform whether the individual is benefiting from the plan or guidelines or needs to be changed to increase the probability of success. Additionally, data informs whether the plan or guidelines can be faded.

### Targeted Tier Supports -Targeted Supports Element

The Targeted Tier of Supports described in DDS regulations, that is, the “Targeted Supports” element of the definition, are designed for individuals who are not responding to or who respond inconsistently to the Universal Tier of Supports. Meaningful quality of life outcomes are the desired goal at each Tier. Targeted Supports are provided to individuals who are unsuccessful with Universal Supports alone. The focus is on supporting individuals at risk for developing more serious problem behavior or needing a standardized protocol for skill development.

When a group of individuals or a single individual is not progressing at the Universal Tier of Support, the Leadership Team identifies a pre-approved package of evidence-based Targeted Tier Supports which enables the Targeted Support Team to be able to move quickly and efficiently to identify and address emerging needs of the individual or group. Targeted Supports are implemented quickly to assist the individual(s) in learning adaptive responses. Targeted Tier of Supports builds on a strong foundation of Universal Supports which are practices in place at all times supporting individuals. Implementing the Targeted Tier of Supports requires (1) a brief Functional Behavior Assessment, (2) a Targeted Positive Behavior Support Plan and (3) data to support fidelity. A Targeted Positive Behavior Support Plan is put in place to change/modify the individual’s behavior so that they can have an improved quality of life.

Examples: An individual needs to practice, i.e. learn a social skill, on what is an appropriate topic of conversation to have and with whom, or an individual consistently has difficulty with transitions from home to day activities and back, so check-in check-out intervention is utilized.

### **Individualized Targeted Supports expressed as Written Guidelines**

Individuals who do not meet the criteria for a Targeted Tier of Support as described above, but need a personalized method designed for an individual to access Universal Supports, such as personalized methods for delivering choice, or person-specific ways of embedding opportunities for autonomy and control, those specific adjustments require at a minimum written guidelines which are called “Individualized Targeted Supports” in the DDS regulations. Targeted written guidelines are unique to a specific individual and are typically not used for a group of individuals. Written guidelines are designed at the program/site level closest to the individual, i.e. at the residential site or day program site. Written Guidelines are designed to assist the individual to access the program. Written guidelines do **not** require a brief functional assessment prior to implementation nor a Targeted Positive Behavior Support Plan. However, Individualized Targeted Supports do require written guidelines for staff, robust staff training around implementation, and supervision and oversight to ensure appropriate delivery which is reflected in data to ensure fidelity.

Examples: An individual who needs simple reminders prior to entering a particular environment such as entering a doctor’s office or topics for appropriate conversations in public spaces.

### **Targeted Tier of Supports – Distinction of Two Elements**

Targeted written guidelines referred to as “Individualized Targeted Supports” in the DDS regulations are used when adjustments/ additions/ modifications of the Universal Tier of Supports for a specific individual are made. When written guidelines are insufficient to help the individual access Universal Supports consistently and effectively, then the Targeted Tier Team must consider whether the individual is at risk for developing problem behavior and if so, a formal Targeted Positive Behavior Support Plan is required.

**To Summarize: This means that that there is no such thing as “Individualized Universal Supports or an Individualized Universal Support Plan” because Universal Supports apply to everyone all of the time.** When an individual is not consistently successful with Universal Supports alone, the Universal Support Team may consider the following actions: request assistance from the Targeted Tier of Support Team to consider whether (1) Targeted written guidelines will be helpful (Individualized Targeted Supports), (2) to refer to the Targeted Team to determine if Targeted Tier of Supports for inclusion in a Targeted Positive Behavior Support Plan is needed or (3) whether a referral to the Intensive Team is needed. These decisions should include input from the PBS Qualified Clinician to determine the most appropriate course of action. The PBS Qualified Clinician can also help determine the benefit to implementing Written Guidelines versus a Targeted Positive Behavior Support Plan.