

Welcome to Discrete Trial Month!



Picture: BCBA Jonathan training parents in Nairobi, Kenya. See Spotlight on Page 3

We have had a crazy last couple years at Behavior Management Foundation, Inc since our last newsletter came out. First, the COVID pandemic made us change our policies, then change again, then change again! We rolled out Aloha ABA for scheduling, and then Mahalo Data Solutions 1.0 (our own proprietary software) for our data collection, and then Mahalo Data Solutions 2.0 to incorporate the digital logbook into the system. We were able to increase our base pay rates for all staff, and continue to roll out the iPads for more of our staff. We would like to welcome all of our new staff on board, and thank our continuing staff for all the hard work you guys have put in to ensure all of our clients can become as independent as possible!

On a mission to provide quality service

Each month we will focus on one specific part of our therapy to ensure that across the board we are providing the highest quality of service.

For the month of **October**, we will be focusing on **Discrete Trials**. This 3 term Contingency controls all we do, and we should be utilizing a Discrete Trial format during sittings, on downtimes, running generalization, and during NET (Natural Environment Teaching). A discrete Trial consists of an SD or Antecedent (what happens before the behavior or what we “Ask”), A response or a behavior (what the person does), and a Consequence (what happens after the behavior, reinforcement, the “nope” consequence). Remember, the consequence controls the future likelihood of the behavior occurring again!!



Natural Example of a Discrete Trial in everyday life:

1. A person is walking down the street and sees a rock (SD). The person kicks the rock (R). The person breaks his toe (C). In the future, the next time the SD is presented (seeing the rock), he will be less likely to kick it.



2. A person is walking down the street and sees a rock (SD). The person picks the rock up and skips it across the water (R). The person has a lot of fun doing this and is happy (C). In the future, the next time the SD is presented (seeing the rock), he will be more likely to pick the rock up and skip it across the water.

Our goal for this month is to have a minimum of 45 programming discrete trials per hour run! Supervisors will be doing check-ins to see our progress throughout the month.

BMF inc. Spotlight!

TEXAS

A huge shout out to the State of Texas! BMF inc. started working with clients in Texas last month after going through the credentialing process. This effort was spearheaded by Roshika Nowicki after the state reached out to our company to help them provide services to underserved clients and areas who could not otherwise find support. We have one staff member in Texas, Zoe, so if you see her on a company training reach out and say Hi!

ABA in Africa

In a recent trip to Nairobi, Kenya, BMF BCBA Jonathan was able to participate in a weeklong trip where he and other BCBA's provided training to parents to help support their children with Autism.

There are no ABA services except some private pay for very rich people in the country, and schools are not free to children. Families pay for all educational services and do not accept children with disabilities; leaving the parents and children to fend for themselves. The week consisted of daily training at a church (in a tent) for parents, assessment of each child, training of teachers and staff in the evening, and a big talent show at the end to showcase kids with disabilities. This trip was labeled "Breaking Barriers" as so many

barriers to participation in life exist in the country when someone has a disability. These include the stigma to the families, lack of any kind of service including school, or any kind of direct service at home/clinic. This is turning into a yearly trip to train parents and others which BMF plans to participate in.

Picture above: Jonathan (back left) with EDS Africa partners Holly (Front Left), Dr. Jane (Second from left front) and Jannifer (4th from left front) after successfully training school teachers. The training was scheduled to last 1 hour but went 2.5 hours as they couldn't get enough!



OCTOBER: When do we use Discrete Trials? All the Time!

<p>Monthly Themes:</p> <p style="text-align: center;"><u>January</u> Prompting through the minus</p> <p style="text-align: center;"><u>February</u> Functions of Behavior/Strategies</p> <p style="text-align: center;"><u>March</u> Downtimes</p> <p style="text-align: center;"><u>April</u> Fading prompts</p> <p style="text-align: center;"><u>May</u> Mastering items</p> <p style="text-align: center;"><u>June</u> Behavior Plans</p> <p style="text-align: center;"><u>July</u> Generalization</p> <p style="text-align: center;"><u>August</u> Professional Notes</p> <p style="text-align: center;"><u>September</u> Types of prompts</p> <p style="text-align: center;"><u>October</u> Discrete Trials</p> <p style="text-align: center;"><u>November</u> Reinforcement</p> <p style="text-align: center;"><u>December</u> Disneyland! (differential reinforcement)</p>	<p>Discrete Trial Training: This is when you complete sittings where you provide 3-6 discrete trials in a row. These typically follow very structured SDs and you ask the same SD multiple times in a row.</p> <p>Example: You tell the client to “touch ball” 3 times in a row, and provide reinforcement each time the client touches the ball. After 3 Discrete Trials, the client will transition to a down time activity.</p>
	<p>Natural Environment Teaching (NET): This is where we use the natural opportunities to provide teaching. You would still utilize a discrete trial once teaching, but it is more natural.</p> <p>Example: Client is reaching for a ball. You utilize the opportunity to prompt him to imitate kicking with the ball. You still provide reinforcement for completing the skill.</p>
	<p>Downtime Activities: This is when you provide opportunities for generalization naturally. You would still do so in a discrete trial format.</p> <p>Example: You are playing legos with a client. You ask them to give you the green block to build with (generalizing color ID program). Client would receive reinforcement for giving you the green block.</p>

Remember our goal: 45 Discrete Trials per hour! If you have an idea for a BMF spotlight submission for next month, please reach out to Jonathan Nowicki at jnowicki@bmfinc.org